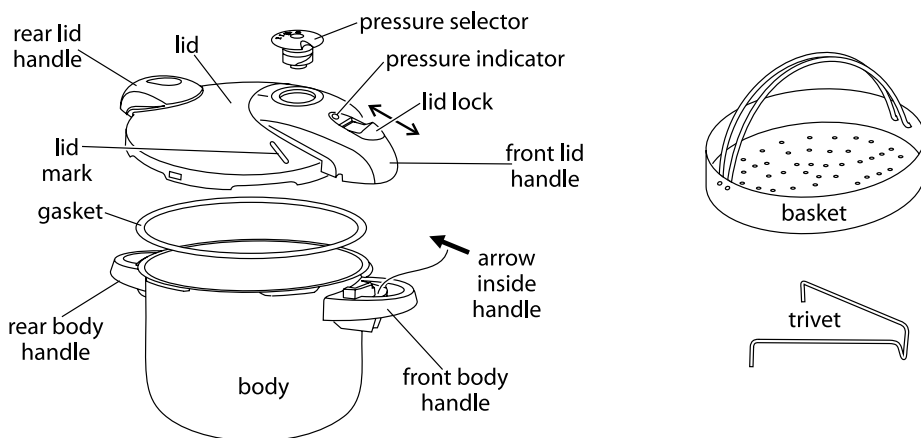



MARCO PIERRE WHITE

 **Russell Hobbs**



instructions



Read the instructions and keep them safe. If you pass the appliance on, pass on the instructions too. Remove all packaging, but keep it till you know the appliance works.

important safeguards

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

- 1 This appliance must only be used by a responsible adult. Keep children away from it.
- 2 This appliance cooks under pressure. Improper use may result in a scalding injury.
- 3 Supervise the pressure cooker 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 your pressure cooker is properly closed and locked before use:
 - a) the lid and body handles must be aligned
 - b) the lid lock must be pushed fully in towards the centre of the lid
- 5 Take great care when moving a pressure cooker while it's under pressure.
- 6 Don't touch hot surfaces, use the handles.
- 7 The operation of the safety devices may be accompanied by a sudden loss of steam and, in extreme cases, liquid. In order to reduce the risk of this happening you must follow the instructions precisely.
- 8 Don't use the appliance 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 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.
- 11 Don't use the pressure cooker to cook oil under pressure.
- 12 Don't try to remove the lid till all pressure has been released.
- 13 If the lid is difficult to open, don't force it. Leave the cooker to cool a bit longer.
- 14 Check the safety valve and the pressure selector before each use.
- 15 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.
- 16 Greaseproof or foil coverings must be securely tied down otherwise they may block the safety devices, causing an excessive build up of pressure.
- 17 Don't fill the base of the pressure cooker more than two thirds full.
- 18 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 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 all hob types.

household use only

overheating/boiling dry

If a pan is allowed to overheat or boil dry, turn off the heat and leave the pan where it is until it cools down – don't try to move the pan.

warning In extreme cases, the aluminium in the base may melt – moving the pan could burst the base and release the molten aluminium.

induction hob

✳ Due to the high heat-up speed, don't preheat on an induction hob (active diameter 18.2cm).


before using for the first time

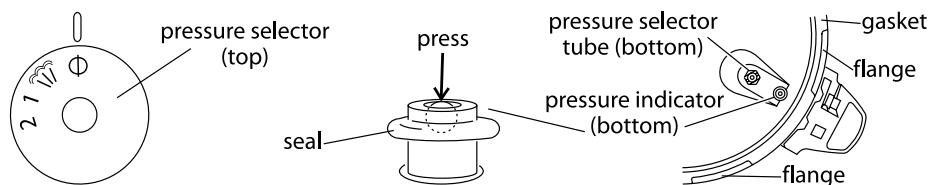
Remove all packaging, then turn to “**care and maintenance**” on page 9 and clean the pressure cooker thoroughly, to remove manufacturing dust, grease, etc.

capacity

The pressure cooker holds 6 litres. The usable capacity is two thirds of this, 4 litres, but if you're cooking food that may expand or foam, don't fill it more than half full (3 litres).

safety checks – before each use

- 1 Turn the pressure selector to Φ , and pull it straight up and out of the lid.
- 2 Check that the inside of the pressure selector is clear and unblocked. If there is a blockage, clear it with a needle, then clean the whole pressure cooker.
- 3 Turn the lid upside down and press in the ball in the centre of the pressure indicator. Use a cocktail stick, or something similar (pointed but not sharp). The ball should move easily against its spring, then return when released.
- 4 If the ball doesn't move or doesn't spring back when released, it's probably blocked with food, and the pressure cooker should be returned for repair or replacement.
- 5 Remove the gasket, and stretch it gently in all directions (like an elastic band).
- 6 Rub the gasket with a little vegetable oil, to lubricate it, then replace it under the lid flanges.
- 7 Turn the lid the right way up.
- 8 Replace the pressure selector and turn it clockwise to .

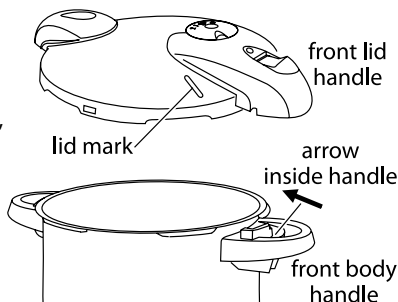


filling the pressure cooker

- 9 Put the ingredients in the pressure cooker with the recommended amount of water or liquid.
- 10 Don't fill the body of the pressure cooker more than two thirds full (4 litres) – this includes the space taken up by the basket and trivet, if you're using them.
- 11 Don't fill more than half full (3 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 (4 litres).
- 12 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

- 13 Hold the lid above the body and align the lid mark with the arrow inside the front body handle.
- 14 Lower the lid on to the body, and push it gently down, to compress the gasket slightly.
- 15 Turn the lid clockwise till the lid and body handles are aligned. This will engage the lid and body flanges, and free the lid lock, which will move in towards the centre of the lid.



setting the pressure

- 16 The pressure selector has 4 positions:
 - ⊕ no pressure – you can only remove the pressure selector in this position
 - 🌀 no pressure – this is the steam release position
 - 1 55 kilopascals – low pressure cooking (8psi)
 - 2 105 kilopascals – high pressure cooking (15psi)
- 17 Move the pressure selector to the pressure setting you require. Most recipes use high pressure (2).

start cooking

- 18 Put the pressure cooker on the hob and set the hob to maximum heat.
- 19 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.
- 20 If you're using any other heat source, use a ring or hotplate with a diameter the same as (or slightly smaller than) the base of the pressure cooker.
- 21 As the temperature and pressure inside the cooker increase, steam will come out of the centre of the pressure selector, and the pressure indicator will rise to fill the hole between the lid lock and the pressure selector.

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

- 22 Now reduce the heat to maintain a steady, gentle flow of steam from the pressure selector.
 - 23 Start timing the cooking process at this point.
 - 24 Regulate the heat to keep the steam just flowing: if the flow stops or increases, adjust the heat accordingly.
 - 25 At the end of the cooking time, turn off the heat and remove the pressure cooker from the heat. It'll be hot, so hold it only by the handles.
- ★ Steam will escape from round the front handle and pressure indicator during cooking – this is normal, don't worry about it.

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 release 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

warning don't turn the pressure selector to  till the pressure indicator has retracted fully

29 To find out if the pressure indicator is fully retracted, pull the lid lock away from the centre of the lid.

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, turn the pressure selector to .


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, pull the lid lock away from the centre of the lid, towards the handle, and hold it there while you turn the lid handle anti-clockwise.

35 When the arrows match, you can lift the lid off the body – use the handles.

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 pressure selector set to .

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 to low so that only a small amount of steam escapes. Don't let the water boil rapidly, as more steam will be given off and the cooker could boil dry before the end of the cooking time.

When the pre-steaming time is complete, turn the pressure selector knob to the recipe setting (1 or 2), increase the heat, and bring the cooker up to cooking pressure.

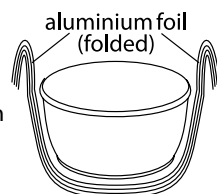
containers

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, use a thickly folded strip of aluminium foil, under the container, as a lifting strap. Grip the ends of the strap, not the hot container. Check that the ends of the strap aren't long enough to reach the lid, to avoid blocking the pressure indicator or pressure selector tube.

caution use oven gloves – the foil, container and pan will all be hot



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 100°C. If the pressure is raised, the boiling point also rises. The pressure cooker is designed to allow pressure to build up safely in the cooker, raising the cooking temperature, resulting in cooking times up to 3 times faster than normal, and delicious tender food.

The trivet, (basket rest) lifts the basket clear of the cooking liquid and lets steam to circulate round the food.

It's important that the food isn't immersed in the cooking liquid, otherwise it'll simply be boiled, rather than steamed, which will defeat the object of the pressure cooker.

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 (e.g. potatoes, swede) to achieve the same cooking time for different foods cooked together. If necessary, cooking may be interrupted, pressure released ("**releasing pressure**", page 5), and foods with shorter cooking times added later.

no-pressure cooking

You can, if you want, use the pressure cooker as a big pan. In that case, either set the pressure selector to Φ , or remove it altogether. When used in this way, the cooking times in the table opposite won't apply.

✱ Don't let the food rise or foam up and clog the pressure selector tube or pressure indicator.

problem solving

steam leaks from under the lid

The gasket (lid sealing ring) forms a steam-tight seal between the lid and the body. A damaged or worn gasket will let excessive steam escape. This will affect cooking times and may, in extreme cases, cause the cooker to boil dry.

With use, the gasket will shrink slightly. When it does, remove it and let it cool, then stretch it slightly and replace it the other way up, so that wear is even on both sides.

pressure indicator ball sticks

While carrying out the initial safety checks, if the ball inside the bottom of the pressure indicator fails to move or fails to return, it's probably blocked with food. This means that the pressure cooker should be returned for repair/replacement (see "**service**").

difficulty in closing the lid

Smear a little Vaseline or vegetable oil around the edges of the lid and cooker rims.

difficulty in opening the lid

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

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.

	min	fish	min
soup			
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

safety features

Your Tower pressure cooker has the following safety features:

- 1 Pressure can't build up unless the lid is closed and the pressure selector set.
- 2 The pressure indicator prevents the pressure cooker opening while pressurised.
- 3 The pressure selector will vent steam to keep the pressure to the chosen setting.
- 4 If the pressure selector fails, a safety valve in the pressure indicator will operate.
- 5 If the pressure selector and the safety valve both fail, a safety vent, in the edge of the lid, will allow the gasket to deform and vent excess pressure.

care and maintenance

- 1 Let the pressure cooker cool down fully.

gasket (lid sealing ring)

- 2 The gasket will shrink slightly in use. Stretch it slightly in all directions after each use.
- 3 It'll also harden – replace it if steam is found to be leaking regularly from below the rim of the lid, or after 9-12 months regular use.

cleaning the pressure cooker

This should be done after every use.

- 1 Wash the cooker body, basket and trivet in hot soapy water, then rinse and dry.
- 2 Wash the lid and gasket under running water.
- 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.

Don't wash any part of the pressure cooker in a dishwasher.


Don't use soda, washing powder, scourers or abrasive cleaning pads.

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, and cook at setting 2 for 15 minutes. Release pressure slowly, let the pressure cooker cool down, then wash normally.

cleaning the pressure selector/pressure selector tube

This should be done after every use.

- 1 With the lid off, turn the pressure selector to Φ , and remove it.
- 2 Clean the inside of the pressure selector under running water. Remove stubborn deposits by soaking in hot soapy water, then cleaning out with a needle, cocktail stick, or pipe-cleaner.
- 3 Turn the lid upside down and press in the ball in the centre of the pressure indicator. Use a cocktail stick, or something similar (pointed but not sharp). The ball should move easily against its spring, then return when released.
- 4 Check the pressure selector tube. If it's clogged, clear it with a needle or cocktail stick.
- 5 Clean the outside of the pressure selector tube and pressure indicator with a brush.
- 6 Clean the surfaces of the pressure cooker with warm soapy water, rinse, and dry.
- 7 Replace the pressure selector and turn it clockwise to .

✱ Don't use the pressure cooker if the pressure selector is blocked or malfunctioning.

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.

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 (14951 – 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 stainless steel 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 stainless steel 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.