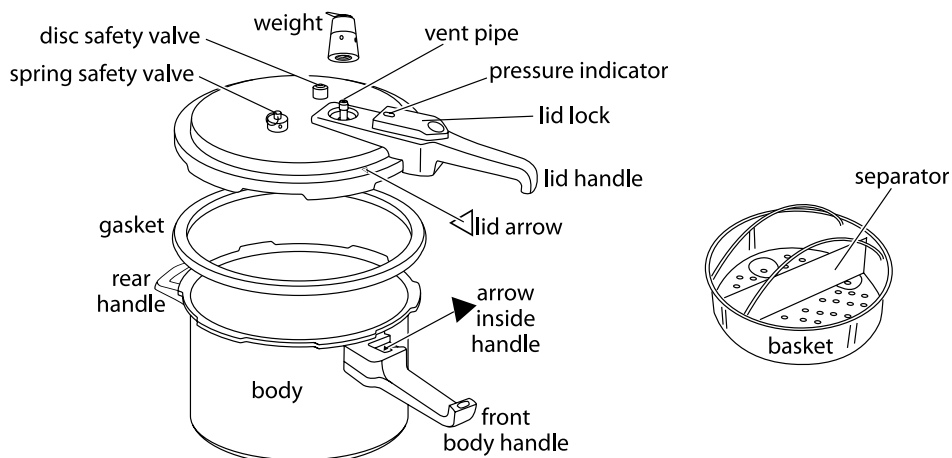




Russell Hobbs



instructions



Read the instructions and keep them safe. Pass them on if you pass the pressure cooker on. Remove all packaging, but keep it till you know the pressure cooker works.

important safeguards

- 1 The pressure cooker must only be used by a responsible adult. Use and store it out of reach of children.
- 2 This appliance cooks under pressure. Improper use may result in a scalding injury.
- 3 Don't leave the pressure cooker unattended while it's under pressure. You don't have to stand over it, but keep an eye on it.
- 4 Check that the lid of the pressure cooker is properly closed and the lid and body handles are aligned before use.
- 5 Take great care when moving the pressure cooker while it's under pressure.
- 6 Don't touch hot surfaces, use the handles, and wear oven gloves.
- 7 The operation of the safety devices may be accompanied by a sudden loss of steam and, in extreme cases, hot liquid. In order to reduce the risk of this happening, you must follow the instructions precisely.
- 8 Don't use the pressure cooker without adding liquid, you'll cause serious damage.
- 9 Use only liquids which give off steam when boiling, e.g. water, stock, wine, milk. Don't use oil or melted fat.
- 10 Don't use the pressure cooker to fry under pressure.
- 11 Use at least 300ml (½pt) of liquid. This will give you up to 15 minutes cooking. When cooking for more than 15 minutes, increase the amount of water by 150ml (¼pt) for each additional 15 minute period or part period.
- 12 Don't try to remove the lid till all pressure has been released. If the lid is difficult to open, don't force it. Leave the cooker to cool a bit longer.
- 14 Check the vent pipe and safety valves before each use.
- 13 You may use boilable plastic containers capable of withstanding 130°C (266°F) with the pressure cooker. Don't fit them with lids, they may blow off as the contents expand.
- 14 Tie down greaseproof or foil coverings or they may block the safety devices.
- 15 Don't fill the body of the pressure cooker more than two thirds full.
- 16 Don't fill it more than half full if you're cooking foods that expand or may foam up (like rice, dehydrated vegetables, pulses, cereals, apple sauce, cranberries, rhubarb and spaghetti).
- 17 Don't cook dumplings in the pressure cooker with the lid on. The dough will rise and may block the safety devices. Cook the food without dumplings for the recommended time, release the steam, remove the lid, then add the dumplings and cook them without the lid.

- 18 When cooking any doughy food, shake the pressure cooker gently before opening, to avoid food being ejected when you open it.
- 19 When cooking meat with a skin (e.g. ox tongue), the skin may swell under steam pressure – don't prick the skin while it's swollen, you may be scalded by escaping water/steam.
- 20 Don't tamper with the pressure cooker. You may damage the safety systems, and prevent their operation. Don't dismantle any part of the pressure cooker unless directed to do so in these instructions.
- 21 Don't put the pressure cooker in an oven.
- 22 Don't use the pressure cooker for anything other than cooking food under steam pressure in the home. Any other use may be dangerous.
- 23 Use only authentic spare parts supplied for this model. Use the body only with the lid supplied, and vice versa.
- 24 This pressure cooker may be used with halogen or ceramic hobs, solid elements, electric ring elements, and gas cooking rings, but not induction hobs.

household use only

before using for the first time

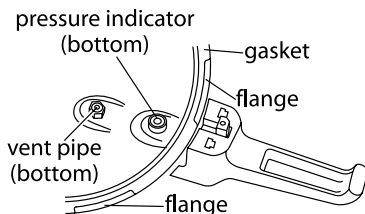
The weight, separator, and spare fusible discs are packed in the top of the polystyrene packing. Turn to “**care and maintenance**” on page 8 and clean the pressure cooker.

capacity

The pressure cooker holds 4 litres. The usable capacity is two thirds of this, 2.7 litres, but if you're cooking food that may expand or foam, don't fill it more than half full (2 litres).

safety checks – before each use

- 1 Check that the weight, vent pipe, and both safety valves are free of blockages.
- 2 Lift the spring safety valve by its wire loop, to check it moves freely.
- 3 Turn the lid over, and check that the pressure indicator moves freely.
- 4 Remove the gasket, and stretch it gently in all directions (like an elastic band).
- 5 Rub the gasket with a little vegetable oil, to lubricate it, then replace it under the lid flanges.
- 6 Turn the lid the right way up.

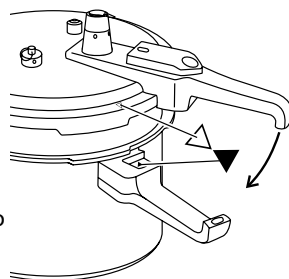


filling the pressure cooker

- 7 Put the ingredients in the pressure cooker with the recommended amount of water or liquid.
- 8 Don't fill the body of the pressure cooker more than two thirds full – this includes the space taken up by the basket.
- 9 Don't fill more than half full (2 litres) if you're cooking foods that expand or may foam up (like rice, dehydrated vegetables, pulses, cereals, apple sauce, cranberries, rhubarb and spaghetti). For “non-expanding” foods or liquids, you can fill it up to two thirds full (2.7 litres).
- 10 Use at least 300ml (½pt) of liquid. This will suffice for up to 15 minutes cooking. When cooking for more than 15 minutes, increase the amount of water by 150ml (¼pt) for each additional 15 minute period or part period.

closing the pressure cooker

- 11 Align the mark on the lid with the mark on the body handle.
- 12 Put the lid on the body, and push down, to compress the gasket.
- 13 Turn the lid clockwise till the lid and body handles are aligned, to engage the lid and body flanges.



start cooking

- 14 Lower the weight on to the vent pip, and check that it rotates freely.
- 15 Put the pressure cooker on the hob and set the hob to maximum heat.
- 16 If you're using gas, don't let the flames lick up the sides of the pressure cooker. You'll damage the handles, and you'll lose control of the cooking process.
- 17 If you're using any other heat source, use a ring or hotplate with the same diameter as (or slightly smaller than) the base of the pressure cooker.
- 18 As the temperature and pressure inside the cooker increase:
 - a) the pressure indicator will rise till it's just below the top of the lid lock
 - b) the weight will rise up the vent pipe and start to rotate
 - c) steam will issue from the vents in the weight

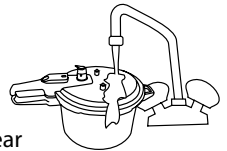
caution don't touch the pressure indicator – you'll release pressurised steam, which may cause scalding

- 19 Now reduce the heat, to maintain a steady, gentle flow of steam from the pressure selector.
- 20 Start timing the cooking process now.
- 21 At the correct pressure, the weight will turn slowly and steam will come out of the vents.
- 22 If the pressure rises, the weight turns faster, more steam comes out, and the hissing gets louder. This doesn't cook faster, it just makes more steam, more noise, and wastes energy.
- 23 If the pressure falls, the weight stops turning, and the pressure indicator drops.
- 24 The trick is to regulate the heat so that it produces just enough pressure to keep the weight turning and hissing.
- 25 Initially, you'll have to fiddle around with the cooker control to get it just right. Judging the right settings will become easier with use.
- ★ Steam will escape from the lid, front handle and pressure indicator during cooking – this is normal, don't worry about it.
- 26 At the end of the cooking time, turn off the heat and remove the pressure cooker from the hob, using both handles.

releasing pressure

- 26 There are two methods of releasing pressure:

- quick** Put the pressure cooker in the sink, under the cold tap.
 - Run cold water over the metal surface of the lid.
 - Don't run water over the handles
 - Don't submerge the pressure cooker in water
 - Steam will come from round the handle and indicator – keep clear
- slow** Leave the pressure cooker to cool naturally
 - Steam and pressure will be released slowly



- 27 The recipe should tell you which method to use. If it doesn't, use the slow release method, to avoid the escape of cooking liquids.
- 28 As the pressure is released, the indicator will retract into the handle. You won't be able to open the lid lock till the indicator has retracted fully.

opening the lid

- 29 To find out if the pressure indicator is fully retracted, push the lid lock in towards the weight.
- 30 If it won't move, there's still too much pressure inside the cooker.
- 31 Leave it to cool for a few minutes longer, don't try to force it.
- 32 When the lid lock moves freely, use a cloth or oven gloves to remove the weight.

caution a lot of steam will come from the pressure selector – keep clear

- 33 If you've been cooking any doughy food, shake the pressure cooker gently before opening, to avoid food being ejected when you open it

- 34 Hold the body handle steady, push the lid lock fully in, towards the vent pipe, and hold it there while you turn the lid handle anti-clockwise.
- 35 When the mark on the lid is aligned with the mark on the body handle, you can lift the lid up and off the body (using the handle).

pre-steaming

Some recipes, such as puddings, require a period of pre-steaming before being brought to cooking temperature. Pre-steaming should be done in a closed cooker on a medium heat with the weight left off.

Make sure there's enough water in the cooker to cover the pre-steaming and the normal cooking time. If in doubt, remove the lid and check the water level before moving from pre-steaming to pressure cooking.

Once the cooker is steaming, the heat should be reduced till only a small amount of steam escapes. Don't let the water boil rapidly, as too much steam will be given off, and the cooker might boil dry before the end of the cooking time.

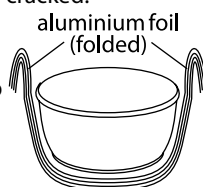
When pre-steaming time is done, check there's enough water in the cooker, fit the weight, close the pressure cooker, and increase the heat, to bring the cooker up to cooking pressure.

containers

Use basins, bowls, moulds or dishes that fit easily into the cooker. They mustn't come to within 2.5cm (1") of the top of the cooker body. Any type of heatproof container may be used: metal, enamel, glass, earthenware or boilable plastic. Don't use containers that are cracked.

using a lifting strap

When cooking in a container, put a thickly folded strip of aluminium foil under the container, to use as a lifting strap. Make sure the ends of the strap aren't long enough to reach the underside of the lid, to avoid blocking the pressure indicator and pressure selector tube. Grip the ends of the strap, not the hot container.



caution use oven gloves – the foil will be hot, and you're almost guaranteed to touch the hot container and/or the body of the pressure cooker

advantages of pressure cooking

- economical** Cooks up to three times faster and uses only one element or ring, saving both time and fuel.
- nutritional** Cooking under pressure is recognised as one of the healthiest ways to prepare food. More vitamins and minerals are retained, with minimum loss of colour and flavour, compared with conventional cooking.
- versatile** Cheaper, tougher cuts of meat will be tenderised. Bulk cooking/blanching for the freezer is easier in a pressure cooker.

how pressure cooking works

Under normal conditions, water boils at a temperature of 100°C. If the pressure is raised, the boiling point also rises. The pressure cooker has been designed to allow pressure to build up safely in the cooker, increasing the cooking temperature. This results in cooking times up to 3 times faster than normal, and delicious tender food.

cooking times

Cooking times are determined by the size of the pieces of food. It's best to cut foods to a uniform size (e.g. potatoes, swede) if they're going to be cooked together. If necessary, cooking may be interrupted, pressure released, and foods with shorter cooking times added later.

cooking times & food safety

Use these times purely as a guide. Check food is cooked through before serving. If in doubt, cook it a bit more.

Cook meat, poultry, and any derivatives (mince, burgers, etc.) till the juices run clear.

Cook fish till the flesh is opaque throughout.

When cooking pre-packed foods, follow any guidelines on the package or label.

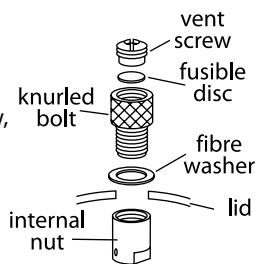
soup	min	fish	min
chicken	6	steaks and fillets	3-4
fish	5	whole fish	4 min per 450g/lb
leek and potato	5	skate wings	4
onion	4	fruit	
vegetable	5	apple slices	4
pasta		blackcurrants	2-5
macaroni	6	damsons	4
noodles	5	gooseberries	4
spaghetti	5	loganberries	2-5
twists and shapes	4-5	peaches/pears (halved & stoned)	3-4
vegetables		pears, hard (halved & stoned)	5-6
artichokes	6	plums (halved and stoned)	2-5
asparagus	7	raspberries	2-5
broad beans	4	rhubarb	4
broccoli	1	dried fruit	
brussels sprouts	4	apricots/peaches	3-4
cabbage	5	apples/figs/pears/prunes	4-5
carrots	6	veal	
cauliflower	5	breast (bone & roll)	12 min per 450g/lb
corn on the cob	5	knuckle	12 min per 450g/lb
courgettes	2	loin	10 min per 450g/lb
leeks	4	shoulder (bone & roll)	12 min per 450g/lb
potatoes	6	beef	
runner beans	6	topside	12-15 min per 450g/lb
spinach	4	brisket, rolled	15 min per 450g/lb
rice		silverside	12 min per 450g/lb
long grain	6	pork	
brown, long grain	12-15	shoulder (bone & roll)	12 min per 450g/lb
pulses		loin	12 min per 450g/lb
chickpeas	20	lamb	
kidney beans	15	breast (bone & roll)	12 min per 450g/lb
lentils	12	shoulder (bone & roll)	13 min per 450g/lb
white beans	15	best end	10 min per 450g/lb
shellfish		poultry	
crab	7-9	poussin (whole)	5-7
lobster	9	chicken (whole)	5 min per 450g/lb
mussels	2	partridge (whole)	8
shrimp/prawns	2	pheasant (whole)	8

problem solving

steam leaks from the disc safety valve

Check that the vent screw has not become loose. If it has, tighten it with a screwdriver. If the disc has become brittle with age, it may have developed a hairline crack. If this has happened, remove the vent screw, replace the fusible disc with one of the spare discs supplied with the pressure cooker, then replace the vent screw.

It shouldn't be necessary to disturb the knurled bolt, fibre washer and internal nut.

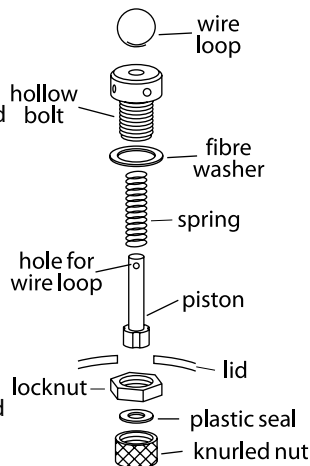


the spring safety valve is blocked

If the steam safety valve becomes blocked, it can be dismantled easily for cleaning.

Remove the wire loop from the top of the piston in the same way you would remove a key from a keyring, then unscrew the knurled nut to release the piston and spring. It should not be necessary to disturb the hollow bolt, fibre washer and locknut.

To reassemble, place the piston inside the spring, push them up into the hollow bolt (from underneath the lid), hold in place with a finger, and thread the wire loop through the hole in the top of the piston. Check that the plastic seal is seated inside the knurled nut, then screw it on to the end of the hollow bolt.



loose handles

Use a cross head screwdriver to tighten the screws. The (single) body handle screw is on the underside of the handle. The (two) lid handle screws are inside the lid rim. Do not attempt to loosen the lid handle screws or remove the lid handle.

difficulty in closing the lid

Smear a little cooking oil around the edges of the lid and body rims.

difficulty in opening the lid

The cooker can't be opened till all the pressure has been released – leave it to cool.

safety features

Your Tower pressure cooker has the following safety features:

- 1 When the pressure inside the pressure cooker reaches the working pressure of approximately 88 kiloPascals (0.88bar/12.8 p.s.i.), the weight will rise up the vent pipe and excess pressure will escape.
- 2 If the vent pipe is completely blocked, the spring safety valve will lift to vent excess steam.
- 3 The fusible disc in the disc safety valve is made of a special alloy. If the first two safety devices malfunction, this will melt and release excess pressure.

care and maintenance

Before carrying out any maintenance, leave the pressure cooker to cool down fully. Use the handles whenever possible. If you must handle any hot part, wear oven gloves.

gasket (lid sealing ring)

With use, the gasket will shrink slightly. After each use, it should be stretched slightly in all directions. It will also harden. It should be replaced if steam is found to be leaking regularly from below the rim of the lid, or after 9-12 months regular use. You should replace the pressure indicator seal at the same time.

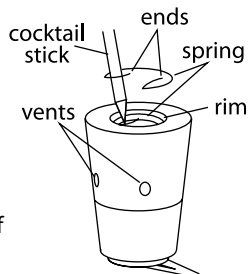
cleaning the pressure cooker

This should be done after every use.

- 1 Wash the cooker body, gasket, and basket in hot soapy water, then rinse and dry.
- 2 Wash the lid under running water, and air dry before storing away.
- 3 Don't store the cooker closed – it may get musty.
- 4 Don't store the lid upside down on the body – this may scratch the lid
- 5 Lay the lid on top of the body, and check that air can get between the lid and body.
- 6 Don't wash any part of the pressure cooker in a dishwasher.
- 7 Don't use soda, washing powder, scourers or abrasive cleaning pads.

cleaning the weight

- 8 Remove the spring from inside the bottom rim of the weight by pushing a cocktail stick between the spring and the weight.
- 9 Wash the weight in warm soapy water.
- 10 You can remove food residues from the inside and the vents with a cocktail stick.
- 11 Replace the spring inside the bottom rim of the weight.
- 12 Check that neither of the ends of the spring catches on the hole in the centre of the weight, as this will prevent it passing over the top of the vent pipe.



safety checks

- 13 Check that the weight, vent pipe, and both safety valves are free of blockages.
- 14 Lift the spring safety valve by its wire loop, to check it moves freely.
- 15 Turn the lid over, and check that the pressure indicator moves freely.

discolouration

If the inside of the pressure cooker body becomes discoloured, try adding the juice of half a lemon to 300ml (½pt) of water in the pressure cooker, then cook under pressure for 15 minutes. Release pressure slowly, let the cooker cool down, then wash normally.

spare parts

warning Don't try to modify any parts, and don't try to assemble them in any way other than that indicated in the instructions.

Use only authentic spare parts supplied for this model. Use the body only with the lid supplied, and vice versa.

Note the Model No (17995 – it's on the cooker base) and the parts, ring 0845 658 9700 for prices, or email service@saltoneurope.com, then purchase using VISA or MASTERCARD.

service

The product isn't user-serviceable. If it's not working, read the instructions, check that you're following them correctly. If it's still not working, consult your retailer. If that doesn't solve the problem, ring Customer Service – they may be able to offer technical advice.

If they advise you to return the product to us, pack it carefully, include a note with your name, address, day phone number, and what's wrong. If under guarantee, say where and when purchased, and include proof of purchase (till receipt). Send it to:

Customer Service, Salton Europe Ltd, Failsworth, Manchester M35 0HS

email: service@saltoneurope.com

telephone: 0845 658 9700 (local rate number)

guarantee

The aluminium body and lid of your pressure cooker are guaranteed for 10 years from the date of purchase against any functional defect due to faulty materials or workmanship provided they have been used according to the manufacturers' instructions.

This guarantee applies only to the aluminium components of the body and lid, it does not apply to any other part of the pressure cooker or its accessories.

All other parts are guaranteed for one year from the date of purchase against any functional defect due to faulty materials or workmanship provided the product has been used according to the manufacturer's instructions.

The gasket (lid sealing ring) should be examined regularly (at least every 6 months) for deterioration and hardening of the rubber, and should be replaced if necessary.

Your statutory rights are not affected. Documentation, packaging, and product specifications may change without notice.

online

www.russellhobbs.co.uk for more products

a few recipes to get you started

Teaspoons (tsp) are 5ml, tablespoons (tbsp) are 15ml. Use all metric or all imperial measures, don't mix them. Cook these recipes at high pressure (2).

stock and soup

stock

40 minutes

1 kg (2lb) bones
1 litre (2pt) water
salt and black pepper

vegetables – carrot, onion, celery, chopped
mixed herbs

Wash the bones, chop them into 5cm (2") lengths, and put them in the cooker body. Add the vegetables, then the water (don't fill more than half full). Bring to the boil, skim with a spoon, then add the herbs and seasoning. Close the cooker and bring to pressure. Cook for 40 minutes. Release steam slowly. Strain, leave to cool, and remove any fat before using.

For brown stock, first fry the bones and vegetables to brown them.

split pea and salami soup

15 minutes

175g (6oz) split peas, unsoaked
1 onion, peeled and chopped
25g (1oz) butter
salt and black pepper

50g (2oz) salami, finely diced
1 litre (2pt) chicken stock
½ tsp mixed herbs

Melt the butter gently in the cooker body, add the onion, and fry gently till transparent. Add the stock, peas, herbs and seasoning. Slowly bring to the boil, stirring. Close the cooker, bring to pressure, and cook for 15 minutes. Release steam slowly. When cool, liquidise, return the soup to the open cooker, add the salami and warm up. Adjust the seasoning. Serve with French bread.

crab and sweetcorn chowder

5 minutes

175g (6oz) crab meat
25g (1oz) butter
1 large potato, peeled and finely diced
2 tsp soy sauce
salt and black pepper

225g (8oz) frozen sweetcorn
1 onion, finely chopped
900ml (1½pt) chicken stock
1 tsp grated ginger root

to finish:

1 tbsp flour
chopped parsley to garnish

150ml (¼pt) milk

Melt the butter gently in the cooker body, add the onion and potato, and fry gently till the onion is transparent. Stir in the sweetcorn, crab meat, stock, ginger, soy sauce and a pinch each of salt and pepper. Close the cooker, bring to pressure, and cook for 5 minutes. Release steam quickly. Remove the lid. Blend the flour with the milk and add to the soup. Bring to the boil, stirring continuously. Adjust the seasoning. Sprinkle with parsley and serve with breadsticks.

minestrone soup

8 minutes

3 rashers streaky bacon, chopped
1 stick celery, thinly sliced
3 runner beans, thinly sliced
1 onion, finely chopped
1 clove garlic, crushed
1 leek, finely sliced
900ml (1½pt) stock

25g (1oz) butter
¼ cabbage, finely shredded
25g (1oz) macaroni/spaghetti
25g (1oz) shelled peas
4 tomatoes, skinned and sliced
1 carrot, cut into thin strips
salt and black pepper

Melt the butter gently in the cooker body, add the bacon, onion, garlic, leek, carrot and celery, and fry gently till the onion is transparent. Add the cabbage, beans, peas, tomatoes, stock, macaroni/spaghetti, and a pinch each of salt and pepper. Close the cooker, bring to high pressure and cook for 8 minutes. Release steam quickly. Adjust the seasoning. Serve with Parmesan cheese and crusty bread.

fish

lemon mackerel

5 minutes

4 mackerel
50g (2oz) fresh breadcrumbs
1 tbsp chopped parsley
salt and black pepper

1 hard boiled egg, shelled and chopped
1 small onion, finely chopped
juice of 1 lemon

Remove heads, tails and fins. Split and bone the fish. Season. Make a firm stuffing of the other ingredients, and fill the fish. Roll up, or fold in half lengthwise. Secure with cocktail sticks or string. Put 300ml (½pt) water in the body. Butter the basket, and lay the fish in the basket, on the trivet. Close the cooker, bring to pressure and cook for 5 minutes. Release steam quickly.

stuffed plaice in white wine sauce

3 minutes

4 medium plaice fillets, skinned
75g (3oz) fresh breadcrumbs
2 egg yolks
300ml (½pt) dry white wine
1 tbsp cornflour
1 bay leaf
watercress to garnish

175g (6oz) seedless green grapes, halved
½ tbsp parsley, chopped
150ml (¼pt) single cream
75g (3oz) butter, melted
½ lemon
salt and black pepper

Lay the fillets, skin side down, on a board. Sprinkle with salt, pepper and lemon juice. Mix the breadcrumbs, parsley, egg and melted butter. Season well, and spread the mixture on top of each fillet. Roll up from the tail end, and secure with cocktail sticks or string. Put the wine in the cooker and add the bay leaf. Butter the basket, and lay the fish in the basket, on the trivet. Close the cooker, bring to pressure and cook for 3 minutes. Release steam quickly.

Lift out the fish, remove the string or cocktail sticks, and keep the fish warm. Remove the basket and trivet, discard the bay leaf. Blend the cornflour with 1 tbsp water. Stir into the cooking liquid and bring to the boil, stirring till thickened. Remove from the heat and allow to cool slightly. Beat in the egg yolk and cream and adjust the seasoning. Fold in 100g (4oz) grapes. Re-heat the sauce very gently (to prevent curdling) and pour over the fish. Garnish with the remaining grapes and watercress.

cod Provençale

3 minutes

700g (1½lb) cod fillets, skinned
1 small onion, chopped
1 clove garlic, crushed
1 tbsp tomato purée
2 tbsp oil
pinch basil,
salt and black pepper

1 x 425g (15oz) can tomatoes
1 stick celery, chopped
1 green pepper, de-seeded and thinly sliced
2 tsp cornflour (optional)
pinch sugar
pinch chilli powder
watercress to garnish

Heat the oil in the cooker body, and lightly fry the onion, garlic, celery and pepper. Remove the tomatoes from the liquid, and make the liquid up to 300ml (½pt) with water. Add the tomatoes, the liquid, the tomato purée, sugar and seasonings. Roll up the fish fillets, starting from the tail end, secure with cocktail sticks or string, and lay in the sauce. Close the cooker, bring to pressure and cook for 3 minutes. Release steam quickly.

Remove the cocktail sticks/string and put the fish in a dish. Thicken the sauce with a little blended cornflour if necessary. Garnish with watercress and serve on a bed of rice.

vegetables

stuffed peppers

3 minutes

4 medium green peppers	225g (8oz) cooked chicken, chopped
225g (8oz) cooked long grain rice	100g (4oz) mature cheddar cheese, grated
50g (2oz) walnuts, chopped	1 onion, chopped
1 tsp dried ground cumin	salt and black pepper

Remove the stalk and seeds from the peppers by cutting a hole round the stalk and lifting it out. Turn the pepper upside down and tap it to remove any loose seeds. Cut a thin slice from the base of each pepper so they'll stand upright. Keep back half of the cheese for the topping. Mix the rest of the cheese with the chicken, rice, walnuts, onion, cumin, a good pinch of salt and 2 to 4 grindings of black pepper. Fill the peppers with the mixture. Put 300ml (½pt) water in the cooker, fit the trivet and basket, and stand the peppers upright in the basket. Close the cooker, bring to pressure and cook for 3 minutes. Release steam quickly. To finish, transfer the peppers to an ovenproof dish, top with the remaining cheese, and grill till the cheese is golden brown.

Mexican potato bake

25 minutes

200g (7oz) can sweetcorn with red peppers, strained
700g (1½lb) potatoes, peeled and very thinly sliced
100g (4oz) mature cheddar cheese, grated
1 onion, peeled and grated
150ml (¼pt) chicken stock
salt and black pepper
butter for greasing

You'll need a 1 litre (2pt) ovenproof dish small enough to fit inside the pressure cooker. Lightly grease the dish with butter. Keep back about a quarter of the cheese. Layer the potatoes, onions, sweetcorn, and the remainder of the cheese in the dish, finishing with a layer of potatoes.

Sprinkle each layer with a little salt and pepper. Pour the chicken stock over the potatoes, then cover the dish with a double layer of greaseproof paper, tied down with string. Put 450ml (¾pt) water into the cooker and fit the trivet. Use a lifting strap to lower the dish on to the trivet. Close the cooker, bring to pressure and cook for 25 minutes. Release steam quickly. Use the lifting strap to remove the dish from the pressure cooker. Remove the greaseproof paper and sprinkle the remaining cheese over the dish. Grill till the cheese is golden brown.

sweet and sour cabbage

3-4 minutes

1 small or ½ large red cabbage	1 cooking apple, peeled, cored and sliced
1 small onion, chopped	150ml (¼pt) vinegar and water (half and half)
25g (1oz) butter	1 tbsp brown sugar
salt and black pepper	

Cut the cabbage into quarters, discard the core and shred finely. Heat the butter in the body of the cooker and fry the onion lightly. Add the cabbage, apple, vinegar and water, sugar and seasoning. Close the cooker, bring to pressure and cook for 4 minutes. Release steam quickly. Stir well and transfer to a warm serving dish.

spicy lentil and tomato casserole

3 minutes

225g (8oz) dried lentils, unsoaked	550ml (1pt) chicken stock
1 onion, finely chopped	2 tomatoes, skinned and chopped
2 celery sticks, thinly sliced	2 tbsp chutney
2 tsp Worcestershire sauce	salt and black pepper
chopped parsley to garnish	

Put all the ingredients in the cooker and stir well. Close the cooker, slowly (on a low heat) bring to pressure and cook for 3 minutes. Release steam slowly. Gently stir the mixture and check the seasoning. Serve sprinkled with parsley.