



Stainless Steel Series

**8 QT.
multi cooker**

Instruction Manual



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IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed, including the following:

1. **READ ALL INSTRUCTIONS.**
2. Do not touch hot surfaces. Use handles or knobs.
3. To protect against electrical shock, do not immerse cord, plugs or appliance in water or other liquid.
4. 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.
5. Close supervision is necessary when any appliance is used by or near children.
6. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts.
7. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or has been damaged in any manner. Bring it to a qualified technician for examination, repair or electrical or mechanical adjustment.
8. The use of accessory attachments not recommended by the appliance manufacturer may cause injuries.
9. Do not use outdoors.
10. Do not let cord hang over edge of table or counter, or touch hot surfaces.
11. Do not place on or near a hot gas or electric burner, or in a heated oven.

12. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
CAUTION: To protect against damage or electric shock, do not cook in the base unit. Cook only in the cooking pot provided.
13. Always attach plug to appliance first, then plug cord into the wall outlet
- 14 To disconnect, press WARM/CANCEL, then remove plug from wall outlet.
14. Do not use appliance for other than intended use.
15. Do not use aluminum cover or cooking pot if dented or worn..
WARNING: Never deep-fry or pressure-fry in the Multi Cooker, regardless of whether the lid is on or off. THIS IS DANGEROUS, AND CAN CAUSE A FIRE AND SERIOUS DAMAGE.
16. Intended for countertop use only.
17. **WARNING:** Spilled food can cause serious burns. Keep appliance and cord away from children. Never drape cord over edge of counter, never use outlet below counter, and never use with an extension cord.

FOR HOUSEHOLD USE ONLY

SAVE THESE INSTRUCTIONS

ADDITIONAL IMPORTANT SAFEGUARDS

CAUTION, HOT SURFACES: This appliance generates heat and escaping steam during use. Proper precautions must be taken to prevent the risk of burns, fires or other injury to persons or damage to property.

1. A person who has not read and understood all operating and safety instructions is not qualified to operate this appliance. All users of this appliance must read and understand this instruction manual before operating or cleaning this appliance.
2. If this appliance falls or accidentally becomes immersed in water, unplug it from the wall outlet immediately. Do not reach into the water!
3. When using this appliance, provide adequate air space above and on all sides for air circulation. Do not operate this appliance while it is touching or near curtains, wall coverings, clothing, dish towels or other flammable materials.
4. Do not leave this appliance unattended during use.
5. If this appliance begins to malfunction during use, immediately unplug the cord. Do not use or attempt to repair a malfunctioning appliance!
6. The cord to this appliance should be plugged into a grounded 3-prong 120V electrical wall outlet.
7. Do not use this appliance in an unstable position.
8. Never use the cooking pot on a gas or electric cook top or on an open flame.
9. Always keep your hands and face away from the pressure release valve, when releasing the pressure.

10. Use extreme caution when removing the lid after cooking. Always tilt the lid away from you, so that any remaining steam is blocked from your face.
11. Never attempt to open the lid while cooking, or before the pressure has dropped. Do not attempt to bypass this safety feature by forcing the lid to open.
12. Do not cover or block the valves.
13. Do not touch the pot or lid except for the handle immediately after use. Whenever the product is in use, only touch the handle, do not touch the pot or lid.
14. To avoid burns, allow the food to cool before tasting. The temperature of the food gets considerably hotter than with conventional cooking.
15. Do not touch hot surfaces. Use oven gloves or a cloth when opening the lid or handling hot containers as hot steam will escape.
16. Do not move the appliance while in use.
17. Remove the plug from the electrical outlet when the appliance is not in use or before cleaning.
18. Allow the appliance to cool down completely before undertaking any cleaning task.
19. Do not touch the power cord, plug or any part of the appliance with wet hands.
20. Do not place this appliance directly under kitchen wall cupboards when in use, as it produces steam. Avoid reaching over the appliance when it is in use.
21. Do not use the appliance near or below combustible materials, e.g: curtains.

22. To open, hold and rotate the lid clockwise to the “unlock” position but do not lean over the appliance.
23. Never use sharp objects inside the cooking pot as this will damage the non-stick coating.
24. Do not use the Multi Cooker for deep frying
21. DO NOT use the appliance near or below combustible materials,e.g: curtains.
22. To open, hold and rotate the lid clockwise to the “unlock” position but do not lean over the appliance.
23. Never use sharp objects inside the cooking pot as this will damage the non-stick coating.
24. DO NOT use the pressure cooker for deep frying.

NOTES ON THE PLUG

This appliance has a grounded 3-prong plug. Connect to a properly grounded outlet only. Do not attempt to modify the plug in any way.

NOTES ON THE CORD

A short power-supply cord (or detachable power-supply cord) is to be provided to reduce risks resulting from becoming entangled in or tripping over a longer cord. Never use with an extension cord.

PLASTICIZER WARNING

CAUTION: To prevent Plasticizers from migrating from the finish of the counter top or table top or other furniture, place NON-PLASTIC coasters or place mats between the appliance and the finish of the counter top or table top. Failure to do so may cause the finish to darken; permanent blemishes may occur or stains can appear.

ELECTRIC POWER

If the electrical circuit is overloaded with other appliances, your appliance may not operate properly. It should be operated on a separate electrical circuit from other appliances.

NOTES ON PRESSURE RELEASE VALVE:

- The pressure release valve is used to regulate pressure inside the Multi Cooker while cooking. Small amounts of steam may escape during cooking, this is normal.
- Never operate the Pressure Cooker under cabinets. When releasing steam, make sure the area several feet above the pressure release valve is clear from all lighting fixtures, furniture or cabinetry.
- The pressure release valve should always be in the PRESSURE position during cooking. After cooking is complete, turn to the PRESSURE RELEASE position before attempting to open the lid.

CAUTION: Avoid reaching over the pressure release valve when in use.

CAUTION: Keep hands and face clear of the pressure release valve and safety valve when the appliance is in operation. Hot steam and water may be emitted during use, and when steam is being released.

NOTES ON THE SAFETY LOCKING LID:

CAUTION: WHEN COOKING UNDER PRESSURE, THE LID IS LOCKED AND CANNOT BE OPENED ONCE PRESSURE IS REACHED. DO NOT TRY TO FORCE THE LID OPEN.

- Always keep the lid in the locked position during cooking.
- When cooking is complete, to release steam quickly, turn the pressure release valve to PRESSURE RELEASE position and allow the steam to escape.
- Holding the base handles firmly in one hand, firmly grasp the lid handle with the other hand and rotate clockwise (follow the arrow on the lid handle) to unlock. (See Figure 3.)

WARNING: Use caution when opening the lid. Steam escapes as soon as the lid is opened.

- Remove the lid, tilting it away from you to avoid steam.

CAUTION: Never place your face or hands over the Multi Cooker when removing the lid.

INTRODUCING THE BELLA PROSERIES 8 QT 10-IN-1 MULTI COOKER

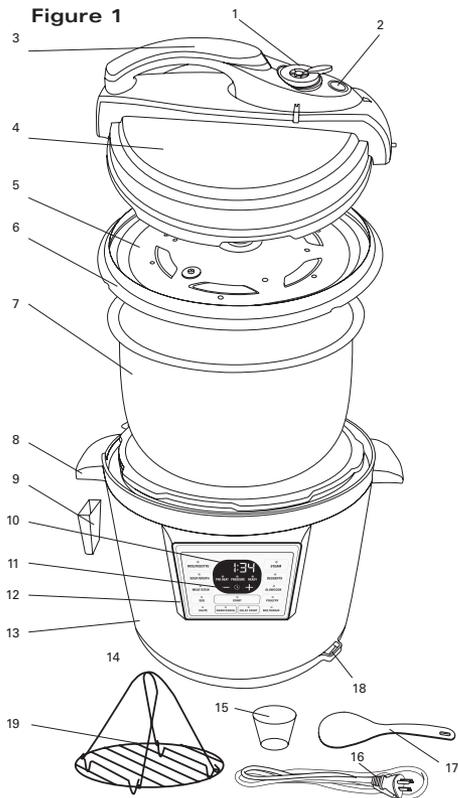
Multifunctional One Pot Cooking! With the ability to both pressure cook and slow cook, saute and steam, your Digital Multi Cooker is an absolutely indispensable kitchen appliance. 10 preset functions are automatically timed and tempered to ensure perfectly cooked soups, stews, meats, chicken. Sauté and brown foods in the non-stick cooking pot to reduce the amount of fat, add color and rich flavors before slow or pressure cooking! With its powerful 1100 watts, this 8 QT. Multi Cooker can cook meals up to 70% faster than conventional cooking methods; heat to temperature quickly; provide even cooking temperature and pressure to ensure foods are super juicy and flavorful. Prepare light and fluffy rice, perfect risotto effortlessly. Saute meats before cooking to give meats and stews, chicken and poultry, soups and broths a deep, luscious color. At the end of each pre-programmed cook time (with the exception of DESSERTS), the unit advances to a 4 hour WARM cycle, then turns itself OFF!

We've even added some new and unique functions. The MULTIGRAIN function makes cooking grains simple. Grains such as barley, farro, kamut, millet, oats (steel-cut), quinoa, farro cook without supervision. Use the EGG function to effortlessly prepare perfect hard cooked eggs every time! The DESSERT function can be used to cook super easy cakes, pies, cheese cakes, and more...

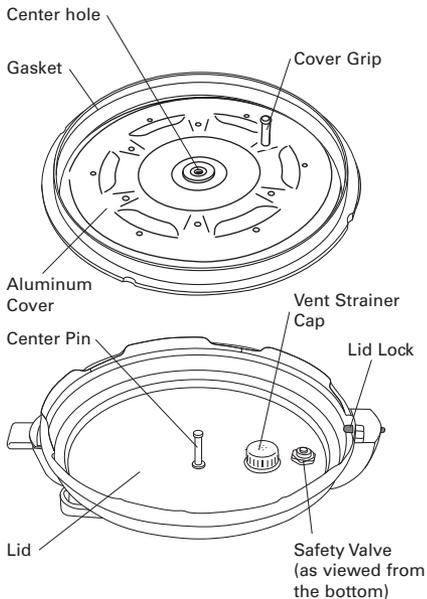
GETTING TO KNOW YOUR MULTI COOKER

Product may vary slightly from illustration

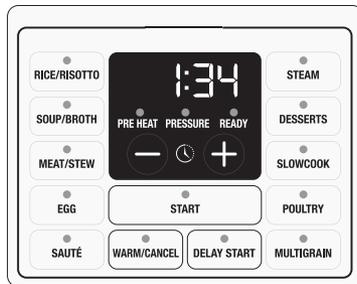
1. Pressure Release Valve
2. Safety Valve
3. Lid Handle
4. Housing Lid
5. Aluminum Cover
6. Gasket
7. Removable Cooking Pot
8. Base Handles
9. Condensation Tray
10. Time Display
11. +/- TIME Buttons
12. Control Panel
13. Base Unit
14. Heating Plate (not shown)
15. Measuring Cup
16. Power Supply Cord
17. Rice Paddle
18. Rice Paddle Holder
19. Steam tray



**Figure 1A
Lid Underside**



**Figure 2
Control Panel**



CONTROL PANEL FUNCTION TIME CHART

The operating pressures mentioned below will be reached after the pressure build up cycle is complete. Make sure to securely lock the lid and set the pressure release valve to PRESSURE position.

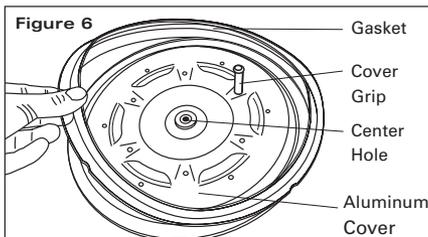
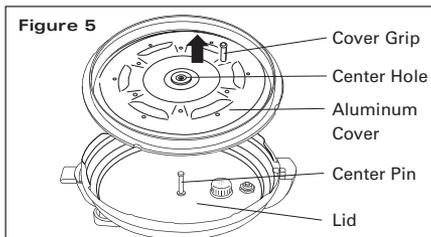
Function	Default Time	Minimum - Maximum Cook Time	Temperature °C	Temperature °F
Rice/Risotto	0:20	5-99 minutes	110°C – 115°C	230°F – 239°F
Soup/Broth	0:20	5-99 minutes	110°C - 116°C	230°F - 240°F
Meat/Stew	1:00	5-99 minutes	110°C – 115°C	230°F – 239°F
Egg	0:09	5-99 minutes	110°C – 115°C	230°F – 239°F
Sauté	0:30	5-99 minutes	150°C – 190°C	302° F – 374°F
Steam	0:25	5-99 minutes	110°C – 115°C	230°F – 239°F
Desserts	0:45	5-99 minutes	125°C – 145°C	260°F – 293°F
Slow Cook	4:00	0.5 - 12 hours	4 hours: 82°C -95°C 6 hours: 90°C -99°C	4 hours: 180°F - 203°F 6 hours: 194°F - 210°F
Poultry	0:45	5-99 minutes	110°C – 115°C	230°F – 239°F
Multigrain	0:20	5-99 minutes	110°C – 115°C	230°F – 239°F
Delay Start	00:00	0-2 hours	Cook Mode	

* There is no pressure for SAUTÉ, as this function operates without the lid.

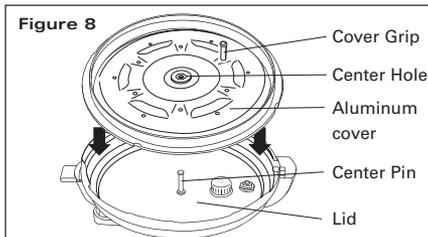
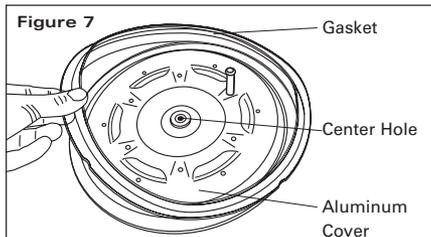
** The pressure for SLOW COOK function is negligible.

BEFORE USING FOR THE FIRST TIME

1. Carefully unpack your Multi Cooker. Remove all packaging materials from parts and accessories. Remove all labels and tags from the product.
2. **Unlock the Lid:** Firmly grasp the lid handle (Figure 3) and turn the lid clockwise (follow the arrow) to the UNLOCK position to open. (See Figure 4.)



3. **Lid Disassembly:** Remove lid and rest on countertop, handle side down. Grasp the cover grip and pull to remove aluminum cover from the underside of the lid. (See Figure 5.) Remove gasket. (See Figure 6.)
4. Remove and wash the non-stick cooking pot, aluminum cover, gasket, rice measuring cup and spatula in warm soapy water. Rinse with clean water and dry thoroughly.

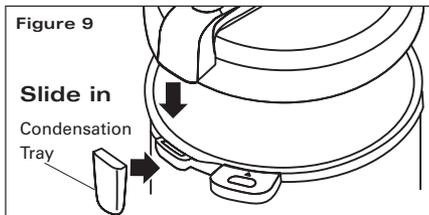


- Lid Assembly:** Replace clean gasket. Make sure the gasket is attached properly around the aluminum cover. (See Figure 7.) With the cover grip facing outwards, place the cover's center hole over the pin in the center of the lid's underside. (See Figure 8.) Firmly press the aluminum cover into the inside of the lid.

IMPORTANT: Check to make sure the aluminum cover is securely in place on the lid.

- Slide the condensation tray into place on the side of the base unit. (See Figure 9.)
- Clean and dry the bottom of the removable cooking pot as well as the heating plate, making sure there are no unwanted materials on the surface. The removable cooking pot must sit flat on the heating plate to ensure proper contact.

- Place the Digital Multi Cooker on a flat, level surface, approximately 2 feet from a standard 3-prong 120V electrical outlet. DO NOT let cord hang over the edge of a table or countertop.



WARNING: When slow cooking or cooking under pressure, never place the Digital Multi Cooker under cabinets. When releasing steam, make sure the area several feet above the pressure release valve is clear from all lighting fixtures, furniture or cabinetry.

- Connect the detachable power cord to the receptacle at the back of the Digital Multi Cooker.

BEFORE EACH USE

- Always check the lid to ensure the pressure release valve is in good working order and there are no foreign particles blocking the valve openings on the underside of the lid.
- Make sure gasket is attached correctly to the aluminum cover and is in proper position on the underside of the lid. Multi Cooker settings.

OPERATING INSTRUCTIONS - 10 DIGITAL ONE-TOUCH FUNCTIONS

• Delay Start

IMPORTANT: Do not use DELAY START when cooking perishable foods that may spoil if left out at room temperature.

The Multi Cooker offers a DELAY START from 1 minute to 2 hours.

1. Place food to be cooked into the removable cooking pot.
IMPORTANT: Do not fill the removable cooking pot more than 3/5 full when cooking vegetables or whole pieces of meat.
CAUTION: Never operate the Digital Multi Cooker when the cooking pot is empty.
IMPORTANT: Do not cook with food content below the MIN marking on the cooking pot.
2. Following detailed instructions described for COOKING UNDER PRESSURE (page 17), assemble, close and lock lid.
3. Select the desired function, the corresponding function light will illuminate and the START light will begin to flash. Press “-” or “+” button to adjust the cooking time.
4. If a future cook time is desired, press DELAY START to add a cook time delay. The “Delay Start” light illuminates and display screen shows “00:00”. Press the DELAY START button to manually change the time from 1 minute (00:01) to 120 minutes (02:00).
5. Press START and the display counts down the delay start time while turning off the start light.
6. Once the countdown time is over the ‘Delay Start’ light turns off and the ‘Start’ light turns on and the multi cooker begins cooking.

• Saute

1. Browning adds richness and flavor to pressure cooked or slow cooked foods. The SAUTE function allows you to brown or sear food in the removable cooking pot before cooking.
WARNING: Make sure the lid is removed when using the SAUTE function. NOTE If the lid is attached, an audible beep can be heard the error message “E0” will be displayed. Unplug the unit, remove the lid, and begin again.
2. Place the removable cooking pot into the base.
3. Plug the cord into a 120V AC electrical wall outlet. A series of 4 dashes (- - -) will be displayed.

FOR BEST RESULTS:

- Always pat food dry with paper towels.
- Cut food into small, uniform pieces.
- **SAUTE** food in small batches. Do not crowd the cooking pot.

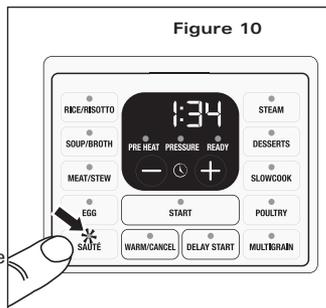
4. Add oil, as called for in the recipe.

IMPORTANT: To avoid scratching the non-stick surface of the cooking pot, use non-metal, plastic or wooden utensils to turn food when sautéing or browning.

5. With the lid off, press SAUTE. The indicator light will illuminate. (See Figure 10.)

NOTE: If a future cook time is desired, follow steps in the DELAY START section to add a cook time delay.

6. The default cook time "00:30" (30 minutes) will appear on the display and the START button will flash. While flashing press the "+" or "-" buttons to manually change the time from 5 minutes (00:05) to 99 minutes (01:39).
7. Press START to begin operation. The PREHEAT light will illuminate.
8. When cooking temperature is reached, the PREHEAT light turns off, the READY light turns on and the cooking time begins counting down to 00:00.
- WARNING:** Extreme caution should be used when sautéing foods in hot oil. Keep hands and face away from the cooking pot especially when adding new ingredients, as hot oil may spatter.
9. If food is satisfactorily seared before the pre-programmed cook time, press WARM/CANCEL. A series of 4 dashes (- - -) will be displayed to indicate the Multi Cooker is OFF.
10. When cook time reaches "00:00," 5 audible beeps can be heard; "bb" will be displayed to indicate the unit has advanced to a 4 hour WARM cycle, during which the steam will be released naturally and then the Multi Cooker will turn itself OFF.
11. Unplug cord from electrical outlet after use.



• Slowcook

The SLOWCOOK function allows cooking for up to 12 hours, much like a covered pot on the stove top, but safer.

1. Place food to be cooked into the removable cooking pot.
IMPORTANT: Do not fill the removable cooking pot higher than the 3/5 line inside the cooking pot when cooking vegetables or whole pieces of meat.
CAUTION: Never operate the Multi Cooker when the cooking pot is empty.
IMPORTANT: Do not cook with food content below the minimum marking on the cooking pot.
2. Following detailed instructions previously described for PRESSURE COOK, assemble lid, close and lock lid.
3. Turn the pressure release valve to the PRESSURE RELEASE position.
4. Plug the cord into a 120V AC electrical wall outlet. A series of 4 dashes (- - -) will be displayed.
NOTE: If a future cook time is desired, follow steps in the DELAY START section to add a cook time delay.
5. Press SLOWCOOK. The default time of 04:00 (4 hours) will be displayed. The SLOWCOOK function light will illuminate and the START light will begin to flash. While flashing, the default time can be changed by pressing the "+" and "-" buttons in increments of 30 minutes to a maximum of 12:00 (12 hours).
6. Press START button. The READY light will illuminate and the time will begin to count down
7. When cook time reaches "00:00", 5 audible beeps can be heard; "bb" will be displayed to indicate the unit has advanced to a 4 hour WARM cycle after which the unit will turn itself OFF.
IMPORTANT: When using SLOWCOOK function, you may remove the lid to check on food, stir contents, add food or liquids during cooking. The unit will begin to beep, and "E0" will be displayed until the lid is replaced and locked.
8. Unplug cord from electrical outlet after use.

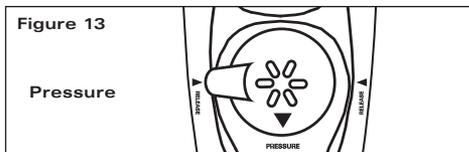
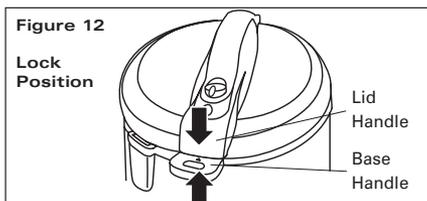
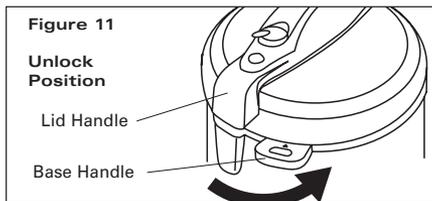
• 8 Pressure Cook Functions

RICE/RISOTTO, SOUP/BROTH, MEAT/STEW, EGG, STEAM, DESSERTS, POULTRY, MULTIGRAIN

IMPORTANT: Since overcooked food cannot be corrected, it is advisable to err on the undercooked side by cooking an unfamiliar food for a shorter cook time than you may think necessary. You can always go back and continue cooking a minute or two longer if need be.

COOKING UNDER PRESSURE

1. Place food to be cooked into the removable cooking pot.
WARNING: Do not fill the removable cooking pot higher than the 3/5 line inside the cooking pot when cooking vegetables or whole pieces of meat.
WARNING: Do not exceed the 8 cup line when pressure cooking foods that expand: rice, dried beans, grains, and legumes.
WARNING: Add at least 1 cup (8 oz.) liquid to the removable cooking pot when cooking under pressure.
CAUTION: Never operate the Multi Cooker when the cooking pot is empty.
WARNING: Do not cook with food content below the minimum marking on the cooking pot.
2. **Lid Assembly:** Please follow the detailed instructions described in the BEFORE USING FOR THE FIRST TIME section of this instruction manual. Make sure the gasket is attached properly around the cover and the aluminum cover is securely in place on the lid.
3. **Lock the Lid:** Place the lid onto the Multi Cooker. (See Figure 11.) Holding the base handle in one hand, firmly grasp the lid handle with the other hand and turn the lid counter-clockwise (follow the arrow). The lid will click as it locks into place. When locked, the lid handle and the base handle will be in perfect alignment. (See Figure 12.)



4. Turn the pressure release valve to the PRESSURE position. (See Figure 13.)
IMPORTANT: If the pressure release valve is not closed or is not in the PRESSURE position, the Multi Cooker will not build pressure.
5. Plug the cord into a 3-prong 120V AC electrical wall outlet. A series of 4 dashes (- - -) will be displayed.
6. Press the desired function button: SOUP/BROTH, MEAT/STEW, EGG, POULTRY, STEAM, DESSERTS, MULTIGRAIN, RICE/RISOTTO. The corresponding function light will illuminate and the START light will begin to flash.
7. While flashing, the default time can be changed by pressing the “+” and “-” buttons.
NOTE: If a future cook time is desired, follow steps in the DELAY START section to add a cook time delay.
8. Press START to begin operation. The START button and PREHEAT light will illuminate.
9. After DELAY START time has expired, the Multi Cooker will begin to heat. As cooking pot pressure builds, the  graphic on the display will begin to spin.
10. When cooking temperature is reached, the PREHEAT light turns off, the PRESSURE light turns on and the cooking time begins counting down to 00:00. After cooking is complete the READY light turns on and the unit will advance to warm cycle.”
NOTE: All pressure cook functions except DESSERTS will advance to WARM cycle. After cooking DESSERTS, the unit will release steam naturally and then the Multi Cooker will turn itself OFF
11. When cooking temperature and pressure have been achieved, the  graphic will stop spinning, the PREHEAT light turns off, the PRESSURE light turns on and the cooking time begins counting down to 00:00.
12. For all other pressure-cook functions, when cook time reaches 00 minutes (0:00), 5 audible beeps can be heard; “bb” will be displayed and READY light will illuminate to indicate the unit has advanced to a 4 hour WARM cycle, during which the steam will be released naturally and then the Multi Cooker will turn itself OFF.

CAUTION: WHEN COOKING UNDER PRESSURE, THE LID CANNOT BE OPENED ONCE PRESSURE IS REACHED. DO NOT TRY TO FORCE THE LID OPEN.

CAUTION: Keep hands and face clear of the pressure release valve when the appliance is in operation. Hot steam and water may be emitted during use.

NOTE: Press WARM/CANCEL

NOTE: All pressure cook functions EXCEPT DESSERTS will advance to WARM cycle. After cooking DESSERTS, the unit will release steam naturally and then the Multi Cooker will turn itself OFF.

- Unplug cord from the electrical outlet after use.

NOTE: Preheat / pressure build-up times vary depending on the function selected. EL to turn the Multi Cooker OFF at any time. A series of 4 dashes (- - - -) will be displayed.

• Rice/Risotto

WARNING: Do not use your Multi Cooker to cook instant rice.

A 180 ml. (3/4 cup) rice measuring cup is included with your Multi Cooker. Up to 7 rice measuring cups (5-1/4 cups) of uncooked white rice may be pressure cooked in the Multi Cooker. Many varieties of rice can be used including: basmati, wild rice, black rice, Arborio, risotto, brown, long and short grains.

For estimated times and rice to water/cooking liquid quantities, please refer to the RICE COOKING CHART that follows.

- Using the rice measuring cup, add leveled cups of raw rice to the cooking pot. Rice may be rinsed or not, depending on your preference.
- When pressure cooking white, long grain rice, use the ratio: 2 cups raw rice to 3 cups water, or use 1-1/2 times more water than raw rice. For example, for 7 rice measuring cups of raw rice, add 10-1/2 rice measuring cups of water. Water volume may be adjusted to taste on subsequent rice cooking.
IMPORTANT: Add one tablespoon of oil (vegetable, olive, sesame) to reduce excess foaming.
IMPORTANT: When pressure cooking wild rice, add 25% to 50% more water to cook thoroughly. Follow package instructions.
- Following detailed instructions previously described in the COOKING UNDER PRESSURE section of this instruction manual, assemble, close and lock lid.
- Plug the cord into a 3-prong 120V AC electrical wall outlet. A series of 4 dashes (- - - -) will be displayed. Turn the pressure release valve to the PRESSURE position. (See Figure 13.)
- Press RICE/RISOTTO. The RICE/RISOTTO function light will illuminate and the START light will begin to flash. The default cook time of 20 minutes (0:20) will be displayed.
- While flashing, the default time can be changed by pressing the "+" and "-" buttons.
NOTE: If a future cook time is desired, follow steps in the DELAY START section to add a cook time delay
- Press START to begin operation. The START button and PREHEAT light will illuminate.
- When cooking temperature is reached, the PREHEAT light turns off, the PRESSURE light turns on and the cooking time begins counting down to 00:00.

9. When cook time reaches 00 minutes (0:00), 5 audible beeps can be heard; “bb” will be displayed and the READY light will illuminate and the unit will advance to a 4 hour WARM cycle
10. To avoid over-cooking rice, immediately press WARM/CANCEL. A series of 4 dashes (- - -) will be displayed to indicate the Multi Cooker is OFF.

IMPORTANT: Use the Quick Steam Release following the detailed instructions described in the COOKING UNDER PRESSURE section of this instruction manual.

WARNING: Use caution when opening lid. Steam escapes as soon as the lid is opened. Never place your face or hands over the Multi Cooker when removing the lid. Always use oven mitts when handling the hot cooking pot.

11. Unplug cord from the electrical outlet after use.
NOTE: After cooking rice, some rice cooking liquid may pool under the lid at the top of the unit around the cooking pot. This is normal. Use a paper towel or kitchen cloth to clean after every use. Use a small brush or cotton swab if necessary.

RICE COOKING CHART

IMPORTANT: Add one tablespoon of oil (vegetable, olive, sesame) to reduce excess foaming.

NOTE: Use Rice Measuring Cup (provided) to measure both rice and water.

RAW WHITE RICE (cups)	WATER (cups)	RAW BROWN RICE (cups)	WATER (cups)
2	3	2	3-1/4
3	4-1/2	3	4-3/4
4	6	4	6-1/4
5	7-1/2	5	7-3/4
6	9	6	9-1/4
7	10-1/2	7	10-3/4

*Actual cooking times may vary depending on the age of the grain and personal preference.

- **Egg**

1. Place the removable cooking pot into the base unit. Arrange 12 to 18 eggs in the stainless steel steam tray included with your Multi Cooker. Use the trivet handles to lower eggs into the removable cooking pot.
2. Pour 1 cup water into the removable cooking pot.
3. Following detailed instructions previously described in the COOKING UNDER PRESSURE section of this instruction manual, assemble, close and lock lid.
4. Turn the pressure release valve to the PRESSURE position. (See Figure 13.)
5. Plug the cord into a 3-prong 120V AC electrical wall outlet. A series of 4 dashes (- - -) will be displayed.
NOTE: If a future cook time is desired, follow steps in the DELAY START section to add a cook time delay.
6. Press EGG. The EGG function light will illuminate and the START light will begin to flash. The default cook time of 9 minutes (0:09) will be displayed. While flashing, the default time can be changed by pressing the “+” and “-” buttons.
7. Press START to begin operation. The START button and PREHEAT light will illuminate.
8. When cooking temperature is reached, the PREHEAT light turns off, the PRESSURE light turns on and the cooking time begins counting down to 00:00.
9. When cook time reaches 00 minutes (0:00), 5 audible beeps can be heard; “bb” will be displayed and the READY light will illuminate and the unit will advance to a 4 hour WARM cycle.
10. To avoid over-steaming, immediately press WARM/CANCEL. A series of 4 dashes (- - -) will be displayed to indicate the Multi Cooker is OFF.
IMPORTANT: Use the Quick Steam Release following the detailed instructions described in the COOKING UNDER PRESSURE section of this instruction manual.
11. Immerse cooked eggs into an ice bath to stop cooking.
12. Unplug cord from the electrical outlet after use.

- **Steam**

Use the STEAM function for steaming fresh or frozen vegetables as well as fresh fish and shellfish.

PREPARING VEGETABLES FOR STEAM

- Peel vegetables or scrub well. Keep in mind that hard vegetables such as potatoes and beets hold their shape better when the peel is left intact.
- Vegetables may be cooked whole or chopped into pieces. The larger the piece, the longer it will take to cook.
- Vegetables with the same cook time may be cooked together.
- Since quick-cooking vegetables like zucchini, asparagus and broccoli may easily be overcooked, it is best to steam rather than pressure-cook.

BASIC STEAMING

1. Place the removable cooking pot into the base unit. Arrange food in the stainless steel rack included with your Multi Cooker. Use the rack handles to lower food into the removable cooking pot.
NOTE: You may add more food on top and around rack, but do not exceed the 12 cup line on the cooking pot.
2. Pour 1 to 2 cups water or steaming liquid into the removable cooking pot.
3. Following detailed instructions previously described in the COOKING UNDER PRESSURE section of this instruction manual, assemble, close and lock lid.
4. Turn the pressure release valve to the PRESSURE position. (See Figure 13.)
5. Plug the cord into a 3-prong 120V AC electrical wall outlet. A series of 4 dashes (- - -) will be displayed.
NOTE: If a future cook time is desired, follow steps in the DELAY START section to add a cook time delay.
6. Press STEAM. The STEAM function light will illuminate and the START light will begin to flash. The default cook time of 25 minutes (0:25) will be displayed. While flashing, the default time can be changed by pressing the "+" and "-" buttons.

7. Press START to begin operation. point. The START button and PREHEAT light will illuminate.
8. When cooking temperature is reached, the PREHEAT light turns off, the PRESSURE light turns on and the cooking time begins counting down to 00:00.
9. When cook time reaches 00 minutes (0:00), 5 audible beeps can be heard; “bb” will be displayed and the READY light will illuminate and the unit will advance to a 4 hour WARM cycle
10. To avoid over-cooking, immediately press WARM/CANCEL. A series of 4 dashes (- - -) will be displayed to indicate the Multi Cooker is OFF
IMPORTANT! When cooking delicate vegetables or fish, and the desired STEAM time is less than 5 minutes watch the Multi Cooker carefully as the pressure builds. To STEAM for 1 minute, when cook time reaches 4 minutes (0:04), use the quick steam release and remove the lid.
IMPORTANT: Use the Quick Steam Release following the detailed instructions described in the COOKING UNDER PRESSURE section of this instruction manual.
WARNING: Use caution when opening lid. Steam escapes as soon as the lid is opened. Never place your face or hands over the Multi Cooker when removing the lid. Always use oven mitts when handling the hot cooking pot.
11. Unplug cord from the electrical outlet after use.

- **Multigrain**

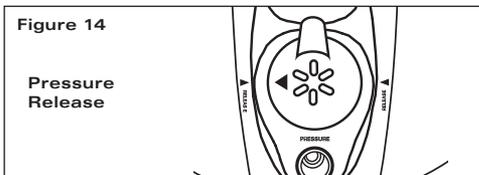
1. Follow previous instructions for RICE/RISOTTO.
2. When cooking various grains in your Multi Cooker, it is best to start with a 2 : 1 ratio, water to grain.
3. At the end of the suggested cook time, test grains for doneness. Add water and continue cooking if necessary.

• Quick Steam Release

NOTE: Quick Steam Release should be used when cooking with RICE/RISOTTO, EGG, STEAM, DESSERTS, and MULTIGRAIN functions, or whenever the recipe specifies.

CAUTION: After using the SOUPS/BROTH function, allow several minutes before releasing the pressure and removing the lid to prevent hot liquids from boiling over.

1. Using an oven mitt or kitchen towel, turn the pressure release valve to PRESSURE RELEASE and allow the steam to escape. (See Figure 14.) When the pressure is fully released, the safety valve will drop down completely.



2. Holding the base handles firmly in one hand, firmly grasp the lid handle with the other hand and rotate clockwise (follow the arrow on the lid handle) to unlock. (See Figure 3.)
WARNING: Use caution when opening lid. Steam escapes as soon as the lid is opened.
3. Remove the lid, tilting it away from you to avoid steam.
CAUTION: Never place your face or hands over the Multi Cooker when removing the lid.
CAUTION: Always use oven mitts when handling the hot cooking pot.
4. Check food to see if it has been cooked sufficiently. If not, replace the lid and lock into position following the previous instructions. Set cook time to 5 minutes (minimum cook time). Cook under pressure an additional 2 to 3 minutes if necessary.
5. Press WARM/CANCEL after 2 minutes. A series of 4 dashes (- - -) will be displayed to indicate the Multi Cooker is OFF. Turn the pressure release valve to PRESSURE RELEASE to quick release steam.
6. Unplug cord from the electrical outlet after use.

USDA COOKING GUIDELINES

PLEASE NOTE: Cook all food to these minimum internal temperatures as measured with a food thermometer before removing food from the heat source. For reasons of personal preference, consumers may choose to cook food to higher temperatures. This chart is intended as a general guide by the USDA.

Product	Minimum Internal Temperature & Rest Time
Beef, Pork, Veal & Lamb Steaks, chops, roasts	145 °F (62.8 °C) and allow to rest for at least 3 minutes
Ground meats	160 °F (71.1 °C)
Ham , fresh or smoked (uncooked)	145 °F (62.8 °C) and allow to rest for at least 3 minutes
Fully Cooked Ham (to reheat)	Reheat cooked hams packaged in USDA-inspected plants to 140 °F (60 °C) and all others to 165 °F (73.9 °C).
Product	Minimum Internal Temperature
All Poultry (breasts, whole bird, legs, thighs, and wings, ground poultry, and stuffing)	165 °F (73.9 °C)
Eggs	160 °F (71.1 °C)
Fish & Shellfish	145 °F (62.8 °C)
Leftovers	165 °F (73.9 °C)
Casseroles	165 °F (73.9 °C)

USER MAINTENANCE INSTRUCTIONS

This appliance requires little maintenance. It contains no user-serviceable parts. Any servicing requiring disassembly other than cleaning must be performed by a qualified appliance repair technician.

CARE & CLEANING INSTRUCTIONS

NOTE: After cooking rice or larger pot meals, some cooking liquid may pool under the lid at the top of the unit around the cooking pot. This is normal.

1. Please follow the detailed Lid Disassembly instructions described in the BEFORE USING FOR THE FIRST TIME section of this instruction manual. (See Figures 3 and 4.) Use the cover grip on the underside of the lid to lift the removable aluminum cover up and off. Remove the gasket.
2. Use a paper towel or kitchen cloth to clean lid and cover after every use. Use small brush or cotton swab if necessary.
3. Wash the removable cooking pot, gasket and aluminum cover in warm soapy water and a clean, soft cloth or sponge. Rinse with clean water and dry thoroughly. The cooking pot, steam rack and spatula are dishwasher-safe.
4. Remove the pressure indicator valve from the lid by lifting it up and off the Digital Multi Cooker lid. Rinse well and replace.
5. After cleaning, reassemble the Digital Multi Cooker lid following the detailed Lid Assembly instructions described in the BEFORE USING FOR THE FIRST TIME section of this instruction manual. (See Figures 7 and 8.) Firmly press the aluminum cover into the inside of the lid. Check to make sure that it is securely in place.

IMPORTANT: The gasket must always be properly positioned on the underside of the lid. Check periodically to make sure that it is clean, flexible and not cracked or torn. If damaged, do not use this appliance.

6. Gently pull the condensation tray downwards to remove from the back of the unit. Discard water after each use. Rinse and replace the condensation tray before the next use.
7. Wipe the base clean with a damp soft cloth or sponge. Do not pour any liquid into the Digital Multi Cooker's base.
8. Never use harsh chemical detergents, scouring pads or powders on any of the parts or components.
9. In order to maintain optimal performance of your Digital Multi Cooker, the heating plate must be free of dirt, food, or residue. If necessary, wipe with a soft, damp cloth and be sure to dry thoroughly.

STORING INSTRUCTIONS

1. Unplug and allow unit to cool completely. Be sure all parts are clean and dry before storing. Assemble lid (see Figures 7 and 8) before storing.
2. Store the detachable power cord, rice measuring cup, and spatula in the cooking pot.
3. To prevent aromas, molds and off flavors, never store your Digital Multi Cooker closed with the lid locked in place. Pack and store the Digital Multi Cooker with the lid resting upside-down on the removable cooking pot.
4. Store the Digital Multi Cooker in its original box or covered in a cool, dry place.

TROUBLE SHOOTING

The Digital Multi Cooker is equipped with safety features that will shut the unit down if an abnormal condition is encountered during pressure or slow cooking. An error signal will be displayed on the control panel. Depending on the error, audible beeping may be heard. Once the problem has been identified and corrected, plug in the unit and resume pressure cooking.

ERROR DISPLAY : E0	
Description	Solution
The lid is incorrectly used. If the lid is not locked correctly and a function is selected, an audible beep can be heard the error message "E0" will be displayed.	Make sure lid is correctly locked in position.
Searing/Browning with lid attached, an audible beep can be heard the error message "E0" will be displayed.	Remove lid. Always cook with lid removed when using the SAUTE function.
Lid is opened during SLOW COOK. Constant beeping can be heard and the error message "E0" will be displayed.	When using SLOW COOK function, you may remove the lid to check on food, stir contents, add food or liquids during cooking. Replace lid and lock properly. SLOW COOK will resume.

NOTE: For other errors including E1, E2, E3 and E4 please contact customer service. During these errors the unit stops heating and beeps to notify users.

Recipes

ORGANIC YOGURT

Grab a thermometer, the finest, richest, organic whole milk, and any plain organic yogurt containing active yogurt cultures as a starter. Follow these simple steps to produce your own great-tasting, creamy 2-ingredient Organic Yogurt. Delicious with fresh fruit and granola. Combine fresh yogurt with your favorite herbs and spices for salad dressing. Add strained and chopped cucumbers, lemon and spices to make a fabulous tzatziki sauce. Combine fresh or frozen fruits and flavors to create fresh frozen yogurt treats. It's all good!

SOUP: 15 minutes, quick steam release

SAUTE: 3 minutes, or until temperature reaches 212°F

- 1/2 gallon organic whole milk
- 1 tablespoon plain organic or organic Greek yogurt (with active yogurt cultures)

Recipes

1. In preparation to your homemade yogurt-making experience, set up a yogurt straining/cooling station. Add a strainer to a large pot or bowl and set on top of a bed ice cubes.
2. Add fresh milk to the Multi Cooker cooking pot. Add and lock lid.
3. Press SOUP. The indicator light will illuminate. Adjust cook time to 15 minutes. Press START to begin operation.
4. When cook time reaches 00 minutes (0:00), allow a couple moments for the milk to cool, use the quick steam release and remove the lid. Test milk temperature with a thermometer. Continue to cook on SAUTE, stirring frequently using a silicone spatula, until the temperature reaches 212°F. Allow the milk to boil for a few minutes.
NOTE: It is normal for a brown skin to form on the bottom of the cooking pot and solids to collect in the cooking bowl.
5. Remove cooking pot from the base unit and pour milk through the strainer into the pot or bowl. Using the ice bath, cool milk until temperature reaches 110°F.
6. Whisk plain or Greek yogurt starter into the cooled milk.
7. Clean the cooking pot. The formed skin and any milk remnants will remove easily. Wipe the cooking pot clean. Pour the cooled mixture back into the cooking pot.
8. Attach lid and lock for PRESSURE.
9. Unplug the Multi Cooker and allow the yogurt to incubate for 8 to 12 hours. In 8 hours, the result will be thick, creamy and mild tasting. The longer the yogurt sets, the more tangy the resulting yogurt will taste.
10. Refrigerate immediately for later use.
11. TO MAKE GREEK YOGURT, simply add 1 tablespoon organic Greek yogurt (with active yogurt cultures) to cooled milk. For very thick yogurt, strain incubated yogurt through a clean cheese cloth or an institutional-sized coffee filter set inside a colander. In 2 or 3 hours, the thickened yogurt will pull away from the filter. Store refrigerated yogurt in airtight containers.

Recipes

ORGANIC BERRY BERRY GINGER JAM

Quick, easy, all natural ingredients. No preservatives. Nothing artificial. For a morning start, swirl Organic Berry Berry Ginger Jam into fresh Organic Yogurt. Delicious spread onto toast or pancakes. Add to custards for fresh trifles, spoon into fresh fruit smoothies, drizzle over frozen yogurt, great for baked desserts like cookies and cakes.

SAUTE: 6 - 7 minutes

DESSERT: 5 minutes, natural steam release

- 1 cup organic honey
 - 2 lbs. organic strawberries, cleaned, sliced
 - 1 cup organic blueberries
 - 1/4 cup orange juice
 - 1 tablespoon grated ginger
1. SAUTE honey 3 to 4 minutes until liquified. Use a silicone spatula to stir.
 2. Add strawberries, blueberries, orange juice, and cook until boiling and foamy. Close and lock the lid.
 3. Press DESSERT. The indicator light will illuminate. Adjust cook time to 5 minutes. Press START to begin operation.
 4. When cook time reaches 00 minutes (0:00), allow the steam to release naturally.

Recipes

LOW CARB FRITTATA

This Low Carb Frittata is light and airy whipped eggs, cradled in velvety smooth riced cauliflower with creamy avocado chunks. Little bursts of sweet chicken apple sausage and fresh tomato flavor, are embellished in rivers of spicy cheese. This Frittata a complete meal at any time of day. Serve with Chunky Spiced Ketchup; recipe follows.

SAUTE: 8 - 10 minutes

DESSERT: 10 minutes, quick steam release

Serves 8 - 12

- 4 chicken apple sausages, or sausage of your choice
- 2 cups frozen riced cauliflower
- 12 jumbo eggs
- 8 - 12 oz. shredded cheddar or pepper jack cheese, or 8 to 12 slices
- 2 avocados, cubed
- 2 handfuls spinach, torn
- 2 cups grape tomatoes, sliced or whole
- Salt and pepper to taste

**optional ad-ins: onion, red pepper, kale, mushrooms, green onions

1. Slice sausage into thin pieces. SAUTE at least 5 minutes in cooking pot until browned and fond forms on the bottom of the cooking pot.
2. Add frozen cauliflower and stir until slightly thawed, about 3 to 5 minutes.
3. In a large bowl, whisk eggs. Add the remaining ingredients, and mix well. Pour directly over cauliflower/sausage mixture and lock lid.
4. Press DESSERT. The indicator light will illuminate. Adjust cook time to 10 minutes. Press START to begin operation.
5. When cook time reaches 00 minutes (0:00), use the quick steam release and remove the lid.
6. Loosen edges using a silicone spatula or plastic knife, then dump out onto large plate. Cut into wedges and top with Chunky Spiced Ketchup, your favorite salsa, green onions, extra avocado.

Recipes

CHUNKY SPICED KETCHUP

Makes: 6-1/2 cups ketchup

This preservative-free healthy ketchup is low in sugar and high on taste. Great to smother French Fries, hashbrowns, hamburgers, hot dogs, or chicken nuggets! Spoon homemade Chunky Spiced Ketchup over the Low Carb Frittata. Add fresh horseradish to make a superb cocktail sauce. Add to mayonnaise and relish for Russian dressing, a tasty addition to fresh remoulade sauce.

DESSERT: 8 minutes, quick steam release

SAUTE: 5 minutes

- 2 (28 oz.) cans diced tomatoes
 - 2 tablespoons dark brown sugar
 - 1/2 cup apple cider vinegar
 - 2 tablespoons smoked paprika
 - 1 tablespoon chili powder
 - 1 – 2 teaspoons hot sauce
 - 2 teaspoons celery salt
 - 1 teaspoon sea salt
 - 1 teaspoon cayenne pepper, optional
1. Add all ingredients to the cooking pot. Stir to combine.
 2. Press DESSERT. The indicator light will illuminate. Adjust cook time to 8 minutes. Press START to begin operation.
 3. When cook time reaches 00 minutes (0:00), use the quick steam release and remove the lid.
 4. Stir well. Use an immersion blender to your desired consistency.
 5. Continue to cook uncovered on SAUTE, stirring with a wooden spoon or silicone spatula until thickened.

Recipes

TERIYAKI STEAMED BABY BOK CHOY & ASPARAGUS

Pressure Steaming preserves vitamins and minerals and retains the natural colors in fresh vegetables. Use the STEAM function for steaming fresh or frozen vegetables as well as fresh fish and shellfish.

STEAM: 1 minute, quick steam release

Serves 4

- 1 cup water, for steaming
 - 2 tablespoons fish sauce, for steaming
 - 6 thin slices fresh ginger
 - 1 teaspoon sesame oil
 - 1/2 lb. baby bok choy (about 6 - 7)
 - 1/2 lb. fresh asparagus, trimmed
 - teriyaki sauce, for serving
 - sesame seeds, for garnish
1. Pour water and fish sauce into the cooking pot. Add the stainless steel steam trivet.
 2. Arrange ginger slices in the base of the steam trivet.
 3. Place bok choy and asparagus in a zippered bag. Add sesame oil and toss to lightly coat. Then arrange bok choy and asparagus over the ginger slices.
 4. Press STEAM. The indicator light will illuminate. Adjust cook time to 5 minutes. Press START to begin operation.

IMPORTANT! Watch carefully as the pressure builds. After 1 minute, when cook time reaches 4 minutes (0:04), use the quick steam release and remove the lid.
 5. Serve with teriyaki sauce and top with sesame seeds.

Recipes

QUICK CORN CHOWDA

A crowd pleaser any day of the year. Sweet tender potatoes laced with chunky corn and smoky bacon. Serve alone on a cold stormy day or leave out the bacon for an easy vegetarian option. Your friends and family will love this Corn Chowda alongside steamed shellfish, any grilled fish, pork sliders, hot dogs, hamburgers, sausage, ribs, steak, BBQ chicken.

SAUTE: 10 minutes

SLOW COOK: 8 hours

- 8 slices bacon, chopped
- 1 medium onion, chopped
- 3 medium sweet potatoes, skinned, diced
- 4 white potatoes, diced
- 4 - 5 cups corn, frozen or canned
- 3 cups vegetable or chicken stock
- 4 bay leaves
- Salt and pepper
- 2 cups heavy cream, may substitute half & half, or milk, divided
- 1 tablespoon cornstarch

1. Chop bacon into 1/2-inch pieces (lardons). SAUTE bacon. Add onion and continue cooking until just barely browned.
2. Press SLOWCOOK. The indicator light will illuminate. Adjust cook time to 8 hours. Press START to begin operation.
3. After 7 hours, remove the bay leaves.
4. In a small bowl, add cornstarch to 1/2 cup cream and whisk well to make a slurry. Add the remaining 1-1/2 cups cream and the slurry to the cooking pot. Continue cooking for 1 hour, or until Corn Chowda is thickened to the desired consistency.

Recipes

BAKED APPLES

We added a crunchy twist to this All-American favorite. Serve plain or top with vanilla frozen yogurt bathed in walnut-studded maple syrup or rich caramel sauce.

DESSERT: 10 minutes, natural steam release

Serves 6

- 6 large apples
 - 1 cup crushed cinnamon graham crackers, may substitute vanilla wafers
 - 4 tablespoons dried cranberries or raisins
 - 3 tablespoons chopped walnuts, or any nuts of your choice
 - 2 tablespoons butter, cut into 6ths
 - 1/2 cup apple juice, for steaming
1. Core apples, leaving the bottoms intact. Arrange in the cooking pot.
 2. In a small bowl, combine filling ingredients: crushed crackers or cookies, cranberries and walnuts. Mix well.
 3. Fill each apple to the top and add a chunk of butter to the top.
 4. Add apple juice to the cooking pot.
 5. Press DESSERT. The indicator light will illuminate. Adjust cook time to 10 minutes. Press START to begin operation.
 6. When cook time reaches 00 minutes (0:00), allow the steam to release naturally.

Limited Two-Year Warranty

SENSIO Inc. hereby warrants that for a period of **TWO YEARS** from the date of purchase, this product will be free from mechanical defects in material and workmanship, and for 90 days in respect to non-mechanical parts. At its sole discretion, SENSIO Inc. will either repair or replace the product found to be defective, or issue a refund on the product during the warranty period.

Exclusions:

The warranty does not cover normal wear of parts or damage resulting from any of the following: negligent use of the product, use of improper voltage or current, improper routine maintenance, use contrary to the operating instructions, disassembly, repair, or alteration by anyone other than qualified SENSIO Inc. personnel. Also, the warranty does not cover Acts of God such as fire, floods, hurricanes, or tornadoes. SENSIO Inc. shall not be liable for any incidental or consequential damages caused by the breach of any express

The warranty is only valid for the original retail purchaser from the date of initial retail purchase and is not transferable. Keep the original sales receipt, as proof of purchase is required to obtain warranty validation. Retail stores selling this product do not have the right to alter, modify, or in any way revise the terms and conditions of the warranty.

or implied warranty. Apart from the extent prohibited by applicable law, any implied warranty of merchantability or fitness for a particular purpose is limited in time to the duration of the warranty. Some states, provinces or jurisdictions do not allow the exclusion or limitation of incidental or consequential damages, or limitations on how long an implied warranty lasts, and therefore, the above exclusions or limitations may not apply to you. The warranty covers specific legal rights which may vary by state, province and/or jurisdiction.

How To Obtain Warranty Service:

You must contact Customer Service at our toll-free number: 1-866-832-4843. A Customer Service Representative will attempt to resolve warranty issues over the phone. If the Customer Service Representative is unable to resolve the problem, you will be provided with a case number and asked to return the product to SENSIO Inc. Attach a tag to the product that includes: your name, address, daytime contact telephone number, case number, and description of the problem.

Also, include a copy of the original sales receipt. Carefully package the tagged product with the sales receipt, and send it (with shipping and insurance prepaid) to SENSIO Inc.'s address. SENSIO Inc. shall bear no responsibility or liability for the returned product while in transit to SENSIO Inc.'s Customer Service Center.



For customer service questions or comments
1-866-832-4843
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