

# cookworks

## Pressure Cooker

Model No. MY-CJ6002W



## Care & Instruction Manual

For household and indoor use only

Please read these instructions before use and retain for future reference



## **Electrical safety**

- You should only plug the appliance into a 220V-240V AC, 50Hz supply. Connecting it to other power sources may damage the appliance and will invalidate the guarantee.
- Switch off and unplug when not in use and before cleaning or moving the appliance.
- This appliance shall not be used by children. Keep the appliance and its cord out of reach of children.
- This appliance can be used by persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.
- Children shall not play with the appliance.
- Keep the pressure cooker housing, cable and plug dry and away from areas where it is likely to get splashed. Never immerse in water.
- Do not pull on the cable to disconnect from mains supply.
- Do not operate the appliance if damaged or after it malfunctions. In the event the supply cord is damaged, in order to avoid a hazard it must only be replaced by a qualified service engineer, with a suitably approved part.
- This appliance must be positioned so that the plug is accessible and the plug socket is within easy reach of the power cord.
- The appliance is not intended to be operated by means of an external timer or a separate remote-control system.
- This appliance must be plugged into an earthed socket outlet.

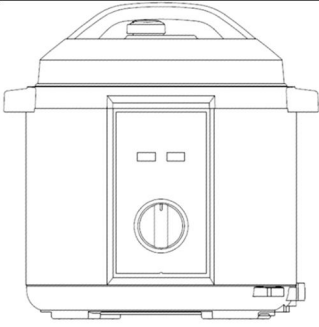
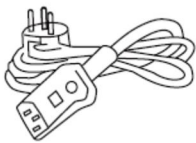
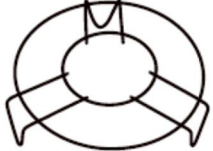
## **Warning!**





- This appliance is intended exclusively for use in domestic households. It is not suitable for commercial use.
- Do not attempt to remove the lid when the pressure cooker is operating or when it is still under pressure (float valve raised).
- Do not cover or block exhaust valve during operation and allow it to cool fully before storing.
- The internal and external surfaces of the pressure cooker will become hot during use and will have residual heat after cooking. Do not touch and always use oven gloves when handling.
- Do not use the pressure cooker near or under surfaces that are heat sensitive or those that may be damaged by steam.
- Do not overfill the pressure cooker and do not fill above half way when cooking foods that expand.
- Only use with the parts provided and to cook food. This appliance can cause personal injury if misused.
- To prevent burns, remove lid slowly and with the underside of cover angled away from you to allow the steam to escape gradually. Do not reach over the pressure cooker.

## **Food safety**

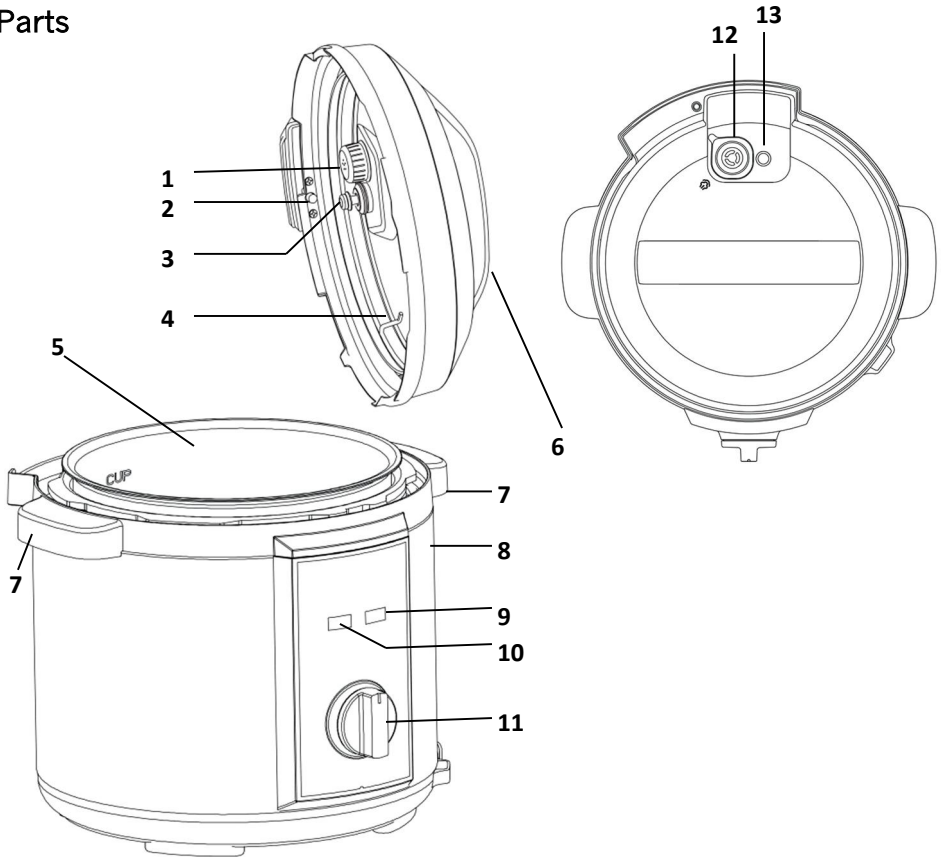
- Thoroughly defrost frozen meat, poultry, fish and seafood in the refrigerator before cooking. Keep raw meat and poultry separate from cooked foods.
- Always wash hands after handling raw meat and poultry, before handling any ready to eat foods.
- Wipe and disinfect surfaces that have been in contact with raw meat and poultry.
- Use separate utensils for handling raw meat/poultry and cooked food or wash them thoroughly between uses.
- To check whether meat, particularly poultry, is cooked, pierce the flesh with a skewer or fork; the juices should run clear. Ensure the product is piping hot throughout.
- Fish is cooked when it appears opaque and can be flaked easily.

# Contents

Pressure cooker	Power lead	Steam trivet
		

Condensate cup	Small ladle	Rice spoon	Measuring cup
			

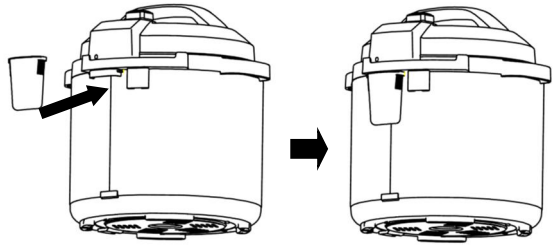
## Parts



1. Exhaust valve cover (removable)
2. Push rod
3. Float valve gasket (removable)
4. Seal (removable)
5. Bowl (removable)
6. Lid handle
7. Pressure cooker handles
8. Pressure cooker housing
9. Cook indicator
10. Power indicator
11. Mode / Timer knob
12. Exhaust valve (removable)
13. Float valve (removable)

### Fitting the condensate cup

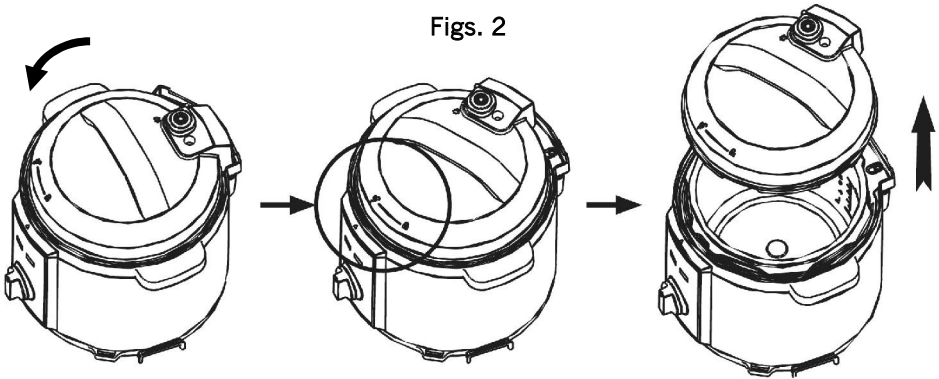
Slide the condensate cup into position at the reverse of the pressure cooker as shown (figs 1)



Figs. 1

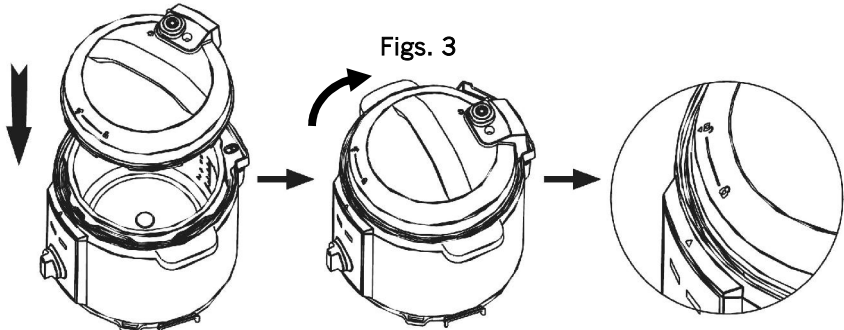
### Removing and fitting the lid

To remove the lid - hold the lid by the handle and turn the lid anticlockwise until the alignment mark (▲) on the rim of the pressure cooker housing is aligned with the 'unlocked' padlock symbol on the lid. Lift off the lid.



Figs. 2

To fit the lid - Position the lid above the pressure cooker and align the 'unlocked' padlock symbol on the lid with the alignment mark (▲) on the rim of the pressure cooker housing. Turn the lid clockwise until the 'locked' padlock symbol is aligned with the alignment mark (▲).



Figs. 3

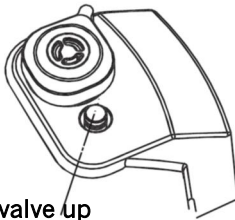
## Using the pressure cooker

1. Use utensils suitable for non stick pans when using this item.
2. Wash all removable parts before first use and dry thoroughly.
3. Place the pressure cooker housing on a stable, flat, heat resistant surface and away from surfaces that may be damaged by steam.
4. Fit the condensate cup and remove the lid.
5. Unwind the cable and plug into the pressure cooker housing and then plug into the mains supply. The red POWER indicator will illuminate. For safety do not allow the cable to dangle over the edge of units.
6. Place the ingredients to be cooked into the bowl. Do not fill past the MAX (10) mark and ensure approximately 2 cm of liquid is in the bowl.
7. Check that the seal is fitted into the lid and close fully ensuring that the 'locked' padlock symbol is aligned with the alignment mark (▲).
8. Turn the exhaust valve to the pressure position (fig.4 & 5).
9. Select the desired cooking time on the control knob. The COOK indicator will illuminate to show that the cooker is working.
10. When the cooker is up to pressure, the float valve will pop up (fig. 5) and some hissing and a small amount of steam is normal just before the float valve pops up.



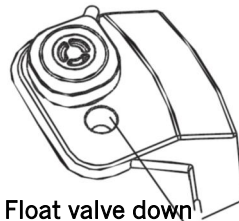
Fig. 4

Fig. 5



Float valve up

Fig. 6



Float valve down

11. After the cooking time has finished, a bell will sound and the pressure cooker will turn off automatically and the cook indicator will extinguish.
12. Allow the pressure to normalise and the float valve will drop (fig. 6).

13. If cooking more delicate foodstuffs (e.g. fish, chicken and vegetables), use the quick pressure release method to prevent overcooking. To release the internal pressure more quickly, use an oven glove and turn the exhaust valve **slowly** to the exhaust position (fig. 7). **Do not reach over the pressure cooker.** If the steam escape is too fast, close the valve and then try again.



Fig. 7

14. When the pressure has normalised, remove lid slowly with the underside angled away from you to allow steam to escape.
15. To stop the cooking process, switch off at the mains and allow any built up pressure to normalise.



## General pressure cooking advice

Pressure cooking is great for casseroles, stews and for cooking cheaper cuts of meat. Many dried pulses and beans can be added to recipe without the need for overnight soaking. Favorite recipes can be adapted and prepared in a fraction of the time as food cooks in about a third to one half of the time that they would by conventional methods and some typical recipes have been added at the end of this manual to show how to use the pressure cooker. For pressure cooker recipes, techniques and specific cooking times consult a specialist recipe book. Some general advice follows.

- Never pressure cook anything without approximately 2cm of liquid in the bottom of the bowl.
- For a pressure cooker to work, space is needed at the top of the bowl for the steam to build. Do not fill past the maximum level (10) shown on the bowl.
- If cooking foods that expand, do not fill past half way level to allow for expansion.
- When following pressure cooker recipes all cooking times should be from the point that the cooker becomes pressurized and the float valve pops up.
- The time required to build the pressure will depend on the volume of food and liquid in the cooker.
- Adding hot liquid or stock to the pressure cooker will allow the pressure cooker get to pressure more quickly and cooking times can be shortened.
- Cooking liquid does not reduce, so it may be necessary to add less liquid to a favorite recipe or to simmer and reduce the liquid using the sauté function after pressure cooking.
- Thicken sauces and gravies only after cooking.
- If you prefer vegetables in a recipe to have a little bite, depressurize 5 – 10 minutes before the end of the cooking cycle, add the vegetable and then bring the cooker back up to pressure to complete the cycle.
- Trim excess fat from meat, as the cooking method does not allow the fat to drain away.
- Unless a pressure cooker recipe advises otherwise, if adding fresh milk, cream or yoghurt this should be done after the pressure cooking cycle has been completed.

## Timings

When cooking foods there is a great deal of personal preference on how tender or what texture food should have after cooking. When cooking in a pressure cooker there are two times to be considered. The time taken to bring the cooker up to pressure (float valve rises) and the cooking time.

### Pressurisation times

The time required to build the pressure will depend on the volume of food and liquid in the cooker but the following can be used as a guide.

Volume	1 cup	300ml	500ml	1000ml	2000ml	Max (~3.5l)
Time required for pressure to build	4mins	5mins	6mins	9mins	15mins	25mins

For example: if your recipe requires 500ml of liquid to be added and the recipe requires the item to be pressure cooked for 20 minutes, the timer will need to be set for a total of 26 minutes (6 minutes to build pressure + 20 minutes cooking time).

### Outline cooking times

#### Meats

**Remember to add the time taken to bring the pressure cooker up to pressure.**

	Weight / quantity	Pressure cooking time
Chicken breasts, boneless	450	8-10
Chicken thighs, boneless	8 x 85g	20
Whole chicken	1.4 – 1.8kg	20-30
Beef stew (inc potatoes and veg)	700	15 – 20
Short ribs (5cm)	1.8kg	45-60
Brisket / skirt	1.4kg	30
Pot roast, topside / chuck	900-1.4kg	30
Lamb shanks	3 x 225g	15-20
Lamb shoulder (boneless)	1.4kg	20-30
Pork chops (2.5cm thick)	2 x 280g	8-10
Pork spareribs	1.4kg	30
Pork shoulder (boneless)	1.4kg	20-30
Ham	1.4kg	30

## Beans and Pulses

**Remember to add the time taken to bring the pressure cooker up to pressure.**

When cooking beans and pulses, DO NOT fill past half way mark as they will expand during cooking. Always use enough water to cover the beans / pulses and to allow for absorption.

	Pressure cooking time	
	Soaked overnight	Unsoaked
Black beans	20-25 minutes	28-30 minutes
Cannellini	18-22 minutes	33 to 38 minutes
Chickpeas	35 minutes	50 minutes
Great northern	30 minutes	40 minutes
Lentils	N.A.	8-10 minutes
Pinto beans	20-25 minutes	30-35 minutes
Red beans	22-25 minutes	30-35 minutes
Soy beans	26-33 minutes	33-40 minutes

## Vegetables (cooked by steaming method)

- Add approximately 1 cup of liquid into the bowl of the pressure cooker and then place the trivet into the base of the bowl.
- Unless told otherwise, place the vegetables to be cooked onto a plate and place the plate onto the trivet.
- Fit the lid and set the timer to the time shown in the table. If you like vegetables with a little bite, use shortest time shown.
- At completion of the cooking cycle, use the quick pressure release method to prevent overcooking.

	Weight / quantity	Cooking time
Courgette, sliced	1 medium	1-3
Green beans, whole	225g	2
Carrots, 1cm slice	2 cups	2-3
Carrots, whole	4-6	4-5
Sweetcorn (placed directly onto the trivet)	3 cobs	8-10
Broccoli, florets	3 cobs	1-3
Fresh beets, quartered	3 cups	20-25
Brussel sprouts, whole	1 cup	0-2
Squashes (e.g. butternut) peeled and cubed	1lb	3-5
Baby potatoes, whole	8 medium	8-10
New potatoes, whole	6 medium	10-12
Sweet potatoes, cubed	2 cups	4-6
Potatoes, cubed	2 cups	5-7

## Rice

- To cook rice, add the number of cups of rice into the bowl and season to taste.
- Unless the advice on the rice packet advises a different quantity, fill the bowl to the corresponding mark on the inside of the bowl with water.
- For example if cooking 3 cups of rice, add the rice into the bowl and then add water up to the 3mark on the bowl.
- Set the timer to the time below.

Cup quantity	1	2	3	4	5
Timer setting	18	20	23	25	28


## **Using the saute function**

1. Wash the removable bowl and lid before first use and dry thoroughly.
2. Place the pressure cooker on a stable, flat, heat resistant surface and away from surfaces that may be damaged by steam.
3. Unwind the cable and plug in to the pressure cooker housing and then plug into the mains supply. The red power indicator will illuminate. For safety do not allow the cable to dangle over the edge of units.
4. Remove the lid.
5. Turn the control knob to the 'Saute' position. The COOK indicator will illuminate, allow the bowl to heat and sauté food as you would normally. DO NOT fit the lid.
6. When cooking is complete, turn the control knob to OFF position.
7. To stop the cooking process, turn control knob to OFF, or switch off at the mains.

## Cleaning

1. Clean all parts before first use and after each use.
2. Switch off, unplug and allow the pressure cooker to cool fully.
3. Remove the condensate collector, seal, exhaust valve, exhaust valve cover, float valve gasket and float valve and wash separately.
4. The lid, removable bowl, utensils and the removable parts listed above may be washed in hot water with a little washing up liquid. Rinse and wipe dry. Not suitable for use in dishwashers.
5. Wipe the surfaces of the pressure cooker housing with a damp cloth; do not use detergent or abrasives as these may scratch the surface. Never immerse the motor housing, cable or plug in water.
6. Refit all parts after washing.

## Troubleshooting

Observation	Possible cause	Action to take
Difficult to close lid	Seal not installed correctly.	Refit the seal
	Float valve is catching on the push rod.	Gently push the rod to release.
Lid won't open	Cooker still pressurized and float valve still raised.	Allow pressure to normalize.
Steam leaks from lid	Seal ring incorrectly fitted or not installed.	Fit / refit the seal
	Seal ring damaged	Replace seal
	Lid not closed correctly	Refit lid
Steam leaks from float valve	Food debris on float gasket	Clean around gasket
	Float valve damaged	Replace gasket
Steam coming out of exhaust valve	Exhaust valve not in pressure position.	Turn valve to  position
Float valve not rising	Too little food / water in bowl	Add liquid
POWER indicator not illuminated	Damaged power cable	Replace cable
	Is there a power cut?	

## Demonstration recipe ideas

### Cooking a gammon joint

- 1.25kg Gammon joint
- 2 tbsp whole grain mustard
- ¼ cup brown sugar or honey
- 10 black peppercorns
- 2 bay leaves

1. Prepare all ingredients.
2. Place the bowl into the pressure cooker housing, plug in and switch on.
3. Place the gammon into the bowl and add enough water to come half way up the sides of the joint.
4. Add the remaining ingredients.
5. Fit the lid and set the timer to 45 minutes. If using a larger joint, extend the cooking time.
6. When the cooking cycle is completed, allow the pressure to normalise naturally and when the float valve drops remove the lid.
7. Lift out the gammon and allow to cool.

## Lamb shanks in port and garlic sauce

2 lamb shanks  
1 tbsp vegetable oil  
10 garlic cloves, peeled and whole  
½ cup of lamb stock  
½ cup port  
1 tbsp tomato puree  
2 tsp rosemary, fresh and finely chopped  
15g butter, salted  
2 tsp balsamic vinegar  
Salt and pepper, to taste

1. Prepare all ingredients.
2. Place the bowl into the pressure cooker housing, plug in and switch on.
3. Select the sauté function, add the vegetable oil into the bowl and allow it to heat a short while before adding and browning the lamb shanks. Remove the lamb shanks and set to one side.
4. Now sauté the garlic cloves until light golden in colour.
5. Place the lamb shanks back into the pot and add all ingredients EXCEPT the butter and the vinegar.
6. Fit the lid and set the timer to 35 minutes.
7. When the cooking cycle is completed, allow the pressure to normalise naturally and when the float valve drops remove the lid.
8. Remove the lamb shanks, place into a serving dish and allow to rest in a warm location.
9. Select the sauté function again, allow the sauce to boil and reduce to approximately half volume.
10. Stir in the butter, balsamic vinegar and season to taste quantity.
11. Switch off the cooker and ladle the sauce over the lamb shanks.

### Beef stew with a horseradish twist

450g beef braising steak, cut into roughly 3cm pieces

1 tbsp plain flour

1 tbsp vegetable oil

1 onion, finely chopped

1 carrot, chopped

250g closed cup chestnut mushrooms, sliced

390g tin chopped tomatoes

300ml beef stock, made with 1 stock cube

1 bay leaf

2 tbsp horseradish sauce

15g bunch fresh flat-leaf parsley, washed and chopped

1. Prepare all ingredients.
2. Place the bowl into the pressure cooker housing, plug in and switch on.
3. Coat the pieces of beef in the flour.
4. Select the sauté function, heat the oil in the bowl and brown the meat until browned all over. Remove from the bowl, then add the onion and carrot and cook for 6-8 minutes until softened and golden, stirring regularly and scraping the bottom of the pot to release the flavour.
5. Add the mushrooms and cook for 3-4 minutes until softened.
6. Return the beef to the pot then add the chopped tomatoes, beef stock and bay leaf. Season to taste.
7. Fit the lid and set the timer to 40 minutes.
8. When the cooking cycle is completed, allow the pressure to normalise naturally and when the float valve drops remove the lid.
9. Select the sauté function again, allow the sauce to simmer until the sauce has thickened.
10. Switch off the cooker, lift out the bowl, remove the bay leaf then stir through the horseradish sauce and the parsley.



## Technical specification

Rated voltage	220-240V AC 50/60Hz
Power consumption	1000W
Max. capacity	4.5 litres
Working pressure	70kPa
Class rating	I (earthed)
BS 1362 fuse	13A



## Plug / Wiring advice

The wires in this mains lead are coloured in accordance with the following UK electrical code:

BLUE = NEUTRAL

BROWN = LIVE

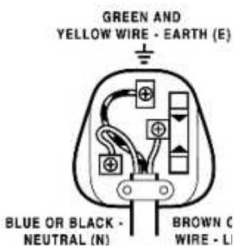
GREEN + YELLOW = EARTH

### Non-rewireable plug

This appliance may be fitted with a “non-rewireable” plug. If you need to change the fuse in a “non-rewireable” plug, the fuse cover must be refitted. If the fuse cover is lost or damaged, the appliance must not be used.

### Rewireable plug

The colours of the wires in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in a rewireable plug. **Rewireable plugs should only be replaced by a suitably competent person. If in doubt, consult a qualified electrician.**



The BLUE wire must be connected to the terminal marked with the letter N

The BROWN wire must be connected to the terminal marked with the letter L

The GREEN & YELLOW wire must be connecting to the terminal marked with the letter E or the earth symbol (⊕).

## Recycling electrical products



This marking indicates that this product should not be disposed with other household wastes throughout the EU. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material resources. To return your used device, please use the return and collection systems or contact the retailer where the product was purchased. They can take this product for environmental safe recycling.

If you encounter any problems with this product please call our customer care team on 0345 640 30 30

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489 – 499 Avebury Boulevard  
Central Milton Keynes  
MK9 2NW. UK.



## PRODUCT GUARANTEE

This product is guaranteed against manufacturing defects for a period of



Year

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

Any defect that arises due to faulty materials or workmanship will either be replaced, refunded or repaired free of charge where possible during this period by the dealer from whom you purchased the unit.

The guarantee is subject to the following provisions:

- The guarantee does not cover accidental damage, misuse, cabinet parts, knobs or consumable items.
- The product must be correctly installed and operated in accordance with the instructions contained in this manual. A replacement copy of this instruction manual can be obtained from [www.argos-support.co.uk](http://www.argos-support.co.uk)
- It must be used solely for domestic purpose.
- The guarantee will be rendered invalid if the product is re-sold or has been damaged by inexpert repair.
- Specifications are subject to change without notice.
- The manufacturer disclaims any liability for the incidental or consequential damages.
- The guarantee is in addition to, and does not diminish your statutory or legal rights.

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