

Power QuickPot™



Owner's Manual

Save These Instructions – For Household Use Only

MODELS: Y4D-36 (4 qt.) - Y6D-36 (6 qt.) - Y8D-36 (8 qt.) - Y10D-36 (10 qt.)



Warranty Information Inside

Power Quick Pot

BEFORE YOU BEGIN

The **Power Quick Pot** will provide you many years of delicious family meals and memories around the dinner table. But before you begin, it's very important that you read this entire manual, making certain that you are totally familiar with this appliance's operation and precautions.

CONGRATULATIONS

You are about to discover what so many other food lovers have known for years. Meals prepared properly with the pressure cooking method taste better and cook faster than foods prepared using conventional stove top methods. It's that simple.

For decades, our culinary design division has created some of the most useful and popular kitchen appliances for worldwide use. The **Power Quick Pot** is the latest in our distinguished line.

With features to enhance your cooking experience, Sauté, Steam, Slow Cook, Bake, Sous Vide, Yogurt, Canning, and under Pressure, the **Power Quick Pot** is more than a pressure cooker.

We have tested and evaluated the right combination of cooking surfaces and digital technology that will guarantee rave reviews at mealtimes for the entire family. Once familiar with the unique One-Touch, Pre-Set System, you'll find that many of your favorite family recipes can be cooked to perfection in a fraction of the time.

The sealed cooking chamber builds up heat and pressure. The result: more flavor stays locked within the food and less energy is wasted in a shorter cooking time. The “sealed” cooking process eliminates messy stove top spills while “trapping” heat, resulting in cooler kitchens and easier cleanups.

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IMPORTANT SAFEGUARDS

WARNING

PREVENT INJURIES! – CAREFULLY READ ALL INSTRUCTIONS BEFORE USE!

When using electrical appliances, always follow these basic safety precautions.

- 1. Read all instructions carefully to prevent injuries.**
- 2.** This appliance is not intended for use by persons with reduced physical, sensory, or mental capabilities or a lack of experience and knowledge unless they are under the supervision of a responsible person or have been given proper instruction in using the appliance. Do not leave unattended with children or pets. Keep appliance and cord away from children. Anyone who has not fully read and understood all operating and safety instructions contained in this manual is not qualified to operate or clean this appliance.
- 3. Always place unit on a flat, heat resistant surface.** Intended for countertop use only. **DO NOT** operate on unstable surface. Do not place on or near a hot gas or electric burner or in a heated oven. Do not operate the Unit in an enclosed space or under hanging cabinets. Proper space and ventilation is needed to prevent property damage that may be caused by steam released during operation. Never operate the Unit near any flammable materials, such as dish towels, paper towels, curtains, or paper plates. Do not let the cord hang over the edge of the table or counter or touch hot surfaces.
- 4. NEVER FORCE THE LID OPEN.** Never attempt to open Lid during operation as a pressure cooker. Any pressure in the cooker can be hazardous. Do not open the pressure cooker until Unit has cooled and all internal pressure has been released. If the lid is difficult to open, this indicates that the unit is still under pressure - do not force it open. Once pressure is released, follow instructions to open Lid. Always open LID Away from face and body to avoid steam burns. See Operating Instructions.
- 5. Lid should rotate freely and any resistance indicates that the Lid is improperly placed or under pressure.**
- 6.** Always attach plug to appliance first, then plug cord into the wall outlet. To disconnect, turn any control to “off,” then remove plug from wall outlet.
- 7.** This appliance cooks under pressure. Improper use may result in scalding injury. Make certain Unit is properly closed before operating and the PRESSURE RELEASE VALVE is free from debris.
- 8.** Extreme caution must be used when moving an appliance containing hot oil or other hot liquids. **RECOMMENDED: DO NOT LIFT OR MOVE THE UNIT** when under pressure or when contents are hot. Hot spilled foods can cause serious burns! To remove contents in cooker, use ladle provided.
- 9.** Always check the pressure release devices for clogging before use.
- 10. CAUTION HOT SURFACES:** This appliance generates extreme heat and steam during use. Do not touch hot surface. Use handles or knobs. To avoid injury, do not touch the hot surfaces or the Pressure Release Valve on the Lid during operation. Proper precautions must be taken to prevent the risk of personal injury, fires, and damage to property.
- 11.** Do not use this appliance for anything other than its intended use.
- 12.** Never use the Lid Handle to lift or move cooker. Use only the black handles located on the side of the Unit's base when lifting or moving the Unit. See **OPEN LID** in **PREPARING FOR USE**, p. 14.
- 13.** Never fill above the Inner Pot's max fill line (FULL CUP). Overfilling can clog the Pressure Release Valve which can cause excess pressure to develop.
- 14. WARNING:** to reduce risk of electric shock, cook only in the removable container (inner pot) provided.
- 15.** Some foods, such as rice, beans applesauce, cranberries, pearl barley, oatmeal or other cereals, split peas, noodles, macaroni, rhubarb,

IMPORTANT SAFEGUARDS

and spaghetti, expand and create foam when cooking and need special cooking instructions. Pay particular attention to liquid quantities. Do not fill the Inner Pot more than HALFWAY when cooking with these foods.

16. DO NOT fill the unit over maximum fill line at $\frac{2}{3}$ full. When cooking foods that expand during cooking, such as rice or dried vegetables, do not fill the unit beyond the recommended level at $\frac{1}{2}$ full. Overfilling may cause a risk of clogging the Pressure Release Valve and developing excess pressure. See Food Preparation Instructions.
17. Never deep fry or fill with oil. Do not use this pressure cooker for pressure frying with oil.
18. The use of accessory attachments not recommended by the appliance manufacturer may cause injuries.
19. Never use outlet below counter.
20. Never use with an extension cord.
21. Do not use Unit outdoors.
22. Do not operate if the cord or plug are damaged. If appliance begins to malfunction during use, immediately unplug cord from power source. DO NOT USE OR ATTEMPT TO REPAIR A MALFUNCTIONING APPLIANCE. Contact Customer Service for assistance (see the back of the manual for contact information).
23. To prevent risk of explosion and injury, replace only the Rubber Gaskets (dynamic seal ring) as recommended by the manufacturer.
24. Unplug the Unit from the outlet when not in use and before cleaning. Allow the Unit to cool before attaching or removing parts.
25. NEVER IMMERSE HOUSING IN WATER. IF UNIT FALLS OR ACCIDENTALLY BECOMES IMMERSED IN WATER, UNPLUG FROM WALL OUTLET IMMEDIATELY. DO NOT REACH INTO LIQUID IF UNIT IS PLUGGED IN AND IMMERSED. DO NOT IMMERSE OR RINSE CORDS OR PLUGS IN WATER OR OTHER LIQUIDS.

SAVE THESE INSTRUCTIONS – FOR HOUSEHOLD USE ONLY

CAUTION: Attaching the Power Cord

- Always attach electrical cord to the Power Quick Pot before plugging the unit into an outlet. Plug into a 3-prong wall outlet with no other appliances on the same outlet. Plugging other appliances into the outlet will cause the circuit to overload.
- DO NOT USE AN EXTENSION CORD WITH THIS PRODUCT.
- Models Y4D-36, Y6D-36, Y8D-36, and Y10D-36 have been designed for use with a 3-prong, grounded, 120V dedicated electrical outlet only. DO NOT USE WITH ANY OTHER ELECTRICAL OUTLET or modify the plug.
- A short power-supply cord, equipped with grounding conductor and plug is provided to reduce the risk of becoming entangled or tripping over a longer cord. (is the plug important to add here since this message is really about tripping and pulling product off counter?)
- To disconnect, turn any control to “off,” then remove plug from wall outlet.

Features & Benefits

A. BUILT-IN SAFETY DEVICES

1. **SAFETY LID LOCK:** The Lid tabs connect under the Base tabs to lock the Lid to the Base when fully closed.
2. **POSITIVE PRESSURE MECHANISM (FLOAT VALVE):** When the pressure reaches a required point, the pressure lifts the Float Valve up, contacting the Locking Pin.
3. **LID POSITIONING SENSOR:** A magnetic sensor indicates whether the Lid is fully closed. The Unit will beep and display "LID" when the Lid is not locked or is not required for a preprogrammed setting.

NOTE: The Sous Vide, Steam, Sauté, Slow Cook, and Yogurt presets will not start if the Lid is locked. It is recommended to use the Glass Lid to prevent splatter and keep a consistent temperature during the Sous Vide, Steam, Slow Cook, and Yogurt cooking cycles. It is also recommended to have the Glass Lid on while slow cooking to prevent splatter.

4. **LID INNER TRAY (GUARD):** The Inner Lid prevents food from entering the Upper Lid and entering the Float Valve and Pressure Release Chambers.
5. **ANTI-BLOCKAGE GUARD:** Guards the underside of the Pressure Release Valve.
6. **TWO-STEP SECURITY RESET FOR QUICK RELEASE:** The Steam Release Switch needs to be slid once to release the steam and then let go to open the Lid. If there is steam/pressure coming out of the Pressure Release Valve or your hand is still holding the Steam Release Switch in the Open position, the Lid will not slide to open.

7. **EXCESS PRESSURE RELEASE SYSTEM:** The Pressure Release Valve is weighted, which maintains a pressure level and only allows the Unit to build pressure at a certain level. When the pressure is higher than the weight can handle, the steam is released until the pressure is less than the weight.
8. **AUTOMATIC TEMPERATURE CONTROL:** The temperature is regulated by the programming to maintain a consistent temperature.
9. **PRESSURE CONTROLLER:** The Inner Pot sits on a pressure plate. When there is too much pressure, the plate depresses and turns off the heater, which stops the pressure from increasing.
10. **ELECTRICAL (CURRENT-TEMP) PROTECTION:** There is a temperature sensor on the Base of the Unit. When the temperature rises above the preprogrammed setting, the heater shuts down and then fluctuates to allow the Unit to maintain the correct temperature.
11. **CYCLE INDICATOR (LCD DISPLAY):** The LCD display changes colors and a program countdown is shown.
12. **ANTI-TAMPER FLOAT VALVE GUARD:** A screen on the Lid covers the Float Valve, so it cannot be tampered with.

Features & Benefits

B. SPECIAL FEATURES

1. **LCD DISPLAY:** The LCD Display on your **Power Quick Pot** offers a wide range of 37 preprogrammed choices. Cooking time may be adjusted to suit any recipe or personal preference or delayed to meet required timetable. The display changes color based on its operation.
2. **KEEP WARM MODE:** At completion of cooking cycle, the Unit will automatically shift to Keep Warm mode. Keep Warm mode keeps cooked food warm for up to 24 hrs.

NOTE: Foods kept at Keep Warm mode for longer than 6–8 hrs. may lose their flavor and texture and can be a food concern when left on the Keep Warm function too long.
3. **STEAM RELEASE SWITCH:** Quickly lowers pressure. Move the Release Switch on the top of the Lid from the Closed to the Open position to open the Pressure Release Valve.

WARNING: Hot steam is released from the Pressure Release Valve. **DO NOT USE BARE HANDS** to open Pressure Release Valve.

4. **ONE-TOUCH TECHNOLOGY:** With 37 preprogrammed default settings, your family's favorite homemade meals can be quickly and easily cooked to perfection in a single pot with a single touch of a button and a turn of a dial.
5. **COOL-TO-THE-TOUCH LID HANDLE:** The Handle stays cool to the touch, so you can open the Lid even when there is hot food inside. It is always recommended to use oven mitts when opening the Lid after the cooking cycle is complete.
6. **STAINLESS STEEL INNER POT:** The Inner Pot is made of stainless steel, which means it is completely PTFA and PFOA free.

Releasing Pressure

NATURAL RELEASE AND RAPID RELEASE

Natural release and rapid release are two common methods used to depressurize a pressure cooker once active cooking is complete. Pressure cookers use steam pressure that builds up inside the closed pot to cook food. As the pot heats up, the liquid inside forms steam, which raises the pressure in the pot, cooking food at up to triple the normal rate. After active cooking is complete, the pressure built up inside the pressure cooker needs to be released.

The **Power Quick Pot** has a safety mechanism that prevents the Lid from opening until the pressure has been lowered. There are two ways to release the pressure within the Unit: natural release and rapid release. While both methods depressurize the Unit, the process for each method differs, and each process has a different impact on the food inside the Unit.

HOW NATURAL RELEASE WORKS AND WHEN TO USE IT

Natural release lets pressure reduce slowly on its own. Once the active cooking cycle is complete, you can press the Cancel Button on the Control Panel and the pressure will automatically drop inside the pressure cooker slowly. Because of this slow drop in pressure and heat, when using natural release, food continues cooking even though active cooking is complete.

Use this method when cooking meats, foods that increase in volume or that foam (like dried beans and legumes), soups, or any other foods that are primarily liquid.

Timing for natural release varies and will differ based on the type and amount of food being cooked. Generally, natural release takes between 20 and 60 mins.

NOTE: check that all pressure has been released by sliding the Steam Release Switch to the Open position and let go. There should not be any steam releasing from the unit

Releasing Pressure

HOW RAPID RELEASE WORKS AND WHEN TO USE IT

To use rapid release, once the active cooking cycle is complete, cancel the cooking cycle by pressing the Cancel Button. Then, slide the Steam Release Switch to the Open position and let go, wait for the steam to evacuate. Once the steam has been released, the Lid will slide open freely. The rapid release process requires an extra degree of care because a burst of steam is released through the Pressure Release Valve. Rapid release takes no more than a few minutes or two and works best with foods like eggs, vegetables, or delicate

ingredients that do not benefit from any extra cooking time. This method is also helpful when you need to check the doneness of food or to add additional ingredients to the **Power Quick Pot**, such as when cooking a stew.

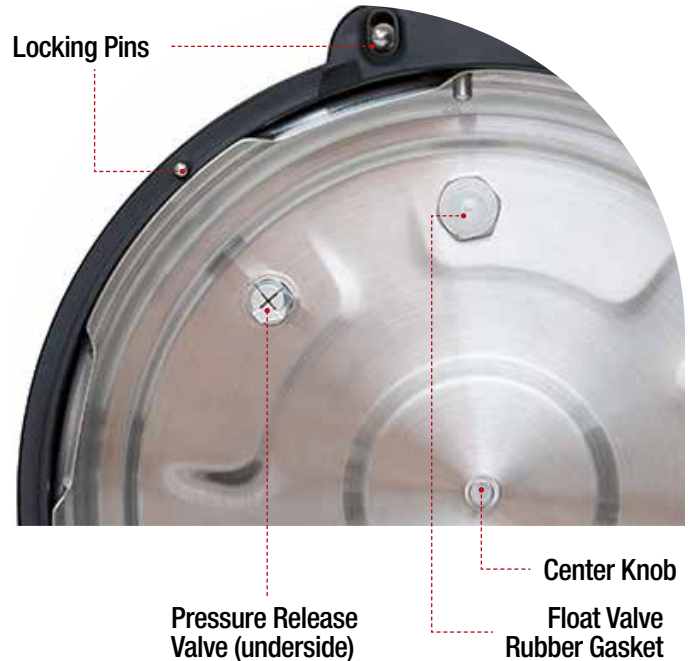
Avoid using rapid release when cooking foods that foam, froth, or increase in volume, such as legumes, or foods that are mostly liquid, such as soup, because the liquid can boil up and vent through the Pressure Release Valve.

Parts & Accessories

LID – TOP VIEW



LID – UNDERSIDE (WITHOUT INNER LID)



Caution Label (Do Not Remove)



Steam Release Switch



Float Valve



Pressure Release Valve



Lid Handle



Parts & Accessories

FRONT



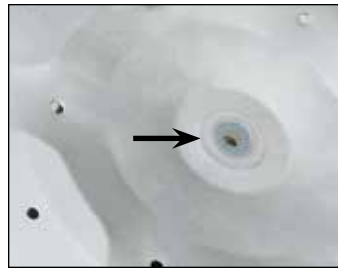
STAINLESS STEEL INNER POT



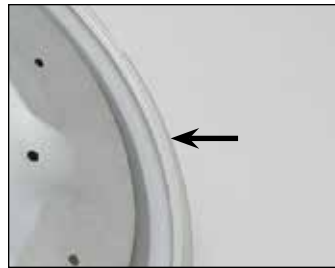
Lid Underside (with Inner Lid)



Inner Lid Center Gasket



Inner Lid Outer Gasket



Glass Lid



Measuring Cup



Condensation Collector



Ladle



Float Valve Pin



Power Cord



Your **Power Quick Pot** has been shipped with parts and accessories as shown above. Check everything carefully before use. If any part appears damaged, do not use this product and contact Customer Service using the number located in the back of this manual. For replacement parts, visit www.PowerQuickPot.com.

Assembly Instructions

INNER LID ASSEMBLY

REMOVING LID

1. Hold the Knob on the underside of the Inner Lid and pull to remove the Inner Lid (see Fig. i).

INSERTING INNER LID

1. Ensure that the Knob on the underside of the Inner Lid is facing outward, away from the Lid.
2. Ensure that the Inner Lid Rubber Gaskets are properly attached to the Inner Lid (see Fig. ii-a & ii-b).
3. Press the hole on the Inner Lid into the Center Knob on the underside of the Lid (see Fig. iii).
4. Ensure that the Inner Lid is facing outward and that the Inner Lid Rubber Gaskets sit correctly and evenly on the Lid.

FIG. i



FIG. ii-a



FIG. ii-b

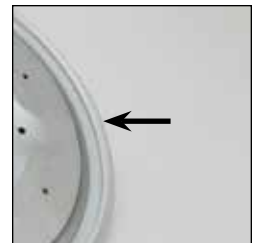


FIG. iii



FIG. iv



FIG. v



CHANGING OR CLEANING THE INNER LID

1. Hold the Inner Lid Knob on the underside of the Inner Lid and pull to remove the Inner Lid (see Fig. i).
2. Pull off the Inner Lid Center Gasket (see Fig. iv) and the Inner Lid Outer Gasket (see Fig. ii-b).
3. Inspect the Inner Lid Rubber Gaskets to ensure that they are clear of debris. Clean after each use.
4. Place the new or clean Inner Lid Center Gasket in the hole in the Inner Lid (see Fig. v). Attach the Inner Lid Outer Gasket to the outside of the Inner Lid. When properly attached, the Inner Lid Rubber Gaskets should sit evenly.
5. Ensure that the Knob on the Inner Lid is facing outward, away from the Lid. You should be able to see the Knob.
6. Press the Inner Lid onto the Lid and press the hole on the Inner Lid onto the Center Knob on the underside of the Lid (see Fig. iii).
7. Ensure that the Inner Lid is facing outward and that the Inner Lid Rubber Gasket sits correctly and evenly on the Inner Lid.

Assembly Instructions

FLOAT VALVE ASSEMBLY

1. Remove the Lid from the Unit and remove the Inner Lid (see **INNER LID ASSEMBLY**, p. 12).
2. Pull off the Rubber Gasket at the bottom of the Float Valve (see Fig. vi). The Float Valve will be loose in its chamber.
3. Inspect that no food is stuck in the chamber and run water through the Float Valve Chamber to clean it. Be cautious not to submerge the whole Lid.
4. When the chamber is clear of debris, turn the Lid right side up to allow the Float Valve to drop into the Float Valve Chamber on the underside of the Lid. Turn the lid to the side so you can view the float valve
5. Stick the pointed end of the Float Valve Pin into the side hole of the Float Valve (see Fig. vii).
6. With the Float Valve Pin inserted into the side hole, slide the Rubber Gasket onto the Float Valve, ensuring that the wider side of the Rubber Gasket is against the Lid (see Fig. viii).
7. The Rubber Gasket should be snug on the Float Valve.
8. Remove the Float Valve Pin.

FIG. vi



FIG. vii



FIG. viii



FIG. ix



FIG. x



PRESSURE RELEASE VALVE ASSEMBLY

NOTE: Do not attempt to assemble or disassemble the Pressure Release Valve when the Power Quick Pot is in use.

1. Pull to remove the Pressure Release Valve (see Fig. ix).
2. Ensure that the Pressure Release Valve and holes are not blocked by food or debris. If blocked, wash out or use a pin to unblock.
3. Look at the clip on the underside of the Pressure Release Valve (see Fig. x). It should not be damaged or severely bent.
4. Press the Pressure Release Valve back into the hole on the Lid. If the Valve does not insert correctly, it may have a bent clip.

Instructions for Use

A. PREPARING FOR USE

CHECK PARTS & ACCESSORIES

1. Before using, remove parts and accessories from package and be sure all parts have been included before discarding any packaging materials. Remove all packing materials such as plastic film, cardboard, and stickers on the Pressure Release Valve and Condensation Collector. See **PARTS & ACCESSORIES**, p. 10.
2. **CLEAN INSIDE:** Remove the Inner Lid from Lid by pulling metal knob. Remove Rubber Gaskets

from Inner Lid, see **INNER LID ASSEMBLY**, p. 12. Wash Inner Lid, Rubber Gasket, Inner Pot, and other loose accessories with warm, soapy water, rinse and dry. NOTE: Be sure to replace Rubber Gaskets (see **CHANGING THE INNER LID RUBBER GASKETS AND FLOAT VALVE ASSEMBLY** sections) before reinstalling Inner Lid.

CONDUCT TEST RUN WITH WATER ONLY



FIG. A
(Float Valve Rubber Gasket)



FIG. B
(Condensation Collector)

1. To check that the Unit will operate properly, it is recommended to periodically check its operation without food.
2. Place the Power Quick Pot on a clean, flat surface.
3. Attach Condensation Collector to side of the Unit by sliding it into the slots (see Fig. B). **NOTE:** The Condensation Collector may be preassembled.

4. Remove the Lid. Ensure the Inner lid gaskets are in place. Place the Inner Lid Outer Gasket around the outside of the Inner Lid and the Inner Lid Center Gasket in the center hole. Make sure the float valve and gasket are in place in the lid. See **ASSEMBLY INSTRUCTIONS**.
5. Place the Inner Pot in the Base. Pour 2 cups (473 mL) of water in the Inner Pot.
6. Attach the Power Cord to the Unit Base first and then into wall outlet. See the **ATTACHING THE POWER CORD**, p. 5. When the Unit is first plugged in, “----” will appear on the LED Display. The Unit is automatically “ON” when plugged in.
7. **ATTACHING LID:** With the LCD Display facing you, place the Lid on the Unit, aligning the Lid Position Mark with the Open Mark (see Fig. C). Twist the Lid counterclockwise about 30° (see Fig. D). When the Lid is locked, the Release Switch will move to the Closed position (see Fig. E).

Instructions for Use

- The Magnetic Safety Sensor assures Lid is properly closed before the Unit can pressurize. If Lid is not on correctly when starting a cooking cycle, a beeping noise will occur and the word "LID" will appear on the display, indicating Lid is not fully closed.
- Once Lid is properly attached, select the Canning Button on the Panel. Turn the Program Dial to the left to select the Low setting and then press the Program Dial to confirm the setting. This setting will automatically set a 10-min. cooking time. The LCD Display will turn orange while pressure builds in the Unit and will turn red when the desired pressure level is reached.

CAUTION: DO NOT ATTEMPT TO OPEN LID WHEN LCD DISPLAY IS ORANGE OR RED.

- SAFELY RELEASE PRESSURE:** Once the cycle is complete, the Unit will beep. Press the Cancel Button. Move the Release Switch from the Closed to the Open position and let go (see Fig. F). Allow all pressure to escape from cooker. You will notice a slight incline of the

Pressure Release Valve while pressure is being released (see Fig. H).

WARNING: Keep body (face, arms, torso) away from Pressure Release Valve area when operating the Release Switch to avoid being exposed to the steam released from the valve. Follow these safety precautions when releasing pressure to prevent serious injury.

- Allow the water in Inner Pot to cool. Remove and empty the Inner Pot. Rinse and towel dry.

WARNING: DO NOT LIFT BASE TO REMOVE CONTENTS from Inner Pot. Do not lift the Inner Pot from the Base when contents are hot.

NOTE: Do not use metal utensils in the Inner Pot.

WARNING: PREVENT BURNS! DO NOT TOUCH STAINLESS STEEL EXTERIOR. ONLY USE BLACK HANDLE ON LID TO OPEN. CONTENTS IN COOKER ARE HOT. ALWAYS OPEN LID AWAY FROM FACE AND BODY.

FIG. C (Open Position)



FIG. E (Closed Position)



FIG. G (Valve is Down and Closed)



FIG. D (Locked Position)



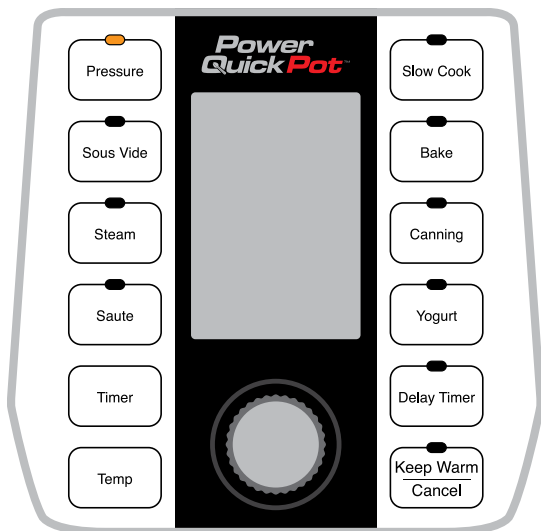
FIG. F (Open Position)



FIG. H (Valve is Up and Open)

Instructions for Use

B. OPERATING INSTRUCTIONS



IMPORTANT: Any function can be stopped immediately by pressing the Cancel Button.

1. Review **PREPARING FOR USE** (see p. 14) to be comfortable with the Unit.
2. Place the **Power Quick Pot** on a clean, flat surface.
3. Attach Condensation Collector to side of the Unit (see Fig. B).
4. Attach the Power Cord first into the **Power Quick Pot** and then into a wall outlet. See **ATTACHING THE POWER CORD**, p. 5. When the Unit is first plugged in, “----” will appear on the LED Display. The Unit automatically powers on when plugged in.
5. Open the Lid by sliding and letting go of the Steam Release Switch from the Closed position to the Open position. Then, grab the handle and twist the Lid clockwise to open the Lid see **OPEN LID** in **PREPARING FOR USE**.
6. Place the Inner Pot in the Base. Add ingredients to Inner Pot. **NEVER LOAD INNER POT ABOVE THE FULL CUP LINE.** See **IMPORTANT SAFEGUARDS**, p. 4.
7. **ATTACHING LID:** With the LCD Display facing you, place the Lid on the Unit, aligning the Lid Position Mark with the Open Mark (see Fig. C). Twist the Lid counterclockwise about 30° (see Fig. D). When the Lid is locked, the Release Switch will move to the Closed position (see Fig. E).
8. **SELECT COOKING MODE:** You can select a preprogrammed setting (see part A, p. 18–19). The LCD Display will turn blue when a program is selected (see Fig. I).
9. **SELECT COOKING TIME:** When a cooking preset button is pressed and a food type is selected, the LCD Display will show the default cooking time for that preset. Some cooking presets feature multiple cooking options. Turn the Program Dial to the left or right to choose a preset subcategory. (see part B, p. 18–19). Press the Program Dial to select the subcategory.
10. Turn the Program Dial to the left or right to switch between LOW, MED, or HIGH cooking settings and press the Program Dial to select (see part C, p. 18).
11. Alternatively, you can select the Timer (see part D, p. 18–19) and Temperature (see part E, p. 18–19) Buttons to manually adjust the cooking time and temperature for most presets.

Instructions for Use

12. Once a cooking time and temperature have been confirmed, the LCD Display will turn orange (see Fig. J).

13. **USE DELAY TIMER:** The Delay Timer lets you delay the beginning of the cooking cycle. To use the Delay Timer, select a cooking time and temperature. Instead of pressing the Program Dial to confirm the time and temperature, press the Delay Timer Button. Then, use the Program Dial to select the desired time delay and press the Program Dial to confirm the setting.

NOTE: Using a delay time of more than 2 hrs. is not recommended.

14. For pressure cooking settings, once the inside of the **Power Quick Pot** has reached the desired pressure level, the LCD Display will turn red (see Fig. K).

NOTE: DURING THIS TIME OR ANY TIME DURING THE COOKING CYCLE, DO NOT ATTEMPT TO MOVE THE UNIT OR OPEN THE LID.

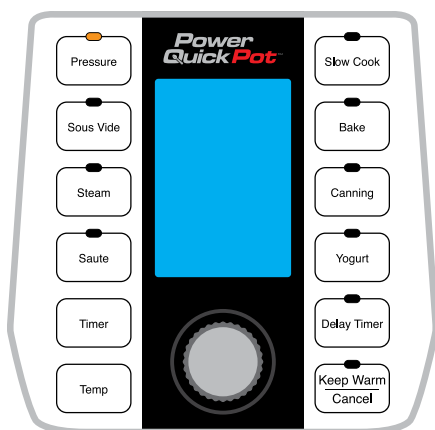


FIG. I (standby)

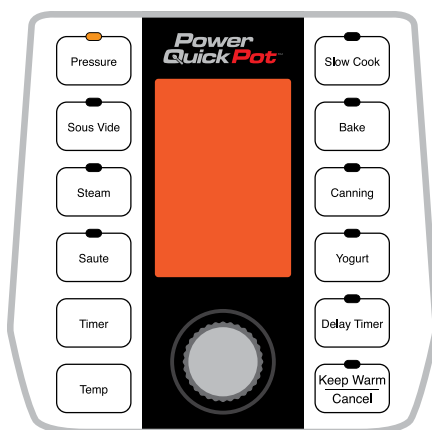


FIG. J (preheating)

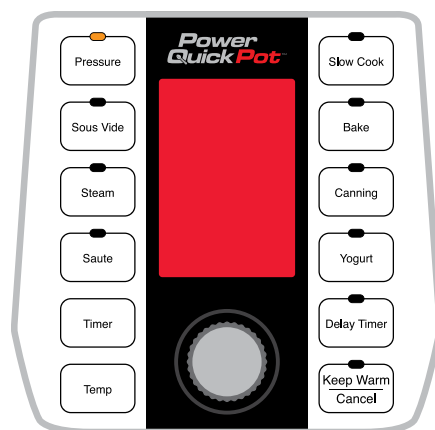


FIG. K (fully heated)

15. At completion of the cooking cycle, the Unit will “beep” and enter Keep Warm mode until manually cancelled by selecting the Cancel Button.

NOTE: Foods kept at Keep Warm mode for longer than 6–8 hrs. may lose their flavor and texture and can be a food concern.

NOTE: When using the Keep Warm setting, when the cooking cycle is complete, the screen will remain Red until the temperature drops to the Keep Warm holding temperature (160° F). Then, the screen will turn Blue.

16. Open and remove the Lid by moving the Steam Release Switch to the Open position and then letting go. The Pressure Release Valve should move from the Closed position to the Open position (see Fig. H), releasing pressurized steam. Next, grab the handle and twist the Lid clockwise approximately 30°.

If pressure and steam are being released, wait until all the pressure and steam are released before trying to open the Lid. Do not force the Lid open until all the pressure is released, which may take several minutes.

Preset Cooking Programs

A (B)	C	D	E		
PRESET	LOW Default Cook Time	MED Default Cook Time	HIGH Default Cook Time	COOK TIME Adjust Range (Increments)	TEMP Adjust Range (Increments)

Pressure

CUSTOM	10 mins.	30 mins.	60 mins.	1–120 mins. (1 min.)	-
BEEF	15 mins.	30 mins.	90 mins.	1–90 mins. (1 min.)	-
POULTRY	10 mins.	30 mins.	45 mins.	1–59 mins. (1 min.)	-
FISH	2 mins.	3 mins.	10 mins.	1–59 mins. (1 min.)	-
PORK	15 mins.	30 mins.	90 mins.	1–90 mins. (1 min.)	-
RIBS	20 mins.	30 mins.	90 mins.	1–90 mins. (1 min.)	-
VEGETABLES	2 mins.	6 mins.	12 mins.	1–59 mins. (1 min.)	-
BEANS	5 mins.	20 mins.	30 mins.	1–59 mins. (1 min.)	-
EGG	2 mins.	4 mins.	6 mins.	1–59 mins. (1 min.)	-
BARLEY	-	6 mins.	-	1–59 mins. (1 min.)	-
QUINOA	-	4 mins.	-	1–59 mins. (1 min.)	-
RISOTTO	6 mins.	8 mins.	10 mins.	1–59 mins. (1 min.)	-
WHITE RICE	6 mins.	8 mins.	10 mins.	1–59 mins. (1 min.)	-
BROWN RICE	-	18 mins.	-	1–59 mins. (1 min.)	-

Sous Vide

BEEF	1 hr.	5 hrs.	12 hrs.	1–24 hrs. (5 mins.)	95–195° F (5° F)/35–90° C (5° C)
POULTRY	45 mins.	1 hr.	90 mins.	30 mins.–24 hrs. (5 mins.)	95–195° F (5° F)/35–90° C (5° C)
FISH	20 mins.	40 mins.	1 hr.	20 mins.–24 hrs. (5 mins.)	95–195° F (5° F)/35–90° C (5° C)
PORK	1 hr.	3 hrs.	5 hrs.	30 mins.–24 hrs. (5 mins.)	95–195° F (5° F)/35–90° C (5° C)
VEGETABLES	10 mins.	1 hr.	2 hrs.	10 mins.–3 hrs. (5 mins.)	95–195° F (5° F)/35–90° C (5° C)
EGG/CUSTARD	45 mins.	1 hr.	2 hrs.	30 mins.–3 hrs. (5 mins.)	95–195° F (5° F)/35–90° C (5° C)

NOTES

- The default temperature for the **Sous Vide**, **Sauté**, and **Slow Cook** presets are 140°, 340°, and 195° F (60°, 170°, and 90° C), respectively.
- The maximum time the cooking cycle can be delayed with the Delay Timer Button for **all** presets is 24 hrs. (with increments of 10 mins.). When cooking perishable food (meat, fish, chicken, etc.), you should not delay the cooking cycle for more than 2 hrs.
- The Keep Warm function for **all** presets (except Sous Vide and Yogurt) lasts for a maximum time of 24 hrs. Foods kept at Keep Warm mode for longer than 6–8 hrs. may lose their flavor and texture and can be a food concern.
- Consult recipes to use the appropriate liquid amount when cooking. It is not recommended to cook dry contents unless using the Sauté function.
- It is recommended to use the Glass Lid to maintain a consistent temperature during the Sous Vide, Steam, Sauté, Slow Cook, and Yogurt cooking cycles.

Preset Cooking Programs

A (B)	C	D	E		
PRESET	LOW Default Cook Time	MED Default Cook Time	HIGH Default Cook Time	COOK TIME Adjust Range (Increments)	TEMP Adjust Range (Increments)

Steam

FISH	5 mins.	10 mins.	15 mins.	1–59 mins. (1 min.)	-
EGGS (poach)	3 mins.	9 mins.	15 mins.	1–59 mins. (1 min.)	-
VEGETABLES	15 mins.	25 mins.	35 mins.	1–59 mins. (1 min.)	-

Sauté

BEEF	-	20 mins.	-	1–59 mins. (1 min.)	95–360° F (5° F)/35–182° C (5° C)
POULTRY	-	20 mins.	-	1–59 mins. (1 min.)	95–360° F (5° F)/35–182° C (5° C)
FISH	-	20 mins.	-	1–59 mins. (1 min.)	95–360° F (5° F)/35–182° C (5° C)
PORK	-	20 mins.	-	1–59 mins. (1 min.)	95–360° F (5° F)/35–182° C (5° C)
RIBS	-	20 mins.	-	1–59 mins. (1 min.)	95–360° F (5° F)/35–182° C (5° C)
VEGETABLES	-	10 mins.	-	1–59 mins. (1 min.)	95–360° F (5° F)/35–182° C (5° C)

Slow Cook

BEEF	1 hr.	3 hrs.	8 hrs.	1–12 hrs. (15 mins.)	195–212° F (1° F)/90–100° C (1° C)
POULTRY	1 hr.	2 hrs.	5 hrs.	1–12 hrs. (15 mins.)	195–212° F (1° F)/90–100° C (1° C)
PORK	1 hr.	3 hrs.	5 hrs.	1–12 hrs. (15 mins.)	195–212° F (1° F)/90–100° C (1° C)
RIBS	1 hr.	3 hrs.	5 hrs.	1–12 hrs. (15 mins.)	195–212° F (1° F)/90–100° C (1° C)
VEGETABLES	1 hr.	1.5 hrs.	2 hrs.	1–12 hrs. (15 mins.)	195–212° F (1° F)/90–100° C (1° C)

Bake

-	10 mins.	25 mins.	40 mins.	1 min.–1 hr. (1 min.)	-
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Canning

ALT (on/off)	10 mins.	1 hr.	2 hrs.	5 mins.–3 hrs. (5 min.)	-
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Yogurt

-	5 hrs.	7 hrs.	9 hrs.	4–10 hrs. (15 mins.)	-
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Sous Vide

Using traditional cooking methods, heat is transferred from a hot burner or oven to a pan and then to your food, where it heats from the outside to the middle. Using guesswork and a little luck, you sometimes get good results, but the food is often overdone on the outside and sometimes undercooked toward the center. The heat generated by a pan or air inside an oven is usually much hotter than it needs to be. If you don't remove the food at precisely the right time, results will be inconsistent.

Sous vide cooking utilizes precise temperature control to produce results that you can't achieve

through any other cooking technique. Simply set up the **Power Quick Pot** as shown in this manual; place your seasoned food in a slider, snap shut, or vacuum sealed food storage bag; place the bag in the water and set the time and temperature. That's it! Your food will cook to its perfect doneness every time. Once cooked, you can leave the food in the water bath until you are ready to serve.

NOTE: Is it suggested not to keep food heated at the temperature beyond the completion of its cooking cycle.

OPERATING INSTRUCTIONS

1. Put seasoned food in a sealable bag(s).
2. Remove as much air as possible from the bags(s) before sealing. You may use a vacuum sealer for best results.
3. Pour water into the Inner Pot, being careful not to add so much water that the water passes the FULL CUP Line when the bags are added.

NOTE: You can place the food bags in the Inner Pot first and then add the water to ensure that the water does not fill above the FULL CUP Line. Then, remove the bags before beginning the cooking cycle and preheating the water.

4. Press the Sous Vide Button and use the Program Dial to choose the ...desired cooking preset time. You may choose between LOW, MED, or HIGH default TIME SETTINGS. Or press the Timer Button to adjust the time to a custom time setting. Then press the Temp Button to adjust the cooking temperature to your desired cooking temperature.

NOTE: The LOW, MED, and HIGH settings are default times. You still need to adjust the temperature to the desired doneness.

5. Press the Program Dial to begin cooking cycle. The LCD Display will turn orange. Once the desired cooking temperature has been reached, Unit will beep and the timer will begin counting down.
6. Carefully place the food bag in the water. Make sure you don't drop the bag in the water.
7. Once the timer has completed, the LCD Display will turn blue, and the Unit will maintain the desired temperature (DO NOT press the Keep Warm Button). Use tongs to remove the sealed bag with food bag. Do not use your hands because the water will be hot.

Sous Vide

SOUS VIDE TIPS

NOTE: Do not place food in the water without placing it in a sealable bag.

- You may add seasonings and rubs to food before bagging.
- Always use BPA-free vacuum-seal or snapseal food storage bags for cooking.
- The thickness of meat, poultry, or fish will determine the cooking time. Use a food thermometer after removing food from the bag to guarantee that a safe food temperature has been reached.
- For health and safety, if unsure of doneness, add 30 mins. to the cooking time (for example, to pasteurize eggs or poultry).
- Searing after cooking gives foods the right look, cooking temperature, and a crispy texture. To achieve this, toss butter into a smoking-hot skillet and quickly sear cooked meat for 30 secs. on each side.
- Ensure that the sealed bag with food is constantly submerged so the food is fully cooked. Clip a food-safe or sous vide weight (not included) to the food bag.
- Cook fruit to make toppings, purées, and syrups. Cook for 2–2 ½ hrs. at 160° F and let cool in the bag before using.

SUGGESTED TIMES & TEMPERATURES

FOOD	TEMP.	TIME
Beef		
Rare	125° F	1 hr. 15 mins.
Medium Rare	135° F	1 hr. 15 mins.
Medium	140° F	1 hr. 15 mins.
Medium Well	150° F	1 hr. 15 mins.
Well Done	160° F	1 hr. 15 mins.
Rib Roast – Med.	140° F	6–14 hr.
Pork		
Roast	155° F	3 hrs.
Chops – Medium	145° F	1 hr.
Chops – Well Done	160° F	1 hr.
Poultry		
Chicken Breast	150° F	1 hr.
Dark Meat	165° F	1 hr.
Fish		
Filet or Steak	125° F	45 mins.
Eggs		
Poached	150° F	1 hr.
Vegetables		
Green Vegetables	180° F	5–20 mins.
Root Vegetables	180° F	1.5–3 hrs.

Yogurt

THE YOGURT-MAKING PROCESS

1. Place the Inner Pot in the Base.
2. Pour 2 qts. of whole or 2% milk into the **Power Quick Pot**'s Inner Pot.
3. Press the Yogurt Button. The LCD Display will show "7:00." Press the Program Dial to accept the program. Use the dial to choose between the default preset time settings or press the Timer Button to set a custom time. Press the Dial to confirm the time.
4. Once the Unit reaches 180° F, the Unit will maintain the temperature. Then, the Unit will stop heating and the LCD Display will show "COOL."
5. Once the milk reaches 110° F, the **Power Quick Pot** will beep and the LCD Display will show "ADD." Using a ladle or measuring cup, remove 1 cup of milk from the Inner Pot. Mix the 1 cup milk with yogurt or yogurt starter. Then, return the milk mixture into the Inner Pot with the remaining heated milk and stir gently.
6. Press the Yogurt Button. Use the Program Dial and the Timer Button to adjust the time if needed. Press the Program Dial again and the timer will begin counting down.

NOTE: If the Yogurt Button is not pressed, the Unit will beep continuously, and the **Power Quick Pot** will return to standby mode.
7. Place the Glass Lid back on the **Power Quick Pot**.
8. **Leave the Power Quick Pot undisturbed**, allowing the yogurt to incubate for 4–10 hrs.
9. Once the incubation is complete, press the Cancel Button, remove the yogurt, and store in a container in the refrigerator.

TIPS

- The incubation process can be shorter (as low as 4 hrs.) or longer (as long as 10 hrs.) depending on the desired thickness of the yogurt. Longer incubation periods produce thicker, tarter yogurt.
- For thicker, Greek-style yogurt: After incubation, spoon the yogurt into a cheesecloth-lined colander set over a bowl and let the yogurt drain for at least 1 hr. (potentially overnight) in the refrigerator. Discard or reserve the whey that drains from the yogurt.
- Yogurt can be stored in the refrigerator in covered glass, ceramic, or plastic containers for up to two weeks (the flavor will be best [within the first week]).

General Pressure Cooking Time Charts

NOTE: All pressure cooking modes require the addition of liquid in some form (water, stock, etc.). Unless you are familiar with the pressure cooking process, follow recipes carefully for liquid addition suggestions.

NOTE: A minimum of 1 cup of liquid is needed to build pressure.

Vegetable	Liquid Amount (cups)	Approx. Time (min.)
Asparagus, thin whole	1	1–2
Beans, fava	1	4
Beans, green	1	2–3
Beans, lima	1	2
Beets, medium	1	10
Broccoli, pieces	1	2
Brussels sprouts, whole	1	4
Carrots, 1-in. pieces	1	4
Corn, on the cob	1	3
Pearl onions, whole	1	2
Potatoes, 1 ½-in. chunks	1	6
Potatoes, whole, medium	1	10–11
Squash, acorn, halved	1	7
Squash, summer, zucchini	1	4

Meat	Liquid Amount (cups)	Approx. Time (min.)
Beef/veal, roast or brisket	3–4	35–40
Beef, meatloaf (2 lb)	1	10–15
Beef, corned	4	50–60
Pork, roast	1	40–45
Pork, ribs (2 lb)	3	20
Leg of lamb	2–4	35–40
Chicken, whole (2–3 lb)	3–4	20
Chicken, pieces (2–3 lb)	3–4	15–20
Cornish hens, two	1	15
Meat/poultry soup/stock	4–6	15–20

Seafood/Fish	Liquid Amount (cups)	Approx. Time (min.)
Clams	1	2–3
Lobster (1 ½–2 lb)	1	2–3
Shrimp	1	1–2
Fish, soup, or stock	1–4	5–6

Frequently Asked Questions

1. What is the material of construction?

This appliance has a stainless steel housing and Inner Pot.

2. How do you assemble/disassemble the Unit?

This appliance comes fully assembled with Float Valve, Pressure Release Valve, and Inner Lid. Attach Condensation Collector before operation. Please see **PREPARING FOR USE**, p. 14, in this manual.

3. What is the default time?

Each cooking mode has a default time that appears as soon as you select a desired program button. Before the timer on the LCD Display begins counting down, the appliance must first reach the proper pressure and/or temperature for that mode.

4. How long does it take for the Unit to reach full pressure and for the cook time clock to start a countdown?

When the Unit reaches the desired cooking pressure, the LCD Display will change color from orange to red and the cooking time will begin counting down. The time required to reach the desired pressure setting depends on the volume, concentration, and ratios of solid to liquid in the Unit – generally 5–40 mins.

5. Can you change the cook time from the default setting?

Yes! You can change the cook time two ways. Select LOW, MED, or HIGH. These are preprogrammed settings that will give a predetermined time. Alternatively, select the Time Button to adjust the cooking time to suit your needs.

6. Can you leave the Unit on while not at home?

The Power Quick Pot has a delayed start function, but leaving the Unit on while not at home is not recommended.

7. Can you put frozen foods in Unit without defrosting?

Yes! Remember to add an average of 10 extra mins. to the cooking time when cooking frozen meals.

8. Can I cook with oil in the pressure cooker?

No! Do not attempt to pressure fry in the Power Quick Pot. The Unit does not have safety measures to prevent oil fumes and fire. Pressurized oil fumes are very dangerous and can cause an explosion.

9. How do I turn off the Unit?

Press the Cancel Button on the Control Panel and unplug the Power Cord from the wall outlet and the Unit Base.

Care & Cleaning

CAUTION

Any leftover food or debris remaining in the Unit could prevent safety devices from operating correctly during subsequent use!

FOLLOW THESE CLEANING INSTRUCTIONS AFTER EACH USE.

1. Allow Unit to cool to room temperature before cleaning. **Do not attempt to clean a hot Power Quick Pot!**
2. Unplug the Power Cord from the wall and then from the Unit Base.
3. Clean exterior of the Unit with soft, damp cloth or paper towel. **Do not immerse the Unit Base in water or pour water into housing.**
4. Unlock the Pressure Release Valve by moving the Steam Release Switch to the Open position and let go. Wash with mild, soapy water and rinse well. Use a small pin if necessary to remove any blockages that may have occurred during cooking process. Check to see that the interior spring-loaded part moves freely by pressing down on it. Check to see that it's free from debris.
5. Clean the Lid and Inner Lid (see **INNER LID ASSEMBLY**, p. 12). Remove the Inner Lid Rubber Gaskets from the Inner Lid. The Inner Lid Rubber Gaskets must be washed separately with a sponge or soft cloth and warm, soapy water. Reattach the Inner Lid Rubber Gasket Rubber Gasket to the Inner Lid.
NOTE: Check periodically to make sure the Rubber Gasket is clean, flexible, and not torn. If damaged, replace before operating Unit (see **INNER LID ASSEMBLY**, p.12.)
6. Rinse upper and underside of Lid with warm water, making sure the Float Valve and Pressure Release Valve are free from debris. Both valves should be able to move up and down freely, with the Float Valve stopping only when the Float Valve Rubber Gasket meets the Lid, dry completely.
7. Attach the Inner Lid to the Lid. Improper placement of the Inner Lid will prevent the Lid from closing properly. (see **INNER LID ASSEMBLY**, p. 12).
8. Remove the Inner Pot after every use. The Inner Pot is dishwasher safe, but to prolong its use, you should wash it by hand using warm, soapy water and a soft cloth or sponge. Rinse and towel dry. Do not use harsh chemicals or scouring pads.
9. To clean the condensation collector, slide to remove it; clean with warm, soapy water; and then reattach it.
10. Customer Service should be contacted for any questions or parts (see the back of this manual for contact information).
NOTE: The following parts can be placed in dishwasher: Inner Pot, Measuring Cup, Spoon. We recommend hand washing all parts to prolong the life of the components.

Troubleshooting

Symptom	Possible Cause	Solution
Cannot Open Lid		DO NOT FORCE OPEN
Lid Does Not Lock	Inner Lid Rubber Gasket is not properly installed	Reinstall Inner Lid Rubber Gasket
Cannot Open Lid after Pressure is Released	Float Valve and Pressure Release Valve are still raised	Ensure the Pressure Release Valve is open, the Steam Release Switch is in the Open position, and you have let go of the Steam Release Switch. CAUTION: Hot steam may be released during this process. Do not place face near valve opening.
Air Escapes from Rim of Lid and Pressure will Not Increase	Lid is put on incorrectly	Read Instruction for Use, specific to Lid placement
	Inner Lid Rubber Gasket was not installed or was not installed properly	Install Inner Lid Rubber Gasket
	Food residue remains on Inner Lid Rubber Gasket	Clean Inner Lid Rubber Gasket
	Inner Lid Rubber Gasket is damaged or worn out	Replace Inner Lid Rubber Gasket. Contact Customer Service for assistance (see the back of the manual for contact information) for replacement parts.
Air Escapes from Float Valve During Operation	Food is stuck on Float Valve Rubber Gasket	Clean Float Valve Rubber Gasket
Float Valve Does Not Rise	Float Valve Rubber Gasket is worn out	Replace Float Valve Rubber Gasket. Contact Customer Service for assistance (see the back of the manual for contact information).
	Appliance is not filled with enough food or water	Check recipe for proper quantities of solids and liquids
	Air is escaping from rim of Lid and/or from Pressure Release Valve	Contact Customer Service for assistance (see the back of the manual for contact information).
	Float Valve not assembled correctly	Float Valve should be able to move up and down, stopping only when its Rubber Gasket meets the Lid interior. Ensure that its Rubber Gasket is clean and the Float Valve can move freely.*
Unit Turns Off Unexpectedly	Appliance is overheated	Unplug and let the Unit cool for 30 mins. in order to reset
Display Reads "LID" and Beeping Sound Occurs	Lid not positioned correctly or not fully closed	Adjust Lid by following ATTACHING LID in PREPARING FOR USE , p. 14. NOTE: Non-pressure programs require the Glass Lid and not the main Lid.
Lid does not open	Lid is put on incorrectly	DO NOT FORCE LID OPEN. Unplug and then let the Unit cool down. Then, attempt to remove the Lid again.

*NOTE: If necessary to reassemble Float Valve, see **FLOAT VALVE ASSEMBLY**, p. 13.

Troubleshooting

DISPLAY ERROR INDICATOR

Error Code	Cause of Error	Solution
E1	Bottom sensor open	Contact Customer Service*
E2	Bottom sensor short circuit	Contact Customer Service*
E3	Unit has overheated	Let the Unit cool down before use
E4	Pressure switch malfunction	Contact Customer Service*
LID	Wrong Lid	Attach the correct Lid before use

NOTE: DO NOT use or attempt to repair a malfunctioning appliance.

*See the back of the manual for Customer Service contact information.

Unit Specifications

Model Number	Supply Power	Rated Power	Capacity of Inner Pot	Working Pressure	Safety Working Pressure
Y4D-36	AC 120V 60HZ	800W	4 qt.	0–80 kPa	80–90 kPa
Y6D-36	AC 120V 60HZ	1200W	6 qt.	0–80 kPa	80–90 kPa
Y8D-36	AC 120V 60HZ	1300W	8 qt.	0–80 kPa	80–90 kPa
Y10D-36	AC 120V 60HZ	1400W	10 qt.	0–80 kPa	80–90 kPa

Canning Guide

CAUTION

Improper canning can lead to serious health consequences. It is important to read this guide carefully and follow all steps to ensure that food is processed to preserve its nutritional value, and is safe for consumption.

The canning process allows for preparation and preservation of all your family's favorites, including fresh and cooked fruits, vegetables, meats, jams and jellies. Canning is a great way to bring "out-of-season" foods to the table economically. Buy food items in bulk at low prices and preserve for future use when they become scarce and costly.

A. PRESSURE CANNING

WHY PRESSURE CANNING?

Pressure canning can be used for all foods, particularly those containing little acid, such as vegetables, meat, and seafood.

Safety Precaution: Use the exact time, temperature, and method specified in the recipes to protect food from harmful bacteria, mold, and/or enzymes. Altering times given in a recipe may destroy the nutrients and flavor in foods. Food enzymes can promote the growth of mold

and yeast, which in turn will cause food to spoil. These agents can be destroyed by achieving a temperature of 212° F with steam canning methods. However, other contaminants, such as salmonella, staphylococcus aureus, and clostridium botulinum – the cause of botulism – may develop. Killing these harmful bacteria requires a temperature of 240° F, which is provided only by the pressure canning process.

FOOD ACIDITY

The lower the acid content in the food, the greater the potential for spoilage and contamination. Foods such as fruits are high in acid. Meats, dairy

products, and sea foods have low acid levels (see chart below). Proper pressure canning minimizes the possibility of spoilage and contamination.

Foods High in Acidity

Apples	Oranges
Applesauce	Peaches
Apricots	Pears
Berries	Pickled Beets
Cherries	Pineapple
Cranberries	Plums
Fruit Juices	Rhubarb

Foods Low in Acidity

Asparagus	Mushrooms
Beans	Okra
Beets	Peas
Carrots	Potatoes
Corn	Seafood
Hominy	Spinach
Meat	Winter Squash

Canning Guide

PROCESSING TIME, PRESSURE, ALTITUDE

Do not use above 2,000 ft. above sea level.
The chart on the right indicates style of packing and proper processing time (with pint-sized jars) for various foods using the **Power Quick Pot**. The Canning Button sets the pressure at 80 kPa (11.6 psi). For processing times and methods for additional low acid foods, please refer to the National Center for Home Food Preservation (<http://www.uga.edu/nchfp/>): or your local county extension agent.

IMPORTANT: Review USDA guidelines prior to canning.

Food Item	Canning Time
Asparagus	30 mins.
Beans (green)	20 mins.
Beans (lima, pinto, butter, or soy)	40 mins.
Beets	30 mins.
Carrots	25 mins.
Corn, whole-kernel	55 mins.
Greens	70 mins.
Okra	25 mins.
Peas, green or English	40 mins.
Potatoes, white	35 mins.
Meat strips, cubes or chunks	75 mins.
Ground or chopped meat	75 mins.
Poultry, without bones	75 mins.
Poultry, with bones	65 mins.

PINT SIZE JAR QUANTITIES

4 qts.	6 qts.	8 qts.	10 qts.
2	4	4	7

Canning Guide

B. SAFE CANNING TIPS

- Do not use over-ripe fruit. Bad quality fruit degrades with storage.
- Do not add more low-acid ingredients (such as onions, peppers, garlic) than specified in recipe. Doing so may result in an unsafe product.
- Do not over-season with spices. Spices tend to be high in bacteria and may make canned goods unsafe.
- Do not add butter or fat. Fats don't store well and may increase the rate of spoilage.
- Use only USDA recommended thickeners – never use flour, starch, pasta, rice, or barley.
- Add acid (lemon juice, vinegar, or citric acid) when directed in the recipe – especially to tomato products. If necessary, add sugar to balance the tart taste.

C. GETTING STARTED

Your **Power Quick Pot** is designed to accommodate a specific number of pint sized jars per session. Jars with self-sealing lids are suggested for use.

JAR CLEANING

Always wash empty jars in hot water with soap - either by hand or in dishwasher. Rinse thoroughly. Scale or hard water films on jars are easily removed by soaking jars for several hours in a solution containing 1 cup vinegar (5% acidity) per gallon of water.

LID PREPARATION

The self-sealing Jar Lid consists of a flat metal lid held in place during processing by a metal screw band (see Fig. L). When jars are processed, the lid gasket softens to form an airtight seal with the jar. To ensure a good seal, carefully follow lid manufacturer's directions in preparing lids for use. Do not reuse jar lids.

FIG. L



FIG. M



FIG. N



Canning Guide

D. THE CANNING PROCESS

1. Select a pretested pressure canning recipe. Although ingredients may vary, foods will be generally processed as instructed in this manual.
 2. Using only the freshest ingredients and fruits and vegetables at their peak of ripeness, prepare food as instructed in the recipe.
 3. Fill 16-oz. clean canning jars to liquid level as indicated. Do not fill above Liquid Level mark. An approximate 1-in. headspace should remain at top of jar (see Fig. M).
 4. Using a flexible, nonporous spatula, gently press food against jar in order to remove any trapped air bubbles (see Fig. N).
 5. Place a clean flat lid on opening of jar (see Fig. O). Add screw band. Turn clockwise and hand tighten in place (see Fig. P).
 6. Place the Inner Pot in the Unit Base (see Fig. Q). Place a wire rack (not included) in bottom of Inner Pot. Place filled, sealed jars on wire rack (see Fig. R). Maximum jar quantity varies per model. See **PINT SIZE JAR QUANTITIES, P. 29**.
 7. Pour hot water into Inner Pot with jars until water level reaches $\frac{1}{4}$ way up sides of jars. Amount of water depends on how many jars you place in the Unit. For example, for four 16-oz. jars, use about 6 cups of water. When processing fewer jars, more water is necessary.
 8. Following proper instructions in this manual, place Lid on base of appliance and lock into place (see Fig. S). Plug the Unit into wall outlet.
 9. Press the Canning Button. Pressure will automatically set at 80 kPa. Select Cook Time as indicated in chosen recipe.
 10. When the canning process is complete, Press the Steam Release Switch to release pressure. Release pressure by moving the Steam Release Switch to the Open position and letting go. Review see **INSTRUCTIONS FOR USE**, p. 14.
- NOTE:** If screw bands are too loose, liquid may escape from jars during processing, and seals may fail. If screw bands are too tight, air cannot vent during processing and food will discolor during storage. Overtightening also may cause lids to buckle and jars to break.

FIG. O



FIG. P



FIG. Q



Canning Guide

11. Using canning tongs (not included), carefully remove hot jars and place them on a resistant surface. Allow to cool to room temperature.

CAUTION: Jars are hot! If not handled properly and with extreme care, burns may occur.

12. When jars are completely cool, remove screw bands. Lids should be tightly sealed to jars. When pressed in center, there should not be any give or springing motion. If this happens, the canning process was not successful and food must be re-processed immediately or refrigerated and used within a few days.

NOTE: Never retighten lids after processing jars. As jars cool, the contents contract, pulling

the self-sealing lid firmly against the jar to form a high vacuum.

NOTE: Screw bands are not needed on stored jars. They should be removed after jars are cooled. If left on stored jars, they become difficult to remove, often rust, and may not work properly again.

13. Place finished jars on shelves in cool, clean, dry atmosphere.

FIG. R



FIG. S





Manufacturer's 60-Day Limited Warranty

The manufacturer warrants that all parts and components are free of defects in materials and workmanship for 60 days. This warranty is valid only in accordance with the conditions set forth below:

1. The warranty extends only to the original consumer purchaser and is not transferable. In addition, proof of purchase must be provided for the 60-day warranty to be applicable.
2. This limited warranty is the only written or express warranty given by the manufacturer. Any implied warranty of merchantability or fitness for a particular purpose on this product is limited to the duration of this warranty. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.
3. This warranty gives you specific legal rights, and you may also have other rights which may vary from state to state.

Procedure for Return within 60 Days:

To return the product within the 60-day money-back guarantee period, the original purchaser must package the product securely and include the following information: name, address, reason for return and request of refund or replacement, and either proof of purchase or order number. Place the information inside an envelope inside the package with the unit and mail to the following address:

Tristar Products, Inc.
500 Returns Road
Wallingford, CT 06495

Power
QuickPot[™]

Power Quick Pot™

We are very proud of the design and quality of our
Power Quick Pot™.

This product has been manufactured to the highest standards.
Should you have any problem, our friendly customer service staff
is here to help you.

Call us at **973-287-5145** or visit us
at www.TristarCares.com



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