

FAGOR 

ELECTRIC PRESSURE COOKER *Plus*

OLLA A PRESIÓN ELÉCTRICA *Plus*



**User's Manual & Recipe Booklet
Manual del Usuario y Recetario**

Contents

Important Safeguards	3
Features and Functions.....	5
Getting Started.....	7
How to Operate the Electric Pressure Cooker Plus.....	8
Warm Function	10
Brown Function	11
Rice Function	12
Meat Function.....	13
Vegetable Function.....	14
Delay Function	15
Cleaning and Maintenance	16
Recommended Cooking Times	18
Hints and Tips.....	19
ESPAÑOL	21
RECIPES.....	41
Limited Warranty.....	68

Thank you for purchasing this state of the art Fagor Electric Pressure Cooker Plus!

The Fagor Electric Pressure Cooker Plus can be used to pressure cook foods to perfection. The controls are in a simple, easy to use push button format, allowing you to set recipe times with ease. Plus, the convenient and automatic “keep warm” function provides you with cooking flexibility that meets your busy schedule.

This user’s manual contains information on the use and care of this product. Please read this manual carefully before operating the Fagor Pressure Cooker Plus to ensure proper usage and maintenance. Carefully following the directions in this booklet will enable you to optimize the performance and lifespan of the unit.



IMPORTANT SAFEGUARDS



The product you have purchased is a state of the art appliance. It adheres to all of the latest safety and technology standards; however, as with any electric appliance, there are some potential risks. Only operate this Electric Pressure Cooker Plus in accordance with the instructions provided and only for its intended household use.

PLEASE READ THE INSTRUCTIONS BELOW BEFORE USING THE APPLIANCE FOR THE FIRST TIME.

- Read all of the instructions contained in this manual before using the appliance.
- This product is not intended for commercial or outdoor use; it is only for household and indoor use.
- Do not operate the unit if the electric cord or plug is damaged. If the appliance is not working properly, has been dropped or damaged, left outdoors or submerged in water, discontinue use immediately and contact our customer service at (800)-207 0806.
- The Electric Pressure Cooker Plus has a polarized AC (Alternating Current) plug, one blade is wider than the other. It will only fit in a polarized outlet in one way as safety feature. Reverse the plug if the plug does not fit fully in the outlet. If it still does not fit in the outlet, contact a qualified electrician. Do not attempt to override this safety feature.
- Do not let the electric cord hang over the edge of the table or counter.
- Do not let the electric cord touch hot surfaces.
- If using an extension cord to connect the Electric Pressure Cooker Plus, please note that a damaged extension cord can cause the unit to malfunction. Always check your extension cord for damage and be sure it is compliant with the required voltage. Be sure not to place the cord where someone can trip over it.
- Do not place the Electric Pressure Cooker Plus near heat-emitting devices such as heaters, gas cooktops or electric burners.
- Always use the Electric Pressure Cooker Plus in a well ventilated area.
- Using accessories or replacement parts that are not recommended or sold by the manufacturer may cause damage to the Electric Pressure Cooker Plus or personal injury.
- Children need close adult supervision at all times when they are in or around the kitchen. Keep this appliance out of the reach of children.

- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- While in operation, do not cover the appliance or position it near flammable materials including curtains, draperies, walls, and fabric upholstered furniture.
- Always cook in the removable cooking pot of the Electric Pressure Cooker Plus. Cooking without the removable cooking pot may cause an electric shock.
- Never deep fry or pressure fry in the cooker. It is dangerous and may cause fire or serious damage.
- Do not attempt to remove the lid while the unit is under pressure.
- Never cover or block the pressure valve with anything. This may cause overpressurizing and lead to serious accidents.
- While you're cooking, the lid and the outer stainless steel surface of the cooker might get hot. Handle with care and carry or move the cooker using only the side handles. Be very cautious when moving any appliance containing hot food or liquids.
- Keep hands and face away from pressure regulator knob when releasing pressure from the cooker to avoid being scalded by hot steam.
- After cooking, use extreme caution when removing the lid. Serious burns can result from residual steam escaping from inside the unit. Lift the lid facing away from you and allow the drops of water to trickle back from the lid into the cooker.
- Make sure the Electric Pressure Cooker Plus is turned off before unplugging it from the outlet.
- Always unplug and let cool before cleaning and removing parts. Never attempt to unplug the unit by pulling on the power cable. Keep unplugged when not in use.
- To reduce the risk of an electric shock, never immerse the plug, power cable or housing in water or any other liquid. Only the inner cooking pot can be placed in the dishwasher.
- Only qualified experts may repair and perform maintenance work on this product using authentic FAGOR replacement and accessory parts. Never attempt to disassemble and repair the Electric Pressure Cooker Plus yourself.

SAVE THESE INSTRUCTIONS

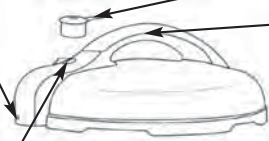
Features and Functions

Top of the lid

(2) Self-Locking pin

Pressure regulating knob (1)

Cool-touch handle (3)



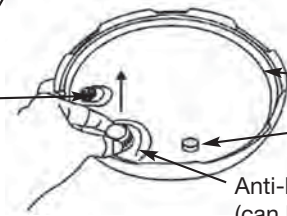
Bottom of the lid

(4) Floating valve

Silicone gasket (5)

Safety Pressure valve (6)

Anti-blocking case (7)
(can be pulled up to remove)



Body of Electric Pressure Cooker

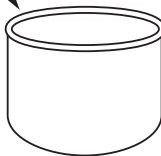
Condensation reservoir (8)
(can be removed)

Stationary pot (11)
(cannot be removed)

(3) Cool-touch handle

(9) Heating element

(10) Removable cooking pot



Controls (12)

- 1. Pressure Regulating Knob:** Turn the knob to the “Pressure” position when cooking. Turn the knob to the “Steam” position to release the pressure after pressure cooking.
- 2. Self-Locking Pin:** The lid will lock automatically when you slide it in place. While cooking you will not be able to open the lid until all of the pressure is released.
- 3. Cool-Touch Handles:** The handles of the Electric Pressure Cooker Plus remain cool to the touch, allowing for easy handling and opening of the pot.
- 4. Floating Valve:** The safety-floating valve controls the amount of pressure inside the cooker and locks the lid to prevent accidental opening under pressure.
- 5. Silicone Gasket:** Creates an airtight seal needed for the Electric Pressure Cooker Plus to build up pressure. Check the gasket for tears or cracks before using the pressure cooking or rice cooking function.
- 6. Safety Pressure Valve:** The safety pressure valve allows excess pressure to escape from the cooker. It works independently of the floating valve.
- 7. Anti-Blocking Case:** Pull the case towards yourself to release the pressure regulator knob for cleaning.
- 8. Condensation Reservoir:** Collects excess condensation during cooking. If there is some liquid in the reservoir after cooking, simply remove the plastic jar from the side of the cooker and empty it.
- 9. Heating Element and Temperature sensor:** Both elements regulate the cooking temperature inside the pot.
- 10. Removable Cooking Pot:** Aluminum pot with *Teflon Classic* non-stick coating; dishwasher safe removable pot will make clean-up a breeze.
- 11. Stationary Pot:** This pot cannot be removed from the Electric Pressure Cooker Plus and should never be used for cooking. Only use the removable cooking pot for cooking.
- 12. Controls:** The easy to use controls in a soft touch digital format allow you to easily select the desired function and cooking time.

Getting Started

Read the safety instructions found in this manual before plugging in and operating. Before using the Electric Pressure Cooker Plus for the first time, follow these steps:

1. Remove all packing materials and literature from within the Electric Pressure Cooker Plus. Lift the inner cooking pot and remove any pieces of paper from under it. Remove the plastic protection from the control panel and any stickers from the lid or stainless steel housing.
2. Wash all removable parts in warm soapy water. Rinse and dry all parts thoroughly. Wipe the stainless steel outer housing with a clean damp cloth. NEVER submerge the stainless steel outer housing in water or any other liquid. Only the removable cooking pot is dishwasher safe.
3. Make sure the silicone gasket is seated properly inside the lid. To make sure it has been fitted correctly, fill the removable cooking pot with water up to two thirds full, and cook for 15 minutes. Release the pressure by turning the pressure regulator knob to STEAM. The steam is released and the floating valve will drop. If steam is not being released, the gasket probably hasn't been fitted correctly and the cooker hasn't built up any pressure. Try to readjust the gasket to make sure it is fitted properly, and repeat this step.
4. Let the appliance cool to room temperature and then empty and clean.

How to Operate the Electric Pressure Cooker Plus

This program will allow you to cook meals under pressure in less time, as cooking time is reduced up to 70% compared to traditional cooking methods.

Pressure Cooking is Fast, Easy, Healthy!

1. Before every use, make sure the silicone gasket and the pressure regulating valves are clean and in place.
2. Plug the cord into a wall outlet.
3. Position the removable cooking pot in the Electric Pressure Cooker Plus, and add the ingredients noted in the recipe. When cooking foods under pressure, a minimum of 1 cup (8 oz) of liquid is required.

SAFETY NOTES:

- Do not fill the pot more than 2/3 full with food and liquid. Do not fill the unit more than 1/2 full when cooking foods that expand during cooking.
- The following foods should not be cooked under pressure: applesauce, cranberries, pearl barley, oatmeal, split peas, noodles, pasta or rhubarb. These foods tend to foam, froth and sputter, and may block the pressure valve.

4. Place the lid on the Electric Pressure Cooker Plus; align the protruding part of the handle with the condensation collector, and turn it counterclockwise until it locks into place. The locking pin will click into place.
5. Turn the pressure regulator knob to PRESSURE.
6. Choose the desired cooking mode by pressing either the HIGH or LOW pressure button on the control panel. The light on the HIGH/LOW button will flash and the digital display will show 1. This equals 1-minute cooking time.
7. Set the desired time by pressing the high or low button once for each additional minute or by continuously holding the button down. The longest cooking time is 99 minutes.
8. Press the START/STOP button to begin cooking. The indicator light will stop flashing. If you forget to select a desired cooking time or forget to press the START/STOP button, the digital display will read 0.0 after 30 seconds.
9. The unit will begin to count down in minutes once the appropriate pressure has been reached. The floating valve will rise when the pressure is reached.

WARNING: NEVER TRY TO FORCE THE LID OPEN WHILE YOU ARE COOKING UNDER PRESSURE. THIS CAN RESULT IN A SERIOUS ACCIDENT.

WARNING: NEVER DEEP FRY OR PRESSURE FRY IN THE PRESSURE COOKER. IT IS DANGEROUS AND MAY CAUSE A FIRE AND SERIOUS DAMAGE.

10. The Electric Pressure Cooker Plus will beep once the cooking time ends. It will turn the automatic “Warm” function on until you press the START/STOP button to cancel the program. After pressing the START/STOP button, release the pressure. You have two options for releasing the pressure:

a. **Quick release method:** release the pressure immediately by turning the pressure regulator knob to STEAM. All the pressure will be released in seconds.

CAUTION: THE STEAM COMING OUT OF THE COOKER WILL BE HOT, AND MIGHT CONTAIN DROPLETS OF HOT LIQUID. ALWAYS DIRECT STEAM AWAY FROM YOUR FACE AND HANDS.

b. **Natural release method:** let the pressure drop naturally without turning the pressure regulator knob to “Steam”. This will take several minutes, during which the food inside will continue cooking. Some recipes (such as risotto) benefit from this extra cooking time. You will know when the pressure has been released because the floating valve will drop and you will be able to open the lid.

NOTE: If you do not press the START/STOP button at the end of the cooking time, the Pressure Cooker will beep periodically to remind you that the cooking has ended.

11. Once all the pressure is released, remove the lid by turning it clockwise, lifting it up and tilting it away from you to avoid being scalded by some remaining steam or hot water condensation dripping from the inner part of the lid.

WARNING: AFTER COOKING, THE INNER COOKING POT WILL BE HOT. USE POTHOLDERS TO HANDLE IT OR LET IT COOL DOWN BEFORE REMOVING.

Warm Program

This program reheats or keeps cooked food warm.

1. Place cooked food in the removable cooking pot.
2. Place the lid on the Electric Pressure Cooker Plus; align the handle with the condensation collector, and turn it counterclockwise until it locks into place. The locking pin will click into place.
3. Turn the pressure regulator knob to STEAM.
4. Press the WARM button. The light on the warm button will flash and the digital display will read 0.0.
5. Press the START/STOP button to begin the program. The indicator light will stop flashing.
6. Since pressure is not built up while warming the food, you can open the lid to check if your food is warm enough. To turn the program off, simply press the START/STOP button.

NOTE: When you are using the pressure cooking programs, the Warm setting will automatically start after the cooking time ends. The selected program's LED light will turn off, and the Warm function light will turn on. The food will stay warm until you press the START/STOP button.

Brown Program

This program allows you to brown food before cooking. Brown your meat or poultry for the best flavor and texture, unless otherwise indicated in the recipe. Pat dry food with a paper towel before browning. For best results, make sure the oil is hot before adding your meat or poultry. Brown the food in batches to keep the correct oil temperature for even browning.

1. Place the removable cooking pot in its place.
2. Add the appropriate amount of oil as indicated in the recipe.
3. Press the BROWN button. The light on the BROWN button will flash and the display will read 0.0. The lid should remain off.
4. Press the START/STOP button. The indicator light will stop flashing and the cooker will start heating the oil.
5. After about one minute of preheating, add food and begin browning.
6. Once you are done browning, press the START/STOP button to cancel the brown function. Now you can use any of the cooking programs – either high or low pressure, to continue preparing the recipe. Follow the instructions for each program.

Rice Cooking Function

This is a 6-30 minute program designed for cooking dishes such as long and short grain rice. If you prefer your grain steamed instead of cooked, use a removable steamer basket (not included).

1. Position the removable cooking pot in the Electric Pressure Cooker Plus.
2. Add at least 8 oz. of water or cooking liquid to the cooking pot.
3. Add the appropriate amount of grain to the liquid, following the grain to liquid ratio indicated by the recipe. Do not fill the pot more than half-full.
4. Place the lid on the Electric Pressure Cooker Plus; align the side of handle with the locking pin to the condensation collector, and turn it counterclockwise until it locks into place. The locking pin will click into place. Turn the pressure regulator knob to PRESSURE.
5. Press the RICE COOK button. The light on the RICE COOK button will flash and the digital display will read "6".
6. Press the START/STOP button to begin cooking. To set the desired cooking time, press the RICE button once for each additional cooking minute or continuously hold down the button until you reach your desired time.

The indicator light will stop flashing. The program will cook for 6-30 minutes from the moment it builds the right amount of pressure. If you forget to press the START/STOP button, the digital display will read 0.0 after 30 seconds.

7. When the cooking time ends, the unit will beep and automatically turn the "Warm" function on until you press the START/STOP button to cancel the program and release the pressure by turning the regulator valve to steam.

Basic guidelines to use the automatic rice cooking program for different types of rice:

- 1½ cup rice to 3½ cups liquid for risotto (we suggest to leave it sitting for extra 3-5 minutes after cooking time is up)
- 1½ cup rice to 2½ cups liquid for sushi (with short-grain sushi rice)
- 1½ cup rice to 1½ - 2 cups liquid for regular, fluffy rice

Meat Cooking Function

This is a 20-99 minute program designed to pressure cook your meat and poultry dishes. This setting allows you to cook your meats and poultry dishes in half the time of conventional cooking. It is recommended that you brown your meat or poultry dishes before you begin pressure cooking, for the best flavor and texture, unless otherwise indicated in the recipe.

1. Place the removable cooking pot in the Electric Pressure Cooker Plus.
2. Place your already browned meat or poultry into the the cooking pot.
3. Load in remaining ingredients for the recipe such as rice, vegetables or potatoes as well as your liquid.
4. Place the lid on the Electric Pressure Cooker Plus; align the side of handle with the locking pin to the condensation collector, and turn it counterclockwise until it locks into place. The locking pin will click into place. Turn the pressure regulator knob to PRESSURE.
5. Press the MEAT button. The light on the “MEAT” button will flash and the digital display will read “20”. To set the desired cooking time, press the MEAT button once for each additional cooking minute or continuously hold down the button until you reach your desired time.
6. Press the START/STOP button to begin cooking. The indicator light will stop flashing. The program will cook for 20-99 minutes from the moment it builds the right amount of pressure. If you forget to press the START/STOP button, the digital display will read 0.0 after 30 seconds.
7. When the cooking time ends, the unit will beep and automatically turn the “Warm” function on until you press the START/STOP button to cancel the program, and release the pressure by turning the regulator value to steam.

Vegetable Cooking Function

This is a 6-30 minute program designed to pressure cook your vegetable dishes. Perfect for quickly preparing your carrots and steamed broccoli dishes for your family.

1. Place the removable cooking pot in the Electric Pressure Cooker.
2. Pour about 8oz of water into the bottom of the cooking pot.
3. Place your desired vegetables into the steamer basket and placed into the cooking pot.
4. Place the lid on the Electric Pressure Cooker; align the side of handle with the locking pin to the condensation collector, and turn it counterclockwise until it locks into place. The locking pin will click into place. Turn the pressure regulator knob to PRESSURE.
5. Press the VEGETABLE button. The light over the “VEGETABLE” button will flash and the digital display will read “6”. To set the desired cooking time, press the VEGETABLE button once for each additional cooking minute or continuously hold down the button until you reach your desired time.
6. Press the START/STOP button to begin cooking.

The indicator light will stop flashing. The program will cook for 6-30 minutes from the moment it builds the right amount of pressure. If you forget to press the START/STOP button, the digital display will read 0.0 after 30 seconds.

7. When the cooking time ends, the unit will beep and automatically turn the “Warm” function on until you press the START/STOP button to cancel the program, and release the pressure by turning the regulator value to steam.

Delay Time Program

This function allows you to delay the cooking process up to 8 hours in half hour increments.

CAUTION: DO NOT LEAVE PERISHABLE FOODS SUCH AS MEAT, POULTRY, FISH, CHEESE AND DAIRY PRODUCTS AT ROOM TEMPERATURE FOR MORE THAN 2 HOURS (OR MORE THAN 1 HOUR WHEN THE ROOM TEMPERATURE IS ABOVE 90°F). WHEN COOKING WITH THESE FOODS, DO NOT SET THE DELAY TIME FUNCTION FOR MORE THAN 1-2 HOURS.

1. Press the DELAY TIME button. The light under the button will blink and the panel will read “.5” meaning half an hour of delay. Press the button until you reach the desired delay time.
2. Select the desired cooking program and cooking time by pressing the corresponding program button (high/low pressure) following the instructions for each program.
3. Press the START/STOP button. The Electric Pressure Cooker will begin cooking after the delay set time has elapsed.

FOR EXAMPLE: say it is 11:30am and you want your dinner to be ready by 6pm. Your recipe calls for 12 minutes of high pressure cooking. You can program your delay time for 6 and a half hours and then the pressure cooking program for 12 minutes. You do this by pressing the delay time button until the panel reads 6.5 and then the high pressure setting button until it reads 12. Next you press the start/stop button, and you're all set. The cooker will start cooking at 5:30 pm and your dinner will be ready at 5:42pm. The automatic warm function will ensure that it doesn't get cold!

Cleaning and Maintenance

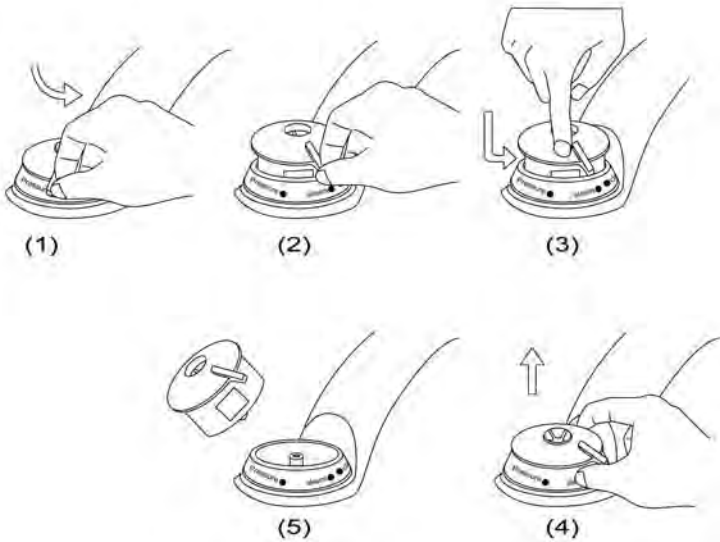
Do not wash any parts of the Electric Pressure Cooker Plus in the dishwasher except for the removable cooking pot. Always wash the Electric Pressure Cooker Plus thoroughly after every use, or, if it has not been used for an extended period.

1. Unplug and let the unit cool before cleaning.
2. Remove the removable cooking pot and wash with warm soapy water or in the dishwasher. Rinse and dry thoroughly.
3. Wipe the outer housing with a clean damp cloth. Do not submerge in water.
4. Remove the condensation reservoir by pulling it down. Wash with warm, soapy water. Rinse and dry thoroughly. Replace by pushing into place.
5. Turn the lid upside down; grip the silicone gasket and pull up to remove. Clean the silicone gasket with warm soapy water. Rinse and dry thoroughly. Replace the gasket by positioning it inside the edge of the lid and pushing it down. Make sure the groove in the center of the gasket is positioned around the metal ring on the inside edge of the lid. NOTE: The silicone gasket must always be properly positioned on the underside of the lid; otherwise the unit will not work. Check periodically to make sure that it is clean, flexible, and not cracked or torn. (See “getting started” section of this manual.)
6. For increased safety and best results, the silicone gasket should be replaced approximately every 12-15 months, depending on the usage. If the silicon gasket appears damaged, cracked or torn, do not use the unit and contact our Customer Service Department at 1-800-207-0806 or order a new gasket by going to the online shop section of our website: www.fagoramerica.com .
7. For optimal performance, the bottom of the Electric Pressure Cooker Plus, in the area under the removable cooking pot where the temperature sensor and heating pad are located must be cleaned after each use. Wipe with a soft damp cloth and be sure to dry thoroughly.
8. Never use abrasive cleaners or scouring pads to clean any of the parts.

Cleaning the Pressure Regular Knob

ALWAYS check that the pressure regulator knob and the pressure safety valves are in good working order before each use.

1. After the unit has cooled, remove the lid.
2. Press down and at the same time turn the pressure regulator knob counterclockwise past STEAM to CLEAN setting and carefully lift to remove. Look through the holes to make sure there is no particle build up, and put it under running water.



3. Turn the lid over and place on a table top. Pull out the anti-locking case. Using a brush or toothpick, check and remove any food or foreign particles that may be lodged in the floating valve. Replace the anti-locking case by pressing down.
4. Replace the pressure regulator knob by lining the two notches up to the inside wall of the pressure regulator chamber in the lid and turning clockwise. The white button on the lid should line up with the pressure or steam setting on the pressure regulator knob. If it doesn't, remove the knob again and try realigning the notches the other way around.

Recommended Cooking Times

Pressure cooking times are approximate times. Use these times as general guidelines. Size and variety will alter cooking times.

VEGETABLES	COOKING TIME
Apples, chunks	2 minutes
Artichokes, whole	8-10 minutes
Asparagus, whole	1-2 minutes
Beans	2-3 minutes
Beets	
¼ inch slices	3-4 minutes
Whole, peeled	12-15 minutes
Broccoli, florets or spears	2-3 minutes
Brussels sprouts, whole	3-4 minutes
Cabbage, quartered	3-4 minutes
Carrots, ¼ inch slices	1-2 minutes
Cauliflower, florets	2-4 minutes
Corn on the cob	3-5 minutes
Eggplant, 1 ¼ inch	2-3 minutes
Peas, shelled	1-1½ minutes
Potatoes	
Pieces, slices	5-8 minutes
Whole, small	5-8 minutes
Whole, medium	10-12 minutes
Spinach, fresh	2-3 minutes
Squash	
Fall, 1 inch chunks	4-6 minutes
Summer, sliced	1-2 minutes
RICE	COOKING TIME
Brown	15-20 minutes
White	6 minutes

MEAT AND POULTRY	COOKING TIME
Beef, Pork, Lamb (1-2 inch cubes)	15-20 minutes
Beef / Veal	
Roast, brisket	50-60 minutes
Shank 1 ½ inch thick	25-35 minutes
Meatballs, browned	8-10 minutes
Lamb, boneless roast	45-55 minutes
Pork	
Loin roast	40-50 minutes
Smoked but	20-25 minutes
Ham shank	30-40 minutes
Chicken	
Boneless breast, thigh	8-10 minutes
Pieces	10-12 minutes
Whole	15-20 minutes
Turkey breast, whole	30-40 minutes
FISH	COOKING TIME
Steaks, filets	
¾ inch	4 minutes
1 inch	5 minutes
1 ¼ inch	6 minutes
½ inch	7 minutes

Hints and Tips

- To ensure best cooking performance when cooking under pressure, always use at least 1 cup (8 oz.) of water or liquid in your recipes to create enough steam to produce pressure.
- The timer should not begin counting down until there is enough pressure. If after a reasonable time the counter hasn't started counting down, it can mean one of three things:
 - you haven't pressed start/stop (the light will still be flashing on the pressure setting)
 - the gasket has not been fitted properly into the lid
 - there isn't enough cooking liquid
- When cooking under pressure, if you are unsure of the cooking time, it is better to under cook and use the quick release method and check for doneness.
- Never fill the Electric Pressure Cooker Plus more than 2/3 full. The Electric Pressure Cooker Plus must have enough air space within the unit to generate steam or the food will not cook properly. If you are cooking foods that expand during cooking, do not fill more than half full.
- If the electric circuit is overloaded with other appliances, your Electric Pressure Cooker Plus appliance may not operate. The Electric Pressure Cooker Plus should be operated on a separate electrical circuit.
- Tougher, less expensive cuts of meat are better suited for the pressure cooking program because cooking under pressure breaks the fibers down for more tender results.
- Add a tablespoon of oil to the water to reduce the amount of foam produced by dry beans.

Contenidos

Precauciones Importantes	23
Características y Funciones.....	25
Antes del Primer Uso.....	27
Programa de Cocinado A Presión.....	28
Programa para Mantener Caliente (Warm)	30
Función de Dorar (Brown).....	31
Función de Arroz	32
Función de Carne.....	33
Función de Verduras	34
Función de Aplazamiento de la Cocción (Delay Time)	35
Limpieza y Mantenimiento.....	36
Tiempos de Cocción Recomendados.....	38
Pistas y Consejos	39

¡Gracias por comprar esta Olla a Presión Eléctrica de Fagor de tecnología punta!

La olla eléctrica a presión de Fagor le permite cocinar los alimentos a la perfección. La configuración digital de los controles le permite fijar fácilmente los tiempos de cocción de todas las recetas que usted desee preparar. Además cuenta con la función automática “keep warm” (mantener caliente) que le proporciona la flexibilidad necesaria para que la cocina se adapte a su apretada agenda.

Este manual de uso contiene información vital para la utilización y cuidado de este producto. Lea por favor este manual detenidamente antes de poner en funcionamiento la Olla a Presión Eléctrica Fagor para asegurar un uso y mantenimiento adecuado. Siga cuidadosamente las siguientes instrucciones de este folleto para optimizar el resultado y el período de vida útil de su electrodoméstico.



PRECAUCIONES IMPORTANTES



El producto que usted ha comprado es un electrodoméstico de tecnología punta. Cumple todas las últimas medidas de seguridad y estándares tecnológicos; sin embargo, al igual que con cualquier electrodoméstico, existen algunos riesgos potenciales. Sólo opere esta Olla a Presión Eléctrica de acuerdo con las instrucciones facilitadas y sólo para su uso previsto en el hogar.

LEA POR FAVOR LAS SIGUIENTES INSTRUCCIONES ANTES DE PONER EN FUNCIONAMIENTO EL ELECTRODOMÉSTICO POR PRIMERA VEZ.

- Lea todas las instrucciones contenidas en este manual antes de usar el electrodoméstico.
- Este producto no está concebido para uso industrial o al aire libre; es sólo para uso interior y en el hogar.
- No ponga a funcionar esta unidad si el cable o el enchufe están dañados. Si el electrodoméstico no está funcionando correctamente, se ha caído o se ha dañado, se ha dejado a la intemperie o sumergido en agua, deje de usarlo inmediatamente y contacte con nuestro servicio de asistencia al cliente en el número de teléfono (800) 207 0806.
- La Olla a Presión Eléctrica tiene un enchufe polarizado AC (Corriente Alterna), una clavija es más ancha que la otra. Sólo encajará en un enchufe polarizado de un modo como medida de seguridad. Déle la vuelta al enchufe si no encaja completamente. Si sigue sin encajar en el enchufe, contacte con un electricista cualificado. No intente pasar por alto esta medida de seguridad.

No deje el cable suelto colgando sobre el borde de la mesa o encimera.

- No deje que el cable toque superficies calientes.
- Si usa una alargadera para conectar la Olla a Presión Eléctrica, tenga en cuenta por favor que una alargadera dañada puede causar un mal funcionamiento del producto. Compruebe siempre su alargadera para asegurarse que no está dañada y que es del voltaje que la unidad requiere. Asegúrese de no colocar el cable donde alguien pueda tropezar con él.
- No coloque la Olla a Presión Eléctrica cerca de ningún aparato que emita calor como podrían ser estufas, cocinas de gas o quemadores eléctricos.
- Use siempre la Olla a Presión Eléctrica en una zona bien ventilada.
- Usar accesorios o repuestos que no son los recomendados o vendidos por el fabricante puede causar daño a la Olla a Presión Eléctrica o daños personales.
- Los niños requieren vigilancia de un adulto en todo momento mientras estén en la cocina o alrededor. Mantenga este electrodoméstico fuera del alcance de los niños.

- Este producto no debe ser utilizado por personas (niños incluidos) con capacidades físicas, sensoriales o mentales reducidas, así como por personas con falta de experiencia o conocimiento, a no ser que la persona responsable de su seguridad supervise o dé las instrucciones necesarias sobre el uso del producto.
- Mientras esté en funcionamiento, no cubra el electrodoméstico ni lo coloque cerca de un materiales inflamables como cortinas, visillos, paredes, o mobiliario tapizado con tela.
- Cocine siempre en el cazo extraíble de la Olla a Presión Eléctrica. Cocinar sin el cazo extraíble puede causar una descarga eléctrica.
- Nunca fría o fría a presión en la Olla a Presión Eléctrica. Es peligroso y podría causar un incendio y daños severos.
- No intente quitar la tapa mientras la unidad esté bajo presión.
- Nunca cubra o bloquee la válvula de presión con nada. Esto puede causar sobre-presurización y llevar a accidentes graves.
- Mientras está cocinando, la tapa y la superficie de acero inoxidable de la Olla a Presión Eléctrica pueden calentarse. Manéjela con cuidado y lleve o mueva la Olla a Presión Eléctrica usando sólo las asas laterales. Tenga mucho cuidado cuando mueva cualquier aparato que contenga comida o líquidos calientes.
- Mantenga las manos y la cara alejadas del botón regulador de presión cuando libere la presión de la Olla a Presión Eléctrica. Puede quemarse con el vapor caliente.
- Después de cocinar, emplee cuidado extremo cuando quite la tapa. Puede resultar gravemente quemado a causa del vapor residual escapando de dentro de la unidad. Eleve la tapa de tal forma que el vapor escape por el lado más alejado de usted y deje que las gotas de agua escurran desde el interior de la tapa adentro de la Olla a Presión Eléctrica.
- Asegúrese de que la Olla a Presión Eléctrica esté apagada antes de desenchufarla de la toma de corriente. Desenchufe siempre y deje que se enfríe antes de limpiar o de quitar algún componente. No intente nunca desenchufar la unidad tirando del cable. Manténgala desenchufada cuando no esté en uso.
- Para reducir el riesgo de descarga eléctrica, nunca meta el enchufe, el cable o el cuerpo en agua u otro líquido. Sólo el cazo extraíble puede colocarse en el lavavajillas.
- Sólo expertos cualificados deben reparar y llevar a cabo trabajos de mantenimiento en la Olla a Presión Eléctrica usando repuestos y accesorios auténticos de FAGOR. No intente nunca desarmar y reparar la Olla a Presión Eléctrica usted mismo.

GUARDE ESTAS INSTRUCCIONES

Características y Funciones

Parte superior de la tapa

(2) Indicador de auto-cierre

Botón Regulador de Presión (1)

Mango frío al tacto (3)

Parte inferior de la tapa

Válvula flotante (4)

Junta de silicona (5)

Válvula de Seguridad (6)

Funda anti-bloqueo (7)

(puede sacarse tirando hacia arriba)

Cuerpo de la olla eléctrica

Colector de agua (8)
(puede sacarse)

Cazuela estática (11)
(no se puede quitar)

(3) Mango frío al tacto

(9) Fuente de calor

(10) Cazuela para cocinar
desmontable

FAGOR

START
STOP
SOFT
TIME
RICE
PRESSURE COOKING
LOW
HIGH
BROWN
MEAT
VEGETABLES
KEEP
WARM

Controles (12)

1. **Botón Regulador de Presión:** Gire el botón hacia la posición de “Presión” cuando cocine. Gire el botón a la posición de “Vapor” para liberar la presión.
2. **Indicador de Auto-cierre:** La tapa se cerrará automáticamente cuando la gire hasta su tope. Mientras esté cocinando no podrá abrir la tapa mientras hay presión dentro.
3. **Mangos fríos al tacto:** los mangos le permitirán abrir, cerrar y mover la Olla Eléctrica con facilidad.
4. **Válvula Flotante:** La válvula de seguridad-válvula flotante controla la cantidad de presión dentro de la Olla a Presión Eléctrica permitiendo que el exceso de presión se libere.
5. **Junta de Silicona:** Crea un sellado hermético para que su Olla a Presión Eléctrica pueda acumular la presión necesaria. Compruebe que la junta no esté rajada ni agrietada antes de cocinar a presión.
6. **Válvula de Seguridad:** La válvula de seguridad permite que el exceso de presión escape de la Olla a Presión Eléctrica. Funciona independientemente de la válvula flotante.
7. **Funda anti-bloqueo:** tire hacia usted para sacar el botón regulador de presión para su limpiado.
8. **Colector de Agua:** Recoge el exceso de vapor condensado en agua durante el proceso de cocinado. Si hay algo de líquido en el colector después de cocinar, simplemente vacíelo.
9. **Sensor de Temperatura y Fuente de Calor:** estos dos elementos regulan la temperatura de cocción.
10. **Cazo para Cocinar Extraíble:** cazo de aluminio apto para lavavajillas, con interior anti-adherente tipo Teflon Select, que se limpia en un abrir y cerrar de ojos.
11. **Cazuela Estática:** Esta parte no se puede sacar de la olla. Nunca se debe cocinar directamente en esta cazuela estática: ha de hacerlo siempre en la cazuela extraíble.
12. **Controles:** La configuración digital de los controles le permite fijar fácilmente el tiempo de cocción deseado.

Antes del Primer Uso

Lea las instrucciones de seguridad que encontrará en este manual antes de enchufar y poner en funcionamiento su Olla a Presión Eléctrica. Antes de usar la Olla a Presión Eléctrica por primera vez, siga estos pasos:

1. Quite todos los materiales de empaquetado y los folletos de dentro de la Olla a Presión Eléctrica. Levante el cazo extraíble y retire cualquier trozo de papel de debajo. Quite el plástico de protección del panel de control y cualquier pegatina de la tapa o del cuerpo de acero inoxidable.
2. Lave todos los componentes desmontables y extraíbles con agua y jabón. Enjuague y seque todos los componentes cuidadosamente. Pase un paño húmedo por el exterior del cuerpo de acero inoxidable. **NUNCA** sumerja el cuerpo de acero inoxidable en agua o cualquier otro líquido. Sólo el cazo extraíble es apto para lavar en lavavajillas.
3. Asegúrese que la junta de silicona está colocada adecuadamente en la tapa. Para asegurarse de que ha sido puesta correctamente, llene el cazo extraíble con agua hasta dos tercios de su capacidad completa, y cocine durante 15 minutos. Libere la presión girando el botón regulador de presión hasta VAPOR (STEAM). Debe ver como se libera el vapor y baja la válvula flotante. Si no ve que se esté liberando vapor es probable que la junta no haya sido ajustada correctamente y que la Olla a Presión Eléctrica no ha podido acumular presión: reajuste la junta para asegurarse de que está colocada correctamente, y repita este paso.
4. Deje que el electrodoméstico se enfríe hasta temperatura ambiente y entonces vacíe y limpie.

Programa de Cocinado a Presión

Este programa le permitirá cocinar alimentos bajo presión en menos tiempo, ya que el tiempo de cocción se reduce hasta un 70% comparado con métodos tradicionales. Cocinar a presión es Rápido, Fácil y Sano!

1. Antes de cada uso, asegúrese de que la junta de silicona y las válvulas reguladoras de presión estén limpias y bien colocadas.
2. Conecte el cable en un enchufe de pared.
3. Coloque el cazo extraíble en la olla, y añada los ingredientes siguiendo la receta. Cuando cocine comidas a presión, es necesario añadir al menos 1 taza (8 oz.) de líquido.

ADVERTENCIAS DE SEGURIDAD:

- No llene el cazo extraíble más 2/3 de su capacidad con líquido. No llene la unidad más de 1/2 de su capacidad cuando cocine comidas que se expanden cuando están cocinándose.
- Las siguientes comidas no deben ser cocinadas a presión: salsa de manzana, arándanos, cebada perla, harina de avena, arvejas partidas, fideos, pasta o ruibarbo. Estas comidas tienden a producir espuma y barbotear, y pueden bloquear la válvula de presión.

4. Coloque la tapa de la Olla Eléctrica Multifuncional alineando la parte protuberante del mango con el colector de agua, y gírela en el sentido contrario de las agujas del reloj hasta que dé con el tope y oiga el clic del cierre automático.
5. Gire el botón regulador de presión a PRESIÓN (PRESSURE).
6. Elija el modo de cocinado deseado presionando el botón de PRESIÓN ALTA (HIGH) o PRESIÓN BAJA (LOW) en el panel de control. La luz del botón parpadeará y el panel digital mostrará 1. Esto equivale a 1 minuto de tiempo de cocción.
7. Establezca el tiempo deseado presionando el mismo botón una vez para cada minuto adicional o manteniendo el botón presionado para incrementar el tiempo a más velocidad. El tiempo de cocción máximo es de 99 minutos.
8. Pulse el botón COMENZAR /PARAR (ON/OFF) para empezar a cocinar. El indicador lumínico dejará de parpadear. Si no selecciona el tiempo deseado de cocción u olvida pulsar el botón COMENZAR /PARAR (ON/OFF), la pantalla de la unidad mostrará 0.0 después de 30 segundos.
9. La unidad empezará a contar hacia atrás los minutos una vez que se haya alcanzado la presión adecuada. La válvula flotante se elevará cuando se haya alcanzado la presión.

ATENCIÓN: NUNCA FUERCE LA TAPA PARA INTENTAR ABRIRLA CUANDO ESTÉ COCINANDO A PRESIÓN. ESTO PUEDE DAR LUGAR A UN ACCIDENTE GRAVE.

ATENCIÓN: NUNCA FRÍA O FRÍA A PRESIÓN EN LA OLLA ELÉCTRICA MULTIFUNCIONAL. ES PELIGROSO Y PUEDE CAUSAR UN INCENDIO Y DAÑOS SEVEROS.

10. La Olla Eléctrica Multifuncional pitará una vez cuando el tiempo de cocinado acabe. Empezará a funcionar automáticamente bajo la función de “Mantener Caliente” (KEEP WARM) hasta que pulse el botón COMENZAR /PARAR (ON/OFF) para cancelar el programa. Después de presionar el botón COMENZAR /PARAR (ON/OFF), libere la presión. Tiene dos opciones para liberar la presión:

a. **Método rápido:** libere la presión inmediatamente girando el botón regulador de presión a VAPOR (STEAM). Toda la presión será liberada en segundos.

PRECAUCIÓN: EL VAPOR QUE SALE DE LA OLLA ESTARÁ CALIENTE, Y PUEDE LANZAR GOTAS DE LÍQUIDO CALIENTE. NO ACERQUE SU CARA O MANOS AL CHORRO DE VAPOR Y GIRE LA OLLA DE TAL MODO QUE EL CHORRO SE ALEJE DE USTED.

b. **Método natural:** deje que la presión baje naturalmente sin girar el botón regulador de presión a “Vapor”. Esto le llevará varios minutos, durante los cuales la comida continuará cocinándose. Algunas recetas (por ejemplo un arroz caldoso) se benefician de este tiempo extra de cocción. Sabrá cuando se ha liberado la presión porque la válvula flotante bajará y usted podrá girar la tapa para abrirla.

NOTA: Si no pulsa el botón COMENZAR/PARAR (ON/OFF) al final del tiempo de cocción, la Olla Eléctrica Multifuncional pitará periódicamente para recordarle que el cocinado ha acabado.

11. Una vez que la presión ha sido liberada, quite la tapa girándola en el sentido de las agujas del reloj, y levántela inclinándola hacia el lado más alejado de usted para evitar quemarse con los restos de vapor y el agua caliente condensada que gotea desde la parte interior de la tapa.

ATENCIÓN: DESPUÉS DE COCINAR, EL CAZO EXTRAÍBLE INTERIOR ESTARÁ MUY CALIENTE. USE AGARRADORES PARA MOVERLO O DEJE QUE SE ENFRÍE ANTES DE SACARLO.

Programa para Mantener Caliente (Keep Warm)

Este programa recalienta o mantiene la comida recién cocinada caliente.

1. Coloque la comida cocinada en el cazo extraíble.
2. Coloque la tapa de la Olla Eléctrica Multifuncional; alinee el mango con el colector de agua, y gire en el sentido de las agujas del reloj hasta que cierre en su lugar. El indicador de auto-cierre hará clic cuando esté en su lugar.
3. Gire el botón regulador de presión a VAPOR (STEAM).
4. Pulse el botón de MANTENER CALIENTE (KEEP WARM). La luz en el botón de mantener caliente parpadeará y la pantalla mostrará 0.0.
5. Pulse el botón COMENZAR /PARAR (ON/OFF) para comenzar el programa. El indicador lumínico dejará de parpadear.
6. Dado que no se genera presión cuando se está calentando la comida, usted puede abrir la tapa para comprobar si su comida está suficientemente caliente. Apague el programa presionando simplemente el botón COMENZAR /PARAR (ON/OFF).

NOTA: Cuando usted está utilizando el programa de cocinado a presión, de arrozera o de cocinado lento, el modo de Mantener Caliente (KEEP WARM) se encenderá automáticamente una vez haya acabado el tiempo de cocinado establecido. La luz de la pantalla LED del programa seleccionado se apagará, y la luz de la función “Mantener Caliente” (KEEP WARM) se encenderá. La comida permanecerá caliente hasta que usted pulse el botón de COMENZAR /PARAR (ON/OFF).

Función de Dorar (Brown)

Este programa le permite dorar la comida antes de cocinar. Dore carne o pollo para obtener el mayor sabor y textura, a menos que se indique otra cosa en la receta. Déle palmaditas con papel de cocina a los alimentos que va a dorar para secarlos. Para obtener el mejor resultado, asegúrese de que el aceite esté caliente antes de añadir carne o pollo. Dore la comida en tandas para mantener la temperatura correcta del aceite para un dorado uniforme.

1. Coloque el cazo extraíble en su sitio.
2. Añada la cantidad apropiada de aceite indicada en la receta.
3. Pulse el botón DORAR (BROWN). La luz en el botón parpadeará y la pantalla mostrará 0.0. La tapa debe permanecer quitada.
4. Pulse el botón COMENZAR /PARAR (ON/OFF). El indicador lumínico dejará de parpadear y la Olla Eléctrica Multifuncional empezará a calentar el aceite.
5. Después de aproximadamente un minuto de precalentado, añada los alimentos y empiece a dorar.
6. Una vez que se haya dorado lo suficiente, pulse el botón COMENZAR /PARAR (ON/OFF) para cancelar la función de dorar. Ahora puede usar cualquiera de los programas –presión, arroceras o cocinado lento- para continuar preparando la receta. Siga las instrucciones de cada programa.

Función de Arroz

Este es un programa diseñado para platos de cocina de 6-30 minutos. Si usted prefiere sus granos de arroz al vapor en vez de cocinados, utilice un cestillito extraíble (no incluido).

1. Coloque la olla extraíble en la olla de presión eléctrica.
2. Agregue por lo menos 8 oz de líquido de agua o caldo a la olla.
3. Añade la cantidad adecuada de granos al líquido, siguiendo la proporción indicada de grano a líquido en la receta. No llene la olla más de la mitad de su capacidad.
4. Coloque la tapa en la olla de presión eléctrica; debe alinear el lado de la manija con el pasador de seguridad al colector de condensación y gire hacia la izquierda hasta que este seguro en su lugar. El perno de seguridad hara clic en su lugar. Gire el regulador de presión de mando a PRESSURE.
5. Pulse el botón RICE. La luz del botón de RICE se encendera y la pantalla digital mostrará "6".
6. Pulse el botón START/STOP para empezar a cocinar. Para establecer la cocción deseada, pulse el botón de arroz una vez por cada minuto de cocción adicional o continuamente mantenga pulsado el botón hasta que llegue a la hora deseada.

La luz del indicador se apagará. El programa va a cocinar por 6-30 minutos desde el momento que llegue al nivel correcto de presión. Si se olvida de pulsar el botón START / STOP, la pantalla de la unidad mostrará 0.0 después de 30 segundos.

7. Cuando termina el tiempo de cocción, la unidad emitirá un pitido y se convertirá automáticamente al nivel "Caliente" en la función hasta que se pulsa el botón START / STOP para cancelar el programa y soltará la presión girando la válvula reguladora al vapor.

Para utilizar el programa de arroz de cocción automática para diferentes tipos de arroz:

- 1 ½ taza de arroz de 3 ½ tazas de líquido para risotto (se sugiere dejarlo 3-5 minutos extra después del tiempo de cocción)
- 1 ½ taza de arroz a 2 ½ tazas de líquido para sushi (arroz de grano corto de sushi)
- 1 ½ taza de arroz a 1 ½ - 2 tazas de líquido para el arroz regular y esponjosa

Función de Carne

Este es un programa de 20 a 99 minutos diseñado para cocinar sus platos de carne y aves de corral. Esta configuración le permite cocinar sus platos de carnes y platos de aves de corral en la mitad del tiempo de cocción convencional. Se recomienda que su carne o platos de aves de corral se doren antes de comenzar la cocción a presión, para mejor sabor y textura, a menos que se indique lo contrario en la receta.

1. Coloque la olla extraíble en la olla de presión eléctrica.
2. Coloque la carne ya dorada (por favor consulte la receta para ver si lo requiere) o aves de corral en la olla.
3. Añadé los demás ingredientes de la receta, como el arroz, las verduras o patatas, y el líquido.
4. Coloque la tapa en la olla de presión eléctrica; debe alinear el lado de la manija con el pasador de seguridad al colector de condensación y gire hacia la izquierda hasta que este seguro en su lugar. El perno de seguridad se hará clic en su lugar. Gire la regulador de presión de mando a PRESSURE.
5. Pulse el botón MEAT. La luz del botón "MEAT" se enciendera y la pantalla digital mostrará "20". Para establecer la cocción deseada, pulse el botón de carne una vez por cada minuto de cocción adicional o continuamente mantenga pulsado el botón hasta que llegue al tiempo de coccion deseado.
6. Pulse el botón START/STOP para empezar a cocinar. La luz del indicador dejara de parpadear. El programa se cocinara por 20-99 minutos desde el momento que llegue al nivel correcto de presión. Si se olvida de pulsar el botón START / STOP, la pantalla de la unidad mostrará 0.0 después de 30 segundos.
7. Cuando el tiempo de cocción, la unidad emitirá un pitido y se convertirá automáticamente al nivel "KEEP WARM" (MANTENER CALIENTE) hasta que se pulse el botón START / STOP para cancelar el programa y soltará la presión girando la válvula reguladora al vapor.

Función de Verduras

Este es un programa de 6 a 30 minutos diseñado para cocinar sus verduras. Esta función es para sus platos de zanahorias y brócoli al vapor para su familia.

1. Coloque la olla extraíble en la Olla de presión eléctrica..
2. Ponga aproximadamente 8 onzas de agua en el fondo de la olla.
3. Coloque las verduras que desee en la vaporera y póngala en la olla.
4. Coloque la tapa en la olla de presión eléctrica; debe alinear el lado de la manija con el pasador de seguridad al colector de condensación y gire hacia la izquierda hasta que este seguro en su lugar. El perno de seguridad se hará clic en su lugar. Gire el regulador de presión de mando a **PRESSURE**.
5. Pulse el botón. La luz del botón se encenderá y la pantalla digital mostrará "6". Para establecer la **VEGETABLES** cocción deseada, pulse el botón de **VEGETABLES** una vez por cada minuto de cocción adicional o continuamente mantenga pulsado el botón hasta que llegue a la hora deseada.
6. Pulse el botón **START/STOP** para empezar a cocinar. La luz del indicador dejara de parpadear. El programa se cocinara por 6-30 minutos desde el momento que llegue al nivel correcto de presión. Si se olvida de pulsar el botón **START / STOP**, la pantalla de la unidad mostrará 0.0 después de 30 segundos.
7. Cuando termina el tiempo de cocción, la unidad emitirá un pitido y se convertirá automáticamente al nivel **KEEP WARM (MANTENER CALIENTE)** en la función hasta que se pulsa el botón **START / STOP** para cancelar el programa y soltará la presión girando la válvula reguladora al vapor.

Función de Aplazamiento de la Cocción (Delay Time)

Esta función le permite posponer el proceso de cocinado hasta 8 horas y en incrementos de 30 minutos. Puede usar el aplazamiento de cocción junto con los siguientes programas: cocinado lento, arrocera, cocinado a alta y baja presión.

ATENCIÓN: NO DEJE COMIDAS PERECEDERAS TAL Y COMO CARNE, POLLO, PESCADO, QUESO Y PRODUCTOS DEL DÍA A TEMPERATURA AMBIENTE POR MÁS DE 2 HORAS (O MÁS DE 1 HORA CUANDO LA TEMPERATURA AMBIENTE ESTÉ POR ENCIMA DE 90° F). CUANDO COCINE CON ESTAS COMIDAS, NO PONGA LA FUNCIÓN DE RETRASO POR MÁS DE 1 O 2 HORAS.

1. Pulse el botón de APLAZAR (DELAY TIME).
2. Seleccione el tiempo de aplazamiento deseado pulsando el botón de APLAZAR (DELAY TIME) hasta que alcance el tiempo adecuado.
3. Seleccione el programa con el que desea cocinar (arrocera, alta o baja presión, o cocción lenta) y el tiempo durante el cual desea que se cocine pulsando el botón correspondiente al programa deseado (vea instrucciones específicas de estos programas).
4. Presione el botón COMENZAR/PARAR (ON/OFF). La Olla Eléctrica Multifuncional empezará a cocinar después de que el tiempo de aplazamiento haya transcurrido.

EJEMPLO DE USO: si son las 11.30 de la mañana, usted quiere que la cena esté lista para las 6 de la tarde y su receta requiere un tiempo de cocción a alta presión por 12 minutos, puede programar la olla para que se ponga a cocinar dentro de siete horas y media y luego cocine a presión durante 12 minutos. (para ello, tendrá que pulsar el botón de aplazamiento de la cocción hasta que aparezca "6.0" y luego pulsar el botón de alta presión doce veces.) Así, su cena estará lista faltando 18 minutos para las 6 – tiempo durante el cual el programa automático de Mantener Caliente se encargará de que no se le enfríe.

Limpieza y Mantenimiento

No lave ningún componente de la Olla a Presión Eléctrica en el lavavajillas a excepción del cazo extraíble. Lave siempre la olla completamente después de cada uso, o si no ha sido usada durante un período largo de tiempo.

1. Desenchufe la unidad y deje que se enfríe antes de limpiarla.
2. Saque el cazo extraíble y lávelo con agua y jabón o en el lavavajillas. Enjuague y séquela muy bien.
3. Pase un paño húmedo por el exterior del cuerpo de la Olla a Presión Eléctrica. No lo sumerja en agua.
4. Quite el colector de agua tirando hacia abajo. Lávelo con agua con jabón templada. Enjuague y seque cuidadosamente. Póngalo de nuevo en su sitio ejerciendo presión.
5. Dele la vuelta a la tapa, coja la junta de silicona y tire para sacarla. Limpie la junta de silicona con agua templada con jabón. Enjuague y seque completamente. Ponga de nuevo la junta en su sitio colocándola dentro del borde de la tapa y empujando hacia abajo. Asegúrese de que el surco en el centro de la junta está colocado alrededor del anillo de metal en el borde interior de la tapa.

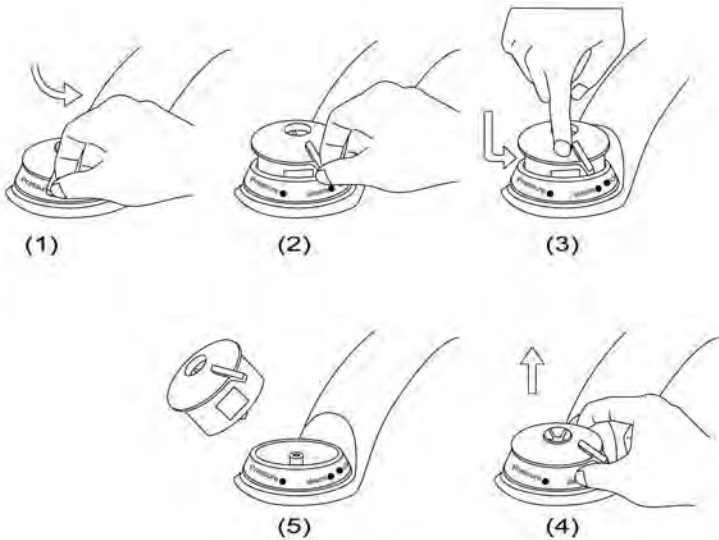
NOTA: la junta de silicona debe colocarse siempre adecuadamente en el lado inferior de la tapa; de otro modo la unidad no funcionará. Compruebe periódicamente para asegurarse de que está limpia, flexible, y no está rajada o agrietada (Ver sección de “Antes del primer uso” en este manual).

6. Si la junta de silicona parece dañada, rajada o desgastada, no use la unidad y contacte con nuestro departamento de atención al cliente. Para aumentar la seguridad y los resultados, la junta de silicona debe ser repuesta cada 12 ó 15 meses aproximadamente, dependiendo de la frecuencia de uso. Puede solicitar una nueva junta de silicona llamando al servicio de atención al cliente de Fagor en el número de teléfono: 1-800-207- 0806, o a través de nuestra página web: www.fagoramerica.com.
7. Para un funcionamiento óptimo, la zona que queda debajo de la olla extraíble donde se encuentran, la fuente de calor y el sensor de temperatura deben limpiarse después de cada uso. Limpie con un paño húmedo y asegúrese de secarlo completamente.
8. Nunca use limpiadores abrasivos o estropajos para frotar para limpiar ninguno de los componentes.

Limpieza del Botón Regulador de Presión

Compruebe SIEMPRE que el botón regulador de presión y la válvula de seguridad funcionan correctamente antes de cada uso.

1. Después de que la unidad se haya enfriado, quite la tapa.
2. Presione hacia abajo a la vez que gira el botón regulador de presión en el sentido contrario de las agujas del reloj pasado el indicador de Levántelo con cuidado para retirarlo. Mire a través de los agujeros del botón para asegurarse de que no está bloqueado. Deje correr un poco de agua a través.



3. Déle la vuelta a la tapa y colóquela encima de una mesa. Saque la funda anti-bloqueo tirando hacia arriba. Usando un cepillo, compruebe y elimine cualquier resto de comida o de partículas extrañas que puedan estar dentro de la válvula flotante. Vuelva a poner la funda anti-bloqueo empujando hacia abajo hasta que se sujete en su posición.
4. Vuelva a colocar el botón regulador alineando las muescas del botón regulador con las muescas en el hueco del botón, y girando en el sentido de las agujas del reloj hasta que se vuelva a colocar en su posición. Los puntos blancos sobre el botón deberían coincidir con el punto blanco en el cuerpo de la olla. Si no coinciden, vuelva a quitar el botón y gírelo 180 grados para volver a alinear las muescas.

Tiempos de Cocción Recomendados

Los tiempos de cocción son tiempos aproximados. Utilice estos tiempos como indicaciones generales. El tamaño y la variedad de los alimentos en la receta alterarán el tiempo de cocción.

VEGETALES	TIEMPO DE COCINADO
Manzanas, trozos	2 minutos
Alcachofas, enteras	8-10 minutos
Espárragos, enteros	1-2 minutos
Arvejas	1-3 minutos
Remolacha	
Rodajas ¼ pulgadas	3-4 minutos
Entera, pelada	12-15 minutos
Brócoli, cogollos o puntas	2-3 minutos
Coles de Bruselas cogollos, enteras	2-3 minutos
Col en cuartos	2-3 minutos
Zanahorias, rodajas de ¼ pulgadas	1-2 minutos
Coliflor, cogollos	2-4 minutos
Mazorca de maíz	3-5 minutos
Berenjenas, 1 ¼ pulgadas	2-3 minutos
Guisantes en la vaina	1-1½ minutos
Patatas	
Trozos, rodajas	5-8 minutos
Enteras, pequeñas	5-8 minutos
Enteras, medianas	10-12 minutos
Espinacas, frescas	2-3 minutos
Calabacín	
Otoño, trozos de 1 pulgada	4-6 minutos
Verano, en rodajas	1-2 minutos
ARROZ	TIEMPO DE COCINADO
Integral	15-20 minutos
Blanco	6 minutos

CARNE Y AVE	TIEMPO DE COCINADO
Res, Cerdo, Cordero (Dados 1-2 pulgada)	15-20 minutos
Res / Ternera	
Asado, falda	50-60 minutos
Pierna ½ pulgadas grosor	25-35 minutos
Albóndigas, doradas	8-10 minutos
Cordero, asado sin hueso	45-55 minutos
Cerdo	
Solomillo asado	40-50 minutos
Trasero ahumado	20-25 minutos
Jamón, pierna	30-40 minutos
Pollo	
Pechuga sin hueso, muslo	8-10 minutos
Trozos	10-12 minutos
Entero	15-20 minutos
Pechuga de pavo, entera	30-40 minutos
PESCADO	TIEMPO DE COCINADO
Filetes	
¾ pulgadas	4 minutos
1 pulgadas	5 minutos
1 ¼ pulgadas	6 minutos
½ pulgadas	7 minutos

Pistas y Consejos

- Para asegurarse el mejor resultado cuando esté cocinando a presión, utilice siempre al menos 8 oz. de agua o líquido en sus recetas para crear suficiente vapor para producir presión.
- El temporizador no debería contar hacia atrás hasta que haya suficiente presión. Si después de un tiempo razonable el reloj no ha comenzado a contar hacia atrás, puede significar una de estas tres cosas:
 - No ha presionado start / stop (la luz sigue parpadeando en el ajuste de la presión)
 - La junta no ha sido ajustada adecuadamente dentro de la tapa.
 - No hay suficiente líquido para cocinar.
- Cuando cocine a presión, si no está seguro sobre el tiempo de cocción, es mejor estimar para poco hecho y utilizar el método de liberación rápida para abrir la olla y comprobar si se necesita un tiempo adicional.
- Nunca llene la Olla a Presión Eléctrica más de 2/3 de su capacidad máxima. La olla debe tener espacio suficiente dentro de la unidad para generar vapor o la comida no se cocinará adecuadamente. Si está cocinando comidas que aumentan de tamaño mientras son cocinadas, no llene más de la mitad de la capacidad máxima.
- Si el circuito eléctrico tiene sobrecarga con otros electrodomésticos, su Olla a Presión Eléctrica puede que no funcione. La olla debe ser utilizada siempre en un circuito eléctrico separado.
- La carne más dura y menos cara es más adecuada para el programa de cocinado a presión porque cocinar a presión rompe las fibras y consigue resultados más tiernos.
- Añada una cucharada sopera de aceite al agua para reducir la cantidad de espuma producida por las arvejas secas.

Recipes

Pressure Cooker

Salmon with Spinach & Lemon Sauce	42
Bouillabaisse	43
Swordfish Teriyaki	44
Piquant Shrimp	45
Cioppino	46
Poached Salmon	47
Cheesecake	48
Pears Stewed in Red Wine	49
Warm Peach Dessert	50

Vegetables

Potato and Green Bean Casserole	51
Asparagus Soup	51
Steamed Vegetables in Garlic Butter	52
Tomato Sauce for Pasta	52
Carrot Sweet Potato Mash	53
Ratatouille Vegetable Stew	53
Cauliflower in Cheese Sauce	54
Creamy Leek and Potato Soup	54
Zucchini Squash Soup	55
Quick Lentil Side Dish	55

Rice

Creamy Coconut-Lime Rice	56
Fruited Wild Rice Pilaf	56
Fagor's Never Fail Risotto	57
Rice Pudding	57
Paella, Spanish Style	58

Meat

Braised Veal with Carrots	59
Chicken Stock	60
Chicken Salad	61
Cranberry Turkey	62
Braciola	63
Southwestern Shredded Pork	64
Chili	65
Baby Back Ribs	66
Chef Michelle Bernstein Mom's Brisket	67

PRESSURE COOKER

SALMON WITH SPINACH & LEMON SAUCE

Serves 4, 3 + 7 minutes (HIGH Pressure)

This colorful dish is an elegant way to serve salmon steaks, perfect for dinner guests.

- 1 ½ teaspoons salt, divided
- 20 ounces of fresh spinach leaves cleaned and rinsed
- 2 tablespoons olive oil
- 1 medium onion peeled and cut in half
- 2 garlic cloves, minced
- 2 tablespoons minced fresh broad leaf parsley
- 1 cup bottled clam juice
- ¼ cup fresh lemon juice
- ¼ teaspoon white pepper
- 1 ½ teaspoons dried crumbled dill
- 4 6-8 ounce salmon steaks at least one -inch thick
- 1 teaspoon cornstarch dissolved in 1 tablespoon cold water
- 2 large egg yolks

Place one cup water, 1 teaspoon of salt and the spinach leaves in the pressure cooker. Close the lid and press HIGH Pressure. Set the timer for 3 minutes. When done, release the pressure and open the cooker. Remove the spinach from the cooker, drain thoroughly and place on a platter. Cover and keep warm in a low temperature oven.

Dry the cooker with a paper towel. Use the BROWN setting to sauté the onions, garlic and parsley for about 2 minutes. Turn off the BROWN setting. Stir in the clam juice, lemon juice, remaining salt, pepper and dill. Place the salmon in the cooker in a single layer. Close the lid and set the timer for 7 minutes at HIGH pressure. When done, release the pressure and open the cooker. Using a slotted spatula, transfer the salmon to the warmed platter and cover to keep warm. Pour off all but 1/3 cup of the cooking liquid in the cooker and use the BROWN setting to warm the liquid. Stir in the egg yolks and cornstarch mixture. Stir until it begins to thicken. Turn off the BROWN setting.

To serve, arrange a portion of spinach on each of 6 individual plates. Top each with a salmon steak and spoon sauce over the salmon. Garnish with sprigs of fresh parsley or thin lemon slices

BOUILLABAISSSE

Serves 4 generously, 7 + 4 minutes (HIGH Pressure)

An effortless dish, outstanding for entertaining company, just add a salad and crusty French bread for a complete meal. You may vary the seafood as you wish to what is fresh and in season. Frozen seafood works well, too.

- 1 pound hearty fish fillets, cut into chunks
- 1 pound lobster tail, cut into chunks
- 12 ounces scallops
- ¼ pound shrimp, peeled, deveined with the tails on
- 6 clams in shells
- 3 cups water
- 1 12 ounce can diced tomatoes in juice
- 3 tablespoons olive oil
- 2 onions, chopped
- 2 cloves garlic
- 2 tablespoons parsley, chopped
- 1 bay leaf
- 1 teaspoon thyme
- ¼ teaspoon saffron (optional, but better if used)
- Salt and pepper to taste

Use the BROWN setting to sauté the onions, about 3 minutes. Turn off the BROWN setting. Add the garlic, parsley, tomatoes, bay leaf, thyme, optional saffron, water, salt and pepper.

Close the lid and turn press HIGH Pressure and set the timer for 7 minutes. When done, release the pressure and open the cooker. Add the fish and seafood and stir well. Close the lid and set the timer for 4 minutes at high pressure. When done, release the pressure, open the cooker and remove the bay leaf. Serve hot.

SWORDFISH TERIYAKI

Serves 4, 3 minutes (HIGH Pressure)

The teriyaki marinade creates a flavorful, light and healthy meal. Serve with white rice.

- 1 ½- 1 ¾ pounds swordfish or tuna steaks, cut into 1 ½ inch cubes
- 2 red peppers cut into 1 ½ inch dice
- 10 scallions in 1 ½ inch lengths, thicker portions only
- 2 tablespoons oil
- Teriyaki Sauce:
 - ½ cup soy sauce
 - 2 tablespoons sugar
 - 2 tablespoons dry sherry
 - 1 tablespoon rice wine or other white wine
 - 1 ½ teaspoons grated fresh ginger
 - 2 cloves garlic, minced
 - 1 tablespoon sesame oil
 - 1 tablespoon Hoisin sauce

In a bowl large enough to hold the fish, mix the Teriyaki Sauce ingredients. Add the fish, peppers and scallions and marinate for about 30 minutes. Remove from the marinade and drain well. Reserve the marinade.

Use the BROWN setting to sauté the scallions and peppers. Remove to a platter and keep warm. Add the fish to the cooker and sear on all sides. Turn off the BROWN setting. Add the reserved vegetables and marinade to the cooker. Close the lid and press HIGH Pressure and set the timer for 3 minutes. When done, release the pressure and open the cooker. Serve immediately over white rice.

PIQUANT SHRIMP

Serves 4, 5 + 1 minutes (HIGH Pressure)

Just a little spicy, this dish is delicious over rice and great for entertaining.

- 2 tablespoons olive oil
- 1 ½ pounds large shrimp, peeled and deveined, with tails on
- 1 cup minced onion
- 2 tablespoons minced parsley
- 4 cloves garlic, minced
- 2 teaspoons paprika
- ¼ cup dry white wine
- ½ cup fish stock or clam juice
- 1 cup tomato sauce
- Pinch of sugar
- Pinch of saffron
- 1 teaspoon crushed hot red pepper flakes
- 1 bay leaf
- ¼ teaspoon thyme
- Salt and freshly ground pepper to taste

Use the BROWN setting to quickly sauté the shrimp. Remove the shrimp to a platter. Add the onion to the cooker (add a bit more oil if necessary) and sauté until wilted. Stir in the parsley, garlic, paprika and wine. Boil and reduce by half.

Add the fish stock, tomato sauce, sugar, saffron, hot red pepper flakes, bay leaf, thyme, salt and pepper. Turn off the BROWN setting. Close the lid and press HIGH Pressure. Set the timer for 5 minutes. When done, release the pressure and open the cooker. If the sauce is too thin, use the browning setting to boil it down a bit. Add the shrimp, close the lid and set the timer for 1 minute at HIGH pressure. When done, release the pressure and open the cooker. Discard the bay leaf. Serve over rice.

CIOPPINO

Serves: 4 – 6: 4 minutes (HIGH Pressure)

- 3 tablespoons olive oil
- 1 cup yellow onion, chopped fine
- 1 red pepper, seeded and chopped fine
- 2 garlic cloves, minced
- 1 (28 ounce) can peeled and chopped tomatoes
- 1 cup fish or seafood broth
- ¼ teaspoon red crushed chili flakes
- 2 tablespoons tomato paste
- ½ pound large shrimp, shelled and deveined
- ½ pound fresh codfish, skin removed, cut about 1 inch thick
- 12 mussels
- 12 clams
- 8 ounces fresh crabmeat, picked through
- ½ cup Italian parsley leaves

In the cooker add the oil, onion, pepper, garlic, tomatoes, broth, chili flakes, tomato paste, shrimp, codfish, mussels and clams. Close and secure cover, using the HIGH pressure setting set the time for 4 minutes. Turn off the unit and allow to cool until the pressure is released naturally. Add the crab, parsley and season with salt and pepper.

POACHED SALMON

Serves: 4: 6 minutes (HIGH pressure)

- 16 ounces salmon fillet with the skin on
- 4 scallions, trimmed
- Zest of 1 lemon
- 3 black peppercorns
- ½ teaspoon fennel seeds
- 1 teaspoon white wine vinegar
- 1 bay leaf
- ½ cup dry white wine
- 2 cups chicken broth
- ¼ cup fresh dill
- Salt and Pepper

Put a trivet in the pressure cooker. Season the fish with salt and pepper and place on the trivet. Pour the broth, wine and vinegar over the fish; top the fish with the remaining ingredients. Close and secure cover and using the HIGH pressure setting set the timer for 6 minutes. When cooking time is done, release pressure, and uncover. Place the salmon on a serving dish. On the BROWN setting reduce the other ingredients, season and pour over the fish.

CHEESECAKE

Serves: 4 - 6: 23 minutes (HIGH Pressure)

- Non-Stick oil spray
- ½ cup graham cracker crumbs
- 2 tablespoons butter, melted
- 16 ounces softened cream cheese
- 3 tablespoons sour cream
- ½ cup plus 2 tablespoons granulated sugar
- 4 eggs
- 1 teaspoon vanilla extract
- Zest of 1 orange

Place 3 cups water on the bottom of the cooker; place a rack down into the water. Use an 8-inch spring form pan wrapped with aluminum foil. Spray the spring form pan with the non-stick oil spray. Combine the butter and graham cracker crumbs, place in the bottom on the pan.

Using a mixer, blend the cream cheese, sour cream, sugar and orange zest together. One by one add the eggs, stir in the vanilla extract. Pour the filling on top of the graham cracker crumbs, cover the top with foil. Use the trivet to raise the spring form pan above the water level. Tie the foil cover over the pan with kitchen string.

Lower the cheesecake into the cooker with a wire or piece of foil, carefully. Close and secure cover, using the HIGH pressure setting set the timer for 23 minutes. When cooking time is done, release pressure and uncover. Carefully remove the pan.

PEARS STEWED IN RED WINE

Serves 4, 4 + 4 minutes (LOW Pressure)

A most elegant dessert when served with raspberry sauce and a fine ending to a special dinner.

- 2 cups water
- ½ cup sugar
- 2 slices fresh lemon
- 2 whole cinnamon sticks
- ¼ teaspoon nutmeg
- 4 firm pears peeled but not cored, stems on
- ¾ cup red wine
- 1 cup frozen raspberries
- ¼ cup heavy cream

In the cooker, combine the water, sugar, lemon, cinnamon sticks and nutmeg. Use the BROWN setting to simmer the syrup until the sugar dissolves. Turn off the BROWN function. Place the peeled pears upright in a steamer basket, the bottoms may need to be trimmed to make them stand upright. Lower the basket into the cooker. Close the lid and press the LOW Pressure setting. Set the timer for 4 minutes.

When done, release the pressure and open the cooker. Add the red wine; close the lid and set the timer again for 4 minutes at low pressure. When done, release the pressure and open the cooker. Remove the pears and transfer them to a deep container. Use the BROWN setting to boil down the sauce until syrupy. Turn off the cooker.

When the sauce has cooled, pour over the pears and keep at room temperature overnight. To serve, defrost and purée the raspberries until smooth. Spoon ¼ cup of the purée on four dessert dishes and place a pear upright in the center of each dish. Spoon some syrup over each pear. Dribble 1 tablespoon of the cream in a circle over the sauce. With the aid of a knife, swirl the cream into the sauce in an attractive design

WARM PEACH DESSERT

Serves 4, 5 minutes (LOW Pressure)

Delicious over pound cake cubes or ice cream or both!!

- 3 tablespoons butter
- 4 tablespoons brown sugar
- ¼ cup water
- 1 large bag of frozen peaches, defrosted
- 3 tablespoons dark rum or more if you like
- 1 tablespoon whole allspice berries
- 1 teaspoon ground ginger

Use the BROWN setting to melt the butter. Add the sugar and peaches. Stir well. Turn off the brown setting. Add the water, rum, spices, and mix well. Close the lid and turn the press the LOW Pressure setting. Set the timer for 5 minutes. When done, release the pressure and open the cooker. Serve warm or cold.

Vegetables

POTATO AND GREEN BEAN CASSEROLE

Serves 4, 4 minutes

Both your vegetable and potato course are included in this very easy and flavorful casserole.

- 3 potatoes peeled and cut in 1 inch cubes
- $\frac{3}{4}$ pound fresh green beans
- 1 tablespoon olive oil
- 1 medium onion minced
- 1 green pepper diced
- 1 tablespoon minced parsley
- Salt and freshly ground pepper to taste
- $\frac{1}{2}$ cup chicken stock

In the cooker, mix all the ingredients. Close the lid and press VEGETABLE function until the timer reads 4 minutes.

When done, release the pressure and open the cooker.

ASPARAGUS SOUP

Serves 4, 10 minutes

Fresh asparagus usually signals the beginning of spring. Omit the half and half for a lighter soup with a healthy asparagus flavor or leave it in for a delicate starter to a spring time dinner.

- 1 $\frac{1}{2}$ pounds fresh asparagus
- 2 tablespoons unsalted butter
- 1 cup (5 oz.) minced shallots
- Pinch of thyme
- 14 oz low sodium chicken stock
- Salt and freshly ground pepper to taste
- 1 cup half and half

Clean the asparagus and trim off any tough stems. Cut the asparagus in 2 inch pieces. Use the BROWN setting to sauté the shallots in the butter, being careful not to burn the butter. Stir in the prepared asparagus, thyme, butter, stock and season with the salt and pepper. Turn off the BROWN setting. Close the lid and turn press VEGETABLE setting. Set the timer for 10 minutes.

When done, release the pressure and open the cooker. In batches, puree the soup in a blender until smooth. Add the half and half, adjust seasonings and serve. Serve with a garnish of fresh thyme.

STEAMED VEGETABLES IN GARLIC BUTTER

Serves 4, 3 minutes

- 6 carrots, peeled and cut in half vertically
- 12 whole brussels sprouts
- 1 cup water
- 1 tablespoon garlic, minced
- 2 tablespoons butter
- Salt and pepper

Place water in bottom of cooker. Insert steamer basket and place vegetables in basket. Close the lid and press VEGETABLE setting. Set the timer for 2 minutes. When done, release the pressure, open the cooker and remove steamer and vegetables. Use the BROWN setting; melt butter. Add garlic and sauté for 1 minute. Add vegetables, stir to coat with garlic butter. Salt and pepper to taste.

TOMATO SAUCE FOR PASTA

Makes about 3 ½ cups, 12 minutes

Forget the classic pasta sauce that takes hours of slow simmering- in just minutes you're done. If you prefer a meat sauce, add ½ pound of ground beef to the sautéed vegetables and cook until browns. Add the tomato sauce and all the other ingredients.

- 2 tablespoons of olive oil
- 2 tablespoons finely chopped onion
- 1 medium carrot, peeled and finely chopped
- 1 stalk celery, finely chopped
- 1 clove garlic minced
- 3 cups crushed canned tomatoes
- Salt and freshly ground pepper to taste
- 2 teaspoons basil
- 1 teaspoon oregano
- 1 tablespoon minced parsley
- 1 small bay leaf
- ¼ cup dry red wine

Use the BROWN setting to sauté the onion, carrot, celery and garlic until softened. Add all the remaining ingredients. Turn off the BROWN setting. Close the lid and press VEGETABLE setting, set the timer for 12 minutes. When done, release the pressure and open the cooker. Use the BROWN setting to reduce the sauce if it is not thick enough.

CARROT SWEET POTATO MASH

Serves 4, 5 minutes

- 1 pound carrots, peeled and cut in half horizontally
- 1 sweet potato (about 12 ounces), peeled and cut into 1 inch slices
- 1 cup water
- 3 tablespoons butter
- 3 tablespoons brown sugar

Place water in bottom of cooker. Insert steamer basket and place vegetables in basket. Close the lid and press VEGETABLE setting. Set the timer for 5 minutes. When done turn off the cooker and let the pressure release naturally. Open the cooker and remove steamer and vegetables. Transfer vegetables to a serving bowl and mash until smooth. Use the BROWN setting; melt butter and brown sugar. Fold butter mixture into vegetables and serve.

RATATOUILLE VEGETABLE STEW

Serves 6, 4 minutes

A marvelous mixture of vegetables that is just as good hot as it is at room temperature.

- 4 tablespoons olive oil
- 1 small eggplant peeled and cut into 1 inch cubes
- 2 medium zucchini in ½ inch slices
- 2 green peppers, seeded and cut into strips
- 1 medium potato, diced into ½ inch cubes (optional)
- 1 large onion, chopped
- 2 cloves garlic minced
- 2 medium tomatoes, chopped
- 2 tablespoons minced parsley
- ¼ cup chicken stock
- 1 tablespoon prepared pesto

Use the BROWN setting; heat 2 tablespoons of the olive oil to stir fry the eggplant, zucchini, peppers and potato. It will be necessary to do this in several small batches, remove to a warm platter and reserve. Add remaining 2 tablespoons of oil and the onion and garlic. Sauté the mixture until the onion is soft. Turn off the BROWN setting. Return the reserved vegetables to the cooker along with the remaining ingredients. Close the lid and press VEGETABLE setting. Set the timer for 4 minutes.

When done, release the pressure and open the cooker. If there is too much liquid, use the BROWN setting to simmer the stew for a few minutes to reduce the liquid.

CAULIFLOWER IN CHEESE SAUCE

Serves 8, 4 minutes

- 2 tablespoons canola oil
- 1 medium onion, chopped
- 1 head of cauliflower (about 2 lbs.), trimmed and cut into 2-inch florets
- 1 cup low sodium chicken broth
- ½ teaspoon salt
- ½ teaspoon white pepper
- 2 tablespoons cornstarch
- 2 cups low-fat milk
- 1 ¼ cup sharp cheddar cheese (shredded)

Use the BROWN setting; Cook onions in oil until soft, about 3 minutes. Add the cauliflower, broth, ½ teaspoon salt, and ½ teaspoon pepper. Turn off the brown setting. Close the lid and press VEGETABLE setting. Set the timer for 1 minute. When done, release the pressure, open the cooker and remove cauliflower with a slotted spoon to a bowl. Turn the cooker back to BROWN setting. In a small bowl, sprinkle the cornstarch over the milk and whisk until dissolved. Whisk into the pot and cook until thickened. Remove from the heat and stir in the cheese until smooth. Season with additional salt and pepper. Pour over the cauliflower and serve.

CREAMY LEEK AND POTATO SOUP

Serves: 4 – 6, 5 minutes, Pressure Cooking Time: 7 minutes

- 1 tablespoon olive oil
- 2 strips bacon, cut up in chunks
- 4 leeks, white portion only, sliced and washed well
- 1 yellow onion, peeled and chopped
- 2 Yukon gold potatoes, peeled and chopped
- 4 cups chicken or vegetable broth
- 1 cup heavy cream
- 1 tablespoon fresh dill, chopped
- 1 tablespoon fresh parsley, chopped
- Salt and pepper

In the cooker, cook the bacon using the BROWN setting for 4 minutes. Add the leeks and onion, and stir for 4 minutes. Next, add the potatoes and chicken broth, close the lid and press VEGETABLE setting. Set the timer for 5 minutes. When done, release the pressure and open the cooker. Uncover; puree the soup in a blender until smooth, then place back into the pan. Add the cream and herbs and then season with salt and pepper. Serve hot or cold.

ZUCCHINI SQUASH SOUP

Serves: 6, 7 minutes

- 2 tablespoons unsalted butter
- 2 tablespoons olive oil
- 1 yellow onion, peeled and chopped
- 2 garlic cloves, peeled and chopped
- 2 Idaho potatoes, peeled and chopped
- 2 pounds zucchini squash, chopped
- 4 cups chicken or vegetable broth
- 1 cup cream
- 1 teaspoon ground cumin
- 2 tablespoons Italian parsley, chopped

In the cooker on BROWN setting, add the butter and allow to melt. Add the oil, onion, cloves, potatoes and squash. Stir for 5 minutes and add the vegetable broth and cumin. Close the lid and press VEGETABLE setting. Set the timer for 7 minutes. When done, release the pressure and open the cooker. Uncover and add the cream and parsley. Pour the soup into a blender and puree until smooth. Season with salt and pepper.

QUICK LENTIL SIDE DISH

Serves: 4 – 6 : 13 minutes

- 1 ½ cups dried lentils, rinsed
- 3 garlic cloves, smashed
- 1 yellow onion, chopped fine
- 2 carrots, peeled and chopped fine
- ½ teaspoon ground black pepper
- 4 cups chicken broth
- 2 tablespoons parsley, chopped fine
- 2 tablespoons olive oil
- 1 teaspoon dijon mustard
- 1 tablespoon red wine vinegar
- Salt and pepper to taste

Place the lentils, garlic, onion, carrot, pepper and chicken broth in the cooker. Close the lid and press VEGETABLE setting. Set the timer for 13 minutes. Release pressure a bit at a time with the regulating knob. Uncover, cool the lentils and mix with the parsley, oil, mustard, vinegar, salt and pepper.

RICE

CREAMY COCONUT-LIME RICE

Serves 4, 20 minutes

- 1 cup long-grain brown rice
- 1 can (13 ½ oz/400 ml.) light coconut milk
- ½ cup water
- 3 tablespoons freshly squeezed lime juice (zest limes before juicing, see below)
- ½ teaspoon sea salt
- 2 teaspoons lime zest

Combine all ingredients except for the lime, into the cooker; close the lid and press RICE setting. Set the timer for 20 minutes. When done, release the pressure and open the cooker. Stir in lime zest, cover and let sit for 5-7 minutes. Taste test, add additional lime juice if desired.

FRUITED WILD RICE PILAF

Serves 4, 20 minutes

- 1 tablespoon canola oil
- 1 medium onion, diced
- ½ cup long-grain brown rice
- ½ cup wild rice
- 2 cups chicken broth
- ½ teaspoon kosher salt
- ¾ cup dried fruit bits (raisins, cranberries, apples, apricots, peaches, etc)

Use the BROWN setting; Cook onions in oil until soft, about 3 minutes. Add the rice and coat well with oil. Add chicken broth along with salt; close the lid and press RICE setting. Set the timer for 20 minutes. When done, release the pressure and open the cooker. Add fruit bits; stir to incorporate into rice and let sit for 10 minutes. Add additional salt if desired.

FAGOR'S NEVER FAIL RISOTTO

Serves 4, 10 minutes

Only 10 minutes to cook a perfectly creamy risotto. If you only use your Electric Pressure Cooker for one dish, this is it!

- 2 tablespoons olive oil
- ¼ cup diced onion or shallot
- 1 cup Arborio rice
- 2 cup chicken broth
- ¼ cup white wine
- 1 teaspoon saffron threads
- ¼ grated Parmesan cheese
- 1 tablespoon freshly minced parsley

Use the BROWN setting to sauté the onions and rice until the onion is translucent, about 5 minutes. Turn off the brown setting. Add the broth, wine and saffron. Close the lid and press Rice setting. Set the timer for 10 minutes. When done, release the pressure and open the cooker. Stir in the cheese and parsley. Serve.

RICE PUDDING

Serves 4, 20 minutes

Creamy and comforting! It is best to eat it the same day or the rice may become chewy.

- 1 tablespoon butter
- ¼ cup long grain rice
- 2 cups milk
- ½ cup water
- ⅓ cup sugar
- Cinnamon
- ½ teaspoon salt
- 1 egg
- ¼ cup evaporated milk
- ½ teaspoon vanilla

Use the BROWN setting to melt the butter. Stir in the rice and coat well with the butter. Turn off the brown function. Add the milk, the water, the sugar and the salt. Stir, close the lid and press the RICE setting. Set the timer for 20 minutes. When done, release the pressure and open the cooker. In a small bowl, mix the egg, evaporated milk and vanilla. Stir in a small amount of the hot liquid from the cooker, then add the mixture back to the cooker.

Use the BROWN setting to cook the mixture, stirring constantly with a wooden spoon, until the rice pudding just barely begins to bubble. Turn off the brown feature. Cool 10 minutes, stirring occasionally. Transfer to individual dessert bowls, continue cooling to room temperature, and then refrigerate. Serve sprinkled with cinnamon.

PAELLA, SPANISH STYLE

Serves 4, 10 minutes

Here is a simple version of seafood Paella that you can prepare in your cooker in no time. If you wish to make the popular mixed seafood and meat version, add chicken, cut in small serving portions and sliced chorizo or other sausages.

- 8 small mussels or clams
- 2 tablespoons olive oil
- ½ pound firm white fish such as monkfish or halibut cut in 1 inch pieces
- ½ pound shrimp peeled and deveined, tails on
- 1 medium onion chopped
- 3 garlic cloves, minced
- 1 pimiento, chopped
- 1 tablespoon minced fresh broad leaf parsley
- ¼ teaspoon paprika
- 1 small tomato, skinned, seeded and chopped
- 2 cups rice – short or long grain
- 4 cups bottled clam juice or fish stock or chicken stock
- ½ cup peas
- ¼ teaspoon saffron

Use the BROWN setting to boil 1 cup of water, add the mussels, and cook until they open. Discard half of the shell and reserve the mussels on a warm platter. Dry the cooker thoroughly. Heat the oil and sauté the fish and shrimp until they are just cooked, still on BROWN setting.

Remove to a platter and cover tightly with foil. Add the onion and garlic to the cooker and sauté until the onion wilts. Stir in the pimiento, parsley, paprika and tomato. Cook 3 minutes. Stir in the rice and coat well. Pour in the stock, add the peas and saffron. Turn off the brown setting. Close the lid and press RICE setting. Set the timer for 10 minutes. When done, release the pressure and open the cooker. Stir in the reserved mussels and shrimp

MEAT

BRAISED VEAL WITH CARROTS

Serves 4 – 6, 12 minutes (Meat)

This stew is a hearty meal to enjoy on a cold winter evening.

- 4 tablespoons olive oil
- 2 large onion, chopped
- 1 clove garlic, minced
- 1 tablespoon chopped fresh rosemary
- 2 pounds cubed veal stew
- 1 cup Marsala or other sweet wine
- 1 pound carrots, peeled and grated
- 1 ½ cups beef broth
- Salt and freshly ground pepper to taste

Use the BROWN setting to sauté the onions, garlic and rosemary until tender and translucent, about 6-8 minutes. Remove from the cooker and set aside in a bowl. Add the remaining olive oil and brown the meat on all sides, sprinkling with salt after it has browned. Add the wine and let it bubble up. Add the sautéed onions and the remaining ingredients. Turn off the BROWN setting. Close the lid and press the MEAT setting. Set the timer for 12 minutes.

When done, release the pressure and open the cooker. Season the stew generously with salt and pepper before serving.

CHICKEN STOCK

Makes about 6 cups, 30 minutes (MEAT)

There is no canned chicken broth that can compare to this all natural and flavorful stock. You can serve it simply as a broth, liven it up with rice or noodles, carrots and celery, or used in dozens of recipes that call for some broth or stock (chicken stock, to be sure, produces a much tastier dish than plain water). In just 35 minutes you can have an incomparable chicken stock at a cost of next to nothing.

- 2 pounds bone-in chicken parts (backs, wings and necks)
- 1 medium onion peeled and cut in half
- 1 celery stalk cut in several pieces
- 1 large carrot, peeled and cut into pieces
- 2 large sprigs of parsley
- 6 peppercorns
- 1 bay leaf
- Salt and freshly ground pepper to taste
- 6 cups water

Combine all the ingredients in the cooker; close the lid and press MEAT function. Set the timer for 30 minutes. When done, release the pressure and open the cooker. Strain the remaining liquid, pressing with the back of a wooden spoon to extract as much of the liquid as possible. Discard what remains.

Cool the broth, then refrigerate overnight and remove any congealed fat that has collected on the surface.

CHICKEN SALAD

Serves 6, 18 minutes (Meat)

This salad is a wonderful way to prepare chicken that is both colorful and very tasty.

- 2 pounds boneless chicken breast, cubed
- Salt and freshly ground pepper to taste
- 2 cups chicken broth
- 1 small bay leaf
- 1 onion quartered
- 1 pound celery, diced
- 1 carrot diced into ¼ inch pieces
- ¼ cup chopped parsley
- 1 bunch scallions diced
- 1 cup toasted slivered almonds
- 1 cup pineapple chunks, chopped in ½ inch pieces
- 2 cups mayonnaise, or to taste
- 1 tablespoon lemon juice
- 1 teaspoon curry powder

Season the chicken with salt and pepper. Place the chicken, broth, onion, ½ cup celery, carrot and parsley into the cooker. Close the lid and press the MEAT setting. Set the timer for 18 minutes. When done, release the pressure and open the cooker. Take out the chicken and discard the liquid.

Cool the chicken and then add the remaining diced celery, scallions, almonds and pineapple. In a separate bowl, mix together mayonnaise, lemon juice and curry. Add enough dressing to the chicken mixture to just moisten it. Serve.

CRANBERRY TURKEY

Serves 6, 8 minutes (Meat)

Holiday flavor without all the work.

- 1 cup fat free chicken stock
- 1 large onion
- ½ cup dried cranberries
- Non-stick cooking spray
- 1 pound turkey breast fillets, pounded between wax paper to ¼ inch thick
- 4 medium potatoes, peeled and quartered
- ½ jellied cranberry sauce
- 2 teaspoons minced orange zest
- 1 large orange, sectioned and diced
- Salt and freshly ground pepper to taste

Season the pounded turkey with salt and pepper. Use the BROWN setting to sauté the turkey fillets until browned on both sides and remove to a platter. Depending on the size of the fillets, this may need to be done in 2 separate batches. Turn off the BROWN setting.

Add the broth, onion and dried cranberries to the cooker. Layer the turkey and potatoes on top of the onions. Close the lid and turn the press MEAT setting. Set the timer for 8 minutes. When done, release the pressure and open the cooker. Transfer the turkey and potatoes to a warm platter and keep warm. Leave the broth, onions, and fruit in the cooker.

Use the BROWN setting and add the cranberry sauce, orange zest and sections to the cooker. Cook the mixture, stirring occasionally, until the jellied cranberry has melted and the sauce has slightly thickened. Serve the sauce over the reserved turkey fillets.

BRACIOLE

Serves 4, 35 minutes

- ½ cup Italian-seasoned bread crumbs
- 1 garlic clove, minced
- ½ cup grated Pecorino Romano or Parmesan
- 2 tablespoons chopped fresh Italian parsley leaves
- 4 tablespoons Olive oil
- Salt and freshly ground black pepper
- 4 provolone cheese slices
- 1 ½ pounds flank steak
- 1 cup dry white wine
- ¾ cups marinara sauce
- Butchers Twine

Combine breadcrumbs through parsley. Add 2 tablespoons of olive oil. Lay out flank steak (pound it if it's a bit thick). Season with salt and pepper. Place the provolone on the steak. Sprinkle with bread crumb mixture.

Starting at the short end, roll up the steak to enclose the filling. Tie with butcher's twine. Use the BROWN setting; heat 2 tablespoons of the olive oil and sear the meat on all sides. Turn off the BROWN setting. Add white wine and marinara. Close the lid and press MEAT setting.

Set the timer for 35 minutes. When done turn off the cooker and let the pressure release naturally. Remove the meat and slice into 8 pieces. Serve with sauce.

SOUTHWESTERN SHREDDED PORK

Serves 8. 25 minutes

- 1 tablespoon oil
- 1 small onion, diced
- 1 small jalapeno pepper, minced
- 3 pound pork loin, cubed in 1 inch pieces.
- ½ tablespoon chili powder
- 1 teaspoon cumin
- ½ teaspoon oregano
- ½ teaspoon coriander
- ½ teaspoon thyme
- ¼ teaspoon ground cloves
- ¼ teaspoon allspice
- 2 garlic cloves, minced
- 2 tablespoons tomato paste
- 1 14.5 oz. can stewed tomatoes
- 1 cup beef broth
- Salt and pepper to taste
- 2 bay leaves
- ½ cup cilantro
- 8 - 8 inch flour tortillas
- 6 oz. shredded cheese of your choice

Use the BROWN setting; Add onions and jalapeno and cook until soft, about 3 minutes. Add meat in batches and brown, remove and set aside. Add spices, chili powder thru allspice and cook about 1-2 minutes. Turn off the BROWN setting. Add garlic and tomato paste and cook another 1-2 minutes. Stir in stewed tomatoes, pork, beef broth and the bay leaves. Close the lid and press MEAT setting. Set the timer for 25 minutes. When done, release the pressure and open the cooker. Remove meat with a slotted spoon to a bowl. Turn the cooker back to BROWN and allow liquid to reduce to about 1 cup. Add salt and pepper to taste. Remove bay leaves. Shred meat, add sauce and toss with cilantro. Warm tortillas slightly in microwave, fill with meat and shredded cheese.

CHILI

Serves: 4 – 6: 25 minutes

- 3 tablespoons canola oil
- Salt and pepper
- 3 pounds beef stew meat, diced
- 1 bottle of beer (whatever you have around)
- 1 can peeled and chopped tomatoes
- 1 tablespoon cornmeal
- 1 teaspoon unsweetened cocoa
- 2 tablespoons tomato paste
- 1 tablespoon ground cumin
- 1 tablespoon chili powder
- 1 tablespoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon red crushed chili flakes
- 3 chipotle peppers, chopped (from a can in adobo sauce)
- 1 cup cilantro, chopped
- 1 can red beans, drained

Season the meat heavily with salt and pepper. In the cooker on BROWN setting, add the oil and brown the meat. Add the beer and all other ingredients except for beans. Close and secure cover and using the MEAT setting, set the timer for 25 minutes, Turn off the unit and allow to cool naturally until the pressure is released. Mix in the beans and serve.

BABY BACK RIBS

Serves: 4 – 6 : 35 minutes

- 2 -3 lbs. baby back ribs cut to fit into pot
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon cumin
- 1 teaspoon paprika
- ½ teaspoon cayenne pepper
- 1 teaspoon garlic powder
- ½ teaspoon Coleman's mustard
- 2 tablespoons vegetable oil
- 1 ½ cups chicken broth
- 8 ounces of your favorite BBQ sauce

Mix all the spices together and rub into the ribs. Set the cooker to BROWN setting, brown the ribs on all sides. Insert a cooking rack and place the ribs on the rack. Add the broth and close and secure the cover.

Using the MEAT setting set the timer for 30 minutes. Turn off the unit and release pressure quickly, uncover. Serve with a little bit of its natural juices mixed with BBQ sauce.

CHEF MICHELLE BERNSTEIN MOM'S BRISKET

Serves: 4 - 6: 56 minutes

- 2 cups thinly sliced Spanish onion
- 1 cup peeled, coarsely chopped carrots
- 1 cup chopped celery
- 2 envelopes of Lipton's onion soup mix
- 1 brisket, preferably "first cut,"
- 5 to 6 pounds, with a good amount of marbling
- 1 cup grain mustard
- 1/3 cup Worcestershire sauce
- 1/3 cup red or white wine
- 1/3 cup canola oil
- 1/4 cup minced flat-leaf parsley leaves
- 5 cloves garlic, minced
- 2 bay leaves
- Kosher salt
- Freshly ground black pepper

Season the brisket with salt and pepper; in the cooker sear the brisket on all sides using the BROWN setting. Remove the brisket and add the onion, carrots, celery, garlic and bay leaves in the cooker. Meanwhile, spread the mustard all over the brisket. Sprinkle 1 envelope of soup mix on each side. Place the brisket in the cooker, fat-side up, on top of the vegetables, then top the meat with the remaining vegetables. Pour the wine and Worcestershire over the meat and vegetables. Close and secure cover and using the MEAT setting set the timer for 56 minutes.

Turn unit off and allow to cool until the pressure is reduced. Uncover, remove the brisket from the pan and let it cool to room temperature. Slice the meat against the grain, as thinly as possible. De-fat the sauce and place the sliced meat back into the sauce and vegetables.

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SERVICE AND REPAIR: If service is required for an appliance, you should first call toll free 1-800-207-0806 between the hours of 8:30 am and 5:30 pm Eastern Standard Time and ask for CUSTOMER SERVICE. Please refer to "Fagor Electric Pressure Cooker item # 670040390" when you call.

NOTE: Manufacturer cannot assume responsibility for loss or damage during incoming shipment. For your protection, carefully package the product for shipment, and insure it with the carrier. Be sure to enclose the following items with your appliance: your full name, return address and daytime phone number; a note describing the problem you experienced; a copy of your sales receipt or other proof of purchase to determine warranty status. C.O.D. shipments cannot be accepted.

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