



# TOWER®

T80245

## Care & Use Instructions

PLEASE READ CAREFULLY



**3 Litre / 20cm  
Stainless Steel Pressure Cooker**





## COOKING USING A PRESSURE COOKER

Healthier and tastier food; use less time and save energy

### What foods?

A wide variety of meals, side dishes and desserts can be cooked using a pressure cooker.

- Beans, rice and pulses
- Joints of meat, chicken
- Pasta dishes
- Soups
- Steamed puddings
- Steamed vegetables
- Stews and casseroles
- And many more



### Benefits Of Using A Pressure Cooker

#### Healthier:

Retains more nutrients, vitamins and minerals. Vegetables retain their textures and flavour; meats stay tender, juicy and succulent.

#### Efficient:

Pressure cookers cook food up to 70% faster than conventional cooking techniques, saving you time and energy bills.

#### Versatile:

Less washing up is required as only one cooking pot is used and the pressure cooker lid eliminates splashes and boil overs.





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Before first use, please ensure that you read and understand ALL the instructions, especially the **'User Safety Information'** on Page 5 and the **'Basic Rules of Pressure Cooking'** on Page 13. Save the Instruction Manual for future reference.





# Stainless Steel Pressure Cooker

## 1. SPECIFICATIONS

### 1.1 Components, accessories and spare parts

#### This box contains:

Pressure Cooker, 18cm Steamer Basket, Steamer Stand and Instruction Manual



#### Structure of your pressure cooker:

- |                                      |                           |
|--------------------------------------|---------------------------|
| 1. Pressure cooker body              | 7. Lid lock/unlock button |
| 2. Supporting handle                 | 8. Upper handle           |
| 3. Decompression window              | 9. 20cm Sealing ring      |
| 4. Cooker lid                        | 10. Lower handle          |
| 5. Pressure regulator and steam pipe | 11. 18cm Steamer basket   |
| 6. Red pressure indicator valve      | 12. Steamer stand         |

#### Spare parts (not included, available to order via website/customer service)

Part No: TS1010

Description: 20cm sealing ring





## 1. SPECIFICATIONS

### 1.2 User Safety Information

For your safety, please read and understand all the instructions before using your pressure cooker. Keep these instructions for your future reference.

The pressure cooker heats and cooks food under pressure. When the pressure cooker is at its operating pressure, the liquid boils around 118°C to 120°C. Improper use may result in a scalding injury. To avoid injury, ensure that the pressure cooker is closed correctly and securely before use. Do not start to heat the pressure cooker until the lid has been correctly and securely closed. The lid handle will be directly above the lower handle if the pressure cooker has been closed correctly.

When the food is at boiling temperature, and when the pressure is decreasing rapidly, steam and boiling liquid can escape from the pressure cooker. Take care of the ejected steam. Do not position the pressure cooker in close proximity to other people or yourself so as to prevent injury from escaping steam. Do not obstruct the pressure regulator. It must be clear at all times. Do not touch safety devices. (See page 15)

Before use, always check the pressure regulator, steam pipe, red pressure indicator valve and sealing ring are in good condition and clear from any food, dirt, scale etc.

Do not touch hot metal parts. Use the handles or oven gloves when handling the pressure cooker. Extreme caution must be used when moving the pressure cooker containing hot liquids or when it is at pressure.

Close supervision is needed when the pressure cooker is used near children or pets. Do not allow children to use the pressure cooker.

Do not leave the pressure cooker unattended.

Do not use the pressure cooker other than its intended use. Do not place the pressure cooker in a heated oven. Do not use the pressure cooker to fry under pressure.

Never let the pressure cooker boil dry or use without any liquid, as this will cause severe damage to the pressure cooker. Always follow the maximum and minimum quantities of liquid stated in the instructions.

Do not exceed the maximum fill level stated on page 8 Section 2.2.

The safety devices of your pressure cooker are extremely sensitive and must not be modified.

Do not open the pressure cooker until all the internal pressure has been safely released.

Strictly follow the cleaning, maintenance and storage instructions. Always check the safety devices are not obstructed before use.

Only use genuine TOWER spare parts.

Only use the pressure cooker on a heat source with a stable position.

If the pressure cooker functions abnormally i.e. it has been dropped or show signs of damage, stop using it.

This pressure cooker is intended for domestic use only and is not designed for commercial use. The manufacturer accepts no liability if the appliance is used for commercial purposes or in a manner which does not comply with the instructions in this manual.



## Stainless Steel Pressure Cooker

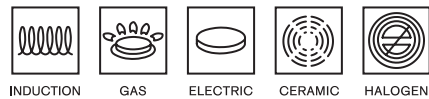
### 1. SPECIFICATIONS

#### 1.3 Technical Information

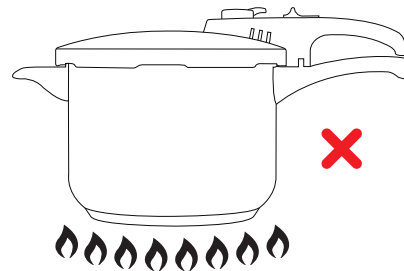
<b>Model No:</b>	T80245
<b>Diameter:</b>	20cm
<b>Capacity:</b>	3 Litre
<b>2 Pressure Settings:</b>	Setting I: 70kPa   10.1psi   0.7bar Setting II: 100kPa   14.5psi   1.0bar
<b>Material:</b>	High quality 18/8 stainless steel, bonded encapsulated steel base for even heat distribution, phenolic handles
<b>Suitable Hob Types:</b>	Ceramic / Electric / Gas / Halogen / Induction / Radiant / Sealed and solid plates

#### 1.4 Suitable hob types for cooking

The Tower Pressure Cooker can be used on all types of hob, including gas and electric, with a power rating of less than 2KW.



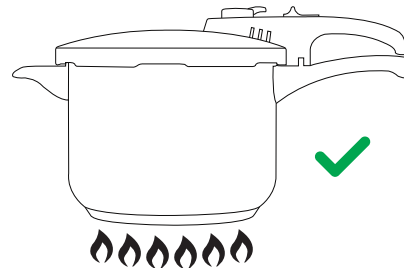
When using an electric hob, ensure that the hob has a diameter as close as possible to that of the cooker. NEVER use a hob that is too large for the cooker base. Also ensure the pressure cooker is only used on a heat source with a stable position.



When using a gas hob, always ensure that the flames DO NOT encroach upon the sides of the cooker but remain beneath it. DO NOT place or attempt to heat the pressure cooker in a heated oven.

Always thoroughly dry and clean the base of the pressure cooker before placing on the hob.

When using your pressure cooker on ceramic style hobs such as halogen, lift and place your pressure cooker rather than dragging it across the hob surface, to minimise damage to both your hob and pressure cooker.



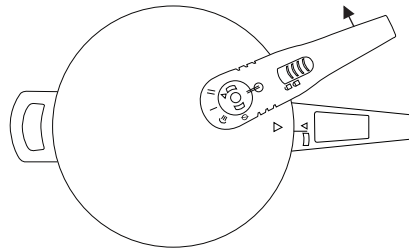


## 2. USING YOUR PRESSURE COOKER - STEP BY STEP GUIDE

### 2.1 Before the first use

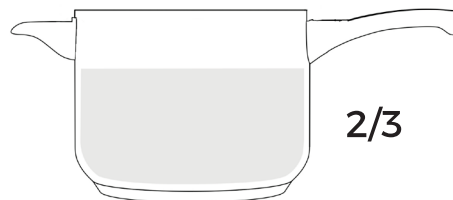
Before using your pressure cooker for the first time, it is recommended that all labels, packaging and accessories are removed. Retain the instruction manual.

The pressure cooker is packaged in the closed position. Push the 'Lid lock/unlock button' forward on the upper handle to the unlock position and turn to the right. Align the triangle ▼ on the lid to the triangle ▲ on the lower handle, and then release the lid from the body of the pressure cooker.



Before washing the pressure cooker, lift out the sealing ring from under the rim of the lid and lift out the pressure regulator from the top of the lid (align the triangle on the regulator with the Ø release position, then lift it). Wash them all with a non-abrasive, mild detergent solution and rinse and dry thoroughly.

Ensure the sealing ring and the pressure regulator are re-fitted correctly. To remove any new product smell, fill the pressure cooker 2/3 full with water add a tablespoon of lemon juice or vinegar to prevent discoloration and select full pressure on position II as per '**2.4 Selecting the cooking pressure**' and heat for 15 minutes. Allow to cool and then empty the heated water as explained in the instructions. Rinse and dry. Your pressure cooker is now ready for use.



Check the valves – Before each use, check visually that the pressure regulator, steam pipe and red pressure indicator valve are not blocked and the sealing ring is in place.





## 2. USING YOUR PRESSURE COOKER – STEP BY STEP GUIDE

### 2.2 Fill your pressure cooker and steam cooking preparation

Before filling your pressure cooker with your favourite ingredients, please read and follow the below minimum and maximum fill levels.



#### Minimum Fill Level

Liquid	Cooking Time
300ml or 1/2 pint	For the first 15 minutes of cooking
150ml or 1/4 pint	For each additional 15 minutes or part of 15 minutes

**Note:** Please ensure the above is strictly followed to avoid the risk of boiling dry.

#### Maximum Fill Level

Fill Level	Types Of Foods
Do not exceed 2/3 of the volume	Solid meat and vegetables which do not expand or foam when cooked.
Do not exceed 1/2 of the volume	Dried vegetables, soup, stews, etc, which need room for the food to expand without blocking the steam pipe.
Do not exceed 1/3 of the volume	Rice, cereal, pearl barley, oatmeal or other cereals, pulses which expands quite a lot when cooked, will need extra room.
Do not cook these foods in the pressure cooker.	Foods such as macaroni, noodles and spaghetti etc, that produce large amount of foam during cooking are not suitable for pressure cooking, as they may block the steam pipe. We do not recommend these to be cooked using a pressure cooker.
	Food with skins - Always pierce the skins before cooking.

**Note:** The above is only a general guide. Please check your recipes for any exceptions to these rules.







## 2. USING YOUR PRESSURE COOKER - STEP BY STEP GUIDE

### Steam cooking

The steamer basket should be placed on top of the steamer stand in the pressure cooker to allow the steam to circulate freely in and around the food. At least 750ml or 1 and ¼ pint of water should be used for steam cooking. The water level must not exceed the level of the steamer stand otherwise the food will be immersed in the water instead of cooking in steam.

Some heatproof containers may be used in the pressure cooker i.e. metal, enamel, glass, earthenware or boilable plastic. Do not use any containers that are cracked. Containers should easily fit into the cooker and must not come to within 2.5cm (1") of the top of the cooker body.

Caution: Always use oven gloves when handling any hot containers.

### Pre-steaming

Some recipes, such as Christmas pudding, require pre-steaming before being brought to cooking temperature. Pre-steaming can be carried out in a closed pressure cooker, over a medium heat with the pressure regulator left off.

Make sure there is enough water in the pressure cooker to cover the pre-steaming and the normal cooking time. Once steaming begins, the heat should be turned down as low as possible in order to reduce the amount of steam that escapes and the amount of water that is consumed. Once pre-steaming is complete, check that there is still sufficient water remaining to complete the cooking stage. If in doubt, remove the lid and check the water level before moving from pre-steaming to pressure cooking. The lid should be locked into position, the pressure regulator fitted and the heat turned up to bring the pressure cooker up to cooking pressure.

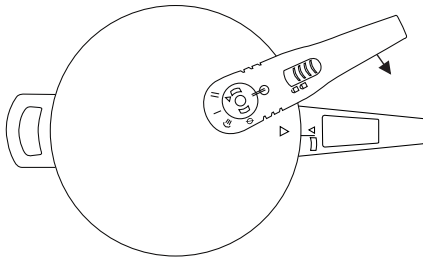




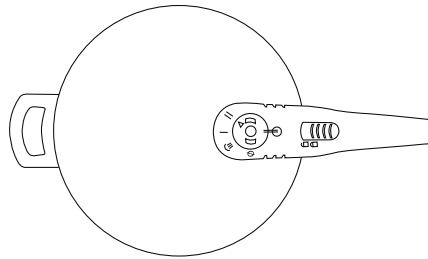
## 2. USING YOUR PRESSURE COOKER – STEP BY STEP GUIDE

### 2.3 Closing the pressure cooker

When closing the lid, align the **triangle mark ▼** on the lid with the **triangle mark ▲** on the lower handle of the pressure cooker. Hold the lower handle with your left hand and move the lid handle with your right hand clockwise. A 'click' sound indicates the lid is correctly closed and in position. Make sure the lock/unlock button returns to the lock position when the lid is closed.



Align the two handles

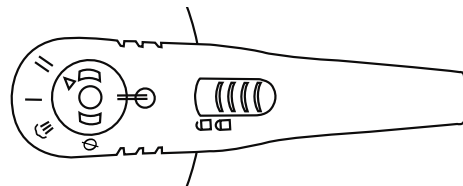


Lid closed

### 2.4 Selecting the cooking pressure

This pressure cooker has one pressure regulator with four positions:

Icon	Feature
∅	Fitting or removing position
☰	Steam release position
I	Lower pressure (70kPa/10.1psi/0.7bar) for steaming and gentle cooking of delicate foods such as fish and vegetables.
II	High pressure (100kPa/14.5psi/1.0bar) for most foods including meat and poultry



Lid handle details

To select a position, push down the regulator gently, twist and turn to the required setting, and line up the position with ◀ on the pressure regulator.





## 2. USING YOUR PRESSURE COOKER - STEP BY STEP GUIDE

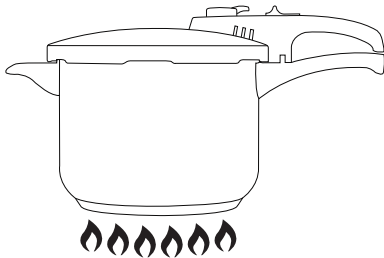
### 2.5 Start to cook

Turn the hob to its highest setting in order to get the pressure cooker to its required cooking pressure as quickly as possible. When using a gas hob, ensure the flame is under the pressure cooker and do not encroach upon the sides.

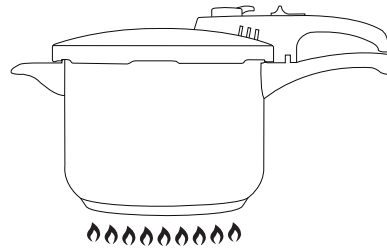
Note: Some steam will escape from the pressure indicator valve after the pressure cooker has been heating. This is normal and will cease once the pressure indicator valve has risen. It's now not possible to open the lid until the pressure has been safely released at the end of the cooking.

Once the required cooking pressure has been reached, steam will escape intermittently from the middle of the pressure regulator (emitting a hissing sound as it does so). At the point, the heat should be turned down to the lowest possible level.

If the heat is too high, there will be a constant loud hissing sound. If the heat is too low, there is little or no noise. You may need to adjust the heat level during cooking to maintain constant pressure. If the pressure indicator drops down during cooking, increase the heat slightly and extend the cooking time.



Higher heat at the beginning of the cooking



Turned down to the lowest heat

#### Cooking time:

The cooking time begins directly as the heat is turned down, once the red pressure indicator valve rises and the pressure cooker begins to hiss to release excess steam. Once the cooking time has finished, the hob should be turned off and the pressure cooker allowed to cool.



#### Caution:

- Do not leave the pressure cooker unattended during cooking.
- Do not touch the metal surfaces of the pressure cooker during cooking as they will be very hot. Always use oven gloves and hold the pressure cooker by both handles, keeping the pressure cooker level.
- Keep the pressure cooker away from children and pets.
- Never remove the pressure regulator until all the pressure has been released.





## 2. USING YOUR PRESSURE COOKER – STEP BY STEP GUIDE

### 2.6 At the end of cooking – Steam release

When the cooking time indicated in the recipe has finished, turn off the heat and release the steam either quickly or slowly as indicated in the recipe or according to the type of food cooked.

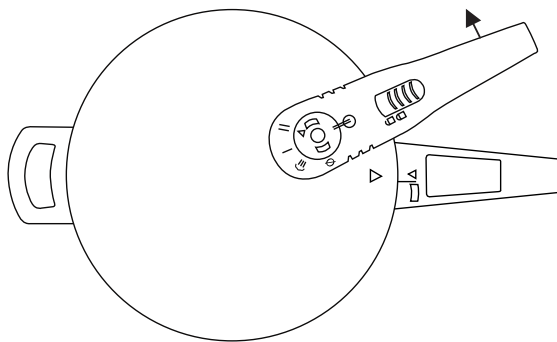
**Quickly:** For stews, vegetables and fish dishes. Turn the pressure regulator to the steam release position. Take great care as hot steam is released vertically. Make sure there is nothing in the way of where the steam will travel to. Alternatively, if the kitchen environment is not suitable for the above quick steam release, you can place the pressure cooker in a sink and run cold water over it until the pressure indicator valve has lowered. Do not allow water to enter the pressure cooker through the pressure indicator valve or through the pressure regulator.

**Slowly:** For recipes containing rice or pasta; egg custards, puddings, dried vegetables and pulses, stocks. This is the natural cooling, preferred method. Using oven gloves and gripping the handles, carefully move the pressure cooker on to a level, heat-resistant surface and leave it to stand until the pressure has reduced and the safety valve has lowered. This process normally takes about 15 minutes (depending on the amount of food being cooked, it may vary slightly) to cool slowly at room temperature.

Wait until the steam inside the cooker has completely released, the pressure indicator valve has dropped down and the pressure regulator has been removed to safely open the lid. **DO NOT force open the lid as it will cause injury.**

**Caution:** The pressure cooker will require a gentle shake to disperse any air bubbles or residual pressure prior to opening the lid after cooking certain foods, such as rice or soup. Always wait for the pressure to completely reduce before shaking.

### 2.7 Opening the pressure cooker



To open the lid, push the 'Lid lock/unlock button' forward on the upper handle to the unlock position and turn to the right. Align the triangle ▲ on the lid to the triangle ▼ on the lower handle and then release the lid from the body of the pressure cooker.

**Note:** Remove food from the pressure cooker as soon as possible after cooking. Do not leave food in the cooker for a long period of time as this may discolour the interior.





### 3. BASIC RULES OF PRESSURE COOKING

Strictly follow the minimum and maximum fill levels as per page 8 in this manual. Check in recipes for any exceptions to this rule such as Christmas puddings, pulses, steamed puddings as extra liquid is required.

Always use a liquid that will give off steam when boiled i.e. water, wine, stock, beer, cider, etc. All pressure cooking requires liquid. Never use oil or melted fat only.

Pressure cooking times vary accordingly to the thickness and size of the food and not the weight. For example, half a kilo of potatoes cut into quarters takes 7 minutes to cook. Half a kilo of potatoes cut in half takes 10 minutes.

Never cook dumplings with the lid securely closed as they could rise and block the safety devices. Cook the stew and at the end of the cooking time, release the steam and add the dumplings to the pot. Cook gently for about 10-15 minutes without the lid on.

Cooking containers and coverings must be able to withstand temperatures of 130°C (250°F). Do not use plastic lids as they prevent steam from being in contact with the mixture. An covering on containers i.e. foil, must be securely tied otherwise they could

block the safety devices.

The cooker body can be used without the lid for pre-frying foods i.e. to brown and seal meat. Always remove the pan from the heat source and allow to cool slightly before adding the liquid, otherwise the liquid could evaporate off and leave insufficient liquid for pressure cooking.

When pressure cooking times are short, such as for vegetables and fruit, accurate timing is essential to avoid overcooking.

If adapting a conventional recipe for pressure cooking, a general guide is to calculate one-third of the conventional cooking time. For example, if the usual cooking time is one and a half hours, the pressure cooking time is half an hour. Calculate the amount of liquid required according to the pressure cooking time and type of food. This model of pressure cooker operates at 70kPa (Position I) and 100kPa (Position II). The cooking times in pressure cooker recipe books suggesting using higher pressure may require less cooking time than our models. These recipes can be adjusted for use in your pressure cooker by increasing the cooking time and altering the quantity of liquid used accordingly.

### 4. CLEANING, MAINTENANCE AND STORAGE

#### Cleaning you pressure cooker

After every use, the pressure cooker should be carefully cleaned and thoroughly dried before putting away. The pressure cooker is not suitable for storing food when not in use. Salted and acidic food will mark the interior.

The cooker body only (not the lid) is dishwasher safe, but over time the harsh detergents in dishwasher tablets and the strong agitation will have a cumulative effect that may

dull the exterior, therefore we recommend this pressure cooker to be hand washed using a mild detergent and warm water. Dry immediately to maintain the shine.

The exterior of the pressure cooker can be cleaned with an appropriate stainless steel cleaner. To avoid damaging the surface of the pressure cooker, do not use implements or cleaning materials made from metals, hard materials or abrasives.



## 4. CLEANING, MAINTENANCE AND STORAGE

To remove stubborn food residuals on the inner walls of the pressure cooker, use a suitable cleaning solution mixed with warm water and leave to soak until softened and ready to be cleaned. Do not leave the exterior of the pressure cooker to soak in water as this will damage the exterior finish.

To clean the lid, remove and wash the sealing ring and regulator. Rinse the lid under running warm water. Do not immerse the lid in water. Check all the safety devices are clean and dry.

Make sure the steam pipe is clear. If it's blocked, turn the lid upside down and use a 2mm diameter needle to clear the blockage and rinse under a tap.

If the inside of the pressure cooker body becomes discoloured due to hard or chalky water, or cooking ingredients i.e. salt and oil, any white spots or discolouration on the

inner walls and base of the pressure cooker can be removed by wiping with fresh lemon juice, then rinse and dry immediately and thoroughly.

To prevent discolouration, add a tablespoon of lemon juice or vinegar to the water when steaming foods i.e. Christmas pudding, steamed puddings and vegetables.



### Maintenance

After each use, check whether the following parts need maintenance. Do not attempt to dismantle any other parts of the pressure cooker other than those mentioned.

#### The sealing ring

We recommend that the sealing ring be replaced every one or two years, depending upon the amount of use. Do not use substitute sealing ring otherwise your Guarantee will be invalidated. You can order your replacement sealing ring for this model (Part No. TS1010 20cm sealing ring) from the TOWER website [www.towerhousewares.co.uk](http://www.towerhousewares.co.uk).





## 4. CLEANING, MAINTENANCE AND STORAGE

Wash the sealing ring after each use in warm water and detergent to remove any debris from both the seal and the groove in which it sits. The sealing ring lifts out and is put back by easing in place under the rim of the lid.

**Note:** If the pressure cooker is not used for a long period of time, the sealing ring may need replacing as it can harden and then will not form an air-tight seal. Replace the seal immediately if it is damaged or has changed its shape.

### The Lid

Rinse the lid under running warm water. Do not immerse the lid in water.

### The Safety Devices

#### Steam pipe

The pipe is under the pressure regulator. Remove the pressure regulator by pressing down gently at the same time turning it to the  $\emptyset$  removing position and then lift upwards.

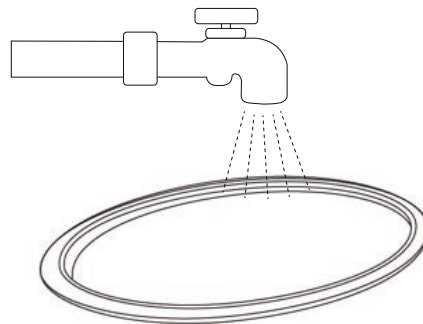
Check before each use that the pipe is not blocked. Hold it up to the light and make sure that the pipe is clean and free of food debris.

Clean it with a needle or skewer, especially after cooking foods which produce scum (puddings, rice, lentils, etc). Check that the hole at the base of the pipe is clean.

#### Pressure regulator

The pressure regulator must be cleaned after each use. After lifting the pressure regulator off the lid, clean and rinse the pressure regulator under running water.

Check that the interior spring loaded part moves freely by pressing down. Replace it on the lid.



### Loose handles

Should the handles become loose over the time, use a cross head screwdriver to tighten the screws. Do not over tighten. The supporting handle and the lower handle screws are on the underside of the handle. The two lid handle screws are inside the lid rim. Do not attempt to loosen the lid handle screws or remove the lid handle.

### The pressure cooker body

The pressure cooker body and metal part of the lid are made of stainless steel. The exterior of the pressure cooker can be cleaned with an appropriate stainless steel cleaner to maintain its original finish.

### Storage

Please make sure all parts are thoroughly dried before storage. To avoid damage to the sealing ring, do not store your pressure cooker with the cover fitted in place; instead, place the cover upside down, with the seal uppermost and store the pressure cooker in a cool, dry place away from direct sunlight.



## 5. TROUBLESHOOTING

If your pressure cooker is not performing as it should, turn off the heat source immediately, taking special care to protect your hands and yourself. Do not move the pressure cooker. Leave it to cool naturally and wait until all the pressure has been released completely, then open the lid safely following the instructions on page 12 (**2.6 – At the end of cooking**) and **2.7 – Opening the pressure cooker**) then examine and take appropriate actions.

The table below details some common problems and how to solve them.

Problem	Cause	Solution
The pressure cooker does not come to pressure. The red pressure indicator valve is not rising.	The heat is too low.	Increase the heat.
	No liquid.	Add liquid.
	The pressure regulator is incorrectly positioned.	Reposition the regulator to the correct setting. Refer to section 2.4
	The pressure cooker lid is closed incorrectly.	Check the lid and close it correctly.
	The steam pipe is blocked.	Check and clean the steam pipe.
Steam escapes from under the cover	The sealing ring needs changing.	Replace the sealing ring.
	The lid is closed incorrectly.	Check if the lid is fitted correctly in place.
	The sealing ring is not fitted correctly.	Clean the sealing ring and refit.
	The sealing ring is dirty.	Clean the sealing ring, the rim of the cooker body and the rim of the cover.
	The sealing ring is old or damaged.	Replace the sealing ring.
The lid can not be opened.	The lid is damaged or dented or faulty.	Dispose the product if it has reached its end of life or refer to the warranty.
	There is still pressure inside the pressure cooker.	Release the pressure correctly and completely. Refer to section 2.6 and 2.7. Do not force open the lid.
Steam and liquid suddenly escape from the pressure regulator or from under the lid.	Due to high temperature, the sealing ring might have melted.	The lid can then only be removed by a qualified technician (This is not covered by the warranty).
	The pressure cooker safety devices have operated or the pressure regulator is blocked.	Turn off the heat and allow the pressure cooker to cool and the pressure to reduce. Open the lid and clean the pressure regulator.
	The pressure cooker safety devices have operated.	The sealing ring has been activated and has started decompressing the excess pressure. Check if the steam pipe is blocked.





## 5. TROUBLESHOOTING

Problem	Cause	Solution
The pressure cooker was heated without any liquid by error.	Misuse of the product.	Have the product checked over by a qualified technician to determine if it's safe to continue using the product as it may be damaged. This is not covered by the warranty. Otherwise dispose of the product as it has reached its end of life.
The lid will not lock to the cooker body.	The lock/unlock button was not used.	Push forward the lock/unlock button on the upper handle of the pressure cooker while closing the lid. Refer to section 2.3.
The food is not cooked.	Heat was too low causing loss of pressure.	Refer to section 2.5.
	The pressure was incorrectly set.	Choose the correct pressure setting. Refer to section 2.4.
	Loss of pressure.	The sealing ring needs refitting, cleaning or changing.
	Required cooking time was not achieved.	Check your recipes for the correct cooking time.
The food is burnt.	Incorrect cooking time.	Refer to section 2.5.
	Heat was too high.	Refer to section 2.5.
	Not enough liquid.	Refer to section 2.2.
	Wrong pressure setting.	Refer to section 2.4.

**Note:** If you continue having issues with your pressure cooker or would like some advice of how to use the product, please contact a member of our customer service team. They would be happy to help you. The details of the customer service team can be found at the back of this manual.

### Disposal of the product

Please visit [www.recycle-more.co.uk](http://www.recycle-more.co.uk) or [www.recyclenow.co.uk](http://www.recyclenow.co.uk) for access to information about the recycling of non-electrical items.

Please arrange to take this appliance to your local Civic Amenity site for recycling, once it has reached the end of its life.





## 6. COOKING TIMES AND SAMPLE RECIPES

The cooking time begins directly as the heat is turned down, once the red pressure indicator valve rises and the pressure cooker begins to hiss to release excess steam. Once the cooking time has finished, the hob should be turned off and the pressure cooker allowed to cool. Cooking times are determined by the size of the pieces of food. It's best to cut different foods to a uniform size if they are going to be cooked together. If necessary, cooking may be interrupted, pressure released, and foods with shorter cooking times added later.

Use these cooking times purely as a guide. Check food is cooked through before serving. If in doubt, increase the cooking time.

Cook meat, poultry, and any derivatives (mince, burgers, etc.) until the juices run clear.

Cook fish until the flesh is opaque throughout.

When cooking pre-packed foods, follow any guidelines on the package or label.

**Soup - 4 to 6 minutes**



**Rice - 6 to 15 minutes**



**Fish - 3 to 8 minutes**



**Beef - 12 to 15 minutes (per 450g/lb)**



**Fruit - 2 to 5 minutes**



**Poultry - 5 to 8 minutes (per 450g/lb)**





## 6. COOKING TIMES AND SAMPLE RECIPES

### Lower Setting: Position I

Food	Cooking Times (Minutes)
------	-------------------------

#### Soup

Chicken	6
Fish	5
Leek and potato	5
Onion	4
Vegetable	5

#### Vegetables

Carrots	6
Leeks	4
Potatoes	6
Runner beans	6

#### Fish & Shellfish

Lobster	8
Crab	5-8
Steaks and fillets	3-4
Whole fish	4 min per 450g/lb
Skate wings	4

#### Fruit

Apple slices	4
Blackcurrants	2-5
Damsons	4
Gooseberries	4
Peaches/pears	3-4
Raspberries	2-5
Rhubarb	4

#### Dried Fruit

Apricots / Peaches	3-4
Apples / Figs	4-5
Pears / Prunes	4-5

### Higher Setting: Position II

Food	Cooking Times (Minutes)
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#### Rice

Long grain	6
Brown, long grain	12-15

#### Veal

Breast	12 min per 450g/lb
Knuckle	12 min per 450g/lb
Loin	10 min per 450g/lb
Shoulder	12 min per 450g/lb

#### Beef

Topside	12-15 min per 450g/lb
Brisket	15 min per 450g/lb
Silverside	12 min per 450g/lb

#### Pork

Shoulder	12 min per 450g/lb
Loin	12 min per 450g/lb

#### Lamb

Breast	12 min per 450g/lb
Shoulder	13 min per 450g/lb
Best end	10 min per 450g/lb

#### Poultry

Poussin (whole)	5-7
Chicken (whole)	5mins per 450g/lb
Partridge (whole)	8
Pheasant (whole)	8

**Note:** Please make sure any frozen food is completely defrosted before the cooking commences.



## 6. COOKING TIMES AND SAMPLE RECIPES

### Salmon & Vegetables



#### Cooking Instructions

1. Put water into the pressure cooker. Add bay leaf, broken cinnamon stick, and whole cloves to water.
2. Brush the steamer basket lightly with oil to prevent food from sticking.
3. Place the steamer basket on top of the steamer stand in the cooker pot
4. Place salmon skin-side down, side by side on the steamer basket. Do not stack salmon on top of each other and place vegetables around the salmon. Close and lock-in the lid. And choose pressure setting I, start the steam process, increase or decrease the cooking time for your own preferred taste.
5. Once the steam process is complete, carefully turn the regulator to the steam release position and release the build up steam until the pressure cooker has depressurised.
6. Carefully remove salmon and vegetables.
7. Serve with sauce/chutney, lime wedge.

#### Ingredients

- 750ml water
- Bay leaf
- Cinnamon stick broken in two pieces
- 3 Whole cloves
- 2 Skin-on salmon fillet
- Canola oil to brush salmon
- 300g fresh chopped broccoli
- 150g fresh baby carrots

**Note:** This recipe is suitable for a 6 Litre sized pressure cooker. If you are using a smaller sized pressure cooker please adjust the quantity accordingly.

Cooking time  
**10 MINUTES**

Serves  
**6**





## 6. COOKING TIMES AND SAMPLE RECIPES

### Beef & Vegetable Soup



#### Cooking Instructions

1. Firstly use the pressure cooker pot without lid on to seal and brown the meat in 2 tbsp of vegetable oil, seasoned with 1/2 tsp of salt and pepper.
2. Add the vegetables to the pressure cooker pot.
3. Now add the stock and top up to 2/3 line with water.
4. Close the pressure cooker lid and cook the food for 30 minutes.
5. When the 30 minutes has passed, let the pressure release and serve.
6. Serve with warm crusty bread.

#### Ingredients

227g lean cubed stew beef  
 2 tbsp vegetable oil  
 1/2 large sweet onion diced  
 2 ribs sliced celery  
 2 carrots peeled and sliced  
 1 potato peeled and diced  
 300g cabbage diced  
 2 tsp salt, divided  
 1 tsp black pepper  
 1 tsp ground cumin  
 1/2 red bell pepper, seeds removed and diced  
 1 bay leaf  
 411g chopped tomatoes  
 1 litre low salt beef stock  
 220g frozen green peas or green

**Note:** This recipe is suitable for a 6 Litre sized pressure cooker. If you are using a smaller sized pressure cooker please adjust the quantity accordingly.

Cooking time  
**30 MINUTES**

Serves  
**8**





Stainless Steel Pressure Cooker

## 7. YOUR RECEIPT

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Affix your store receipt to this page for safe keeping.

Should you have a problem with your product, or need any help, please contact our Service Department on **+44 (0) 333 220 6066**



**AFFIX  
RECEIPT  
HERE**





## 8. WARRANTY



**We hope that you will enjoy your Tower pressure cooker for many years.**

**As a thank you for purchasing one of our fantastic products, we are giving you 10 years peace of mind.**

To receive your 10 year guarantee, simply register your product online by visiting [www.towerhousewares.co.uk](http://www.towerhousewares.co.uk)



This product is guaranteed for 12 months from the date of original purchase.

The main body and lid are guaranteed for the extended free warranty subject to registration. The spares and accessories are guaranteed for 1 year with proof of purchase.

If any defect arises due to faulty materials of workmanship, the faulty products must be returned to the place of purchase.

Refund or replacement is at the discretion of the retailer.

Extended warranty only valid with proof of purchase. Proof of purchase and the registration certificate must be kept for the entirety of the guarantee.

The Following Conditions Apply:

- The product must be returned to the retailer with proof of purchase.
- The product must be installed and used in accordance with the instructions contained in this instruction guide.
- It must be used only for domestic purposes.
- It does not cover wear and tear, damage, misuse or consumable parts.
- Tower has limited liability for incidental or consequential loss or damage.

This guarantee is valid in the UK and Eire Only.

**The standard one year guarantee is only extended to the maximum available for each particular product upon registration of the product within 28 days of purchase. If you do not register the product with us within the 28 day period, your product is guaranteed for 1 year only.**

*To validate your extended warranty, please visit [www.towerhousewares.co.uk](http://www.towerhousewares.co.uk) and register with us online. Alternatively, call our customer registration line on +44 (0)333 220 6066.*

*Please note that length of extended warranty offered is dependent on product type and that each qualifying product needs to be registered individually in order to extend its warranty past the standard 1 year.*





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Your warranty becomes void should you decide to use non Tower spare parts. Spare parts can be purchased from [www.towerhousewares.co.uk](http://www.towerhousewares.co.uk)

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