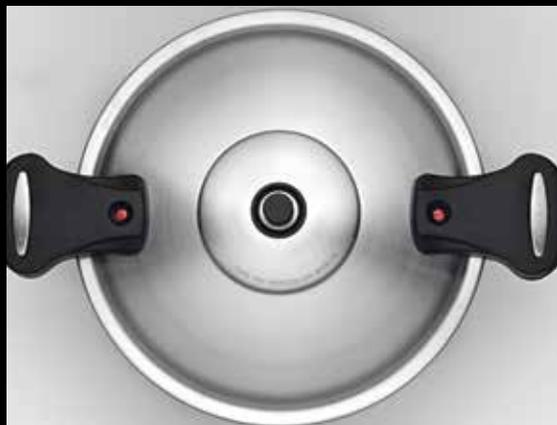


SCANPAN[®]

DENMARK

PRESSURE COOKER



User Guide

Important information on how to use and care
for your SCANPAN Pressure Cooker

SCANPAN®

DENMARK

PRESSURE COOKER

The SCANPAN pressure cooker lets you prepare fresh, flavoursome and elegant food in a fraction of the time of traditional cooking methods. We pride ourselves on its quality, ease of use and safety. Start learning now and you'll soon be cooking quick, tasty and nutritious meat stews, ragouts, pasta sauces, soups, stocks, grains and dried beans like a professional.



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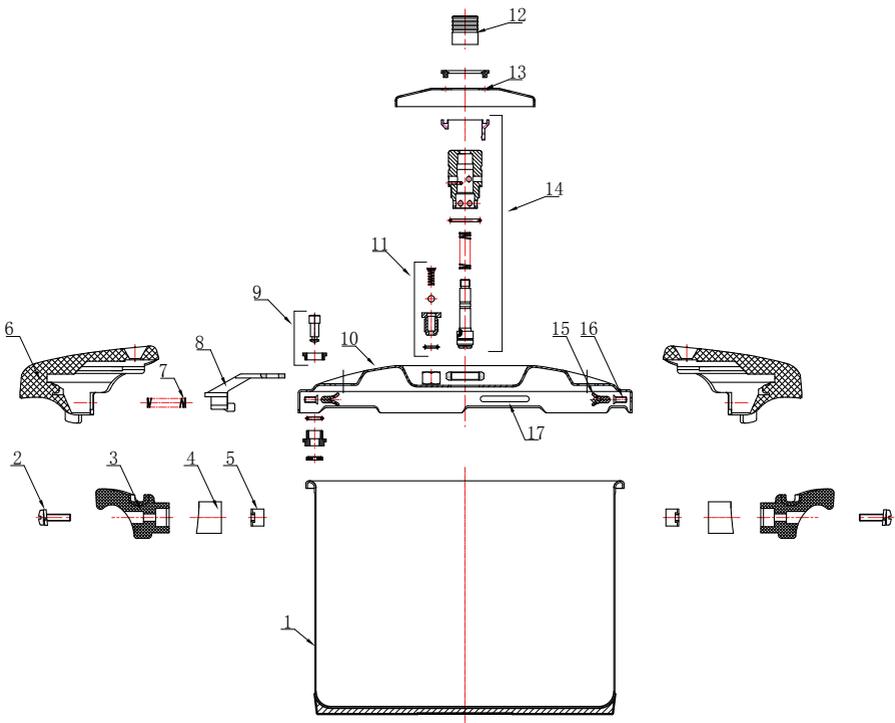
Important Safeguards

When using a pressure cooker, these basic safety precautions should always be followed:

1. Read all instructions.
2. Do not touch hot surfaces. Use handles or knobs.
3. Increase supervision when the pressure cooker is used near children.
4. Do not place the pressure cooker in a heated oven.
5. Extreme caution must be used when moving a pressure cooker containing hot liquids.
6. Do not use the pressure cooker for anything other than intended use.
7. This appliance cooks under pressure. Improper use may result in a scalding injury.
8. Make sure unit is properly closed before use (see instructions for use).
9. Never fill the cooker more than 2/3 full. See markings inside cooker and if cooking foods that swell, such as dried beans and grains, do not fill more than 1/2 full.
10. Always check the pressure release devices for clogging before use.
11. Do not open pressure cooker until the unit has cooled and all internal pressure has been released. If the handles are difficult to push apart, this indicates that the cooker is still pressurized - do not force it open. Any pressure in the cooker can be hazardous (see instructions for use).
12. Foods such as apple sauce, cranberries, pearl barley, oatmeal or other cereals, split peas, noodles, macaroni, rhubarb, or spaghetti should NOT be cooked in a pressure cooker, because they foam, froth, and splatter, and clog the pressure release device (steam vent).
13. Do not use the pressure cooker for pressure frying with oil.
14. When the normal operating pressure is reached, turn the heat down so the liquid, which creates the steam, does not evaporate.

Diagram of Pressure Cooker

1. Utensil Base
2. Screw - Body
3. Lower Handles
4. Finger Guard - Body
5. Bracket - Body
6. Upper Handles
7. Spring - Auto Lock Valve
8. Body - Auto Lock Valve
9. Double Locking Valves
10. Cover
11. Safety Valve
12. Knob
13. Finger Guard
14. Release Valve
15. Silicone Gasket
16. Screw
17. Safety Window



Safety

The SCANPAN pressure cooker has four safety systems to ensure perfectly safe cooking.



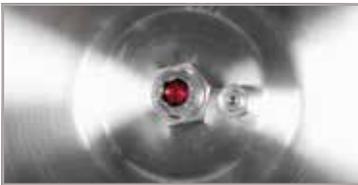
1. Double Locking Valves - First Safe Guard

These valves are in the side handles and prevent the buildup of pressure if the cover is not properly closed. If the pressure cooker cover is properly closed, this safety lock prevents the opening of the cooker once the inside pressure reaches above 5KPa.



2. Release Valve - Second Safe Guard

The release valve is the knob on top of the cover, which raises and lowers depending on the cooking pressure. It contains a precision spring which keeps a working pressure for the pressure cooker. It has two pressures indicated by two red lines, the first line indicates a low cooking pressure and the second line indicates a high cooking pressure. This valve also prevents an excessive build-up of pressure.



3. Safety Valve - Third Safe Guard

This safety valve on the cover releases pressure, should the release valve fail.



4. Safety Window - Fourth Safe Guard

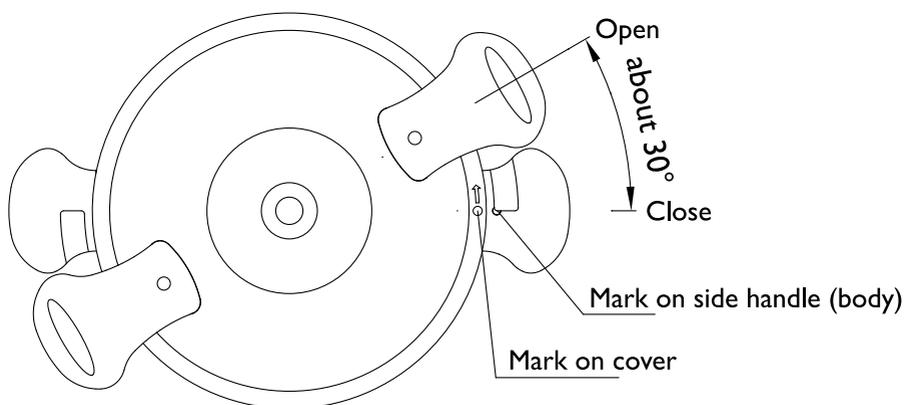
Safety window on the rim of the cover releases pressure in the pressure cooker if the other safety valves fail. The silicone gasket itself will push through the safety window to release pressure to ensure perfectly safe cooking, while the cover will stay on the pressure cooker without rupturing.

Instructions for Use

Important - read these instructions carefully and ensure you complete the “First Use” instructions by bringing the cooker to pressure with just water, so that you can experience the process and also to get to know the different parts. Unlike a normal covered pot, where steam gathers from the boiling liquid, steam escapes and the temperature remains steady; a pressure cooker lid is locked onto the pot, and the silicone gasket ensures that the steam is trapped in the pot. The pressure builds up and the temperature rises above boiling point. Safety valves in the cover of the pressure cooker release the steam to maintain a safe level of pressure. The steam and pressure **MUST BE RELEASED** before the cover is opened.

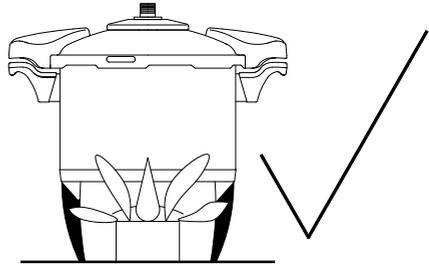
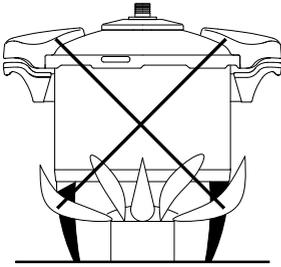
To open and close the pressure cooker

Before closing the cooker please check safety and operating valves (2, 3 & 4) making sure that the openings of all the valves are clear. Place the cover on the utensil base as shown. Line up the positioning circle (stamped on top of the cover) with the center of one of the base handles. Push down and turn the cover in a clockwise direction until the cover handles lines up with the base handles. To open the cover, turn the top handle counter-clockwise relative to the base handle. Lift off the cover.



Operating Instructions

Your SCANPAN pressure cooker is compatible with all stove tops, including electric, gas, ceramic, and induction. When cooking on a stovetop, always select a burner closest to the utensil's diameter. When cooking with gas, never allow the flame to come up around the sides of the pressure cooker. Do not leave the pressure cooker unattended when heating. On induction hobs do not overheat.



First Use

Before using your pressure cooker for the first time, wash all parts thoroughly in ½ cup vinegar and hot, soapy water, rinse and dry.

Dry the silicone gasket well and replace it in the cover. Fill the pressure cooker with 2 cups of water and lock the cover in place.

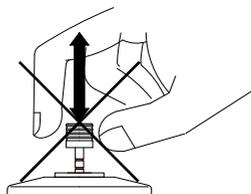
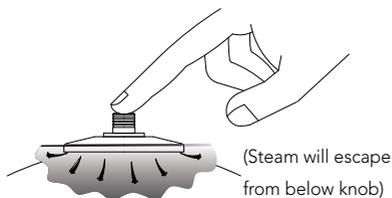
Place on stove top at medium to high heat and bring to pressure. As the water begins to heat, the air in the pressure cooker will escape through the pressure release valve causing the knob to rise, rising to show the first red ring on the valve stem. At this stage lower the heat to maintain this pressure, cook the water for a further ten minutes at this pressure. Remove the pressure cooker from the heat source. Before opening, take note that the pressure cooker cover can only be opened when the steam & pressure has been released. ALWAYS DEPRESSURIZE THE PRESSURE COOKER BEFORE ATTEMPTING TO OPEN. Always open the cover away from you to allow steam to escape. To check that the pressure has released, confirm that the release valve knob has completely lowered to the top of the pressure cooker cover. You can use one of the below methods.

Method 1:

Slow pressure release – Remove the pressure cooker from the heat source and allow it to cool.

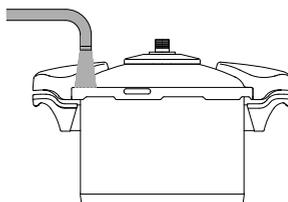
Method 2:

Normal pressure release – Use your finger or wooden spoon handle to push down lightly on the knob. Hold it down until no more steam comes out.



Method 3:

Fast pressure release – Lean the pressure cooker over the sink and run warm water around the outer edge ONLY of the cover. **Note: Only wet the outer edge to prevent water from being drawn into the pressure cooker!**



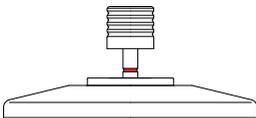
Cooking

Never fill the cooker more than $\frac{2}{3}$ full. See markings inside cooker and if cooking foods that swell, such as dried beans and grains, do not fill more than $\frac{1}{2}$ full. Wipe the rim of cooker clean of any spills before attaching the cover, as food can prevent sealing. Check that the silicone gasket is clean and dry.

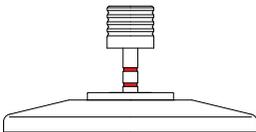
Always use an accurate timer. Never use the pressure cooker without at least 2 cups of liquid before bringing to pressure. Add food and liquid to utensil. Cover and begin cooking over medium-high to high heat. Preheating is not necessary.

As the food begins to heat, air in the pressure cooker will escape through the pressure release valve causing the valve cap to rise which will close the pressure release valve.

Continue to cook until the first red ring becomes visible on the valve stem. At this point, lower the temperature if **level 1** is the recommended cooking level for the food you are cooking. If the recommended cooking level is **level 2**, allow the food to continue to cook over medium-high to high heat until the second red ring becomes visible on the valve stem.



- **Level 1** is reached when the first red ring is visible on the valve stem. Level 1 cooks foods gently at a low cooking pressure.



- **Level 2** is reached when the 2nd red ring becomes visible on the valve stem. Level 2 cooks at a high cooking pressure

Once the desired cooking level is reached, lower the heat in order to maintain the desired cooking level. You may need to adjust the heat during cooking to maintain the desired cooking level.

A gentle **hissing sound** of escaping steam means that the **heat is too high**. Turn the heat down and/or remove the pressure cooker from the heat source for a short time until the second ring is just visible.

As a safety measure, the above mentioned capacities should always be maintained. Avoid total evaporation of the liquid. When the cooking time is finished, turn off the heat and reduce the pressure in the pressure cooker.

Reducing the Pressure

IMPORTANT SAFEGUARD—Do not open the pressure cooker until the unit has cooled and all internal pressure has been released. If the handles are difficult to push apart, this indicates that the cooker is still pressurized - **do not force it open**. Any pressure in the cooker can be hazardous.

The pressure cooker can only be opened when the normal operating pressure has been released. Always depressurize the utensil before attempting to remove the cover. **Always open the cover away from you** to allow steam to escape.

After the food has been cooked for the recommended time, turn off the heat and remove the pressure cooker from the heat source. Be sure to place it on a heatproof surface.

Release the pressure using one of the following methods:

- Slow pressure release – Remove the pressure cooker from the heat source and allow it to cool.
- Normal pressure release – Use your finger or a wooden spoon to push down lightly on the knob. Hold it down until no more steam comes out.
- Fast pressure release – Lean the pressure cooker over the sink and run warm water **around the outer edge ONLY** of the cover. **Note: Only wet the outer edge to prevent water from being drawn into the pressure cooker.**

Cooking Times

	High Pressure	Low Pressure		High Pressure	Low Pressure
Meat 			Vegetables and Pulses 		
Roast pork	20	40	Artichokes	8	16
Pork chop	12	24	Rice	6	12
Pork sirloin	16	32	Pumpkin	9	18
Rabbit	15	30	Onion	7	14
Roast lamb	20	40	Cauliflower	8	16
Stewed lamb	14	28	Brussels sprouts	7	14
Roast veal	20	40	Mushrooms	9	18
Spare ribs	15	30	Asparagus	8	16
Stewed veal	20	40	Spinach	5	10
Veal liver	10	20	Chickpeas	27	54
Roast beef	30	60	Fresh peas	6	12
Stewed beef	25	50	Dried peas	20	40
Fowl and Game 			Beans	8	16
Quail	15	30	Haricot beans	25	50
Wild rabbit	25	50	Pinto beans	28	56
Pheasant	15	30	Runner beans	6	12
Hare	28	56	Lentils	18	36
Duck	25	50	Turnips	9	18
Turkey	25	50	Potatoes	7	14
Chicken	15	30	Leeks	5	10
Fish and Seafood 			Beetroot	25	50
Clams	4	8	Cabbage	10	20
Tuna fish	6	12	Tomatoes	5	10
Squid	10	20	Carrots	7	14
Lobster	10	20	Fruit		
King prawns	6	12	Apricots	4	8
Sole	7	14	Cherries	2	4
Cod	8	16	Piuns	5	10
Mussels	3	6	Apples	5	10
Trout	7	14	Peaches	5	10
Salmon	8	16	Oranges	7	14
			Pears	6	12
			Soups 		
			Garlic soup	5	10
			Rice soup	12	24
			Meat soup	45	90
			Pea soup	10	20
			Fish soup	10	20
			Chicken soup	15	30
			Leek soup	10	20
			Tomato soup	11	22
			Vegetable soup	15	30
			Greens soup	15	30

The cooking times indicated should be taken as a guide. Do not hesitate to adapt them to your personal tastes, your cooking style or to the type of ingredients you use.

Dried vegetables such as lentils, chick peas, beans, etc. should be left to soak in water before cooking. It is not necessary to thaw frozen vegetables or small fish. For large fish or frozen meat, increase the cooking time slightly. Clean fish thoroughly, sprinkle with a little lemon juice and salt just after cooking. Brown meat well, even a little more than usual, since steam cooking will cause a slight loss of colour. Cooking times depend on the thickness and quality of the meat.

Level 1 (when the first red ring is visible on the valve stem) - LOW PRESSURE is suitable for more delicate foods, poaching fruit, steaming fish and some vegetable cooking.

Level 2 (when the second red ring is visible on the valve stem) - HIGH PRESSURE is suitable for dense, solid foods, ie. casseroles, pot roast, dried beans etc.

The times stated here are only a guide and may vary depending on the season, the quality, variety and size of the food. When the valve stem has risen to the indicated level 1 or level 2 the cooking time starts.

Care of Product

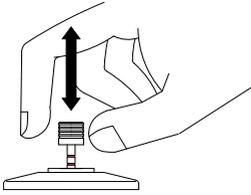
- After each use, wash the cooker with hot water and a normal washing-up liquid using a sponge or cloth.
- Do not use abrasive cleaners or scouring pads which may dull the high polish finish of the product.
- Dry the cooker thoroughly after washing. **Never clean the cover or silicone gasket in the dishwasher.**
- To keep your pressure cooker in a shiny condition, it is highly recommended to use the SCANPAN stainless steel and copper cleaner.
- **After use do not store the cooker with the cover closed.**



*Storage example

Valves

The valve stem rises and lowers to show you the cooking level in your pressure cooker and it is also an important safety device. Every time before using your pressure cooker, **check the valve stem** to make sure it is working properly.



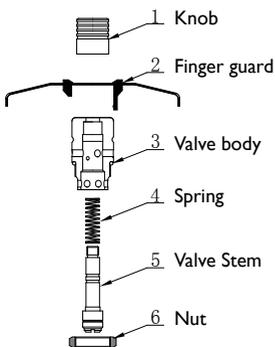
- Be sure the knob is screwed tightly on the valve stem.
- Gently pull up on the knob.
- The valve stem should move freely up and down. If it does not, do not use the pressure cooker (see trouble shooting).
- Before each use check that the steam outlet is not obstructed by food particles or any other material.

Should the safety release valve not operate during cooking

- **Remove** the cooker from the heat source, cool down and open (following opening instructions).
- **Check** inside the cover that there are no food particles in the valve.
- If food particles have passed through the release valve, you will need to disassemble and clean it (see valve maintenance and cleaning).
- After cleaning the valve, replace, close cooker and restart cooking.
- If the release valve **fails** to operate a **second time, stop cooking**.

Valve Maintenance and Cleaning

In normal use, the pressure release valve is self-cleaning. If, however, you can see food particles around the release valve outlet, you will need to disassemble and clean it as follows:



1. Invert the cover. Hold the knob with one hand and unscrew the screw attached to the valve stem by turning it in a **counter-clockwise direction** with a spanner until the knob comes off the valve stem.
2. Remove the valve cover, pull out the valve stem, and clean the parts in warm soapy water. Remove any food particles from inside the pressure release valve.
3. Reassemble the cover. Re-insert the valve stem and replace the valve cover. Re-attach the knob to the valve stem by tightening the screw in a **clockwise direction**. Be sure the knob is securely fastened to the valve stem. Note: It is normal for there to be a gap between the valve cover and the utensil cover to allow steam to escape.

Silicone Gasket Maintenance

- We recommend that the silicone gasket be replaced **at least once every 12 months**, depending on the frequency of use.
- After each use, remove the silicone gasket from the cover and wash it by hand in warm, soapy water. **Never wash the silicone gasket in a dishwasher!**
- If food sticks to the silicone gasket, do not scrub with abrasives or attempt to scrape the food off using any tools or even fingernails as this could tear the material. Instead soak the silicone gasket in warm, soapy water until the food loosens easily. After cleaning, allow the silicone gasket to air dry.
- **Before each use**, and before storing the silicone gasket in the cover, apply a thin coating of cooking oil to the top and bottom of the rubber surface with your thumb and finger.
- **To store**, place the silicone gasket in the cover and place the cover upside-down on the utensil so undue stress is not placed on the silicone gasket.
- **Before cooking**, be sure the silicone gasket is not twisted but is seated evenly in the groove around the entire circumference of the cover. Never use force if the cover is difficult to slide closed on the cooker. Instead, remove the cover, take out the silicone gasket, and re-lubricate it with cooking oil. Reinsert the silicone gasket in the cover and try again.



*To replace silicone gasket in lid: Ensure silicone gasket locks underneath the two clips on the inside of cover.

Trouble Shooting

If you have any questions or are unsure how to operate your SCANPAN pressure cooker, contact your service centre.

1. If the pressure cooker does not seal properly:
 - Check that the silicone gasket is properly inserted in the cover.
 - Lubricate the silicone gasket lightly with cooking oil or moisten with a little water.
 - If the cover still will not seal, you may need to replace the gasket.
2. If effort is required to open or close the cover even after the silicone gasket has been lubricated with cooking oil, then the cover or the utensil base may have been damaged. **DO NOT ATTEMPT TO USE THE PRESSURE COOKER.**
3. If the safety valve (secondary release valve) releases steam while cooking, the main pressure release valve may not be functioning properly. Please do not use it again. Then let it cool down and contact the SCANPAN service centre.
4. If the valve stem will not move freely, disassemble and clean the pressure release valve (see valve maintenance).

ENQUIRY	CAUSE	HELP/ADVICE
Pressure could not be built up inside utensil.	The cover is not properly closed.	Follow the instruction of opening & closing the cover.
	Silicone gasket is not properly fitted inside the cover.	Recheck the silicone gasket location.
	The release valve is not properly assembled.	Recheck the release valve
There is leakage through gasket.	Silicone gasket is not properly fitted inside the cover.	Follow the instruction of opening & closing the cover.
	Silicone gasket is ageing.	Replace a new gasket.
There is leakage through gasket.	Inside pressure is too high.	Remove the pressure cooker from the heating source or reduce heat
Pressure indicator fails	Pressure could not be built up inside utensil.	Please refer to the "cooking" section of the user guide and bringing the pressure cooker to pressure.
	Release valve does not work normally.	Please contact service centre
The cover can not be opened after cooling.	There is water on the O-ring of Double locking valve.	Gently touch the top of valve insert.
Pressure indicator is unstable.	The heating source is unstable.	Check the heating source.
There is pressure released through the safety valve.	Spring release valve is blocked.	Please contact service centre
The cooker boils dry.	There is leakage through gasket.	Turn the heat down and remove the pressure cooker from heating source immediately. Check the silicone gasket is fitted properly, and in good working order. Check there is enough liquid added to the cooker before cooking. Check the heating is not too high.
	The heating is too strong. Cooking time is too long.	
	There is not enough liquid added to the cooker (should be at least 2 cups of liquid).	

Recipes



- Vegetable Medley with Olive Tapenade



- Prawn & Saffron Risotto



- Steamed Chicken & Bok Choy in Lemon Soy Broth



- Vanilla Poached Fruit in Riesling



- Rich Meat Sauce with Garlic Mash

Vegetable Medley with Olive Tapenade

Ingredients

Tapenade:

20 pitted green olives,
1 clove garlic
Small handful of coriander leaves
1 small chilli

Soup:

6 cloves garlic - crushed
3 tsp cumin

4 Tbs chopped coriander leaves & stalks
4 Tbs olive oil
½ tsp cinnamon
4 zucchini - cut into chunks
2 onions - finely chopped
2 handfuls spinach - chopped
4 large tomatoes peeled & chopped
3 Tbs chopped parsley
1 litre chicken stock
5cm piece of ginger - peeled and chopped
Freshly ground salt & pepper to taste

Method

Tapenade: Pound together with mortar and pestle or blend in a food processor to form a smooth paste.

Soup: Heat SCANPAN pressure cooker - without cover - on a medium heat, add oil and cook ginger, garlic, coriander, cumin, cinnamon, onions and zucchini. Cook gently until the onions are soft - do not brown. Stir in the chopped tomatoes and chicken stock. Close and lock the lid, bring to HIGH PRESSURE (cooking level 2 - when the second ring is visible on the valve stem, refer to cooking section in the instruction manual) over a high heat. Turn heat down and cook for 4 minutes, remove from heat and allow pressure to release. Open the cover and add spinach and parsley, stir well. Replace the cover leaving to stand - not on heat - for five minutes. Serve in soup bowls topped with a spoonful of the olive tapenade with fresh crusty bread.



Prawn & Saffron Risotto

Ingredients

4 Tbs butter

¼ tsp saffron threads

½ cup/1 dl dry white wine

1 medium onion - chopped

2 cloves garlic - crushed

3½ cups/8 dl fish stock

250g prawns - fresh or frozen - peeled

2 Tbs fresh chopped parsley

1½ cups/3.5 dl of rice for risotto -

arborio, carnaroli or vialone nano

1 large ripe tomato - seeded and cut into thin slices

Method

Heat the SCANPAN pressure cooker - without lid - on a medium heat, melt 2 Tbs butter, add the prawns and cook for about 2 minutes. Transfer the prawns to a plate and set aside. Stir the saffron into the wine and set aside. Add the 2 remaining tablespoons of butter to the SCANPAN pressure cooker and heat over a medium heat, add the onion and garlic and cook for 1 to 2 minutes. Add the rice and stir to coat with the butter - do not brown - add the saffron and wine and cook until the liquid has almost evaporated. Stir in the stock and season with salt and pepper. Close and lock the cover, bring to HIGH PRESSURE (cooking level 2 - when the second ring is visible on the valve stem, refer to cooking section in the instruction manual) over a high heat. Turn heat down and cook for 5 minutes, remove from heat and allow pressure to release. Open the cover and stir in prawns, tomato and parsley. Garnish with whole prawns.



Steamed Chicken & Bok Choy in Lemon Soy Broth

Ingredients

2 cups/5 dl chicken stock
4 Tbs lemon juice
Snow peas
2 spring onions - thinly sliced
150ml sake

Zest of 1 lemon
10 skinless, boneless chicken thighs
4 Tbs low salt soy sauce
3 baby bok choy - cut lengthwise into 4 pieces
1 carrot - sliced into long thin ribbons

Method

Marinate chicken in sake for at least one hour. Place trivet and steamer basket in SCANPAN pressure cooker and pour in the chicken stock. Place the chicken thighs in the steamer basket. Close and lock the cover, bring to LOW PRESSURE (cooking level 1 - when the first ring is visible on the valve stem, refer to cooking section in the instruction manual) over a high heat. Turn heat down and cook for 6 minutes, remove from heat and allow pressure to release. Open cover and add all vegetables - except spring onions - close and lock the cover, bring back to LOW PRESSURE and cook for 2 minutes, remove from heat and allow pressure to release. Open cover and remove chicken and vegetables and the steamer basket. Place SCANPAN pressure cooker - without cover - back on the heat and bring to the boil to allow stock to reduce - approx 5 minutes, remove from the heat and add soy sauce and lemon juice. Slice chicken thighs into four and place in a wide bowl, add vegetable mix, pour over broth and sprinkle with spring onions and lemon zest.



Vanilla Poached Fruit in Riesling

Ingredients

1 cup/2.5 dl castor sugar
6 firm peaches (or apricots, nectarines etc) - peeled
1 vanilla bean - split lengthwise
1½ cups/3.5 dl riesling

Method

Place sugar, wine and vanilla bean in SCANPAN pressure cooker - without cover - on a medium heat and allow syrup to simmer for 3 to 5 minutes. Remove from heat and add fruit. Close and lock the cover, heat SCANPAN pressure cooker to LOW PRESSURE (cooking level 1 - when the first ring is visible on the valve stem, refer to cooking section in the instruction manual) over high heat, turn heat down and cook for 5 minutes. Remove from heat and allow pressure to release. Transfer fruit to a dish, return SCANPAN pressure cooker - without cover - to heat and boil to reduce syrup to a thick consistency. Pour over the fruit and serve with good vanilla ice cream.



Rich Meat Sauce with Garlic Mash

Ingredients

2 Tbs olive oil	500g lean minced beef
1 onion - finely chopped	½ cup/1 dl red wine
1 carrot - finely sliced	1 cup/2.5 dl beef stock
2 sticks celery - sliced	3 Tbs tomato paste
2 cloves garlic - crushed	200g chicken livers - cleaned of fat & sinew, cut in half
50g bacon - chopped	Salt & freshly ground pepper to taste

Method

Heat the SCANPAN pressure cooker - without cover - on a medium heat, add oil, onion, carrot, celery, garlic and bacon. Fry gently until onion is soft. Turn heat up and add chicken livers and minced beef. Fry until livers are browned and the minced beef is crumbly. Stir in the wine and allow to bubble for one minute. Remove from the heat and add the stock and tomato paste, mix well. Close and lock the cover, heat SCANPAN pressure cooker to HIGH PRESSURE (cooking level 2 - when the second ring is visible on the valve stem, refer to cooking section in the instruction manual) over high heat, turn heat down and cook for 8 minutes. Remove from heat and allow pressure to release. Remove cover and season with salt and freshly ground black pepper to taste. This can be thickened if required. Note - this is excellent when combined with garlic mashed potatoes.





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