

NATURE OF THE ACTION

1. This is a product liability action seeking recovery for substantial personal injuries and damages suffered by the Plaintiff after Plaintiff was injured by a “Rise ‘n’ Time” 8 quart pressure cooker (hereafter generally referred to “pressure cooker(s)”).

2. Defendant TTK Prestige Limited (hereinafter generally referred to as “Defendant TTK”) designs, manufactures, markets, imports, distributes and sells a wide-range of consumer products, including the subject “Rise ‘n’ Time” pressure cooker, which specifically includes the aforementioned pressure cooker at issue in this case.

3. Defendant TTK touts that its pressure cookers are designed with several “Safety Features,” which purport to keep the consumer safe while using the pressure cooker. Such safety features include a supposed “Gasket Offset Device (“G.O.D”). The “G.O.D” is intended to prevent the unit from building pressure if the lid is not closed properly, as well as to prevent the lid from opening until all pressure is released.¹

4. Despite Defendant TTK’s claims of “safety,” it designed, manufactured, marketed, imported, distributed and sold, both directly and through third-party retailers, a product that suffers from serious and dangerous defects. Said defects cause significant risk of bodily harm and injury to its consumers.

5. Specifically, said defects manifest themselves when, despite Defendant Tristar’s statements and “Safety Features,” the lid of the pressure cooker is removable with built-up pressure, heat and steam still inside the unit. When the lid is removed under such circumstances, the pressure trapped within the unit causes the scalding hot contents to be projected from the unit

¹ Attached hereto and incorporated by reference as Exhibit A is the Prestige Rise ‘n’ Time Owner’s Manual. *See e.g.* pg. 6.

and into the surrounding area, including onto the unsuspecting consumers, their families and other bystanders. The Plaintiff in this case was able to remove the lid while the pressure cooker retained pressure, causing her serious and substantial bodily injuries and damaged her chest, neck and face.

6. Defendant TTK knew or should have known of these defects but has nevertheless put profit ahead of safety by continuing to sell its pressure cookers to consumers, failing to warn said consumers of the serious risks posed by the defects, and failing to recall the dangerously defective pressure cookers regardless of the risk of significant injuries to Plaintiff and consumers like her.

7. As a direct and proximate result of the Defendant TTK's conduct, the Plaintiff incurred significant, painful and permanent bodily injuries, physical pain, mental anguish, medical expenses, and overall diminished enjoyment of life.

THE PARTIES

8. At all times relevant, Plaintiff was and is a citizen and resident of the City of Newark, Licking County, State of Ohio.

9. At all times relevant, Defendant TTK was and is a corporation organized and existing under the laws of the Republic of India, with a principal place of business located at 11th Floor, Brigade Towers, 135, Brigade Road Bangalore-560025, Karnataka India. Defendant can be served with process via the *Convention on the Service Abroad of Judicial and Extrajudicial Documents in Civil or Commercial Matters* ("Hague Service Convention").

JURISDICTION & VENUE

10. This Court has jurisdiction over this action pursuant to 28 U.S.C. § 1332 and the action is therefore proper in this Court.

11. Additionally, Defendant TTK is engaged in the business of manufacturing, designing, testing, marketing, certifying, supplying, selling, importing and distributing consumer goods including but not limited to the pressure cooker that was supplied to Plaintiff.

12. Defendant TTK has purposefully availed itself of the privilege of conducting business in the State of Ohio, has transacted business in the State of Ohio, regularly caused its products to be sold in the State of Ohio, and this action arises out of business transacted in, as well as a tortious action and/or omissions committed in whole or in part within Ohio, which have resulted in injuries to Plaintiff in Ohio. Therefore, specific personal jurisdiction is proper under the Due Process Clauses of the Fifth and Fourteenth Amendments to the Constitution.

13. Venue is proper pursuant to 28 U.S.C. §§ 1391(c) and is therefore proper in this court.

14. The amount in controversy exceeds the sum of seventy-five thousand (\$75,000.00) dollars, exclusive of interest and costs.

FACTUAL BACKGROUND

15. Defendant TTK is engaged in the business of designing, manufacturing, warranting, marketing, importing, distributing and selling the pressure cookers at issue in this litigation.

16. Defendant TTK warrants, markets, advertises and sell its pressure cookers as a means to “produce healthy meals in a fraction the time normally taken.”²

17. Defendant TTK touts the safety of its pressure cookers. For example, the following can be found on TTK’s website:

1949 - Pressure Cookers

² *Id.* at pg. 1.

Denis Papin created the pressure cooker to help housewives soften the meat. We at TTK were inspired by his story and decided to get the innovation to India. It was when the Prestige pressure cooker was introduced into the Indian Kitchen by the TTK Group, **which made cooking safe for the users; the brand won the trust of the Indian people.** Unique Indian cooking needs have inspired Prestige to develop the Prestige Pressure Pan.

Our constant endeavor to satisfy our customers and to help them cook better has been the main thrust at Prestige. This has helped us to retain our core value of trust with all our customers.

See <https://www.ttkprestige.com/products/product-evolution> (Last accessed December 23, 2020) (emphasis supplied).

18. According to the Owner's Manual accompanying the individual unit sold, the pressure cookers purport to be designed with "safety features"³ which include misleading the consumer into believing that the pressure cookers are reasonably safe for their normal, intended use. Said "safety features" include, but is not limited to, the following:

- a. The Gasket Offset Device (G.O.D). ***This ensures that the cooker cannot come to pressure until the lid is correctly closed. When the lid is open tile G.O.D. pushes out the gasket so that it. cannot seal the cooker. This means that the cooker cannot be brought to pressure when the lid is incorrectly fitted.*** When the lid is closed in the correct position the G.O.D. is retracted and the Gasket can seal the cooker, and the cooker can be brought to pressure.
- b. Locking lugs on the cooker body. These lock the lid onto the cooker body whilst the cooker is under pressure, ***ensuring that the cooker cannot be accidentally opened whilst under pressure.***
- c. Ready to Serve Indicator. This acts as a safety valve giving 3 separate levels of protection:

³ Id. at pg. 6.

- a) If there is a build up of excess pressure in the cooker, the metal pintle will pop up allowing vertical release of steam through the centre hole. This will reduce the pressure.
- b) If the excess pressure is not reduced then the whole of the rubber safety plug will blow out. This will allow a vertical release of steam to reduce the pressure.
- c) If for any reason, steps a and b fail to operate, then the metal pintle in the centre of the indicator will melt allowing the excess pressure to be released.

See Exhibit A, pg. 8 (emphasis supplied).

19. On or about January 5, 2019, Plaintiff was using the pressure cooker designed, manufactured, marketed, imported, distributed and sold by Defendant TTK for its intended and reasonably foreseeable purpose of cooking.

20. While the pressure cooker was in use for cooking, the pressure cooker's lid unexpectedly and suddenly blew off the pot in an explosive manner. The contents of the pressure cooker were forcefully ejected out of the pot and onto Plaintiff, causing severe burns, *inter alia*, to her face, chest and neck. Add amount of medical bills? Type of treatment?

21. Plaintiff and her family used the pressure cooker for its intended purpose of preparing meals and did so in a manner that was reasonable and foreseeable by the Defendant TTK.

22. However, the aforementioned pressure cooker was defectively and negligently designed and manufactured by Defendant TTK in that it failed to properly function as to prevent the lid from being removed with normal force while the unit remained pressurized, despite the appearance that all the pressure had been released, during the ordinary, foreseeable and proper use of cooking food with the product; placing the Plaintiff, her family, and similar consumers in danger while using the pressure cookers.

23. Defendant TTK's pressure cookers possess defects that make them unreasonably dangerous for their intended use by consumers because the lid can be rotated and opened while the unit remains pressurized.

24. Further, Defendant TTK's representations about "safety" are not just misleading, they are flatly wrong, and put innocent consumers like Plaintiff directly in harm's way.

25. Economic, safer alternative designs were available that could have prevented the Pressure Cooker's lid from being rotated and opened while pressurized.

26. As a direct and proximate result of Defendant TTK's concealment of such defects, its failure to warn consumers of such defects, its negligent misrepresentations, its failure to remove a product with such defects from the stream of commerce, and its negligent design of such products, Plaintiff used an unreasonably dangerous pressure cooker, which resulted in significant and painful bodily injuries.

27. Consequently, the Plaintiff in this case seeks damages resulting from the use of Defendant TTK's pressure cooker as described above, which has caused the Plaintiff to suffer from serious bodily injuries, medical expenses, lost wages, physical pain, mental anguish, diminished enjoyment of life, scarring, disfigurement, and other damages.

28. As a direct and proximate result of Defendant's defective pressure cooker, Plaintiff sustained a permanent and substantial physical deformity, loss of use of a limb, loss of a bodily organ system, and a permanent physical functional injury that permanently prevents her from being able to independently care for herself and perform life-sustaining activities.

CAUSES OF ACTION

CAUSES OF ACTION I – IV
DEFECTIVE MANUFACTURING/CONSTRUCTION
DEFECTIVE DESIGN/FORMULATION
DEFECTIVE WARNING/INSTRUCTION
DEFECTIVE DUE TO NONCONFORMITY WITH REPRESENTATION
STRICT LIABILITY
Pursuant to ORC § 2307.71 *et seq.*

29. Plaintiff incorporates by reference all other paragraphs of this Complaint as if fully set forth herein.

30. At the time of Plaintiff's injuries, Defendant's pressure cookers, including the subject pressure cooker, were defective and unreasonably dangerous for use by foreseeable consumers, including Plaintiff.

31. The subject pressure cooker was in the same or substantially similar condition as when it left the possession of the Defendant.

32. Plaintiff did not misuse or materially alter the subject pressure cooker.

33. The subject pressure cooker did not perform as safely as an ordinary consumer would have expected them to perform when used in a reasonably foreseeable way.

34. Defendant knew or should have known that consumers were able to remove the lid while the pressure cookers were still pressurized, Defendant continued to market (and continues to do so) its pressure cookers to the general public.

35. The Plaintiff in this case reasonably relied on Defendant's representations that its pressure cookers, including the subject pressure cooker, were a safe and effective means of preparing meals.

36. Defendant's pressure cooker is defective in manufacture or construction. R.C. 2307.74.

37. Defendant's pressure cooker is defective in design or formulation. R.C. 2307.75.

38. Defendant's pressure cooker is defective due to inadequate warning or instruction.
R.C. 2307.76.

39. Defendant's pressure cooker is defective for failing to conform to a representation made by the manufacturer. R.C. 2307.77.

40. Defendant is, or may be, liable as a supplier. R.C. 2307.78.

41. The defective condition of the subject pressure cooker includes, *inter alia*, the following:

- a. The subject pressure cooker designed, manufactured, sold, and supplied by Defendant was defectively designed and placed into the stream of commerce in a defective and unreasonably dangerous condition for consumers;
- b. The seriousness of the potential burn injuries resulting from the product drastically outweighs any benefit that could be derived from its normal, intended use;
- c. Defendant failed to properly market, design, manufacture, distribute, supply, and sell the subject pressure cooker, including pressure cookers similar or identical to the subject pressure cooker, despite having extensive knowledge that the aforementioned injuries could and did occur;
- d. Defendant failed to use due care in designing and manufacturing the subject pressure cooker, including pressure cookers similar or identical to the subject pressure cooker to avoid the aforementioned risks to individuals;
- e. Defendant failed to warn and place adequate warnings and instructions on the subject pressure cooker, including pressure cookers similar or identical to the subject pressure cooker;
- f. Defendant failed to adequately test the subject pressure cooker, including pressure cookers similar or identical to the subject pressure cooker;
- g. Upon information and belief, Defendant failed to market an economically feasible alternative design, despite the existence of economical, safer alternatives, that could have prevented the Plaintiff's injuries and damages; and
- h. Upon information and belief, Defendant also failed to disclose material facts regarding the safety and efficacy of the subject pressure cooker, including pressure

cookers similar or identical to the subject pressure cooker, including information regarding their propensity to cause personal injuries.

42. Defendant's pressure cooker was defective in that at the time the subject pressure cooker left the control of Defendant, the foreseeable risks associated with its design or formulation exceeded the benefits associated with that design or formulation.

43. The subject pressure cooker did not conform to the standards of similar or identical pressure cookers due to its propensity for the lid to be removed while the unit remains under pressure

44. The propensity for the lid to be removed while the unit remains under pressure during its normal, foreseeable use, was not an open and obvious risk.

45. The subject pressure cooker was in an unsafe, defective, and inherently dangerous condition which was unreasonably dangerous to its users and, in particular, the Plaintiff.

46. The Defendant in this case had a duty to provide Plaintiff and other consumers with true and accurate information and warnings of any known dangers of the pressure cookers it marketed, distributed and sold.

47. The Defendant in this case knew or should have known, based on prior experience that its representations regarding its pressure cookers were false, and that it had a duty to disclose the dangers associated with their pressure cookers.

48. As a direct and proximate result of Defendant's defective pressure cooker, the Plaintiff in this case suffered significant, painful and permanent bodily injuries, physical pain, mental anguish, medical expenses, scarring, disfigurement and overall diminished enjoyment of life. The Defendant in this case is liable for these losses.

CAUSE OF ACTION V
NEGLIGENCE

49. Plaintiff incorporates by reference all other paragraphs of this Complaint as if fully set forth herein.

50. Defendant owed a duty of reasonable care to design, manufacture, market, and sell non-defective pressure cookers that are reasonably safe for their intended uses by consumers, such as Plaintiff.

51. Defendant failed to exercise ordinary care in the manufacture, sale, warnings, quality assurance, quality control, distribution, advertising, promotion, sale and marketing of its pressure cookers in that Defendant knew or should have known that said pressure cookers, including the subject pressure cooker, created a high risk of unreasonable harm to the Plaintiff and consumers alike due to their propensity for the lid to be removed while the unit remains under pressure.

52. The Defendant in this case was negligent in the design, manufacture, advertising, warning, marketing, and sale of their pressure cookers, including the subject pressure cooker in that, *inter alia*, they:

- a. Failed to properly market, design, manufacture, distribute, supply, and sell the subject pressure cooker, including pressure cookers similar or identical to the subject pressure cooker, despite having extensive knowledge that the aforementioned injuries could and did occur;
- b. Failed to warn and place adequate warnings and instructions on the subject pressure cooker, including pressure cookers similar or identical to the subject pressure cooker;
- c. Failed to adequately test the subject pressure cooker, including pressure cookers similar or identical to the subject pressure cooker;
- d. Failed to use due care in designing and manufacturing the subject pressure cooker, including pressure cookers similar or identical to the subject pressure cooker to avoid the aforementioned risks to individuals;

- e. Placed an unsafe product into the stream of commerce;
- f. Were otherwise careless or negligent.

53. As a direct and proximate result of Defendant's negligence, the Plaintiff in this case suffered significant, painful and permanent bodily injuries, physical pain, mental anguish, medical expenses, scarring, disfigurement, and overall diminished enjoyment of life. The Defendant in this case is liable for these losses.

CAUSE OF ACTION VI
BREACH OF IMPLIED WARRANTIES

54. Plaintiff incorporates by reference all other paragraphs of this Complaint as if fully set forth herein.

55. Defendant manufactured, supplied, and sold their pressure cookers, including the subject pressure cooker, with an implied warranty that they were fit for the particular purpose of cooking quickly, efficiently and safely preparing meals.

56. Members of the consuming public, including consumers such as the Plaintiff, were the intended third-party beneficiaries of these warranties.

57. Defendant's pressure cookers, including the subject pressure cooker, were not fit for the particular purpose as a safe means of cooking meals, due to the unreasonable risks of bodily injury associated with their use.

58. Furthermore, Defendant's pressure cookers, including the subject pressure cooker, were not merchantable and fit for their ordinary purpose, because they have the propensity for the lid to be removed while the unit remains under pressure.

59. The Plaintiff in this case reasonably relied on Defendant's representations that their pressure cookers, including the subject pressure cooker, were fit for the particular purpose of cooking quickly, efficiently, and safely.

60. Additionally, Plaintiff used the subject pressure cooker with the reasonable expectation that it was properly designed and manufactured, free from defects of any kind, and that it was safe for its intended, foreseeable use of cooking quickly, efficiently and safely.

61. As a direct and proximate result of Defendant's breach of the aforementioned warranties, the Plaintiff in this case suffered significant, painful and permanent bodily injuries, physical pain, mental anguish, medical expenses, scarring, disfigurement, and overall diminished enjoyment of life. The Defendant in this case is liable for these losses.

JURY TRIAL DEMANDED

Plaintiff demands that all issues of fact of this case be tried to a properly impaneled jury to the extent permitted under the law.

PRAYER FOR RELIEF

WHEREFORE, Plaintiff prays for relief and judgment against Defendant as follows:

- A. For an award of compensatory damages, including damages against Defendant for pain and suffering, medical and hospital expenses, loss of income, permanent disability, and other damages according to proof at trial in excess of \$75,000;
- B. For reasonable attorneys' fees and costs;
- C. For pre-judgment interest;
- E. Restitution, disgorgement of profits, and other equitable relief; and
- F. For such further relief as this Court deems necessary, just, equitable and proper.

Dated: December 28, 2020

Respectfully Submitted,

/s/ Mark M. Kitrick, Esq

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Counsel for Plaintiff

EXHIBIT A

Prestige

**User
guide**

**70021
Rise 'n' Time
Stainless Steel**



THANK YOU FOR PURCHASING A PRESTIGE PRESSURE COOKER

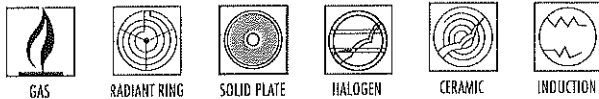
Pressure cooking will enable you to produce healthy meals in a fraction of the time normally taken. Pulses do not need overnight soaking. The quick cooking in a minimum of water retains vitamins. 'Tough' meat is a thing of the past. Full meals can be cooked in one pan – *only one pan to wash up!*

These instructions cover the following model:

70021 Rise 'n' Time Stainless Steel

Your cooker was quality checked before leaving the factory. Please check that you have all the correct parts.

Your pressure cooker is suitable for the heat sources shown below.



PRINCIPLES OF PRESSURE COOKING

Under normal conditions water boils at a temperature of 100°C (212°F). This temperature is dictated by atmospheric pressure and cannot increase no matter how long boiling continues. The cook control on your Prestige Cooker increases the pressure inside the cooker which in turn raises the temperature at which the liquid boils. The result is faster cooking time because of the higher temperature obtained and at the same time the steam is forced through the food, cooking and tenderising it. The 15 lb cook control supplied with your cooker is set to achieve a temperature of 121°C (250°F) pressure which is ideal for the majority of daily recipes. This is equivalent to an increase in pressure of 15 psi or 103 kPa above atmospheric.

If you have any difficulty in using your pressure cooker or if you require spare parts please contact our customer care helpline on **0151 650 6565** or alternatively please write to: Customer Services Department, Prestige Products, Meyer Prestige Ltd., Morpeth Wharf, Twelve Quays, Birkenhead, CH41 1LW who will either deal with your enquiry personally or direct you to your local Prestige distributor.

CAUTION: it is important that you read these instructions carefully before using your pressure cooker for the first time.

GENERAL RULES FOR PRESSURE COOKING

Safety notice

Never leave your pressure cooker unattended on a hot cooker. Doing so may result in it boiling dry. If this occurs switch off the heat immediately at the cooker point or gas tap and leave to cool before moving.

Your pressure cooker is easy to use if you follow these simple guidelines.

It is important that sufficient water is added to the cooker to prevent it from boiling dry.

You must always add a minimum of 300 ml ($\frac{1}{2}$ pt) of liquid to the cooker (never less). This quantity covers the first 15 minutes of pressure cooking.

A further 150 ml ($\frac{1}{4}$ pt) of liquid must be added for each 15 minutes or part 15 minutes of cooking. For example 750 mls ($1\frac{1}{4}$ pts) is necessary for 1 hour.

Steamed recipes require more liquid – follow a similar recipe.

DO NOT OVERFILL THE PRESSURE COOKER

Remember there are different maximum filling levels for different foods. Follow these guidelines:

Cereals and pulses, dried peas, beans and lentils	Cooker should not be more than $\frac{1}{3}$ full. This includes liquid.
Liquid foods: soups, stews, rice, pasta and beetroot	Cooker should not be more than $\frac{1}{2}$ full. This includes liquid.
Solid foods: vegetables, one pot meals, joints	Cooker should not be more than $\frac{2}{3}$ full. This includes liquid.

The maximum joint size which can be cooked is 2 kg (4 lb)

Liquids you can use for cooking under pressure

- Any liquid which produces steam can be used in the cooker eg water, stock, wine, milk etc.
- Never use oil or melted fat as a cooking liquid. However they may be used in small quantities for browning ingredients, before cooking under pressure.

To remember when using your pressure cooker

- Ensure that your cooker is suitable for the heat source that you are using.
- Always follow the hob manufacturer instructions.
- Match the size of your pressure cooker base to the size of the heated area on your hob.

- Do not allow gas flames to spread up the side walls of your cooker.
- If you use your own containers for cooking, make sure they can withstand 130°C (262°F).
- Do not place containers on top of foods which may swell up or froth eg rice, pasta, pulses and cereals.
- Ensure container covers eg greaseproof paper or foil are securely fastened with string and cannot come off during cooking.
- Do not use containers with metal or plastic lids.
- Never cook dumplings under pressure or the dough will rise and could block the safety outlets. Place the dumplings in the hot stew and cover with the cooker lid but do not close.
- Take care not to damage the rim of the cooker, eg by tapping a utensil on the edge as this may cause the cooker to leak.

To adapt your own recipes

- Refer to a similar recipe from this book for guidance on quantities of liquids, timings and the method of releasing pressure. Generally foods cooked in a pressure cooker will take $\frac{1}{3}$ of the normal cooking time.
- Whatever you cook remember not to overfill the cooker and to use the correct amount of liquid.
- Use liquid that produces steam eg water, stock, milk, wine, not melted fat or oil.
- Remember the maximum filling levels for the type of food you are cooking.
- Remember that cooking times for foods are determined by the size of the individual piece, not by the quantity. eg 450g (1 lb) potatoes or $1\frac{1}{2}$ kg (3 lbs) potatoes cut up into 25 g (1 oz) pieces will both take 4-6 minutes.
- Joints of meat are timed by the weight eg 450 g (1 lb) joint of topside will require 300 ml ($\frac{1}{2}$ pt) of liquid and will take 15 minutes; $1\frac{1}{2}$ kg (3 lb) joint of topside will require 600 ml (1 pt) of liquid and will take 45 minutes.
- Milk and foods which may froth up eg rice, pasta, pulses, cereal, beetroot and some soups must be depressurised slowly by leaving the cook control on the ● position to release steam.
- Use a medium heat setting for foods like rice, pasta, cereals, pulses and beetroot which may froth up, or when cooking with milk.

Recipe Tips

- Pre-brown the meat and vegetables in the open cooker, (without lid) before adding any hot stock.
- Canned soups and "cook-in" sauces may stick on the base so add an additional 150ml ($\frac{1}{4}$ pt) water to that normally required.
- Thickening for sauces, soups, stews etc should be added after cooking.

- For boil in the bag foods eg frozen casseroles, fish in sauce, pierce the bag and stand upright in the separator. Add 300 ml ($\frac{1}{2}$ pt) water to the cooker and cook for half the recommended cooking time on the packet.

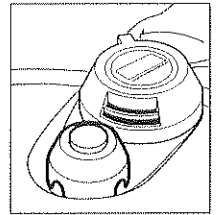
FEATURES OF YOUR PRESSURE COOKER

Capacity – 5.5 litres

Nominal operating pressure 103 kPa/15 psi

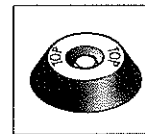
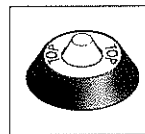
Rise 'n' Time Indicator

- Gives a visual indication that the cooker has reached and is maintaining the correct temperature.



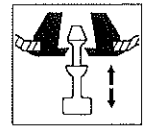
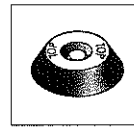
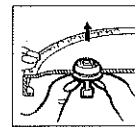
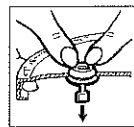
Ready to serve indicator

- Consists of a rubber plug and pintle.
- Gives a visual indication of what is happening inside the pressure cooker. The indicator is raised when the cooker has sealed and drops down after releasing the pressure to show that the lid can be opened.



- Acts as a 3 stage safety measure.

NB: Ensure that the indicator is fitted into the cooker as per the diagram.



Cook Control (15 lb)

- Consists of a weight to give 15 psi pressure inside the cooker. This weight gives the versatility of both speed and the ability to cook a wide variety of foodstuffs.

Cook Control (10 lb)

- Consists of a weight to give 10 psi pressure inside the cooker – ideal for jam making and cooking delicate foodstuffs.

NB: Please note that when using the 10 lb cook control the Rise and Time indicator will not rise. Timing of foodstuffs is carried out when there is a gentle hissing and gentle escape of steam from around the weight. *If the heat setting is too high* – a loud hissing will be heard. Lower the heat, you are wasting fuel. *If the heat setting is too low* – no hissing will be heard. Increase the setting.

Separator (perforated)

- For use as a lifting basket when cooking small puddings or fish
- To cook different vegetables side by side

Separator (solid)

- To cook rice, pasta or fish
- As an additional separator

NB: It is important to securely cover the solid Separator with greaseproof paper or foil. The use of foil may increase cooking times.

TRIVET

Used to place food on, or as a shelf to divide different types of food

GASKET

A rubber seal which fits inside the lid.

Stainless steel models are fitted with a grey gasket.

BEFORE USING YOUR COOKER FOR THE FIRST TIME

Wash the cooker in hot soapy water, rinse and dry thoroughly.

Check that the ready to serve indicator has been fitted in the correct position.

The rubber plug should be seated correctly and the pintle should move freely.

Sometimes a new lid may be a little stiff to fit. To help this, spread a thin coat of cooking oil around the inside rim of the lid. Replace the gasket and put on and remove the lid a few times.

To fit the lid on the cooker

You will see that there is an arrow on top of the handle of the base of the cooker. There is another arrow just to the left of the handle on the cooker cover. When you put the cover on, make sure that these arrows are lined up before attempting to close the cooker. Locate the cover to the base and slide the handles together. You may find that after fitting a new gasket the lid may be a little stiff. A thin coat of cooking oil around the gasket will help.

To remove the lid slide the handles apart.

Check that the cook control is fitted correctly.

1. Check that the control support is tightly fitted.
2. Press the cook control into place with slots towards lid centre.
3. It should click into the support and move freely between ● and ●●

TO USE YOUR PRESSURE COOKER

We recommend that you try a simple recipe to begin with eg boiled potatoes (cooking time 4 minutes).

1. Add 300 mls (1/2 pt) water to the cooker.
2. Place the trivet, rim side down in the cooker.
3. Place 450g (1 lb) of peeled potatoes cut to 25g (1 oz) pieces in the separator. Place into the cooker.

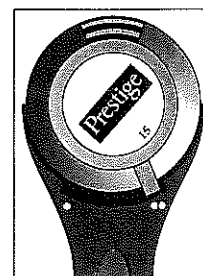
4. Put the lid on and close it.
5. Place the cook control (15 lb) on its support. Make sure it clicks into place.
6. Ensure that the Cook Control is turned to the ● position.
7. Check that the ready to serve indicator is down.
8. Place the cooker on the heat source and turn heat to a high setting.
9. Wait for steam to come from the centre of the ready to serve indicator. The centre pintle will then rise and seal the hole. Pressure will now build up inside the cooker.
10. The silver part of the Rise 'n' Time indicator will then rise. This shows that the correct cooking temperature has been reached.
11. After the Rise 'n' Time indicator has risen, wait 10 seconds before lowering the heat source or the indicator may drop.
12. You now start timing the cooking. If the silver part of the Rise 'n' Time indicator drops the heat setting has been reduced too quickly or by too much. Increase the heat setting until the silver part of the Rise 'n' Time indicator reappears, then turn the heat setting down. Add a little extra cooking time to compensate for the time when the temperature inside the cooker was too low, or the potatoes will be undercooked. You will soon get used to the correct setting to use for your hob.
13. On completion of cooking turn off the heat source and turn the cook control to the ●● position. The steam will now be released. The rise and time indicator will drop and when the pintle in the ready to serve indicator falls the lid may be removed.

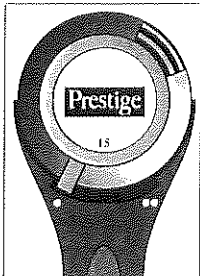
Releasing steam after cooking

Most recipes will require quick release of steam. However, milk puddings, pulses, and some other food stuffs require slow release. If steam is released quickly with these foods, the food will either be damaged or may boil up into the cooker lid, blocking the vents. See individual recipes for guidelines. Remember if slow release is used the cooking time is increased as the cooker remains at pressure for longer.

Quick release

This is achieved by moving the cook control to the ●● position. Steam will escape through the vents on the cook control. When the steam has stopped the centre pin in the ready to serve indicator will drop down. This tells you that the cooker can now be opened. Remove the cover by sliding the top handle to the right.





Slow release

Leave the cook control in the ● position and remove the cooker from the heat source. Leave the cooker to cool at room temperature. After a while the centre pin in the ready to serve indicator will drop down. This tells you that the cooker can now be opened. Depending on the quantity of food in the cooker this may take about 15 minutes.

USING YOUR COOKER FOR STEAMING

All steamed puddings contain a raising agent to make them light. A short pre-steaming period is necessary before cooking so that the raising agents are able to work. Without pre-steaming they will be heavy and close textured. To pre-steam:

1. Put the required amount of water in the cooker.
2. Put the trivet in the base, rim side down. Stand the pudding on the trivet. Cover and close the lid. Place the cook control onto its support making sure that it clicks into place. Turn to position ●●.
3. Check that the centre pin in the ready to serve indicator is down. Place the cooker on a high heat. Wait until there is a steady flow of steam from the cook control vents and ready to serve indicator. Reduce the heat to maintain a gentle flow of steam from the vents. Time the steaming process as given in the individual recipe.

NB: Note that the rise and time indicator will not rise during the steaming period as there is insufficient pressure inside the cooker.

4. At the end of the steaming period, turn the cook control to position ●. Bring to pressure on a high heat until the rise and time indicator rises, then lower the heat and begin timing. Continue to pressure cook as normal.

STORAGE

Make sure that the cooker, trivet and separator are thoroughly dry before storing otherwise the metal may discolour and pits may appear. When not in use, leave the cooker open to allow air to circulate. Do not reverse the cooker lid into the base without protection as it may become damaged. Take care not to drop the cook control.

Take care in use and storage not to damage the top rim of the body by heavy contact with cooking utensils. Damage to the metal can prevent the gasket from sealing completely and the cooker will not function correctly.

SHOULD THE COOKER EVER BOIL DRY

If you make sure that you always have sufficient liquid, that you do not leave the cooker steaming or cooking for long periods on too high a heat, and you replace the gasket and ready to serve indicator regularly, your cooker should never boil dry.

If it ever does, the cooker will overheat and the base of the cooker may become distorted. Distortion of the base is not covered by the guarantee. Another consequence of boiling dry is that the centre pin of the ready to serve indicator may melt. If this happens a new ready to serve indicator will have to be fitted. See instructions for how to replace them.

TO CLEAN YOUR STAINLESS STEEL PRESSURE COOKER

Cleaning the body, trivet and separator

- Never leave food in the cooker for long periods. Remove it as soon as possible or pitting of the metal may occur.
- Wash in hot soapy water and rinse and dry thoroughly after every use.
- The body is dishwasher safe. Remove the cooker as soon as the washing cycle has finished to avoid marks forming.
- Occasionally food may stick to the interior. To remove use a plastic scrubbing brush. Do not use abrasives on the mirror polished exterior.
- NEVER USE BLEACH, either neat or diluted, as "pitting" may occur.
- Burnt on residues on the interior may be removed by pouring in a strong solution of biological washing powder and leaving it to stand overnight.

The following marks can be removed with Prestige cream stainless steel cleaner.

- salts from food or hard water deposits which occur during cooking. These are not harmful but if left on the surface will cause specks of chalk-like substance to appear.
- a purple rainbow effect which may appear on the interior after pre-frying.
- blue/gold heat tinges which appear on the interior or exterior.

Cleaning the lid

- Never place in a dishwasher.
- If food has boiled up and the inside of the lid is dirty, remove the gasket and wash the lid in hot soapy water, then wipe lid and gasket with a cloth.
- Do not wash the gasket more than necessary in detergent – it shortens its life.
- Remove the cook control and check the centre of the cook control support is clear. If blocked wash in hot water and leave to drain. Replace when dry.

HELPER GUIDE

If you encounter any problems with your Pressure Cooker refer to the chart below.

WHAT TO DO IF	POSSIBLE CAUSE	ACTION	ADVICE
Cooker will not come to pressure	Ready to Serve Indicator leaking	Renew Ready to Serve Indicator	See SPARE PARTS
	Lid Gasket leaking	See "Lid gasket leaks"	
Lid gasket leaks	Dirty gasket or food particles on the rim	Wipe cooker rim and gasket	A gasket is expected to last 6-9 months with normal use
	Worn or hardened gasket	Replace with new gasket immediately	
	Non-original gasket used	Ensure that parts purchased are original Prestige parts	
Excess steam from Cook Control which could lead to the cooker boiling dry	Heat is too high	Turn heat down	
	Weight is not fully clicked into place	Click weight into place using an oven glove or wait until cooker is cool	
	Weight support is loose	Cool, remove weight, remove lid and tighten weight support	
Ready to Serve Indicator pintle rises and ejects steam vertically	Weight support blocked and cannot vent correctly	Cool, clean Cook Control Support, Re-set Ready to Serve Indicator Pintle	See CLEANING
Ready to Serve Indicator blows out completely	Weight support blocked and cannot vent correctly	Cool, clean Cook Control Support. Fit a new Ready to Serve Indicator	A Ready to Serve Indicator is expected to last 6-9 months with normal use. See SPARE PARTS
	Non-original Prestige parts used	Ensure genuine Prestige parts used	
Cooker boils dry	Lid gasket leaking	Replace gasket	Caution: If the cooker boils dry it will overheat and may become distorted Overheating may cause the pintle of the Ready to Serve Indicator to melt. Distortion of the cooker base is not covered by the Prestige guarantee.
	Ready to Serve Indicator leaking	Check and return to Prestige Customer Services Department if necessary	
	Cooking on too high a heat for too long		
	Insufficient liquid for the cooking time		

ENQUIRY	POSSIBLE CAUSE	HELP/ADVICE
Why aren't foods cooked in the recommended times?	Steam may be escaping through the gasket or a dent in the top rim	Replace the gasket every 6-9 months
	Meat and vegetables are not cut to the correct sizes for the stated cooking time	Follow the recommendations for sizes of food and cooking times in the recipe book
	The wrong cook control has been fitted for the foodstuffs being cooked	Ensure that the correct cook control is being used
Why is food sticking to the bottom of the cooker causing burning during cooking?	Heat has been left too high after pressure has been reached, so the cooking liquid has been driven off	Turn down heat just to maintain pressure
	Insufficient liquid added	Always add sufficient water
	Stainless steel models have a tendency to stick if high heats are used	Use a low heat Thicken soups and casseroles after cooking
Why does liquid seep out of the cooker during cooking?	Meat has been coated in flour prior to pre-browning which has made the liquid too thick, causing sticking	Thicken soups and casseroles after cooking
	Why does liquid spurt out of the cooker during cooking?	Reduce the amount of liquid used. Turn off the heat and unblock the vents
Why does liquid seep out while releasing pressure?	Cooker has been over-filled so the liquid boils up through the vents	Never fill the cooker more than $\frac{2}{3}$ full; complete meals using the trivet and separator; $\frac{1}{2}$ full soups, casseroles etc; $\frac{1}{3}$ full pulses
	Why does liquid seep out while releasing pressure?	Follow recommendation for filling, release of pressure and thickening dishes after cooking
Why does liquid seep out while releasing pressure?	The cooker is overfilled with liquid	Follow recommendation for filling, release of pressure and thickening dishes after cooking
	The steam has been released quickly when slow release was needed	See recipe for details
	Flour has been added at the beginning of the cooking, making the liquid frothy or viscous forming a syphoning effect	Thicken casseroles, etc with cornflour or butter and flour at the end of cooking

SAFETY FEATURES OF YOUR PRESSURE COOKER

There are a number of safety features on your cooker:

- The Gasket Offset Device (G.O.D.).** This ensures that the cooker cannot come to pressure until the lid is correctly closed. When the lid is open the G.O.D. pushes out the gasket so that it cannot seal the cooker. This means that the cooker cannot be brought to pressure when the lid is incorrectly fitted. When the lid is closed in the correct position the G.O.D. is retracted and the Gasket can seal the cooker, and the cooker can be brought to pressure.
- Locking lugs on the cooker body.** These lock the lid onto the cooker body whilst the cooker is under pressure, ensuring that the cooker cannot be accidentally opened whilst under pressure.
- Ready to Serve Indicator.** This acts as a safety valve giving 3 separate levels of protection:
 - If there is a build up of excess pressure in the cooker, the metal pintle will pop up allowing vertical release of steam through the centre hole. This will reduce the pressure.
 - If the excess pressure is not reduced then the whole of the rubber safety plug will blow out. This will allow a vertical release of steam to reduce the pressure.
 - If for any reason, steps a and b fail to operate, then the metal pintle in the centre of the indicator will melt allowing the excess pressure to be released.

CAUTION: If cooker boils dry do not attempt to move the cooker until it has completely cooled.

Guarantee

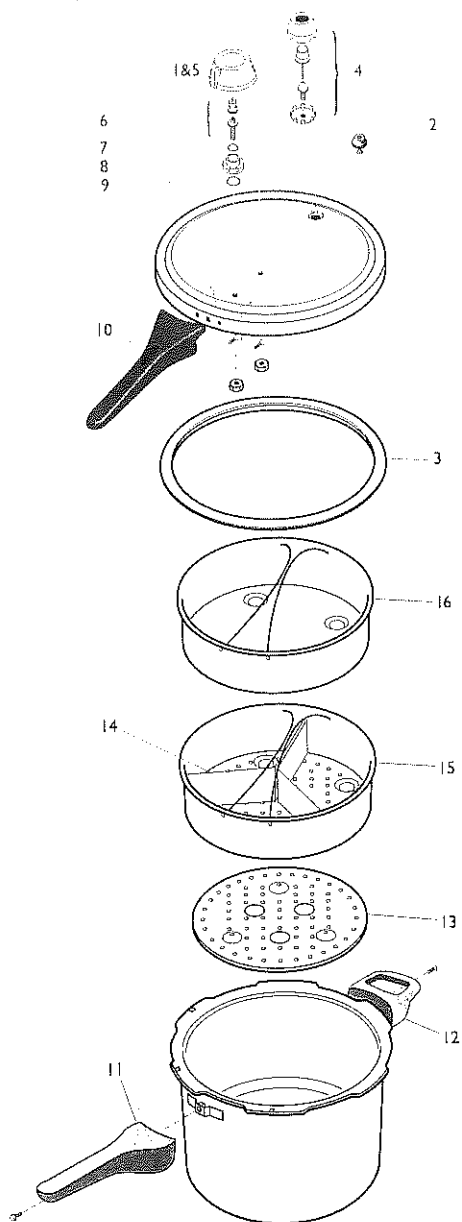
Your cooker is covered by the Prestige quality guarantee.

Your pressure cooker is guaranteed by Prestige Products to be free from defects in materials and workmanship under normal household use for the lifetime of the product. Should you have a problem please contact Customer Services Department, Prestige Products, Meyer Prestige Ltd, Morpeth Wharf, Twelve Quays, Birkenhead, CH41 1LW. Tel: 0151 650 6565. If a repair is not possible and a replacement is necessary and the original specification is not available it may be necessary to replace with a product of similar value.

This guarantee does not cover damage caused by normal wear and tear, accident, misuse, abuse or commercial use. Stains, discolouration or damage from overheating are not covered by this guarantee. Incidental or consequential damages are expressly excluded from this guarantee. As part of our continuous development programme, Prestige Products reserves the right to change the specifications of products described at any time.

SPARES FOR YOUR PRESTIGE PRESSURE COOKER

All Prestige cooker parts are replaceable should they be damaged or lost. Only Prestige replacement parts should be used. The use of other makes of spares will invalidate the guarantee and may be dangerous. On no account should any of the safety devices included with your cooker be tampered with or altered.



The following spares should be available from your local stockist.

1. Cook Control - 15lb	1-6-X003A
2. Ready to Serve Indicator	96410
3. Grey Gasket	96461
4. Rise 'n' Time Indicator	10035

NB: Black Gaskets are not suitable for this model.

In case of difficulty or for the following spares please contact: Prestige Customer Services Department at Birkenhead 0151 650 6565.

5. Cook Control - 10lb	1-6-X006A
6. Weight Support Assembly	VA10032S
7. Weight Support O-ring	1-6-204
8. Cam Seat Assembly	1-6-205S
9. Cam Seat O-ring	1-6-207
10. Cover Handle Assembly	CH70021S
11. Body Handle Assembly	7-5-HBA01S
12. Auxiliary Handle Assembly	7-5-SBA01S
13. Trivet	7-6-113
14. Divider	7-6-114
15. Perforated Separator	7-6-112
16. Solid Separator	7-6-111

IMPORTANT

Please note that removable parts of your pressure cooker are guaranteed for the first 12 months only. Your gasket and ready to serve indicator should not need replacing within the first 12 months. However, above average use may necessitate more regular replacement.

These rubber parts will perish, irrespective of usage, unless replaced regularly.

Using old parts leads to the cooker boiling dry and prolonged cooking times, as it takes the cooker longer to come to pressure.

To replace the ready to serve indicator

1. Push the old rubber plug inwards from the top of the lid.
2. Insert the new valve from inside the lid. The valve is marked with the word 'TOP'. This is visible from the outside of the lid.
3. Ensure the metal pintle in the centre is down.
4. Push the pintle down until it moves freely.

Prestige

Recipe suggestions

The following are guidelines to be followed when cooking various foodstuffs. You may use these simple rules when adapting your own recipes. Please note that the 15 lb cook control is used in all cases unless otherwise recommended.

STOCKS AND SOUPS

General guidelines for making soups and stocks

1. The cooker must never be more than half full when all the ingredients and liquid have been added.
2. Pressure can be reduced quickly for all soups, with the exception of those containing dried pulses such as lentils or haricot beans. For these soups, reduce pressure slowly to prevent the skins of the pulses splitting.
3. The trivet is not needed.
4. Use 15 lb Cook Control

How to reheat frozen soup

Add 125 ml (5 fl oz) water to the cooker with block of frozen soup. Cook for 5 minutes. Reduce the pressure quickly. Add any seasoning, milk or cream and adjust the consistency.

MINISTRONE SOUP

- 4 rashers of streaky bacon
- 1 medium onion, chopped
- 1 clove garlic, crushed
- 1 medium carrot, diced
- 1 small turnip, diced
- 2 sticks celery, chopped
- 1 medium leek, sliced
- 2 x 5ml spoons (2 teasp) chopped parsley
- 2 tomatoes, skinned and sliced
- 2 x 15 ml spoons (2 tablesp) tomato puree
- ¼ large cabbage, finely shredded
- 750 ml (1¼ pts) hot white stock
- 25 g (1 oz) spaghetti, broken into approx 2.5cm (1" lengths)
- Salt and pepper
- Parmesan cheese

Fry the bacon gently in the cooker until the fat runs out. Cook the onion and garlic in the bacon fat until lightly browned, then stir in the carrot, turnip, celery, leek and parsley. Cook in the open pan for 5 minutes. Add the tomatoes, tomato puree, cabbage and stock and bring to the boil. Add the spaghetti. Stir well. Close the lid, bring to the boil and cook for 8 minutes at 15 lb pressure. Release the steam QUICKLY. Serve with grated Parmesan cheese.

VEGETABLES

General guidelines for cooking vegetables

1. Always add green vegetables to boiling water, so pressure is reached quickly.
2. Timing is crucial with vegetables as overcooking will spoil the results.
3. Use 15 lb Cook Control unless otherwise recommended.

Root vegetables should be placed straight onto the trivet. Small vegetables, or those that have been cut up into small pieces, should be cooked in the separator.

The minimum 300 ml (½ pt) water is all that is required for most vegetable cooking. The trivet keeps the vegetables just above the water so that they are cooked in steam and the flavours kept separate. Add the cooking liquid to gravies, soups or sauces so that any nutrients are not wasted.

You can make significant savings in time and fuel if you cook a selection of vegetables together. Here are some instructions for cooking potatoes, carrots and brussel sprouts together. Adapt these instructions to suit whatever selection of vegetables you choose.

1. Prepare all the vegetables in the usual way.
2. Look at the timetable and cut up the potatoes and carrots so that they are a suitable size for cooking in 4 minutes.
3. Put the trivet in the cooker – rim side down – and pour in 300 ml (½ pt) water.
4. Place the potatoes and carrots in piles on the trivet. Season lightly. Put the open cooker on a high heat and bring the water to the boil.
5. Put the prepared sprouts into the separator and season lightly. When the water is boiling and the cooker filled with steam, place the separator on top of the potatoes and carrots. Cover and close the lid. Bring back to the boil and time accurately for 4 minutes. Release the steam QUICKLY.

TIMETABLE FOR FRESH VEGETABLES (using 15 lb Cook Control)

S = separator, T = trivet, WT = without trivet

VEGETABLE		SIZE	MINS
Artichokes (Globe)	T	Small 225g (8 oz)	8
		Medium 275g (10 oz)	10
		Large 350g (12 oz)	12
Artichokes (Jerusalem)	T or S	Small - whole	5
		25g (1 oz) pieces	4
Asparagus	T	Young bundles (4-6 spears)	2
		Older bundles	4
Aubergine	S	1 cm (1/2 inch) cubes	4
Beans (Broad, French, Runner)	S		2-3
Beetroot *see special note	WT	Small - 600ml (1 pt) water	10
		Medium - 900 ml (1 1/2 pts) water	15-20
		Large - 1 litre (2 pts) water	25-30
Broccoli (Green or purple sprouting)	S		2
Brussel Sprouts	S	Small	2
		Medium	3
		Large	4
Cabbage (Green, white or spring greens)	S	Shredded	2
Cabbage (red)	S	Shredded	3
Carrots	T or S	1 cm (1/2 inch) slices	3
		Young (whole)	3
		Old - halved/quartered	4
Cauliflower	T or S	Whole - small	4
		Whole - medium	5
		Florets	2
Celery	T or S	5 cm (2 inch) pieces	2
Celeriac	T	2.5 cm (1 inch) cubes	3
Chicory	T	Small (add lemon juice for cooking)	2
		Medium	3
Corn on the cob	T	Small	6
		Large	10
Sweetcorn	S	Miniature, finger, dwarf	3
		Kernels	2

VEGETABLE		SIZE	MINS
Courgettes	T or S	2.5 cm (1 inch) slices	2
		Small - whole	3
		Large - whole	4
Fennel	T or S	Halves or quarters	4
		Diced	2
Kohlrabi	T	2.5 cm (1 inch) slices	4
Leeks	S	5 cm (2 inch) slices	3-4
Marrow	T or S	2.5 cm (1 inch) slices	3
Okra (Ladies Fingers)	S	2.5 cm (1 inch) slices	2
		Small - whole	3
Onions	S	0.5 cm (1/4 inch) slices	3
		Whole	4
Parsnips	S	2.5 cm (1 inch) cubes	4
		Small - halved	4
Peas	S		2
Peppers (orange, red, green, yellow)	T	Whole	4-6
Potatoes	T or S	New - whole 25-40g (1-1 1/2 oz)	4
		Large - old or new cut into 25g (1 oz) pieces	4
		For roasting cut into pieces	2
Spinach	WT	Just bring to pressure with 2x15 ml (table) spoons water	
Sweet potatoes	T or S	2.5 cm (1 inch) pieces	5
Swedes/Yams	T or S	2.5 cm (1 inch) cubes	6
Turnips	T or S	2.5 cm (1 inch) cubes	4

* Special note **BEETROOT** Trim off all but 2.5 cm (1 inch) of stalk and root. Wash carefully without breaking the skin. Use amounts of water as recommended.

RATATOUILLE

2 x 15 ml (tablespoons) olive oil
1 large onion, sliced
2 cloves garlic, crushed
1 large aubergine, diced
1 green pepper, seeded and sliced
1 red pepper, seeded and sliced
225 g (8 oz) courgettes, sliced
225 g (8 oz) tomatoes, skinned and sliced
300 ml (1/2 pt) water
a pinch of marjoram
salt and pepper

Heat the oil in the cooker and fry the onion and garlic in it until they are just beginning to brown. Add the peppers and aubergine, and cook for a further 1-2 minutes. Add the remaining ingredients and stir well. Close the lid, bring to pressure, using 15 lb Cook control and cook for 5 minutes. Release the steam QUICKLY. Serve either hot as an accompaniment to meat or poultry, or serve chilled on its own as a starter, garnished with parsley.

PULSES

Pulses (dried beans, peas, lentils) are a valuable and inexpensive source of protein. By using your pressure cooker overnight soaking is a chore of the past and cooking time is reduced to a fraction of conventional.

- All pulses must be soaked for 1 hour before cooking in the pressure cooker. NEVER EAT PULSES RAW OR UNDERCOOKED.
- The cooker must not be more than one third full when both the pulses and liquid have been added. This is because pulses tend to swell, froth and boil up during cooking and could block the vents if cooked in too large quantities.
- Weigh the pulses and place in a large bowl, add sufficient water to cover them. *Leave to stand for 1 hour.*
- Drain the pulses and add 600 ml (1 pt) of fresh liquid for every 225g (8 oz) pre-soaked weight of pulses.
- Place the pulses and liquid in the cooker. Do not add salt as this toughens the pulses.
- Bring to the boil and skim well.
- Reduce the heat so the contents are boiling gently but not rising in the pan.
- Close the cooker and maintaining the same heat bring to pressure.
- Cook for the recommended time and reduce the pressure slowly.
- Season before serving.
- Use 15 lb Cook Control unless otherwise recommended.

TIMETABLE FOR PULSES (using 15 lb Cook Control)

VARIETY		COOKING TIME MINS
Adzuki Beans		5
Black Beans		10
Black Eye Beans		10
Borlotti Beans		10
Butter Beans		15
Cannellini Beans		10
Chick Peas		20
Flageolet Beans		5
Haricot Beans	Small	10
	Large	15
Lentils	Brown	3
	Green	3
	Red - no soaking	just bring to pressure
Mung Beans		just bring to pressure
Peas	Marrowfat	20
	Split	3
	Whole	5
Pinto Beans		12
Red Kidney Beans		10
Soya Beans		25

PASTA RICE AND CEREALS

All rice, pasta and cereals can be cooked in the base of the cooker. Rice and small pasta shapes, such as shells can also be cooked in a solid container or separator (or the perforated separator lined with foil). This method is often used when cooking the rice or pasta on top of meat or poultry.

Cooking rice or pasta in the body of the cooker (not in a container)

- Do not fill more than half full.
- Bring to pressure on a medium heat setting.
- During cooking keep the heat slightly lower than usual to prevent frothing up.
- Release pressure slowly.

Care must be taken when cooking rice to prevent the contents from boiling up and blocking the vents.

Cooking rice or pasta in a container

- Use a suitable size ovenproof dish or perforated separator (lined with foil).
- Pour 300 ml (1/2 pt) water into the cooker.
- Place 225g (8 oz) of rice/pasta in the container, add 450 ml (3/4 pt) of boiling water, leave space for the rice to expand.
- Cover with a piece of greaseproof paper and tie down securely.
- Use 15 lb Cook Control unless otherwise recommended.
- Release pressure SLOWLY after cooking.

Cooking coarse oatmeal, pearl barley

- Fill no more than half full.
- Use 900 ml (1 1/2 pts) boiling water for every 100g (4 oz).
- Bring to the boil over a medium heat and cook on a lower heat setting as oatmeal rises and froths up.

Cooking millet, bughar (cracked) wheat

- Cook in an ovenproof container or separator lined with foil. Do not cook in water in the body of the cooker.
- Pour 300 ml (1/2 pt) water into the cooker and cook for 5 minutes.
- Cover securely.
- Release pressure SLOWLY.

Cous-cous

- Soak cous-cous in boiling water. See chart for amounts. Add 15g (1/2 oz) butter.
- Stand for 10 minutes.
- Fork through the cous-cous and then place into an ovenproof dish or separator (lined with foil).
- Pour in 300 ml (1/2 pt) water.
- Do not cover, cook for 8 minutes.
- Add 25g (1 oz) softened butter.
- Release pressure SLOWLY.

Cooking rice and cereals with milk (ie. rice pudding)

- Do not cook more than 50g (2 oz) rice and 600 ml (1 pt) milk.
- Bring milk to the boil in the open cooker.
- Add the rice or cereal, stir until boiling again.
- Lower the heat until the milk settles to a rolling boil.
- Close the lid and without altering the heat bring to pressure using 15 lb cook control.
- Release the pressure SLOWLY.

CEREAL	QUANTITY	WATER	COOKING TIME	RELEASE STEAM
Barley, Pearl	100g (4 oz)	750 ml (1 1/4 pts)	20 minutes	Slowly
Macaroni: Short lengths Elbow	225g (8 oz)	1 1/2 litres (3 pts)	2 minutes	Slowly
	225g (8 oz)	1 1/2 litres (3 pts)	3 minutes	Slowly
Noodles: Fine Medium	225g (8 oz)	1 1/2 litres (3 pts)	2 minutes	Slowly
	225g (8 oz)	1 1/2 litres (3 pts)	3 minutes	Slowly
Oatmeal (coarse)	100g (4 oz)	750 ml (1 1/4 pts)	15 minutes	Slowly
Pasta: Alphabet, small shells or shapes	225g (8 oz)	1 1/2 litres (3 pts)	2 minutes	Slowly
	225g (8 oz)	1 1/2 litres (3 pts)	2 minutes	Slowly
Rice: Long grain Brown	225g (8 oz)	1 1/2 litres (3 pts)	2 minutes	Slowly
	225g (8 oz)	1 1/2 litres (3 pts) (in a container)	3 minutes	Slowly
Spaghetti: Fine or Vermicelli Regular	225g (8 oz)	1 1/2 litres (3 pts)	7 minutes	Slowly
	225g (8 oz)	1 1/2 litres (3 pts)	2 minutes	Slowly
			3 minutes	Slowly

POULTRY AND GAME

General guidelines to follow when cooking poultry and game.

- Frozen poultry and game must be thoroughly thawed. A 1.5 kg (3 lbs) chicken will take 48 hours to thaw in a refrigerator.
- Wash chicken thoroughly, especially inside the body cavity.
- Cut larger birds into portions before cooking, so that the steam can circulate freely.
- Truss smaller birds with string for ease of handling, especially when pre-browning.
- Whole birds are timed by the pound, include stuffing in the calculated weight.
- Use 15lb Cook Control unless otherwise recommended.

Maximum weight is 1.5kg – 1.75 kg (3 – 3½ lbs).

POULTRY AND GAME

TYPE	CUT	MINS
BOILING FOWL	Whole	10-12 per 450g (lb)
	Pieces	15
CHICKEN	Whole	8 per 450g (1lb)
	Breast fillets	5
	Drumsticks	10
	Portions (175-225g, 6-8 oz)	10
DUCK	Pieces	12-15
TURKEY	Pieces	12-15
	Breast fillets	10
RABBIT	Pieces	15-20
VENISON	Cubes	20

CHICKEN CASSEROLE

- 25g (1oz) butter or margarine
- 2 potatoes, peeled and diced
- 2 carrots, peeled and sliced
- 1 medium onion, sliced
- 4 chicken portions, 100 – 150g (4 – 6 oz) each, skinned
- 450 ml (¾ pt) hot chicken stock
- Salt and pepper
- 1 x 15ml spoon (1tbs) cornflour for thickening
- 2 x 15ml spoons (2tbs) water

Melt the lard in the open cooker. Gently fry the potatoes, onions and carrots until lightly coloured. Lift out and drain well. Add the chicken pieces to the hot fat and brown well. Return the vegetables to the cooker with the seasoning and stock. Stir well. Close the lid,

bring to the pressure using 15lb Cook Control and cook for 5 minutes. Release the steam QUICKLY. Take out the chicken and remove the meat from the bones. Put the chicken meat back in the cooker. Blend the cornflour with the water, stir into casserole and cook until thickened.

Serve with a green vegetable and warm crusty bread.

MEATS

Your pressure cooker will enable you to cook meat, even the tougher cuts, in minutes rather than hours with really tender results. The times in the recipes are a guide and will vary depending on quality, thickness and cut of meat and personal preference.

General Guidelines

Frozen Meat

Never cook pork or poultry from frozen.

Minced Beef

- Partially thaw and separate into smaller pieces or brown the block of frozen meat in the open cooker over a low heat until it begins to thaw and separate.
- Add 300ml (½ pt) thin stock and chopped vegetables to the meat. Cook for 10 minutes. Reduce pressure QUICKLY.
- After cooking, stir thoroughly and adjust consistency.

Cubed steak and kidney, braising meat for puddings, pies, stews and casseroles

- Cut meat up into suitable sized pieces before freezing if to be cooked from frozen.
- Meats can be pre-browned from frozen in the open pan on a low heat setting to prevent excess spitting.
- Do not coat in seasoned flour, thicken gravy at end of cooking.
- Do not use the trivet.
- Cook for 5 minutes longer than given in the recipe or chart, remember to add more water if necessary.
- Reduce pressure QUICKLY.
- Thicken the sauce or gravy as required.

Joints

- Do not cook pork joints from frozen.
- When browning, keep the heat lower than usual to avoid spitting and cook until the outside flesh has softened.
- Allow 10 minutes extra cooking per pound.

Reheating frozen cooked stews and casseroles

- Do not use the trivet.
- Add 300ml (1/2 pt) liquid to the frozen food.
- Cook for 8 - 12 minutes depending on the meat size and overall bulk.
- Reduce pressure QUICKLY.
- Adjust consistency of sauce, gravy.

Stewing and braising

- Remember that the cooking time is determined by the size of the pieces of meat not the amount, so the cooking time remains the same even if the quantities are changed.
- Meat and vegetables may be browned in hot fat in the open cooker on a low heat before adding the liquid to seal the meat and retain the natural juices and flavour. Cool the cooker slightly before adding the liquid. Remove any frying residues from the base with a wooden spoon.
- Do not coat the meat in seasoned flour before browning, thickeners eg. blended flour and butter or cornflour should be added at the end of the cooking.
- Use a thin consistency of cooking liquid eg. stock, wine, water. Soups and canned sauces may be used with an extra 125ml (5 fl oz) water blended in. This is important because you cannot stir the food during cooking, so thick liquids may 'catch' on the base of the cooker.
- Never fill the body of the cooker more than half full when all the ingredients and liquids have been added.
- Release the steam QUICKLY, unless otherwise stated.
- Add thickenings, fresh or soured cream, at the end of cooking, in the open pan, stirring continuously.

Pot Roasting

- Joints should not weigh more than 1 1/2 kg (3 lbs).
- Wipe, trim and weigh the meat, calculate the cooking time from the chart - no need to thaw frozen joints.

Preparation of the joint:

- Pre-soak salted meat for 3 - 4 hours to remove excess salts or cover with cold water, bring to the boil in an open pan, leave to stand for 5 minutes and then discard the water.
- Never fill the cooker more than half full when both the joint, liquid and vegetables for flavouring have been added.
- Accompanying vegetables or rice may be added part way through the cooking time.

POT ROASTING (All times are per 450g (1lb)) - use 15lb Cook Con

JOINT		MINS FROM THAWED	MINS FROM FROZEN
BEEF	Topside	12	22
	Brisket, rolled	20	30
	Silverside	15	25
LAMB	Breast, boned & rolled	15	25
	Shoulder, boned & rolled	15	25
	Best end	12	22
PORK	Shoulder, boned & rolled	15	Do not cook from frozen
	Loin	12	
VEAL	Breast, boned & rolled	12	22
	Shoulder, boned & rolled	15	25
	Knuckle & oyster	12	22
	Loin	10	20

Boiling

Suitable meats include bacon, gammon, tongue, brisket and silver.

- Unsmoked joints - Place the joint in the cooker with enough water to cover. Bring to the boil in the open pan, drain off liquid and remove the joint.
- Smoked joints - Soak for at least 2 hours in cold water and then prepare as above.
- Use the trivet placing the rind uppermost and adding 750ml (1 1/4 pints) water.
- Cook lean joints with just sufficient water to cover the thick part.
- Remember not to fill the cooker more than half full.
- Bring the water to the boil in the open pan, skim well, peppercorns, bay leaves and root vegetables.
- Cover, bring to pressure and cook for required time.
- Release the steam QUICKLY.

Ways of serving the bacon/gammon:

- Strip off the skin and either sprinkle with browned breadcrumbs and serve with a little of the cooking liquid hot or cold, or score the joint thickly and use the cooking liquid for a sauce eg. with onion or parsley.
- The fat of a good quality joint eg. gammon can be scored in a diamond pattern, spiked with cloves and sprinkled with brown sugar, stood in 300ml (1/2 pt) of cooking liquid or fruit juice in a baking tin and baked for 20 - 25 minutes in the oven set at 200°C, 400°F, Gas 6. Baste during cooking.

Points to remember when cooking brisket, silverside and tongue:

- Salted meat must be pre-soaked for 3 – 4 hours to remove excess salt, or covered in cold water, brought to the boil in the open pan and left to stand for 5 minutes, then the water discarded.

Cooking tinned suet steak and kidney puddings.

Leave the pudding in the tin. Add 300ml (1/2 pt) water to the cooker. Stand the pudding on the trivet and cook for a third of the time stated on the tin.

BOILING (All times are per lb) – using 15lb Cook Control

JOINT	MINS FROM THAWED	MINS FROM FROZEN
BACON & GAMMON	12	Do not cook from frozen
BRISKET & SILVERSIDE	20	30
TONGUE	15	Do not cook from frozen

RICH BEEF CASSEROLE

50g (2oz) butter
 3/4 kg (1 1/2 lb) stewing beef, cut into 2.5cm (1 inch) cubes
 1 medium onion, sliced
 1 clove garlic, crushed
 1 small can tomatoes, roughly chopped
 300 ml (1/2 pt) red wine
 150 ml (1/4 pt) brown stock
 100g (4oz) button mushrooms
 Salt and pepper

Beurre manie

1 x 15ml spoon (1tbs) flour
 25g (1oz) butter

garnish

1 x 5ml spoon (1tsp) chopped parsley

Heat the fat in the open cooker. Brown the meat, onion and garlic. Lift out and thoroughly drain off any excess fat. Away from the heat add the tomatoes, wine and stock. Return to the heat and stir to remove any frying residues. Return the meat and onions with the mushrooms and seasoning. Close the lid, bring to pressure using 15lb Cook Control and cook for 20 minutes. While the casserole is cooking, blend the flour with the butter. Release the steam QUICKLY. Return the open cooker to the heat, add the beurre manie in small blobs and stir well until thickened. Garnish with parsley before serving.

FISH

- Prepare the fish by removing scales, fins, skin etc. as required. Wash and dry thoroughly and season to taste, adding a little lemon juice if preferred.
- Add a minimum of 300ml (1/2 pt) cooking liquid – which may be water, fish stock, milk, wine or cider.
 IMPORTANT: When using milk to cook fish, bring the cooker to pressure on a medium heat setting and keep the heat on medium while cooking to avoid the milk frothing up and blocking the vents. This may be used afterwards to make an accompanying sauce with for example prawns, parsley, cheese, lemon etc.
- The trivet is used for most recipes and should be well greased before use. For ease of handling, the fish can be cooked on a piece of greased greaseproof paper or foil, leaving sufficient at the edges to form lifting handles.
- Time carefully as cooking times are very short.
- Reduce pressure QUICKLY – unless cooking with milk, when pressure must be released SLOWLY.

Cooking fish from frozen

- Add 1 minute to the cooking time shown in the chart if the fish is whole or in a thick steak.
- Add 2 minutes to the pound if timed by the pound.
- Cook small steaks or fillets for the same time as fresh fish.

TIMETABLE FOR SEAFOOD – using 15lb Cook Control

TYPE	CUT	MINUTES
BREAM	Fillets	3
	Small Whole Fish	4 – 5
COD	Fillets	3 – 4
	Steaks, cutlets	4 – 5
	Whole pieces	5 per 450g (1lb)
COLEY	Fillets	3 – 4
	Steaks	4 – 5
HADDOCK	Fillets	3 – 4
	Steaks	4 – 5
	Whole pieces	5 per 450g (1lb)
HALIBUT	Steaks, cutlets	3 – 4
	Whole pieces	5 per 450g (1lb)
HAKE	Fillets	3 – 4
	Steaks, cutlets	4 – 5
HERRING	Fillets	3 – 4
	Fillets with stuffing	4 – 5
	Whole fish	5 – 7
MACKEREL	Fillets	4

TIMETABLE FOR SEAFOOD – using 15lb Cook Control

TYPE	CUT	MINUTES
MACKEREL	Fillets	4
	Fillets with stuffing	4 – 5
	Whole fish	5 – 7
MULLET (grey & red)	Whole fish	5 – 7
PLAICE	Fillets	3
	Small whole fish	5
ROCK SALMON	Fillets	3 – 4
SALMON	Steaks, cutlets	4 – 5
	Small whole eg. Salmon trout or salmon pieces	6 per 450g (1lb)
SOLE	Fillets	3
	Small whole fish	5
SKATE	Wings	4 – 5
TROUT	Steaks, cutlets	4 – 5
	Whole fish	5 per 450g (1lb)
TURBOT	Steaks, cutlets	4 – 5
	Whole pieces	5 per 450g (1lb)
WHITING	Whole fish	5

PUDDINGS AND DESSERTS

Steamed Puddings

Your pressure cooker is ideal for cooking individual sponge puddings.

Containers

- Any type that is heatproof to 130°C/262°F which is watertight. The container should not be cracked.
- Recommended times are for puddings cooked in ovenproof, glass or china basins.
- Grease containers well.
- Do not fill to more than $\frac{2}{3}$ full to leave room for mixture to rise.
- Cover with a double thickness of greased greaseproof paper, or single layer of greased foil pleated in the centre to allow for expansion.
- Tie down securely with string.
- Do not use fitted lids as they prevent the steam from penetrating the mixture and may come off during cooking, blocking the safety outlets.
- Always use a minimum of 900ml (1½ pts) boiling water to allow for loss of water during pre-steaming. Add lemon juice to aluminium models to prevent discolouration.
- All steamed puddings must be pre-steamed before cooking, this enables the raising agent to work, which makes the pudding light.
- Release the pressure SLOWLY – quick release may cause the pudding to sink.

- To reheat left over puddings, place in a covered bowl on the trivet. Add 300ml (½ pt) boiling water to the body of the cooker. Close the lid and bring to pressure only. Do not cook. Release the steam quickly.
- To cook tinned puddings: Remove the paper label. Do not open the tin. Place on the trivet and add 900ml (1½ pts) boiling water and cook for $\frac{1}{3}$ of the recommended time.

CHRISTMAS PUDDINGS

Although these are only made once a year the time saved using your Prestige pressure cooker is tremendous both when making the pudding and when reheating it on Christmas day. The recipe below has been well tested, but you can easily adapt your own recipe.

General Instructions

1. The puddings can be cooked in china, heatproof glass, stainless steel, boilable plastic, aluminium or foil basins. If you use aluminium or foil basins line them first with greased greaseproof paper, otherwise the acid from the fruit may attack the surface of the basins when the pudding is stored.
2. As a guide the mixture as per the recipe will make 2 x 62! (1 lb 6 oz) puddings cooked in 2 x 1 lb basins. Remember that the puddings must be timed according to the actual weight of the mixture, not by the size of the bowl.
3. If you are using greased greaseproof paper to cover the pudding it should be at least triple thickness and should be tied secure with string. If you prefer, you could use a piece of greased greaseproof paper with a single thickness of aluminium foil. If 1kg (2 lb) pudding is being cooked the water for cooking must come over the top of the basin. This will not harm the pudding as long as the covering is foil.
4. Pay particular attention to the cooking instructions. If too high heat is used for steaming or for cooking, the cooker will boil before the cooking time is up.
5. Before cooking your Christmas pudding it is a good idea to check that your cooker is working correctly. If your pressure cooker has not been used for some time the gasket and ready to see indicator may need replacing. Put some water in your cooker and make sure that it comes to pressure without leaking.

CHRISTMAS PUDDING

This quantity will be sufficient for 2 x 625g (1 lb 6 oz) puddings.

- 100g (4 oz) currants
- 100g (4 oz) raisins
- 100g (4 oz) sultanas
- 100g (4 oz) mixed peel

50g (2 oz) blanched almonds, chopped
 2 x 5ml (2 teasp) mixed spice
 50g (2 oz) plain flour
 a pinch of salt
 100g (4 oz) fine breadcrumbs
 100g (4 oz) brown sugar
 100g (4 oz) shredded suet
 the grated rind of 1 lemon
 2 x 15 ml (2 tablesp) black treacle
 2 eggs
 1 x 15ml (1 tbs) brandy
 1 x 15ml (1 tbs) rum
 a little milk

Clean and pick over the fruit. Sieve together the spices, flour and salt, add all the dry ingredients and stir well. Mix in the beaten eggs, brandy, rum, treacle and sufficient milk to give a soft clinging mixture. Divide the mixture between 2 greased 0.55 litre (1 pt) pudding basins leaving at least 2.5cm (1 inch) head space. Cover with a triple layer of greaseproof paper or a layer of greaseproof tied securely with string and covered with foil. With the required amount of water in the cooker, steam and cook the puddings according to the times given in the table, then release the steam SLOWLY. When the puddings are cold, cover with clean paper for storage.

TIMETABLE FOR CHRISTMAS PUDDINGS

Basin Size	Weight of mixture	Amount of water	Steaming time	Cooking time	Reheating time
Individual	175g (6 oz)	750ml (1¼ pts)	10 mins	50 mins	10 mins
600 ml (1 pt)	625 g (1 lb 6 oz)	1.25 ltrs (2½ pts)	15 mins	1½ hrs	20 mins
750 ml (1½ pts)	800 g (1 lb 12 oz)	1.5 ltrs (3 pts)	20 mins	2 hrs	30 mins
1.25 ltrs (2½ pts)	1.5 kg (3 lb)	1.75 ltrs (3½ pts)	30 mins	2½ hrs	30 mins

To reheat bought Christmas puddings, use the reheating times as given for the particular weight, with 750ml (1¼ pts) boiling water in the cooker. Remember to use a little lemon juice in an aluminium cooker. Steaming is not required when reheating a pudding.

PRESERVES

Your Prestige pressure cooker will make delicious preserves in a fraction of the time it usually takes.

MARMALADE

Your Prestige cooker is ideal for softening the fruit when making marmalade in a fraction of the normal time.

The best time of the year to make marmalade is in January when Seville oranges are in the shops. These are especially good as they have a delicious flavour and are high in pectin (this makes the preserve set). If you are following your own recipe, follow the general instructions in this section for time and proportions of fruit to sugar, but reduce the amount of liquid in your own recipe by half as little liquid will be lost by evaporation due to the short cooking time.

General Instructions

1. The fruit should be washed and scrubbed. Whether the fruit is cooked whole or shredded, all pulp and pips must also be cooked. This is because they contain the setting agent (pectin) which makes the marmalade gel.
2. The average proportions are 450g (1 lb) fruit, 600 ml (1 pt) water, 1kg (2 lbs) sugar and some added lemon juice if extra acid is required.
3. The trivet is not used and the base of the cooker must not be more than half full when the fruit and water have been added. During cooking, to allow more fruit to be softened without it boiling up and blocking the vent, only half the water need be put in, the rest can be added with the sugar.
4. Put half the water in the cooker first then the prepared fruit and a muslin bag containing the pips (and pulp if separated). Stir well and cook for the required time.
5. Allow the steam to release SLOWLY. Make sure that the peel is properly softened. It should squash slightly when rubbed between the fingers. If it is not softened sufficiently at this stage it will not soften further once the sugar is added.
6. Lift out the muslin bag etc.
7. Boiling after cooking may be necessary for anything from 5 – 20 minutes depending on the fruit being used. It should not be necessary to boil longer than this. Overcooking may result in a very dark preserve that does not set well. To test the setting point, either: a) take a little marmalade on a cold saucer and cool. Push with the finger at one side and if the skin has formed wrinkles, setting point has been reached, or b) use a sugar thermometer and wait until the temperature reaches 104°C, 220°F.
8. Lift the cooker from the heat and skim carefully if necessary. Leave for a few minutes until a thin skin forms otherwise the peel may rise in the jars. Stir the marmalade, fill the clean, dry, warm jars to the very top and cover with a waxed disk. The cellophane or plastic covers should either be put on at once as soon as the jars are filled, or when the marmalade is quite cold.

9. Label and date before storing in a cool, dry place. Each 1kg (2 lb) sugar used should produce approximately 3 x 1/2 kg (1 lb) jars of marmalade.

SEVILLE ORANGE MARMALADE

- 1 kg (2 lb) oranges
- 1 litre (2 pts) water
- Juice 2 lemons
- 2kg (4 lb) sugar

Yield approx. 3kg (6 lb)

Wash and scrub the fruit, halve and squeeze out the juice. Reserve the pips. Cut the fruit into quarters, scrape to remove most of the pulp. Put the pulp and the pips in a muslin bag and tie loosely. Pour half the water, all of the juices and fruit peel into the cooker. Add the muslin bag containing the pulp and pips. Close the lid, bring to the boil and cook for 10 minutes. Release the pressure SLOWLY.

CHUTNEYS AND RELISHES

General Instructions

1. The cooker should not be more than half full when all the ingredients have been added.
2. Release the steam slowly.
3. After the chutney or relish has been made it should be transferred to clean jars while it is still very hot. Do not leave chutneys or relishes in the cooker for any length of time as the acids may damage an aluminium cooker.
4. The recipes in this section will each yield approximately 1 - 1 1/2 kg (2 - 3 lbs).

Potting and Storing

1. Always use clean, sterile and warmed jars.
2. Put the chutney or relish into the jars while it is still very hot and cover with a waxed disc (wax side down).
3. Put on the cellophane jam covers, plastic or metal covers while the relish or chutney is still hot. If metal covers are used they must be treated with lacquer on the inside or fitted with a cardboard lining so that the acids in the chutney or relish will not damage them.
4. When cold, wipe the outside of the jars, label and date.
5. Store in a dry, cool cupboard. Most chutneys will store for 12 months or more but relishes, which often have less vinegar in them, should be used within 4 - 6 months for best results.

JAM MAKING

You can use your pressure cooker to produce a variety of jams and jellies. It will be necessary to use the 10 lb Cook Control (supplied with Rise 'n' Time models) which cooks food at the lower temperature of 115°C. This prevents the pectin in the fruit (which enables the jar to set) being destroyed. If you do not have a 10 lb Cook Control, one can be purchased from Prestige Customer Care department at Prestige Products, Meyer Prestige Ltd, Morpeth Wharf, Twelve Quays Birkenhead, CH41 1LW. Tel: 0151 650 6565.

General Instructions

1. Choose fruit which is fresh, firm and free from blemishes. Over-ripe or poor quality fruit will not produce a good set.
2. Those fruits which are low in pectin (therefore producing a poor set) should have an acid such as lemon juice, or a high pectin fruit mixed with them eg. blackberry and apple.
3. Wash and prepare the fruit just before cooking commences.
4. The trivet is not required and the base of the cooker should not be more than half full when the fruit and water have been added.
5. Use the 10 lb Cook Control and allow the pressure to release SLOWLY.
NB: Note that the Rise 'n' Time indicator (where fitted) will not rise.
6. The fruit must be really soft and then mashed down into the liquid before the warmed sugar is added.
7. Use granulated or preserving sugar allowing on average 450g (1 lb) to 450g (1 lb) of fruit. It should be warmed before adding to the cooked fruit as this will help to keep the colour and flavour of the finished jam.
8. The fruit and sugar are boiled in the open pan until setting point is reached. Approximately 5 - 20 minutes depending on the fruit.
9. Transfer to warmed, dry jars, filling to the brim. Cover with a waxed disc and cellophane or plastic cover. When cool label and date before storing in a cool dry place.

BLACKCURRANT JAM

- 900g (2 lb) blackcurrants
- 1.5kg (3 lb) sugar
- 600ml (1 pt) water

Remove the stalks from the blackcurrants and wash. Put the fruit in the cooker, add 600ml (1 pt) water, close the lid, bring to pressure (10 lb) and cook for 3 - 4 minutes. Reduce pressure SLOWLY. Add 1.4kg (3 lb) warmed sugar, stir till dissolved, then bring to boil. Skim the surface and boil rapidly in the open cooker until setting point is reached. Skim the surface, and leave to stand for 10 minutes to prevent the fruit rising to the surface. Stir the jam and pour into warmed, dry, clean jars. Cover, label and store in a cool, dark place.