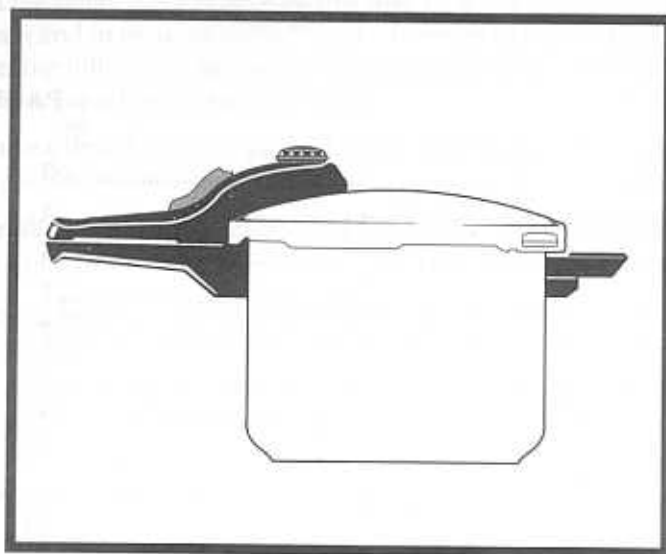


TOWER



Pressure Cooker

Model No. 4307

Instructions & Guarantee

INTRODUCTION

IMPORTANT - PLEASE READ THESE INSTRUCTIONS BEFORE USING YOUR PRESSURE COOKER AND KEEP IN A SAFE PLACE FOR FUTURE REFERENCE.

KEEP THE PACKAGING UNTIL YOU ARE SATISFIED THAT THIS PRODUCT IS OPERATING CORRECTLY.

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GENERAL SAFETY

- 1) Always ensure the lid on your pressure cooker is completely closed by ensuring the handles are in line. Failure to do so may result in the pressure cooker not functioning correctly and becoming damaged.
- 2) This appliance cooks under pressure. Improper use may result in a scalding injury.
- 3) When the safety devices operate this may be accompanied by a sudden loss of steam and in extreme cases, liquid. In order to reduce the risk of this happening follow the instructions precisely and use no less than the minimum liquid levels recommended.
- 4) Only use a liquid that will give off steam when boiling, eg, stock, wine, milk, etc. Do not use oil or melted fat.
- 5) Never fill the cooker more than $\frac{2}{3}$ full with solid food or more than $\frac{1}{2}$ full with liquids.
- 6) Before attempting to remove the lid always ensure that all the pressure has been released.

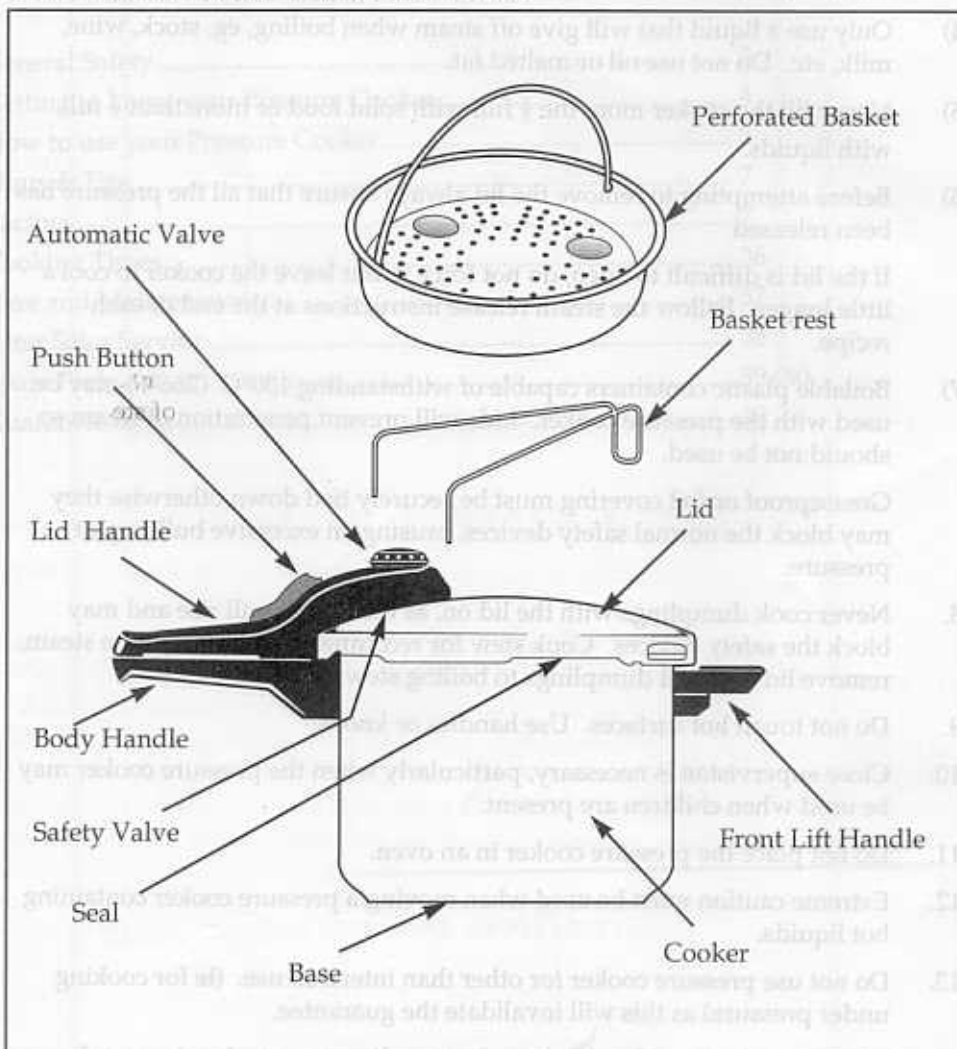
If the lid is difficult to open, do not force it, but leave the cooker to cool a little longer. Follow the steam release instructions at the end of each recipe.
- 7) Boilable plastic containers capable of withstanding 130°C (266°F) may be used with the pressure cooker. Lids will prevent penetration of steam so should not be used.

Greaseproof or foil covering must be securely tied down otherwise they may block the normal safety devices, causing an excessive build up of pressure.
8. Never cook dumplings with the lid on, as the dough will rise and may block the safety devices. Cook stew for recommended time, release steam, remove lid and add dumplings to boiling stew.
9. Do not touch hot surfaces. Use handles or knobs.
10. Close supervision is necessary, particularly when the pressure cooker may be used when children are present.
11. Do not place the pressure cooker in an oven.
12. Extreme caution must be used when moving a pressure cooker containing hot liquids.
13. Do not use pressure cooker for other than intended use. (ie for cooking under pressure) as this will invalidate the guarantee.
14. Take care when cooking foods such as apple sauce, cranberries, pearl

barley, cereals, split peas, noodles, macaroni, rhubarb or spaghetti. These foods tend to foam, froth and sputter and may block the pressure release device. (Additional information is provided in the 'Recipe' section).

15. Always check the pressure release device is not clogged before use.
16. Do not open the pressure cooker until the unit has cooled and internal pressure has been reduced (see "How to Use").
17. Do not use this pressure cooker for frying oil under pressure.

GETTING TO KNOW YOUR EASY CHEF



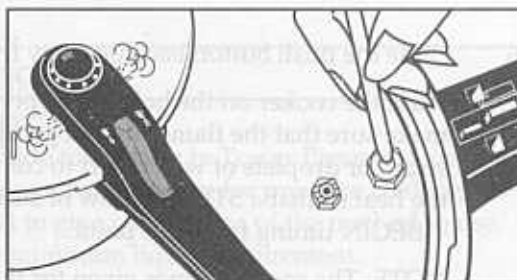
HOW TO USE YOUR EASY CHEF

1. Before using the cooker for the first time, wash all the parts in hot soapy water, rinse and dry them. Then rub a little vegetable oil around the gasket for lubrication. (This should be carried out before each use).
2. Place the ingredients in the pressure cooker with the recommended amount of water or liquid.

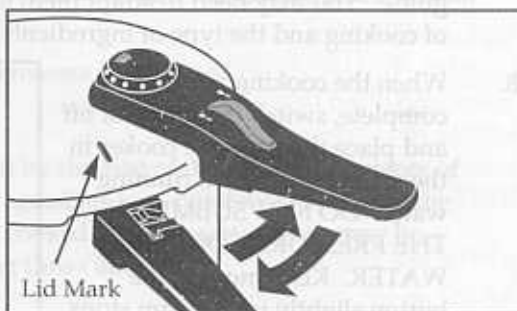
Note: When using the pressure cooker, ALWAYS add a minimum of $\frac{1}{4}$ litre of water but do NOT fill the pressure cooker more than $\frac{2}{3}$ full (inclusive of water and ingredients).

When cooking foods which may "FOAM UP", the cooker should not be filled more than $\frac{1}{2}$ full (inclusive of water and ingredients).

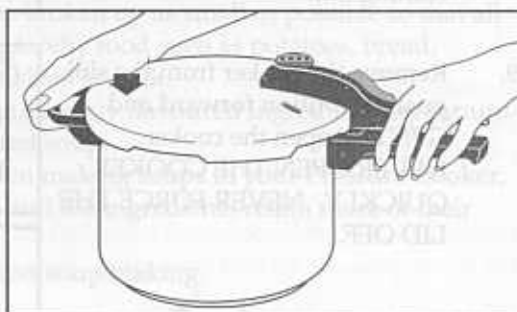
3. Before putting the lid on, check that the hole of the automatic valve and the safety valve are clean.



4. Fit the lid to the cooker so that the mark on the outside of the lid lines up with that on the handle.



Press lightly down on the lid opposite the handle and turn it clockwise until the two handles meet. You should hear it "click" shut. DO NOT ATTEMPT TO FORCE THE HANDLE ANY FURTHER.



5. Ensure the automatic valve is fitted.

NOTE: If you use recipes from other recipe books ensure that you take account of the pressure at which this valve operates.



(15 p.s.i.)

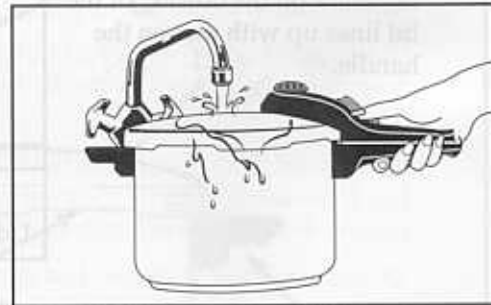
NOTE: To remove the valve,

- a) slide the push button fully forward (ie towards the valve)
- b) Pull the valve off firmly

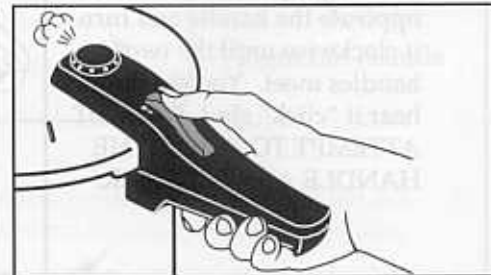
6. Slide the push button back (ie away from the valve).
7. Place the cooker on the hob and apply maximum heat. If cooking with gas, make sure that the flames do not go up the sides of the cooker. When steam or droplets of water start to come out of the automatic valve, reduce the heat so that a STEADY flow of steam is emitted.
- BEGIN timing from this point.

NOTE: The cooking times given for this product should only be taken as a guide. You may need to adapt them to suit your personal tastes, your style of cooking and the type of ingredients you use.

8. When the cooking period is complete, switch the hob unit off and place the pressure cooker in the sink beneath cold running water. DO NOT SUBMERGE THE PRESSURE COOKER IN WATER. Keep moving the button slightly until steam stops coming out.



9. Remove the cooker from the sink, push the button forward and GENTLY open the cooker. NEVER OPEN THE COOKER QUICKLY. NEVER FORCE THE LID OFF.



HINTS & TIPS

1. Ingredients like chick peas, kidney beans etc should be left to soak in water before cooking.
2. It is not necessary to thaw out frozen vegetables or small fish. For large fish or frozen meat, lengthen the cooking time by a few minutes.
3. Foamy soups (pea soup etc) should first be cooked with the lid off, then skimmed off before putting the lid on to finish cooking.
4. Brown meat well, a little more than normal, since it will lose a little colour due to the steam. Cooking times will depend on the thickness and quality of the meat used.
5. Clean fish well, sprinkle it with a little lemon juice and only salt it after cooking.

RECIPES

ABOUT THE RECIPES IN THIS BOOK

The recipes in this book give a good guide to cooking in Tower Pressure Cookers. You can of course use your own recipes and adapt them for pressure cooking. Look for a similar recipe in this booklet to give you an idea of the method to use. Always follow the instructions for the minimum liquid requirement.

Always use either metric or imperial measurements. All eggs are size 3 and all recipes serve 4 unless otherwise stated.

After each recipe the method of steam release is indicated.

COOKING TIMES

Cooking times for food are determined by the size of the individual pieces of food. It is advisable to cut up larger vegetables (eg. potatoes) to achieve the same cooking time for different foods cooked. If necessary, steam may be released and food with shorter cooking times added.

Checkpoints when making SOUP

- When making stock, bones should be broken up as small as possible so that all the goodness is extracted. Do not add starchy food such as potatoes, bread, thickening sauces, gravies, green vegetables or milk.
- Take care not to add too much of one strongly flavoured ingredient (eg. turnip) which would spoil a delicately flavoured soup.
- Usually less seasoning is needed when making soups in your Pressure Cooker, since everything is more concentrated and the ingredients retain more of their own mineral salts.
- The basket rest is not used in stock and soup making.

- The base of the cooker should not be more than half full when all the ingredients and liquid are added. The liquid must have room to boil. Extra liquid can always be added after cooking.
- Release steam quickly for soups and slowly for stocks. Where a soup recipe has rice or pasta, or is of a thin consistency, it is recommended that steam is released slowly.
- Thickening agents should be added after the main cooking. To enrich or add special flavour to a soup, cream or egg yolks can be added just before serving. Do not reboil as the cream or eggs will curdle.
- When adapting your own recipes follow the proportions of ingredients in this section. (Always remember to use a minimum of 300ml ($\frac{1}{2}$ pt) liquid).
- For larger quantity soups, increase the ingredients but not the liquid and adjust the consistency after cooking. If making soups for the freezer, slightly less liquid can be used so that they are in a really concentrated form. In this way, they take up less storage space.

STOCKS & SOUPS

STOCK

40 minutes

1 Kg (2 lb) bones, fresh or from cooked meat, 5cm (2") lengths	Root vegetables such as carrot, onion, celery, chopped	1lt (2pts) water Mixed herbs Salt and Pepper
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Remove basket rest. Wash the bones and place them in the base of the cooker, together with the chopped vegetables (Do not fill more than half full). Add the water and bring to the boil. Skim with a metal spoon or straining spoon before adding the herbs and seasoning. Close the cooker and bring pressure. Cook for 40 mins. Release steam slowly. Strain, leave to cool and remove fat before using. **RELEASE STEAM SLOWLY.**

BROWN STOCK

As above, but fry bones and vegetables in a little fat. Drain, add liquid.

SPLIT PEA AND SALAMI SOUP

15 minutes

25g (1oz) butter	175g (6oz) split peas, unsoaked	1X2.5ml spoon ($\frac{1}{2}$ tsp) mixed herbs
1 onion, peeled and chopped	1lt (2pts) chicken stock	50g (2oz) salami, finely diced
	Salt and black pepper	

Remove basket rest, melt butter and lightly fry the onion until transparent. Add the stock, peas, herbs and seasoning. Stir well. Slowly bring to boil in the open

CARE AND MAINTENANCE

After use, wash the cooker with hot water and a normal detergent using a soft cloth, then rinse and dry it.

The lid should simply be washed with running water and dried off immediately afterwards.

IMPORTANT

Valves

It is important to clean the valves properly in the following way.

Automatic valve: remove the valve and clean the orifice with a small rod. eg a knitting needle

Safety valve: in this case, return for repair.

This cleaning should be done from time to time and, especially, every time you cook foods which produce foam, such as compote, pasta, rice pudding, etc...

If the cooker is not used every day, wash it after every use and dry the valve.

CAUTION

Do not use abrasive detergents

Never wash the lid and the gasket in the dishwasher.

We advise that a little vegetable oil be applied to the gasket. This operation should be repeated before each use.

After using the cooker, do not leave it closed and do not store the lid upside down on the pan as this will scratch the lid.

PRACTICAL ADVICE

If you observe that:

NO STEAM IS COMING OUT OF THE AUTOMATIC VALVE

It is possible that:

- | | |
|---|--|
| • There is not enough liquid in the cooker. | Check and add the recommended amount. |
| • The cooker is not closed properly. | Check and close it again. |
| • The automatic valve is dirty. | Wash it following the maintenance instructions. |
| • The gasket is dirty or damaged. | Clean or replace it. For best results, it is recommended that the gasket be changed once a year. |
| • Blocked safety valve. | Return for repair. |
| • The safety valve has come into operation. | In this case, contact our Service Department so that they can check the cooker. |

STEAM IS ESCAPING THROUGH THE VALVE

It is possible that:

- The cooker is on too high a heat. Turn it down.
- The automatic valve is dirty. Wash it following the maintenance instructions.
- The safety valve is not working as it is jammed. Return for repair.

STEAM IS ESCAPING ROUND THE EDGE OF THE LID

It is possible that:

- The cooker is too full. Use the correct quantities.
- The cooker is not properly closed. Repeat the closing operation.
- The gasket is damaged or not properly in place. Take it out and put it back properly or replace it.

NOTE:

If with use you notice natural wear in the various parts of the cooker, you should contact our Service Department or simply replace the worn out parts according to the list of spare parts available.

IMPORTANT:

If you use the pressure cooker on a radiant ring or solid electric hotplate ring, use a ring with the same diameter or one smaller than the base of the pressure cooker.

Do not attempt to modify any parts or attempt to assemble them in any other way than that indicated. Always use original spare parts.

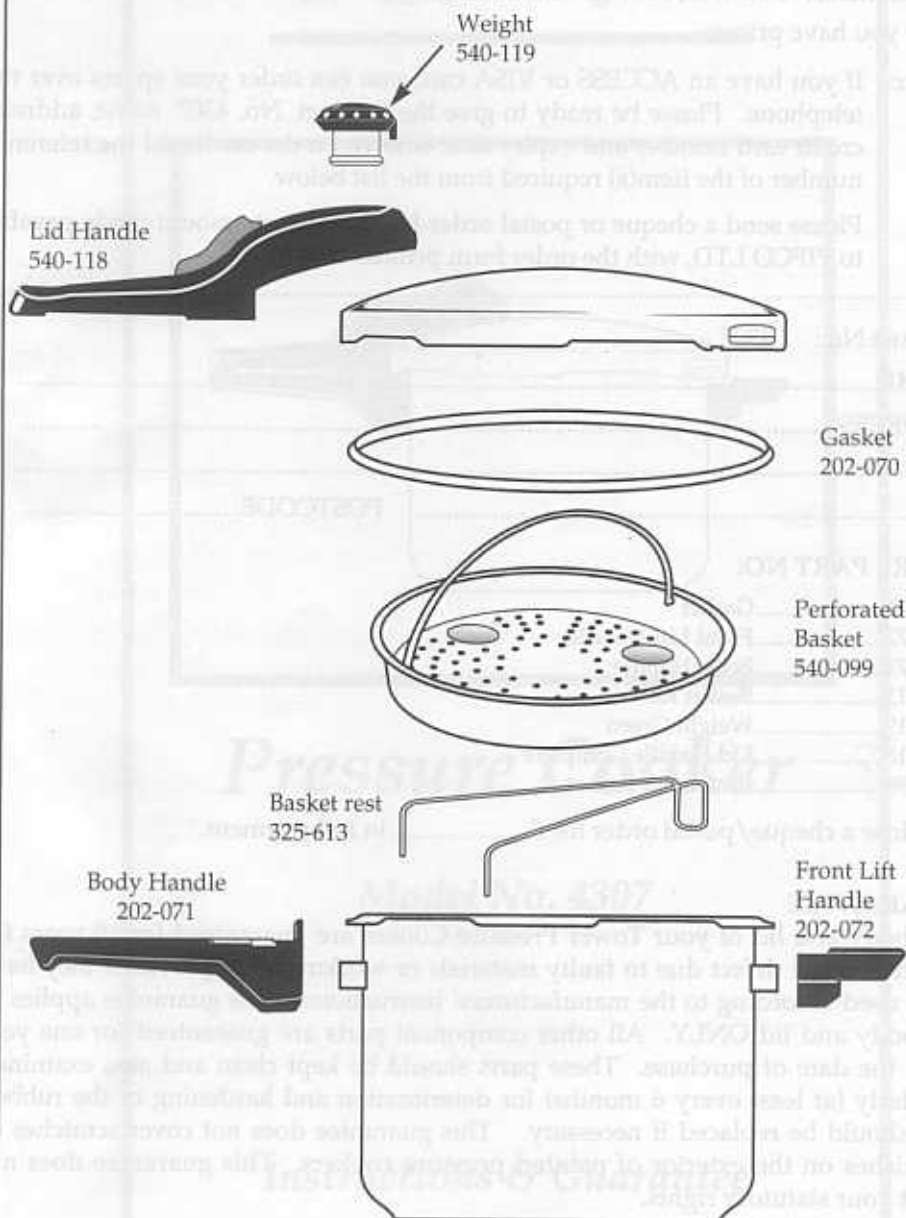
AFTER SALES SERVICE

This pressure cooker has been designed and manufactured to the highest quality standards to ensure many years of trouble free operation. We hope that you do not encounter any problems in its use. If any difficulty should arise, please check that you have followed the instructions correctly.

If you need to return the appliance please follow these instructions:

1. Pack it carefully.
2. Enclose your name and address.
3. Give the reason why you are returning it.
4. If within the guarantee period, state where and when purchased and include proof of purchase (e.g. till receipt).
5. For service in the U.K. send it to our Customer Service Department.

SPARE PARTS



SPARE PARTS

If you need spare parts, contact our Customer Service Department on 061-681-8588 or at the address below - where they will be pleased to inform you of the up to date prices, inclusive of VAT, Postage and Packaging.

Once you have prices:-

Either: If you have an ACCESS or VISA card you can order your spares over the telephone. Please be ready to give the Product No. 4307, name, address, credit card number and expiry date (shown on the card) and the reference number of the item(s) required from the list below.

or: Please send a cheque or postal order for the correct amount made payable to PIFCO LTD, with the order form printed below.

Product No.: 4307

NAME:

ADDRESS:

POSTCODE:

SPARE PART NO:

202-070Gasket
202-072Front Lift Handle
202-071Body Handle
325-613Basket Rest
540-119Weight Green
540-118Lid Handle Complete
540-099Perforated Basket

I enclose a cheque/postal order for £..... in full payment.

GUARANTEE

The body and lid of your Tower Pressure Cooker are guaranteed for 10 years for any functional defect due to faulty materials or workmanship provided they have been used according to the manufacturers' instructions. This guarantee applies to the body and lid ONLY. All other component parts are guaranteed for one year from the date of purchase. These parts should be kept clean and also examined regularly (at least every 6 months) for deterioration and hardening of the rubber, and should be replaced if necessary. This guarantee does not cover scratches or blemishes on the exterior of painted pressure cookers. This guarantee does not affect your statutory rights.

Customer Service Department
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