FR Autocuiseur
Conseils d'utilisation et d'entretien

EN Pressure Cooker
Use and care instructions

D Schnellkochtopf
Gebrauchs- und Pflegehinweise

ES Olla a presión
Consejos de utilización y mantenimiento

IT Pentola a pressione
Consigli per l'uso e la manutenzione

PT Panela de pressão
Conselhos de utilização e conservação

JA 圧力鍋
使い方とお手入れの方法

CRISTEL®

CONTENTS

By choosing this Alto pressure cooker by CRISTEL, you have opted for quality and durability.
It is easy to use and to maintain.

Patented closure system:

The lid can be put on in any position by keeping the 2 side buttons pressed in. Just press the lid knob to lock.

Adjustable 2-position pressure:

1. Gentle cooking
2. Fast cooking

Cooking time charts on page 13.
These times are given for information only; they may vary depending on amounts of food to be cooked and the desired cooking level.

Healthier cooking:

Steam cooking in this way retains the nutritive value of foods, vitamins and mineral salts.
It also preserves the taste, flavour and natural colours of vegetables.

Save time and energy:

A pressure cooker reduces cooking time by 30 to 70 % depending on the food to be cooked and reduces the consumption of gas or electricity by as much.

There are practically no smells or emanations.

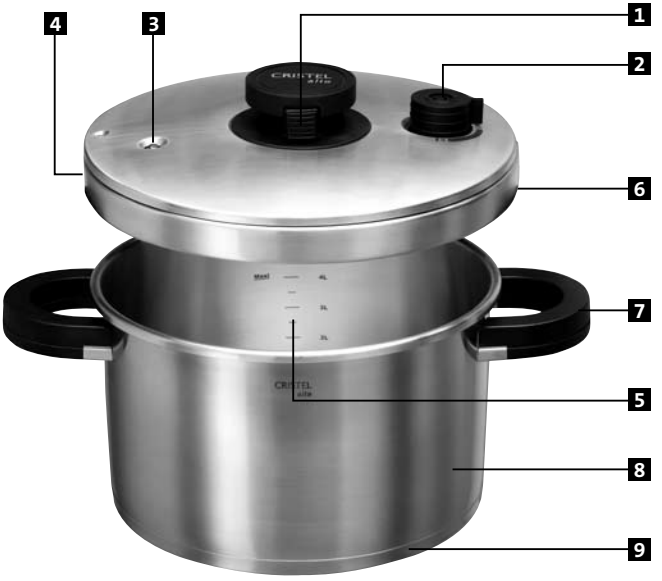
Read this instruction leaflet carefully to ensure your pressure cooker lasts for a long time.

Models available

Capacity	Maximum filling capacity	Pan diameter
3.0 litres	2.0 litres	20 cm
4.0 litres	2.7 litres	24 cm
6.0 litres	4.0 litres	24 cm
9.0 litres	6.0 litres	24 cm

EN

DESCRIPTION



1 opening and closing button

2 regulator knob

3 red pressure indicator pin (safety valve)

4 side safety

5 graduations

6 gasket

7 handles

8 pan

9 "L"-shaped enveloping heat diffusing base

Regulator to select several positions:

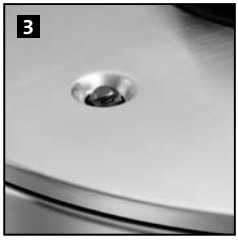
Position 1 : «gentle cooking» (0.6 bar / 60 kPa)

Position 2 : «fast cooking» (1.0 bar / 100 kPa)

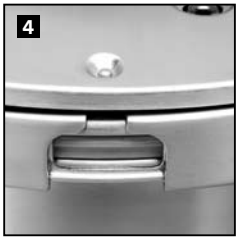
Position : decompression

Position : removal

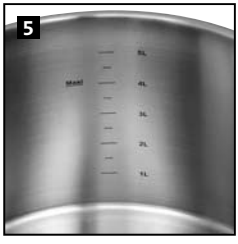
Maximum pressure allowed for this pressure cooker: 3.0 bar / 300 kPa



(Red) pressure indicator pin: When brought to pressure, the red indicator pin is raised. The pressure cooker is locked (never force it open). When the red indicator pin drops, the pressure cooker is no longer under pressure and can be opened.



Side safety built into the lid is an extra safety feature. The gasket is expelled out of the side in the event of overpressure.



The graduations show the maximum filling level and also the filling level in litres. Never cook without any liquid and never fill the pan to more than 2/3 of its capacity.

Lid with sealing gasket: Regularly grease the gasket with edible oil so that it lasts longer.

Important:
Only use original Cristel gaskets to replace worn gaskets.

The pressure cooker: This pressure cooker is made of 18/10 stainless steel. It is cleaned easily by using Renox by Cristel. Do not put the lid in the dishwasher.

Do not clean the gasket or plastic parts with Renox.

«L»-shaped enveloping heat diffusing base Outstanding thermal efficiency to make energy savings.

SAFETY INSTRUCTIONS

Read these instructions carefully before using for the first time.

Wash the pressure cooker lid and pan carefully after each use.

Before each use, check that the safety systems work correctly (pressure regulator valve, red pressure indicator pin, gasket).

Keep children well away.

Only use the pressure cooker for cooking.
It can be used as a classic stewpot, steamer, pasta pan or double boiler. Do not put it in the oven.

The pressure cooker must be used on a compatible heat source. Keep an eye on it during the rise in temperature phase. Too big a gas flame may damage the handles.

Never touch the hot outside surfaces of the pressure cooker during cooking to avoid any risk of burns. Use the handles to carefully move the pressure cooker while it is still hot.

Never cook without liquid.

Never fill the pressure cooker more than 2/3 full. For food that expands considerably during cooking (rice or pulses) or that produces a lot of foam or scum, only fill the pressure cooker half full. Precook these foods without the lid and remove the scum before closing the pressure cooker.

Never use the pressure cooker to sauté or fry under pressure with oil.

Please read these instructions carefully before using for the first time.

Do not use the pressure cooker for food that is likely to produce a lot of froth such as stewed apple, rhubarb, spaghetti, oatmeal or other cereals. Given that these foods bubble a lot during cooking, the valves could well become blocked up.

During cooking, jets of steam are released vertically from the middle of the pressure regulator valve when the cooking temperature has been reached. Take care not to touch this hot steam.

Do not touch the safety systems during cooking. Do not force open.

Leave the pressure cooker to cool down before opening it. The steam should escape completely before you open the pressure cooker. Comply with the instructions for opening the pressure cooker (pages 8 and 10). Do not make any modifications to the safety systems. There is a risk of burning. Do not stand nearby when steam escapes.

Only use original spare parts or lids and pans compatible with this type of pressure cooker.

Do not use damaged or distorted pressure cookers or accessories under any circumstances.

Please contact our after-sales service for any repairs.

This pressure cooker is suitable for the following hob types:

When using an electric cooker, choose a hob with the same diameter as the base of the pressure cooker, or slightly smaller.

When using a gas cooker, the flame should be smaller than the diameter of the pressure cooker bottom.

When using a ceramic hob, make sure that the bottom of the pressure cooker is clean and dry.

Keep these instructions carefully.

BEFORE USING FOR THE FIRST TIME:

Read the safety instructions and instruction leaflet carefully:
Wash the pan in hot water with household washing-up liquid.
Dry the pressure cooker thoroughly.
Any whitish stains that may appear in the bottom of the pressure cooker are due to hard water deposit. Use vinegar, lemon juice or Renox by Cristel to get rid of them.

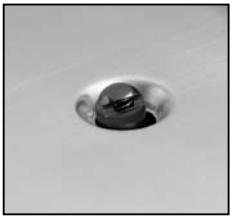
Please check that the pressure regulator valve and the indicator pin in the safety valve are not blocked.

INSTRUCTIONS FOR USE



Before cooking:
Before each use, make sure that the safety valve (red indicator pin), pressure regulator and gasket work correctly and are clean.

Closing:
Press the side buttons and place the lid on the pan. Gently press the central knob. You will hear the jaws engaging.

Pressure indicator:
When the pressure cooker is brought to pressure and until enough pressure has built up on the inside, steam may escape from the (red) pressure indicator.
As soon as pressurization starts, the red indicator pin (safety valve) appears. The pressure cooker is locked and cannot be opened.

The pressure cooker cannot – and must not – be opened while the red indicator pin is visible.
It will disappear once the steam has escaped / the pressure cooker has cooled down.


Setting the cooking level:
Programme the desired cooking level using the regulator knob and start cooking on maximum heat.

Position 1 = gentle cooking
Position 2 = fast cooking

Once the desired pressure has been reached, the pressure regulator starts to release steam. You may now turn down the heat source.

Decompression / cooling down / opening:
After cooking, remove the pressure cooker from the heat source. Carefully turn the regulator to «Decompression» position and wait until no further steam comes out and until the red indicator pin has gone down completely. The pressure cooker is now no longer under pressure and you can open it by pressing the two side buttons and lifting the lid.

You must comply with the instructions set out in this leaflet!

Warning: never force open the lid. The pressure cooker cannot be opened while it is under pressure.

COOKING WITH YOUR PRESSURE COOKER

Cooking:
Fill the pressure cooker with the amount of liquid (water, sauce, cooking juices) needed to generate steam.

Warning:
Always use enough liquid to avoid total evaporation during cooking.

Next add the food to be cooked. The contents must not exceed half of the pan height when cooking food that swells or produces foam/scum, and must not exceed two thirds of the height for any other kind of food.

Recommendations:
So that salt does not harm the bottom of the pressure cooker, put it in boiling water and stir until it has dissolved.

Choose the cooking position using the regulator.

Position 1 :
Slow cooking at 113°C (235°F) to steam cook tender foods such as vegetables, fish, etc.

Position 2 :
Fast cooking at about 120°C (248°F) to cook and braise meat, soups, hotpots, for example.

Once programmed to the desired cooking level, put the pressure cooker on a suitable hob and turn up the heat source to maximum.

When the red indicator pin appears, it will take a few moments for the selected operating pressure to be reached and for the pressure cooker to lock tightly. Once the cooking pressure has been reached, the regulator lets steam escape so as to regulate the pressure.

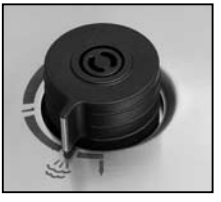
You can now lower the heat source.
You can start calculating the cooking time now.

END OF COOKING / WASHING AND CARE

At the end of cooking time, turn the heat off and reduce the pressure inside the pressure cooker. To do that, remove the pressure cooker from the hob and place it on an appropriate surface. There are several possibilities to reduce the pressure:

1) Leave to cool down:
Wait until the red indicator has gone down completely.

2) Gradual decompression:
Turn the regulator carefully to **position**.



WARNING: the steam being released is extremely hot. The steam escapes upwards. Take care not to put your hands above the valve.
Wait until no further steam is released and the red indicator has dropped.

3) Quick decompression:
Put the pressure cooker under the tap and run cold water over the lid until the red indicator has gone right down. Do not immerse the pressure cooker in water.

When the red indicator has gone right down, the pressure cooker is no longer under pressure. You then turn the pressure regulator to **position**.

If no further steam comes out, you can open the pressure cooker. See page 8. You can take off the lid.

WARNING: Never force open the lid and never make any modifications to the safety systems. The pressure cooker cannot be opened while it is under pressure.

Washing and care:
Wash your pressure cooker after each use with hot water and washing-up liquid. Do not use abrasive detergents, bleach or chlorinated products. You can wash the pan – WITHOUT THE LID – in your dishwasher. The lid must be washed by hand. After washing, stand it upright to let it drain.

Washing and replacing the gasket:
Wash and rinse the gasket in warm water before drying it. When the gasket hardens (brown stains), it needs to be replaced. Never put the gasket in the dishwasher.

Safety valve:
Simply wash and rinse it while you are washing the lid.

Cleaning the regulator knob:
Remove the plastic casing on the lid. To do that, press and turn the regulator anticlockwise until the **position**.

Do not dismantle anything that is not included in the instructions in this leaflet as doing so will invalidate the product guarantee.

If pre-cooking goes on for too long:

- the source of energy is insufficient
- turn the source of heat up to maximum

If the red pressure indicator has not risen and no steam escapes from the regulator valve during cooking:

- this is normal for the first few minutes
- if the phenomenon persists, check that:
- the heat is turned up enough
- there is enough liquid in the pan
- the regulator knob is not on «Decompression»
- the pressure cooker is correctly closed
- the gasket or the side of the pan are not damaged

If the red pressure indicator has risen and no steam escapes from the regulator valve during cooking:

- put the pressure cooker under the cold water tap to release the steam
- open the pressure cooker
- clean the regulator and the safety valve (red indicator).

If steam escapes from under the lid, check:

- that the lid is properly closed
- that the gasket is correctly in place
- that the gasket is in good condition (and replace it if necessary)
- that the lid, regulator and red pressure indicator are clean
- that the edge of the pan is clean and in good condition

If you cannot open the lid:

- check that the red indicator has gone right down, otherwise you need to release the steam
- cool the pressure cooker under the cold water tap if necessary

If the food is not cooked or if it is burnt, check:

- the cooking time
- if the source of heat is turned up enough
- that the regulator is in the correct position
- the amount of liquid

If the food has stuck to the bottom of the pan:

- leave the pan to soak for a while befor washing it
- do not use bleach or chlorinated cleansers

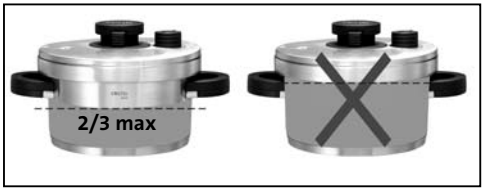
If one of the safety systems is activated:

- turn the heat off
- leave the pressure cooker to cool
- open

COOKING RECOMMENDATIONS

Always add the amount of liquid needed in proportion to the various dishes. Avoid total evaporation at all costs. Only fill the pan to 2/3 of its capacity.

Refer to the corresponding instructions in this leaflet.



The cooking times given below are for information only as they depend on the quality and amount of ingredients.

Frozen food does not necessarily have to be defrosted.

Simply increase cooking time slightly.

Soups and hotpots with braised meat:

If cooking times of the various foods (e.g. meat and vegetables) are not too different, first brown the meat and then add the vegetables when deglazing the meat.
When cooking times are very different, you then have to interrupt cooking the meat in order to add the vegetables a few minutes before the end of cooking so that the meat and vegetables are ready at the same time.

For soups and hotpots:

we remind you that for food that produces a lot of froth/scum, only fill the pressure cooker half full and precook these types of foods without using the lid and remove the foam/scum before closing the pressure cooker.

COOKING RECOMMENDATIONS

Food	Cooking time	regulator position
SOUP		
Bean soup	20	2
Beef stock	35-40	2
Boiled chicken	25-35	2
Goulash	10-15	2
Meat stock	20-25	2
Minestrone	8-10	2
Potato soup	5-6	2
Rice soup	6-8	2
Semolina soup	3-5	2
Tomato soup with rice	6-8	2
Unsoaked pea soup	20-25	2
Vegetable soup	4-8	2
HOTPOTS		
Cabbage hotpots	15	2
Lentils (after soaking)	13-15	2
VEGETABLES		
Artichokes	15-18	1
Asparagus	2-5	1
Beetroot	15-25	1
Broad beans	5	1
Broccoli	2-3	1
Cabbage, various sorts of	5-15	1
Carrots	3-7	1
Cauliflower	3-7	1
Celery	12-15	2
Chicory	12	1
Fennel	13-16	1
French beans	6-10	2
Leeks	2-3	1
Mushrooms	6-8	1
Peas	3-5	1
Potatoes	6-8	2
Potatoes in their jackets	6-12	2
Purple-topped turnips	4-7	1
Semi-dried beans	20	1
Spinach	3-4	1
Stuffed peppers	6-8	1

Vegetables:
If you slice your vegetables fine, you won't need to cook them for so long. If you prefer them «crunchy», the cooking time will be even shorter. Cooking time increases in proportion to quantity.
N.B.: It's better to cook less. It's better to cook for a shorter time and to start cooking again afterwards to suit your taste.

Food	Cooking time	regulator position
MEAT		
Beef olives	15-20	2
Braised haunch of venison	25-30	2
Chicken	20-25	2
Chops	10-12	2
Joint of beef	40-50	2
Joint of pork	25-30	2
Joint of veal	15-20	2
Knuckle of ham	30-40	2
Knuckle of pork	25-35	2
Minced meat	5-10	2
Sliced veal	6	2
Turkey thigh	25-35	2
Veal fricassee	5	2

Meat:
Brown the meat in the pan without the lid. Add the required amount of liquid when you deglaze the meat. Cut large pieces of meat up into smaller ones and brown them one at a time. For final cooking you can put them one on top of the other.

FISH		
Fish in white wine with potatoes	6-8	1
Haddock	4-6	1
Steamed fish with potatoes	6-8	1

Fresh fish:
Determine the amount of liquid in proportion to the quantity.
Given that the cooking water for fish is extremely sticky, we recommend you remove the lid as soon as the red indicator has gone right back down.

Frozen food:
The usually lengthy defrosting time is reduced to a few minutes, but nevertheless depends on the quality and quantity of food to be defrosted. Defrosting in the pressure cooker retains the vitamins, minerals and flavour of your food.

GUARANTEE

This top quality stainless steel pressure cooker is designed to last for a long time provided it is used and maintained properly.
We guarantee that there are no material or manufacturing defects. The materials used comply with the highest quality standards.
The manufacturing of our pressure cookers is scrupulously checked and controlled. Our products carry a lifetime guarantee against any faulty

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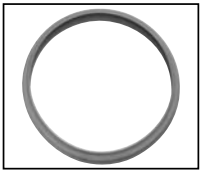
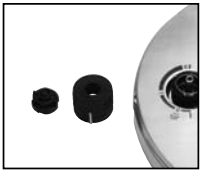
IMPORTANT!

When replacing any parts, only use ORIGINAL CRISTEL spare parts designed for this pressure cooker.



- Gasket Ø 20 cm
  Order reference:
  TAJ20
- Gasket Ø 24 cm
  Order reference:
  TAJ24



- Pressure regulator knob
  Order reference:
  TASP

- Safety valve
  (red indicator pin)
  Order reference:
  TASS

- Side handle (with screw)
  Ø 20 cm
  Order reference:
  TAALC20
- Side handle (with screw)
  Ø 24 cm
  Order reference:
  TAALC24

Please contact our after-sales service for repairs.
Repairs must be carried out by authorised persons.

NOTES / RECIPES

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