2 QT MULTI COOKER Instruction Manual and Recipe Guide

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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. Children should be supervised to ensure that they do not play with the appliance.
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 then.
14. To disconnect, turn the dial to “0”, then remove plug from wall outlet.

**WARNING:** Always unplug unit after use. Fast Pot Junior will remain ON (KEEP WARM) until unplugged.

15. Do not use appliance for other than intended use.
16. Do not use aluminum cover or cooking pot if dented or worn.

**WARNING:** Never deep-fry or pressure-fry in Fast Pot Junior, regardless of whether the lid is on or off. THIS IS DANGEROUS, AND CAN CAUSE A FIRE AND SERIOUS DAMAGE.

17. Do not use cooking pot if dented or worn.

**WARNING:** Never deep-fry or pressure-fry in Fast Pot Junior, regardless of whether the lid is on or off. THIS IS DANGEROUS, AND CAN CAUSE A FIRE AND SERIOUS DAMAGE.

**WARNING:** MAKE SURE FAST POT JUNIOR IS UNPLUGGED AND ALL STEAM IS RELEASED BEFORE OPENING THE LID. DO NOT FORCE THE LID OPEN. DO NOT ATTEMPT TO DEFEAT THIS SAFETY FEATURE.

18. Intended for countertop use only.

19. **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.
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.

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 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.
• 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 2 QT Multi Cooker

Multifunctional One Pot Cooking! The BELLA 2 QT Multi Cooker sits easily on any countertop. Your 2 QT Multi Cooker is perfect for dorm rooms, singles, small families -- serving one to three people quickly and efficiently. Brown your food before pressure cooking to impart rich flavors to your foods. Easy to cook. Easy to clean. The BELLA 2 QT Multi Cooker is both small in size and huge in convenience.
Getting To Know Your Multi Cooker

Product may vary slightly from illustration

**Figure 1**

- Lid Handle
- Pressure Release Valve
- Safety Valve (pops up when under pressure)
- Housing Lid
- Removable Cooking Pot
- Base Handles
- Condensation Tray
- Base Unit
- Control Panel
- TIME Button
- Heating Plate (not shown)
- Measuring Cup
- Detachable Power Supply Cord
- Spatula Holder
- Spatula
### Suggested Time Chart

**NOTE:** Times are based on actual pressure cooking TIME after pressure is achieved.

<table>
<thead>
<tr>
<th>Food/Function (minutes)</th>
<th>Suggested Time</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sauté</td>
<td>3 - 5</td>
<td>remove lid</td>
</tr>
<tr>
<td>Soup/Broth</td>
<td>30 - 40</td>
<td></td>
</tr>
<tr>
<td>Eggs</td>
<td>10 - 14</td>
<td>hard cooked</td>
</tr>
<tr>
<td>Broccoli, Cauliflower</td>
<td>2 - 3</td>
<td>flowerettes</td>
</tr>
<tr>
<td>Brussels Sprouts</td>
<td>2 - 6</td>
<td>whole or halves</td>
</tr>
<tr>
<td>Green Beans, fresh, whole</td>
<td>2 - 4</td>
<td>crisp to fork tender</td>
</tr>
<tr>
<td>Squash, Acorn</td>
<td>4 - 6</td>
<td>cut in half, cut side sown remove seeds after cooking</td>
</tr>
<tr>
<td>Squash, Spaghetti</td>
<td>3 - 5</td>
<td>cut in half, cut side sown remove seeds after cooking</td>
</tr>
<tr>
<td>Sweet Potatoes</td>
<td>8 - 11</td>
<td>skin on, cut into large chunks</td>
</tr>
<tr>
<td>White Potatoes</td>
<td>3 - 4</td>
<td>cut into large chunks</td>
</tr>
<tr>
<td>Multigrain</td>
<td>5-99 minutes</td>
<td>230°F – 239°F</td>
</tr>
<tr>
<td>Soft Vegetables, peas, spinach, endive</td>
<td>1 - 2</td>
<td></td>
</tr>
<tr>
<td>Rice, White: Long Grain / Short Grain</td>
<td>23</td>
<td></td>
</tr>
<tr>
<td>Rice, Brown: Long Grain / Short Grain</td>
<td>31</td>
<td></td>
</tr>
<tr>
<td>Pasta</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>Beef Meat Balls, in sauce</td>
<td>5 - 7</td>
<td>brown / sear first</td>
</tr>
<tr>
<td>Beef Stew</td>
<td>30</td>
<td></td>
</tr>
<tr>
<td>Beef or Turkey Chili</td>
<td>30</td>
<td></td>
</tr>
<tr>
<td>Chicken, boneless</td>
<td>10 - 15</td>
<td></td>
</tr>
<tr>
<td>Chicken, bone in</td>
<td>15 - 20</td>
<td></td>
</tr>
</tbody>
</table>
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).

4. Remove gasket: Remove lid and rest on countertop, handle side down. Pull the gasket’s tabs out of the slots in the lid to remove. (See Figure 5).

5. Remove and wash the cooking pot, gasket, rice measuring cup and paddle in warm, soapy water. Rinse with clean water and dry thoroughly.

6. Attach the clean gasket. Insert the gasket’s tabs into the slots in the underside of the lid.

7. Slide the condensation tray into place on the side of the base unit. (See Figure 6).

8. 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.

9. Place Fast Pot Junior on a flat, level surface, approximately 2 feet from a 3-prong 120V AC electrical outlet.
   DO NOT let cord hang over the edge of a table or countertop.
   WARNING: When browning or cooking under pressure, never place your 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.

10. Connect the detachable power cord to the receptacle at the back of your Multi Cooker.

Before Each Use

1. 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.

2. 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

• Brown
   Browning adds richness and flavor to pressure cooked or slow cooked foods. Remove Fast Pot Junior’s lid and turn the TIMER control dial to the desired browning/sauté time.

   1. Brown or sear food in the removable cooking pot before cooking.
   WARNING: Make sure the lid is removed when browning foods.
   WARNING: Never leave Fast Pot Junior unattended when browning.

   2. Place the removable cooking pot into the base.

   3. Plug the cord into a 3-prong 120V AC electrical wall outlet. The KEEP WARM indicator light will illuminate.

   4. Turn to unlock

   5. Lid Handle

   6. Base Handle

   7. Lid

   8. Gasket

   9. Condensation Tray

   10. Slide In
For Best Results

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

4. Turn the TIMER control dial to the desired browning time to begin heating. The KEEP WARM indicator light will turn off. The HEATING indicator light will illuminate.

**WARNING:** Extreme caution should be used when browning or sautéing foods in hot oil. Keep hands and face away from the cooking pot especially when adding new ingredients, as hot oil may spatter.

5. When food is satisfactorily seared turn the TIMER control dial to 0 (OFF). Unplug after use.

**WARNING:** Always unplug after browning or searing. Your Multi Cooker will remain ON (KEEP WARM) until unplugged.

**Cooking Under Pressure**

**IMPORTANT:** Since overcooked food cannot be corrected, it is advisable to err on the undercooked side by pressure 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.

1. Place food to be pressure cooked into the removable cooking pot.

**WARNING:** Do not fill the removable cooking pot higher than the MAX (2/3 full) line inside the cooking pot when cooking vegetables or whole pieces of meat.

**WARNING:** Do not exceed the 1/2 full 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 your 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: Insert the gasket’s tabs into the slots in the underside of the lid. Make sure the gasket is attached properly and is securely in place on the lid.

3. Lock the Lid: Place the lid onto your Multi Cooker. (See Figure 7.) 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) to LOCK. 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 8.)

4. Turn the pressure release valve to the PRESSURE position. (See Figure 9.)

**IMPORTANT:** If the pressure release valve is not closed or is not in the PRESSURE position, your Multi Cooker will not build pressure.

5. Plug the cord into a 3-prong 120V AC electrical wall outlet. The KEEP WARM indicator light will illuminate.

6. Turn the TIMER control dial to the desired pressure cooking time to begin heating. The KEEP WARM indicator light will turn off. The HEATING indicator light will illuminate, but the actual pressure cook TIME will begin once pressure is achieved.

7. When the TIMER control dial reaches 0 (OFF), the steam will be released naturally and then your Multi Cooker will advance to a KEEP WARM phase. The KEEP WARM indicator light will illuminate and then the unit 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:** Turn the TIMER control dial to 0 (OFF) to turn Multi Cooker pressure OFF and advance to a KEEP WARM phase at any time.
• **Quick Steam Release**

**WARNING:** Always unplug after use and before releasing steam. Multi Cooker will remain ON (KEEP WARM) until unplugged.

**NOTE:** Quick Steam Release should always be used for more delicate cooked foods such as vegetables, fish, chicken, leaner cuts of beef or whenever the recipe specifies.

**CAUTION:** To prevent hot liquids from boiling over after cooking for longer periods of time, allow several minutes before releasing the pressure and removing the lid.

1. Using an oven mitt or kitchen towel, turn the pressure release valve to PRESSURE RELEASE and allow the steam to escape. (See Figure 10.)
   As a safety feature, the lid handle will be locked in position and will not turn to open the lid until the pressure is fully released.

   **WARNING:** MAKE SURE ALL STEAM IS RELEASED BEFORE OPENING THE LID. DO NOT FORCE THE LID OPEN. DO NOT ATTEMPT TO DEFEAT THIS SAFETY FEATURE.

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 your Multi Cooker when removing the lid.

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 cook under pressure an additional 2 to 3 minutes, if necessary.

5. **CAUTION:** Always unplug the cord before releasing steam. Turn the pressure release valve to PRESSURE RELEASE and following the instructions previously outlined, quickly release the steam.

• **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.

1. 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.

2. 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.

3. Following detailed instructions previously described, assemble lid, close and lock lid.

4. Plug the cord into a 3-prong 120V AC electrical wall outlet. The KEEP WARM indicator light will illuminate.

5. Turn the TIMER control dial to the desired pressure cooking time to begin heating.

   The KEEP WARM indicator light will turn off. The HEATING indicator light will illuminate.

   **IMPORTANT:** When the TIMER control dial reaches 0 (OFF), unplug the cord from the outlet before using the Quick Steam Release.

   **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/RISOTTO COOKING CHART

IMPORTANT: Add 1/2 tablespoon of oil (vegetable, olive, sesame) to reduce excess foaming.

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

<table>
<thead>
<tr>
<th>RAW WHITE RICE/RISOTTO RICE MEASURING CUPS</th>
<th>WATER RICE MEASURING CUPS</th>
<th>RAW BROWN RICE/RISOTTO RICE MEASURING CUPS</th>
<th>WATER RICE MEASURING CUPS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1-1/2</td>
<td>1</td>
<td>1-3/4</td>
</tr>
<tr>
<td>1-1/2</td>
<td>2-1/4</td>
<td>1-1/2</td>
<td>2-1/2</td>
</tr>
<tr>
<td>2</td>
<td>3</td>
<td>2</td>
<td>3-1/4</td>
</tr>
</tbody>
</table>

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

- **Multigrain**
  1. When cooking various grains in your Fast Pot Junior, it is best to start with a 2 : 1 ratio, water to grain.
  2. At the end of the suggested cook time, test grains for doneness. Add water and continue cooking if necessary.

  IMPORTANT: When the TIMER control dial reaches 0 (OFF), unplug the cord from the outlet before using the Quick Steam Release.

- **Steamed Foods**

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 pieces, the longer the cook time.
- Vegetables with the same cook time may be cooked together.

BASIC STEAMING

1. Place the removable cooking pot into the base.
2. Pour 1 cup water or steaming liquid into the removable cooking pot.
3. Arrange food in a stainless steel trivet. Lower trivet into the removable cooking pot.
4. Following detailed instructions previously described, assemble lid, close and lock lid.
5. Turn the pressure release valve to the PRESSURE position. (See Figure 9.)
6. Plug the cord into a grounded 3-prong 120V AC electrical wall outlet. The KEEP WARM indicator light will illuminate.
7. Turn the TIMER control dial to the desired pressure cooking time to begin heating. The KEEP WARM indicator light will turn off. The HEATING indicator light will illuminate.
8. To avoid over-steaming, always unplug after use. Multi Cooker will remain ON (KEEP WARM) until unplugged.

  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 your Multi Cooker when removing the lid. Always use oven mitts when handling the hot cooking pot.
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.

<table>
<thead>
<tr>
<th>Product</th>
<th>Minimum Internal Temperature &amp; Rest Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef, Pork, Veal &amp; Lamb</td>
<td>Steaks, chops, roasts: 145 °F (62.8 °C) and allow to rest for at least 3 minutes</td>
</tr>
<tr>
<td>Ground meats</td>
<td>160 °F (71.1 °C)</td>
</tr>
<tr>
<td>Ham, fresh or smoked (uncooked)</td>
<td>145 °F (62.8 °C) and allow to rest for at least 3 minutes</td>
</tr>
<tr>
<td>Fully Cooked Ham (to reheat)</td>
<td>Reheat cooked hams packaged in USDA-inspected plants to 140 °F (60 °C) and all others to 165 °F (73.9 °C).</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Product</th>
<th>Minimum Internal Temperature</th>
</tr>
</thead>
<tbody>
<tr>
<td>All Poultry</td>
<td>165 °F (73.9 °C)</td>
</tr>
<tr>
<td>Eggs</td>
<td>160 °F (71.1 °C)</td>
</tr>
<tr>
<td>Fish &amp; Shellfish</td>
<td>145 °F (62.8 °C)</td>
</tr>
<tr>
<td>Leftovers</td>
<td>165 °F (73.9 °C)</td>
</tr>
<tr>
<td>Casseroles</td>
<td>165 °F (73.9 °C)</td>
</tr>
</tbody>
</table>

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

1. Unplug and allow Multi Cooker to cool down to room temperature before cleaning.
2. Wash the removable cooking pot with warm soapy water and a clean, soft cloth or sponge. Rinse with clean water and dry thoroughly.
   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.
3. Use a paper towel or kitchen cloth to clean after every use. Use small brush or cotton swab if necessary.
4. Remove the gasket. (See Figure 5.)
5. Wash gasket in warm, soapy water. Rinse with clean water and dry thoroughly.
   HINT: To eliminate odors from spices, wash the gasket in the top-rack of a dishwasher.
   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 water collector downwards to remove from the back of the unit. Discard water after each use. Rinse and replace the water collector before the next use.
7. Wipe the base clean with a damp soft cloth or sponge. Do not pour any liquid into base of Multi Cooker.
8. Never use harsh chemical detergents, scouring pads or powders on any of the parts or components.
9. To maintain optimal performance of your 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. Attach clean gasket to the lid before storing. (See Figure 5.)
2. Store the detachable power cord, rice measuring cup, and paddle in the cooking pot.
3. To prevent aromas, molds and off flavors, never store your Multi Cooker closed with the lid locked in place. Pack and store Multi Cooker with the lid resting upside-down on the removable cooking pot.
4. Store Multi Cooker in its original box or covered in a cool, dry place.
Recipes

Junior Chili

Makes: 6 cups

- 1/2 lb. ground beef or turkey
- 6 shishito peppers, chopped
- 1/2 onion, chopped
- 2 cups stewed tomatoes
- 1-1/2 cups beef stock
- 2 tablespoons chili powder
- 1 teaspoon ground cinnamon
- 2 cups crushed tortilla chips, Jalapeno & Cheese flavored

WARNING: Make sure the lid is removed when browning foods.

1. Add ground meat, chili powder and cinnamon to the cooking pot. Use a wooden spoon to break up the meat. Brown for 4 to 5 minutes. Add onions and peppers. Continue browning for 2 to 3 minutes.
2. Add the remaining ingredients. Lock the lid. Turn the pressure release valve to the PRESSURE position.
3. Set timer for 30 minutes. Use quick steam release to stop cooking.
4. Add crushed tortilla chips to hot chili. Mix well. As the chips soak up the chili, the texture will thicken.
5. Serve with your favorite Multi Cooker Pasta to make Multi Cooker Chili Mac the entire family will enjoy.

Multi Cooker Pasta

- 2 cups pasta
- 2 cups water
- 1/2 teaspoon salt

1. Add pasta, water, and salt to the cooking pot.
2. Set timer for 5 minutes. Use natural steam release.
3. Quick release steam. Allow pasta to rest for 3 minutes before removing the lid.

Quick White Bean & Kale Soup

- 1 - 2 Italian sausage, sweet or mild, casing removed
- 1-1/4 cups white beans, soaked, strained
- 2 cups stewed tomatoes
- 1 cup water
- 1-1/2 cups kale, cleaned, stems removed, and chopped
- 2 tablespoons Italian seasonings
- salt and pepper to taste

WARNING: Remove lid when browning sausage.

1. Add Italian sausage to the cooking pot. Use a wooden spoon to break up the meat. Brown for 4 to 5 minutes.
2. Add the remaining ingredients. Lock the lid. Turn the pressure release valve to the PRESSURE position.
3. Set timer for 30 minutes. Let steam 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.

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.

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 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.