

ZIRCON

B/R/K
Germany

**Instruction book
pressure cooker**



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PRIOR INFORMATION

- Do not use the pressure cooker on heat sources of over 3000 W.
- When you use an electrical or vitroceramic griddle, use a disk with a diameter which is equal to or lower than the diameter of the bottom (Bd) of the pressure cooker.
- When you use a vitroceramic griddle, make sure that the bottom of the pressure cooker is clean and dry.
- Do not place an empty pressure cooker on a connected source of heat.
- When you use a gas stove, adjust the flame so it doesn't go above the diameter of the bottom.
- Never remove the lid without first checking that the pressure cooker is depressurised. See the instructions on depressurisation in point 3.3 of the present manual.
- The progressive locking system, with the ring ensure an easy sealing of the pressure cooker guaranteeing all required conditions to improve the pressure and the temperature.

Read the present instructions carefully to the end so as to become familiar with the characteristics and potential of the pressure cooker.



SAFETY INSTRUCTIONS

1. The pressure cooker works under pressure. An inappropriate use can cause serious burns and damages. Make sure the pressure cooker is properly closed before putting it under the heat source. Read the chapter: "Using the pressure cooker".
2. Do not use the pressure cooker near children.
3. Do not use the pressure cooker for other purposes than the intended.
4. Do not put the pressure cooker in a heated oven.
5. Do not use the pressure cooker to fry food.
6. When the pressure cooker is pressurised, move it very carefully. Do not touch the warm surfaces. Use the handles and, if necessary, kitchen gloves or another mean of protection.
7. Keep your hands off the steam escape zones.
8. Do not use the pressure cooker without any water inside as this practice may cause serious damage. Read chapter "Prior to first use".
9. The superficial skin of some meats swells under the effect of pressure (e.g. tongue). After cooking, do not prick the meat if it looks swollen; you may scald yourself. Prick the meat before cooking.
10. When making greasy foods, you should shake the pressure cooker slightly before opening the lid, preventing the food from spitting out.
11. Do not operate the safety systems more than that which is recommended in the cleaning and maintenance instructions. Read the chapter "Upkeep and maintenance".
12. Do not use the pressure cooker when it, or any of its components, is damaged or does not correspond to the functions described in the usage instructions. Only use original replacement parts of the model in question. Contact the Post Sales Assistance Service. (See last page)

FOLLOW THESE INSTRUCTIONS AND KEEP THEM.



THE PRODUCT DESCRIPTION



TRADITIONAL STAINLESS STEEL PRESSURE COOKER

Besides the enormous advantages described previously, this pressure cooker also has a thermic bottom - Impact Disc Plus gives rapid and uniform heat transference, improving the thermic efficiency and compatibility with induction.

Material	Capacity (Litres)	Internal ø (cm)	Base ø (cm) (bar)	Type (bar)	Functioning Pressure	Security Pressure	Boiling Temperature(C°)
Stainless Steel	8	24,5	19,4	Progressive Locking	0,5	0,8	111 a 113

ASSEMBLY OF ACCESSORIES

Inside the package of your pressure cooker you will find the following accessories:

- 2 bakelite handles
 - 2 screws, for the 24,5 cm diameter pressure cookers.
- 1.) Position the handle against the pressure cooker and check if the handle hole is in line with the hole on the pressure cooker.
 - 2.) Put the screw(s) into the handle hole(s) and screw them in.
 - 3.) Check if the handle is attached properly. Please note that if the handle is not fixed properly it could release.
 - 4.) Repeat the same procedure to assemble the other handle.



EC-declaration of conformity

B / R / K Vertriebs-GmbH, Westring 340,
42329 Wuppertal/Germany, certifies that the pressure cookers
conform to the following harmonized EC guidelines:

97/23/EG (Modul B)
DIN EN 12778

PRIOR TO FIRST USE

Pressure cooker

Prior to first use, remove all the labels from the pressure cooker. Wash it in hot water and washing-up liquid. After washing, dry it with a cloth.

Lubricate the sealing ring with a bit of cooking oil to facilitate the opening and closing of the pressure cooker. Make sure the steam release devices are clear.

Give the pressure cooker a test run using half a litre of water. Let it cook for 10 minutes until the control valve starts giving off steam.

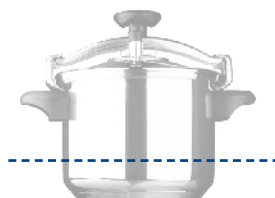
Minimum quantity:

Do not use the pressure cooker with a liquid quantity inferior to 250 ml, that practice may cause damage to the pressure cooker and / or to the heat source.

Maximum Quantity:

Do not fill the pressure cooker below 2/3 of its capacity.

In the case of the food that expands or creates foam during the cooking process (such as peas, chick-peas, spinaches, dough, rice, etc.) do not fill the pressure cooker over the half of its capacity, in order to prevent the water or food from blocking the safety or pressure control systems.



min



max

Cooking with the pressure cooker:

Fill the pan with sufficient liquid to generate the necessary steam (water, sauce or stock).

WARNING: always add adequate liquid. NEVER let the pressure cooker "cook dry".

Now add the food to be cooked.

Maximum 1/2 full for foods that swell or tend to foam up.

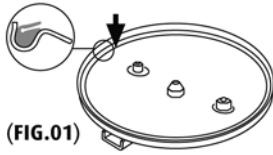
Maximum 2/3 full for all other cooking.

Please check that there is adequate space between the food to be cooked and the lid with safety valves.

Please note if you exceed the limit of the capacity, the steam could be released through the control valve or through the edge of the lid. This could also occur if the heat source is too strong.

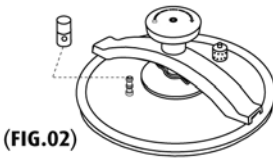
USING THE PRESSURE COOKER

Prior to use



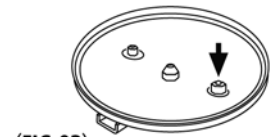
(FIG.01)

1.) Place the ring on the inner edge of the lid, checking that it is adjusted and correctly placed in accordance with FIG.01.



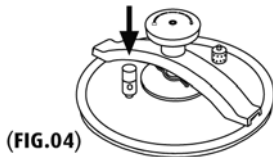
(FIG.02)

2.) Check whether the control valve is clear. During the use, the control valve allows the steam to come out continuously, regulating the pressure inside the pressure cooker. (Fig. 2)



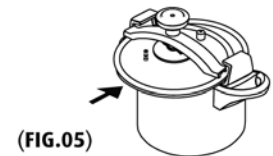
(FIG.03)

3.) Check whether the safety valve is clear and working properly, by pressuring lightly the valve piston via the interior of the lid. It should move with no efforts. (Fig. 3)



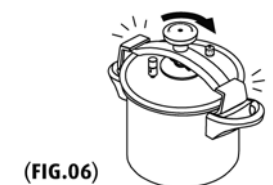
(FIG.04)

4.) Place the control valve in the lid and check if it is well-positioned. (Fig.4)



(FIG.05)

5.) Place the lid horizontally and check if the lid is well-positioned related to the body of the cooker. (Fig. 5)



(FIG.06)

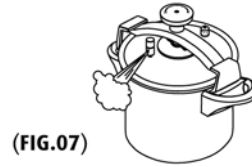
6.) After placing the lid, screw the locking lever tighter following the direction of the arrow, until the yoke of the locking system touches the handles of the cooker. In order to obtain a complete close, screw the locking lever at least half a turn more to close it fully. (Fig. 6)

Only after the conclusion of all these operations, the pressure cooker will be ready to cook.

USING THE PRESSURE COOKER

During use

1.) Put the cooker on the heat source. Please note that the heating in induction hobs can reach extremely high temperatures in just few seconds which requires a greater care and attention. As soon as the steam will start to come out and make the control valve turn round, the needed pressure will be reached. (Fig. 7)



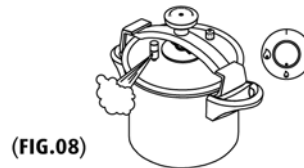
2.) Start counting cooking time after checking that the steam is coming out in constant fashion via the control valve.

3.) If during the use of the pressure cooker, the control valve does not release steam, check whether the power of the heat source is strong enough. Should this persist, depressurise the pressure cooker and check:

- Whether the quantity of liquid inside the pressure cooker is sufficient;
- Whether the pressure cooker is closed;
- Whether the control valve is clear;
- Whether the silicone sealing ring and the edge of the lid are in good conditions.

4.) Do not place objects on the control valve whilst the pressure cooker is working.

5.) Use the heat stored in the thermal bottom and save energy by disconnecting the heat source before the food cooking time has terminated. (Fig. 8)



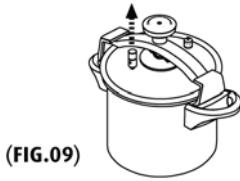
6.,) If steam is released via the lid edges and/or via the safety valve, remove the pressure cooker from the heat source, depressurise it and check:

- Whether the control valve is clear;
- Whether the sealing ring is clean, properly positioned and shows any sign of deterioration;
- Whether the edge of the pressure cooker unit shows any signs of deterioration which prevent the effective adjustment of the sealing ring.

When the pressure cooker is under pressure, never use force to open the lid.

USING THE PRESSURE COOKER

Upon completion of use



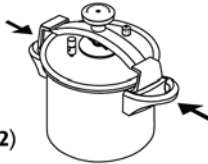
(FIG.09)



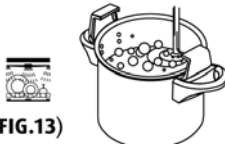
(FIG.10)



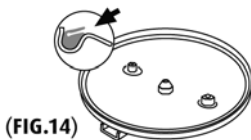
(FIG.11)



(FIG.12)



(FIG.13)



(FIG.14)



(FIG.15)

1.) Once the cooking time has elapsed, remove the pressure cooker from the heat source and depressurise it, by removing the control valve from the lid. (fig 9) You can also put the pressure cooker under cold water to provoke its cooling and then remove the control valve. Please note that you should be extremely careful to avoid any burns which may be caused by the handling and the steam released. (fig. 10)

2.) After depressurisation, turn the locking lever in the opposite sense of the one indicated by the arrow, and remove the lid. (fig. 11)

3.) To handle the pressure cooker only use Bakelite accessories and, when necessary, wear gloves or some other means of protection. (fig.12)

4.) Wash it with water and soap so that the salty or acid food will not damage the stainless steel. Never put the pressure lid or any parts of it into the dishwasher! (fig.13)

5.) If during the cooking process you let the food burn: put the pressure cooker under the water with a little bit of soap, during some minutes, before washing it.

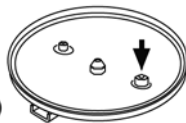
6.) For a careful cleaning:

- Clean the lid paying particular attention to the inside of the gasket. To wash it you do not need to take it off the lid, just clean it using warm water in order to avoid damages caused by grease. At the end, dry off the pressure cooker and its gasket with a tissue. (fig 14)

- Clean the groove of the control valve with a forceful water jet or with a wire. Be sure it is completely clean. (fig 15)

- Clean the base of the safety valve and ensure it is working properly by pressing lightly, from the inside of the lid, on the valve piston which must move with no difficulty. (Fig 16)

- After having cleaned the pressure cooker, put the lid up side down on the top of the cooker to avoid any distortion of the gasket. (Fig.17)



(FIG.16)



(FIG.17)

UNKEEP AND MAITENANCE

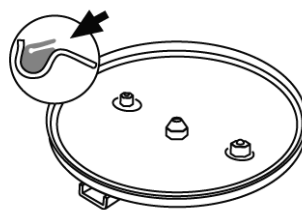
To keep your pressure cooker always in good shape for a long period of time:

- 1.) Never heat an empty pressure cooker. This can cause damage of your pressure cooker.
- 2.) Salted water from boiling, and water full of cleaning products, should not be in contact with the pressure cooker for long periods.
- 3.) When cooking roasting meat in the pressure cooker, heat the fat progressively before roasting the meat.
- 4.) Lubricate the centre axis with cooking oil if you find that the lid is hard to lock.
- 5.) Replace the sealing ring every year or at least every two years. It will need to be replaced early whenever the following occur:
 - Cracks or dents
 - Deformations
 - Dark appearance
 - Lack of flexibility

Any of the aforementioned irregularities may prevent the correct sealing or closure of the pressure cooker.

To place a new gasket: (include image)

- Select a B/R/K sealing ring identified in the table (page 05)
- Place the ring on the inner edge of the lid, checking that it is adjusted and properly placed.



Stainless steel pressure cooker

OCCURRENCE:	RECOMMENDATION:
Removal of labels	Wet the label in very hot water and remove it. If traces of glue remain, soak a bit of cotton wool in alcohol and wipe.
Use of abrasive pads	This type of wire mesh scratches the surface of the pressure cooker. Rub horizontally and not vertically.
Use of detergents	Do not use disinfectants containing bleach or other detergents containing chlorine (Cl).
Burned food	Add some water and ammoniac detergent and leave to rest for a few minutes. Wash the piece normally.
Limescale stains (whitish stains)	Add a bit of vinegar and water and heat the pressure cooker for a few minutes. Leave to cool and wash normally.
Rust stains (brownish stains)	Do not use steel wire pads when cleaning stainless steel parts. This type of pad may leave rust stains, permanently damaging the surface of the piece. Use stainless steel pads.
Food stains	Add some bicarbonate of soda and water and heat the piece for a few minutes. Leave to cool and wash.
Excess heat stains (coloured stains)	Clean the piece with a 10% nitric acid diluted solution, or use brighteners for chrome items

COOKING INSTRUCTIONS

SOUPS	COOKING TIME	RAPID COOK
Bean soup	20 min.	2
Pea soup (not soaked)	20-25 min.	2
Vegetable soup	4-8 min.	2
Semolina soup	3-5 min.	2
Goulash soup	10-15 min.	2
Potato soup	5-6 min.	2
Bone marrow soup	20-25 min.	2
Minestrone	8-10 min.	2
Rice soup	6-8 min.	2
Beef tea	35-40 min.	2
Boiling chicken	25-35 min.	2
Tomato soup with rice	6-8 min.	2

STEWES	COOKING TIME	RAPID COOK
Cabbage stews	15 min.	2
Lentil (soaked)	13-5 min.	2
Bavarian Pichelsteiner	120 min.	2
Serbian beef stew	8-10 min.	2

VEGETABLES	COOKING TIME	GRADUAL COOK
Cauliflower	3-7 min.	1
Peas, green	3-5 min.	1
Carrots	3-7 min.	1
Stuffed capsicum	6-8 min.	1
Mushrooms	6-8 min.	1
Beetroot	15-25 min.	1
Cabbage types	5-15 min.	1
Spinach	3-4 min.	1
		RAPID COOK
Beans	6-10 min.	2
Potatoes	6-8 min.	2
Potatoes (unpeeled)	6-12 min.	2
Celeriac	12-15 min.	2

Vegetables:

The finer vegetables are cut up, the shorter is their cooking time. On the other hand, if you prefer them "crunchy", their cooking time is shorter. The more you cook, the longer the cooking time.

Suggestion:

It is better to undercook – extra cooking is always possible.

COOKING INSTRUCTIONS

MEAT	COOKING TIME	RAPID COOK
Knuckle of pork	30-40 min.	2
Goulash	15-20 min.	2
Minced meat	5-10 min.	2
Chicken	20-25 min.	2
Veal, sliced	6 min.	2
Veal, roast	15-20 min.	2
Veal fricassee	5 min.	2
Turkey leg	25-35 min.	2
Beef roast	40-50 min.	2
Rib of pork	10-12 min.	2
Meat roulade	15-20 min.	2
Braised marinated beef	30-35 min.	2
Roast pork	25-30 min.	2
Knuckle of pork	25-35 min.	2
Braised venison	25-30 min.	2

Meat:

Meat is brought to the boil in the uncovered pressure cooker. It is then topped up as necessary. Pieces which are too large should be cut up and browned individually, then laid over one another to complete cooking.

FISH	COOKING TIME	GRADUAL COOK
Steamed fish with potatoes	6-8 min.	1
Fish in white wine sauce with potatoes	6-8 min.	1
Cod	4-6 min.	1

Fish (fresh):

Cook with adequate liquid, according to amount. Since fish stock is extremely sticky, the lid should be removed as soon as the pressure indicator has completely disappeared.

Frozen food:

The otherwise long times needed for defrosting shrink to minutes, but still depend on type and amount of the food to be defrosted. Defrosting in the pressure cooker preserves the vitamins, minerals and flavours of your food.

Service

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