

Montgomery Ward®

Montgomery Ward®

Cooker,
Steamer,
Smoker
All in One!

6.5 Qt. Pressure Cooker & Smoker



MODEL: EPCK 40911

Montgomery Ward Customer Service
1112 7th Avenue, Monroe, WI 53566
8:00 a.m. to Midnight, Monday through Friday

Wards.com 1-888-557-3848

Instruction Manual

Item No.: 747004
120V~, 60Hz, 1300W

Wards.com 1-888-557-3848



Thank you for purchasing your 6.5 Qt. Pressure Cooker & Smoker by Montgomery Ward®. It will perform to the highest standard, time after time, with all the convenience and durability you rely on from Wards. We guarantee it!

A pressure cooker, steamer, slow cooker and smoker all in one convenient, easy-to-use appliance! Now you can have that smoky flavor you love, without having to purchase another piece of equipment. How convenient is that!

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3048146
Conforms to UL Std. 1026
Certified to CSA Std. C22.2 No. 64-10

PLEASE SAVE THESE INSTRUCTIONS

THIS APPLIANCE IS FOR INDOOR USE ONLY

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Important Safeguards

PLEASE READ ALL INSTRUCTIONS BEFORE USE

Basic safety precautions should always be followed when using this appliance.

WARNING: TO AVOID THE RISK OF ELECTRICAL SHOCK, ALWAYS MAKE SURE THE PRODUCT IS UNPLUGGED FROM THE ELECTRICAL OUTLET BEFORE ASSEMBLING, DISASSEMBLING, RELOCATING OR CLEANING. DO NOT TRY TO SERVICE THIS PRODUCT YOURSELF.

1. Close supervision is necessary when using this appliance near children. This appliance is NOT suitable for use by children.
2. NEVER leave appliance unattended while in use.
3. To protect against electrical shock, do NOT place cord, plug or appliance in water or other liquid.
4. Do NOT let cord hang over edge of table or counter or touch any hot surfaces.
5. To disconnect from electrical outlet, pull directly on plug; do NOT pull on the cord.
6. NEVER connect or disconnect plug with wet hands.
7. Do NOT allow appliance to rest on cord.
8. Do NOT operate any appliance with a damaged cord or plug, or after the appliance malfunctions or has been damaged in any manner. Call our toll-free customer service number for information regarding returning or replacing the product.
9. Do NOT connect appliance to a timer or an independent remote control.
10. Unplug appliance when not in use.
11. Do NOT use or place appliance near or on any flammable materials such as tablecloth, curtains, towels, paper, plastic, etc.
12. NEVER remove lid when appliance is under pressure.
13. Always place appliance on a flat, level and heat-resistant surface.
14. Do NOT place or use the unit or any parts on or near a hot gas or electric burner, in a heated oven, under a broiler, on a stove top or in a freezer.
15. **WARNING: To avoid risk of explosion, do NOT cover the pressure valve.**
16. Do NOT move appliance while in operation.
17. Do NOT lift or move appliance by lid handle; use side handles only.
18. Keep hands and face away from the pressure/steam regulator knob when releasing the pressure.
DANGER: Steam will exhaust through pressure/steam regulator knob and can cause burns, scalding and serious injuries.
19. Use EXTREME CAUTION when opening lid.
DANGER: Steam escaping from appliance can cause burns, scalding and serious injuries.
20. Do NOT touch any hot surfaces (external or internal). Always use handles, knobs and control buttons to operate the unit.
21. Always use potholders or oven mitts to remove hot cook pot from appliance.
22. When using smoker function, place appliance in well ventilated area.
23. Always remove silicone protection cap from bottom of cook pot before using appliance.

24. Allow appliance to cool down completely before handling and cleaning.
25. Always use the nonstick, removable cook pot for all functions.
26. Coiled heating element in the center of the cook pot **MUST** be covered with charring cup and lid when cooking any type of food.
27. **DANGER: NEVER deep fry or pressure fry in this appliance. Fire or injury can occur.**
28. Use this appliance only for its intended use as described in this manual.
29. This appliance is **NOT** recommended for outdoor or commercial use.
30. Do **NOT** attempt to dislodge food when the appliance is plugged in.

3-Prong Plug

This appliance has a 3-prong (grounding) plug for use in a 3-prong (grounding) outlet to minimize the possibility of electric shock. This appliance should only be used with a 120V, 60Hz grounded outlet. Failure to follow these instructions could result in fire, electrical shock, serious injury or death.

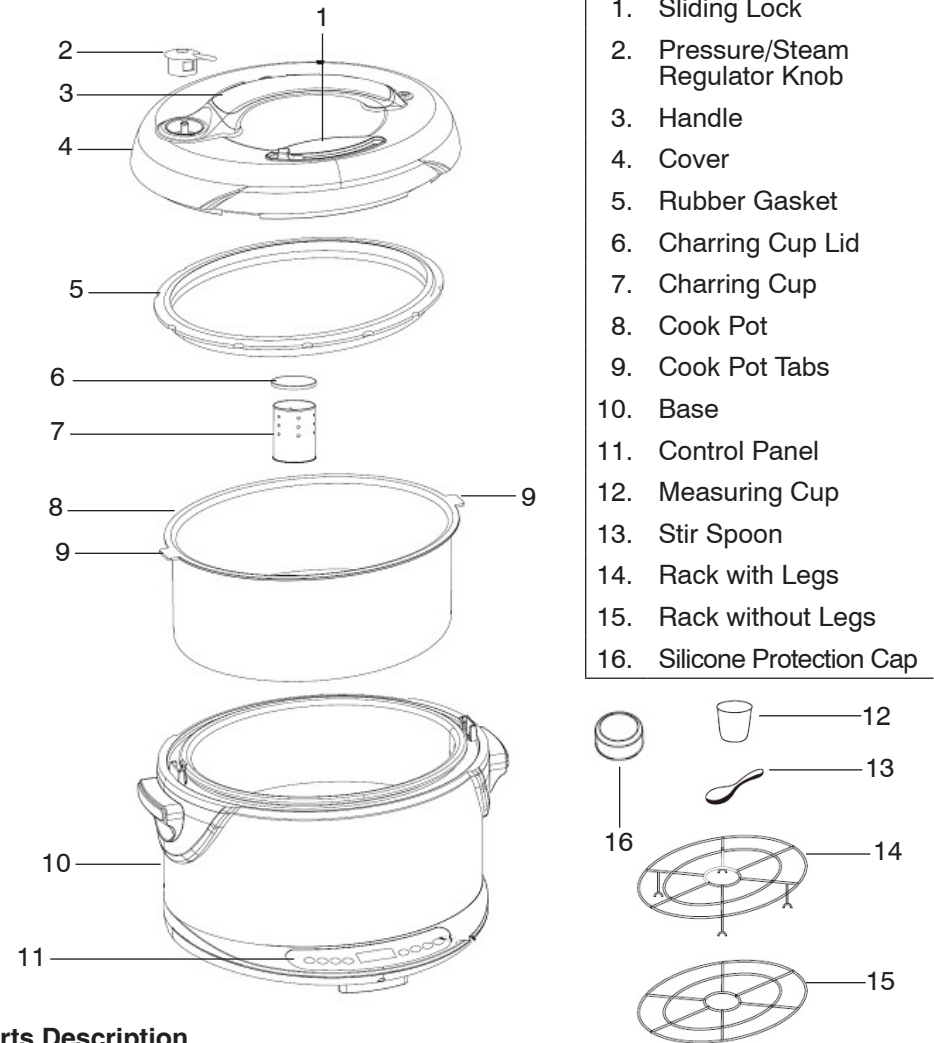
If the plug does not fit fully in the outlet, contact a qualified electrician to install a 3-prong (grounding) outlet. Do **NOT** attempt to modify the plug in any way. Do **NOT** use an adapter or an extension cord that is not rated for use with this product. Failure to follow these instructions could result in fire, electrical shock, serious injury or death.

SHORT CORD INSTRUCTIONS

1. A short cord is provided to reduce the risk resulting from becoming entangled in or tripping over a longer cord.
2. Longer detachable power supply cords or extension cords are available and may be used if care is exercised in their use.
3. If a long detachable power cord or extension cord is used:
 - The marked electrical rating of the detachable power supply cord or extension cord should be at least as great as the electrical rating of the appliance.
 - If the appliance is of the grounded type, the extension cord should be the same type 3-wire.
 - The longer cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over.

PLASTICIZER WARNING

To prevent plasticizers from migrating from the finish of the countertop or tabletop or other furniture, place **NON-PLASTIC** coaster or placemats between the appliance and the finish of the countertop or tabletop. **Failure to do so may cause the finish to darken. Permanent blemishes may occur or stains can appear.**



1. Sliding Lock
2. Pressure/Steam Regulator Knob
3. Handle
4. Cover
5. Rubber Gasket
6. Charring Cup Lid
7. Charring Cup
8. Cook Pot
9. Cook Pot Tabs
10. Base
11. Control Panel
12. Measuring Cup
13. Stir Spoon
14. Rack with Legs
15. Rack without Legs
16. Silicone Protection Cap

Parts Description

- Sliding Lock - Locks the lid during cooking.
- Pressure/Steam Regulator Knob - Down position keeps pressure inside; up positions allows steam to vent.
- Rubber Gasket - Creates airtight seal for pressure cooking.
- Charring Cup - Holds in wood chips when using smoking function. Protects element from liquids when not using the smoking function.
- Cook Pot - 6.5qt. capacity, nonstick coated removable pot, provides even heat distribution
- Cook Pot Tabs - Secures cook pot to base during cooking.

Control Panel Functions:

- Smoke - Smokes the food to get that “classic” smoked flavor. Cook with pressure and smoke simultaneously (HOT smoke) or smoke foods only (COLD smoke) with no pressure and relatively little heat.
- Steam - Quickly brings water to a boil for steaming food or cooking rice.
- Slow Cook - Cooks food at a low temperature for up to 12 hours.
- Delay Time - Starts cooking at a time of your choosing (up to 8 hours).
- Pressure Setting - Low, Medium and High.
- Warm - Keeps food warm for up to 8 hours. This mode is automatically selected after the cooking time has elapsed, until the start/stop button is pressed.

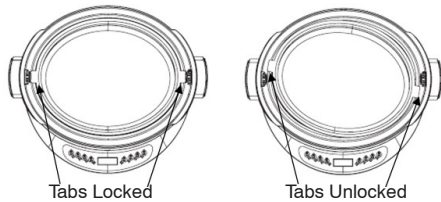
Before Using for the First Time

CAUTION: Risk of suffocation - keep all packaging and plastic bags out of the reach of children.

NOT DISHWASHER SAFE

Do NOT immerse cook pot or base in water.

1. Remove all parts from the box and discard packaging.
2. Rotate cook pot until tabs are out from under tab plates and lift pot out of base.



3. Clean inside of cook pot with hot water and a non-abrasive sponge, taking care to keep the element dry. Remove the silicone protection cap and wipe the sensor on the underside of the cook pot with a soft, damp cloth.
4. Wash all removable parts in warm, soapy water.
5. Wipe exterior surface of the base with a soft, damp cloth. Do NOT use an abrasive scouring pad or steel wool as this could damage the finish.
6. Dry all parts thoroughly and reassemble.
7. Fill the cook pot $\frac{2}{3}$ full with water and make sure the tabs are secured under the tab plates.
8. Put on lid and slide locking lever to the left to secure.
9. Plug cord into outlet. Turn the pressure/steam regulator knob to **pressure**.
10. Press the pressure setting button on the control panel. The light for high pressure will illuminate. Press the pressure setting button a second time to confirm setting.
11. When “15” flashes on the display, use the “+” or “-” buttons to change the time to 45.
12. Allow cycle to run its course.
13. After unit beeps, wear an oven mitt and manually release pressure by turning the pressure/steam regulator knob towards **steam**. The floating valve will drop.
14. Let appliance cool completely and wash again according to instructions in Cleaning and Care section.

Pressure Cooking

DANGER: Steam will exhaust through pressure/steam regulator knob and can cause burns, scalding and serious injuries.

CAUTION: Keep hands and face away from pressure/steam regulator knob while heat and steam escape.

CAUTION: Always wear an oven mitt or other heat protective glove to turn pressure/steam regulator knob when releasing pressure.

CAUTION: NEVER force open lid. Lid will open when pressure has been fully released.

CAUTION: Tilt lid away from you when opening to avoid injury from steam.

IMPORTANT: Foods such as applesauce, cranberries, oatmeal or other cereals, peas, pasta or rhubarb should NOT be cooked under pressure. These types of foods tend to foam, froth and sputter, which may block the floating valve.

Tips

- Always use at least 1½ cups (12 oz.) of water or liquid in your recipes to enable enough steam to be created to produce pressure.
- NEVER fill cook pot more than $\frac{2}{3}$ full with water or liquid.
- NEVER fill cook pot more than $\frac{1}{2}$ full with food.
- Only use non-metal utensils when filling with or removing food from cook pot, to avoid scratching the nonstick coating.
- When cooking beans, add a tablespoon of oil to the water to reduce the amount of foaming.
- For best results, use low pressure when cooking fresh fruits.
- When cooking frozen meats, add an 10 extra minutes for every inch of thickness.
- When unsure of how much time to cook under pressure, it’s best to under cook and use the quick release method to check for doneness.

To Use

1. Place appliance on flat, level and heat-resistant surface.
2. Check that the rubber gasket and the pressure/steam regulator knob are clean and positioned properly.
3. Insert cook pot, swiveling so that the tabs are locked under tab plates.
4. Place charring cup with lid over element in cook pot, to keep element dry.
5. Place food and at least 1½ cups of water or liquid into cook pot.
6. Put on lid and slide locking lever to the left to secure.
7. Plug cord into outlet. Display will show --:--.
8. Turn the pressure/steam regulator knob to **pressure**.
9. Press the pressure setting button on the control panel. The light above high pressure (15 psi) will illuminate.
10. To select the low (2.5 psi) or medium (7.5 psi) pressure setting, press the “+” or “-” buttons until the light above the desired setting illuminates.
11. Press the pressure setting button a second time to confirm setting.
12. After the pressure setting is set, the display will flash the default cook time of 15 (minutes). Use the “+” or “-” buttons to change the cook time from 1 minute to 2 hours.

- Press the start/stop button to begin cooking.

NOTE: The timer will start counting down after the proper pressure has been achieved. This may take several minutes.

- When cooking is complete, a beep will sound.
- Follow one of these pressure release methods before opening lid:
 - Natural release method: allow pressure to release on its own without intervention.
 - Quick release method: manually release pressure by turning the pressure/steam regulator knob towards **steam** for short bursts.
- Press the start/stop button to turn off the appliance, otherwise the warm function will automatically initiate for 8 hours or until the start/stop button is pressed.
- Move the lock lever to the right to unlock lid and tilt lid away from you when opening.
- Swivel the cook pot to move the tabs from under tab plates.
- Using potholders or oven mitts, lift out cook pot and place on a potholder.

Smoking Food

The smoke function gives food that “classic” smoky flavor. This function allows you to cook with pressure and smoke at the same time (HOT smoke) or to smoke foods only (COLD smoke) with no pressure and relatively little heat. To achieve a heavy smoked flavor, smoke using cold smoke and then a second time using hot smoke.

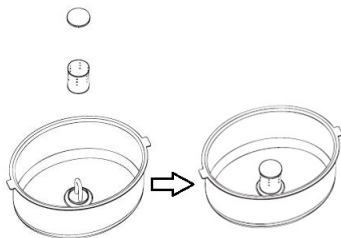
WARNING: To avoid a fire, make sure embers are extinguished before discarding.

NOTE: Place the appliance in a well-ventilated area when using this function! To reduce odor, place under an exhaust hood that is vented to the outside.

NOTE: Do NOT use “HOT” or “COLD” smoke modes when cooking without the food racks or when cooking directly on the bottom of the cook pot. This can cause the charring element to char the meat where it touches the element, giving it an unpleasant taste.

IMPORTANT: Only use wood chips specially designed for smoking food!

- Place appliance on flat, level and heat-resistant surface.
- Insert cook pot, swiveling so that the tabs are locked under tab plates.
- Position the charring cup around the element in bottom of cook pot.



- Fill charring cup with either dry or soaked wood chips. Make certain wood chips come in contact with element.
- Place lid on charring cup.
- Place one or both racks inside cook pot and put food on top of rack.
- If using hot smoke feature, add ¼ cup water.
- Put on lid and slide locking lever to the left to secure.

- Plug cord into outlet. Display will show --:--.
- Turn the pressure/steam regulator knob to **pressure**.
- Press the smoke button. “Cold” will flash on the display. Use the “+” or “-” buttons to select hot smoke, if desired.
- Press the smoke button a second time to confirm your selection.
- When the display flashes 0:00, use the “+” or “-” buttons to set the cook time from 1 minute to 2 hours.
- Press the start/stop button to begin smoking.
- When smoking is complete a beep will sound.
- Press the start/stop button to turn off the appliance. Remove plug from outlet.
- Move the lock lever to the right to unlock and tilt lid away from you when opening.
- Swivel the cook pot to move the tabs from under tab plates.
- Using potholders or oven mitts, lift out cook pot and place on a potholder.

Steaming Food

DANGER: Steam will exhaust through pressure/steam regulator knob and can cause burns, scalding and serious injuries.

CAUTION: Keep hands and face away from pressure/steam regulator knob while heat and steam escape.

- Place appliance on flat, level and heat-resistant surface.
- Insert cook pot, swiveling so that the tabs are locked under tab plates.
- Place charring cup with lid over element in cook pot, to keep element dry.
- Add 1½ cups of water to bottom of cook pot.
- Place one or both of the racks on the bottom of the cook pot.
- Put food to be steamed directly on rack or in an 8" or smaller heat-resistant bowl and place bowl on rack.
- Put on lid and slide locking lever to the left to secure.
- Plug cord into outlet. Display will show --:--.
- Turn the pressure/steam regulator knob to **steam**.
- Press the steam button. The display will flash the default cook time of 15 (minutes). Use the “+” or “-” buttons to change the steaming time from 1 minute to 2 hours.
- Press the start/stop button to begin steaming.

NOTE: The timer will start counting down after the water has come to a boil.

- Lid can be opened while steaming, to check the food.

CAUTION: Tilt lid away from you when opening to avoid injury from steam.

- When steaming is complete a beep will sound.
- Press the start/stop button to turn off the appliance, otherwise the warm function will automatically initiate for 8 hours or until the start/stop button is pressed. Remove plug from outlet.
- Move the lock lever to the right to unlock and tilt lid away from you when opening.
- Swivel the cook pot to move the tabs from under tab plates.
- Using potholders or oven mitts, lift out cook pot and place on a potholder.

Slow Cooking

CAUTION: Keep hands and face away from pressure/steam regulator knob while heat and steam escape.

CAUTION: Always wear an oven mitt or other heat protective glove to turn pressure/steam regulator knob when releasing pressure.

1. Place appliance on flat, level and heat-resistant surface.
2. Insert cook pot, swiveling so that the tabs are locked under tab plates.
3. Place charring cup with lid over element in cook pot, to keep element dry.
4. Place food into cook pot.
5. Put on lid and slide locking lever to the left to secure.
6. Plug cord into outlet. Display will show --:--.
7. Turn the pressure/steam regulator knob to **steam**.
8. Press the slow cook button on the control panel. The display will show 180° F, which is the equivalent to the lowest setting on a traditional slow cooker. Press the "+" or "-" buttons to set the temperature between 180–190° F.
9. The display will now show the default cook time of 4:00 (hours). Press the "+" or "-" buttons to increase/decrease cook time in 30 minute increments, up to 12 hours.
10. Press the start/stop button to begin cooking.
11. When cooking is complete, a beep will sound.
12. Press the start/stop button to turn off the appliance, otherwise the warm function will automatically initiate for 8 hours or until the start/stop button is pressed. Remove plug from outlet.
13. Move the lock lever to the right to unlock lid and tilt lid away from you when opening.
14. Swivel the cook pot to move the tabs from under tab plates.
15. Using potholders or oven mitts, lift out cook pot and place on a potholder.

Keeping Food Warm

After food has finished cooking or smoking, the appliance will automatically initiate the warming mode which will keep food warm for up to 8 hours. Warming mode is ended once the start/stop button is pressed.

NOTE: After pressure cooking or hot smoking, some residual pressure might remain in the cook pot when the unit switches to warming mode. If the unit can detect pressure it will give an audible alert by beeping twice every 10 seconds until the pressure has dropped. Manually release the pressure by turning the pressure/steam regulator knob towards **steam** for short bursts.

Delay Time Setting

CAUTION: When cooking perishable foods (meat, poultry, fish, cheese or dairy), do not set the delay timer for more than 2 hours (1 hour if ambient temperature is above 90° F). Do **NOT** use this function with food that will spoil if left out at room temperature.

With this function, you can delay the start time for steaming, pressure cooking or slow cooking for up to 8 hours. Follow the sequence of steps for pressure cooking, steaming food or slow cooking food as described in their respective sections in this manual. When you reach the step to press the start/stop button, however, use the steps below instead.

1. Press the delay time button. "Delay Time" will illuminate on the display.
2. Use the "+" or "-" buttons to set the amount of time to delay the start of cooking.
3. Press the start/stop button.

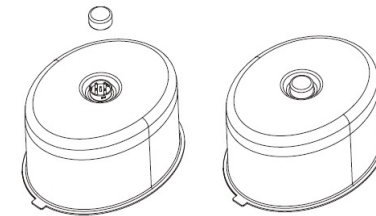
This appliance contains no user-serviceable parts. Do **NOT** try to repair it yourself. If your appliance is damaged or does not operate, please call customer service to repair or replace it.

PRECAUTIONS:

- Always unplug unit and allow to cool before cleaning.
- Make certain that all embers are fully extinguished before discarding.
- Do **NOT** pour fat or grease from cook pan down the drain.
- **NEVER IMMERSE THE COOK POT OR BASE IN WATER.**

NOT DISHWASHER SAFE

1. To keep the electric contacts dry, a silicone protection cap is included to help protect them from water. Place the silicone protection cap over the sensor on the bottom of the cook pot, before handwashing.



2. Clean the exterior surface of the base by wiping it with a soft, damp cloth. Do not use an abrasive scouring pad or steel wool as this could damage the finish. Do not allow water to seep around the display.
3. Clean inside of cook pot with hot water and a non-abrasive sponge, taking care to keep the element dry. Remove the silicone protection cap and wipe the sensor on the underside of the cook pot with a soft, damp cloth.
4. If the charring cup was used, be sure it is completely cool before removing. Soak the embers in water before discarding. Scrub the charring cup and charring cup lid with an abrasive cleaning pad to remove food and grease accumulation.
5. Pull straight up on the pressure/steam regulator knob to remove. Use a brush, to remove any food or foreign particles that may be lodged in the floating valve.
6. Turn the lid upside down, grasp the rubber gasket on either side and pull up. Clean the rubber gasket and lid in warm soapy water.
7. Thoroughly dry all parts.
8. Replace the gasket by pushing it down inside the edge of the lid. Make sure the rim of the gasket is wedged in the groove around the edge of the lid.

NOTE: If the gasket is not positioned properly, the unit will not work. Check gasket periodically to make sure that it is clean, flexible and not cracked or torn.

TO STORE:

Be sure all parts are clean and dry before storing. Place the silicone protection cap over the sensor on the bottom of the cook pot. Store the pressure cooker with the lid resting upside down on the removable cooking pot. This will protect the steam/pressure regulator knob on the top of the lid. Furthermore, if the pressure cooker is stored with the lid sealed, stale odors may form inside.

Troubleshooting

Problem	Remedy
The floating valve on the pressure/steam regulator knob has not risen, but the timer is counting down.	<ul style="list-style-type: none"> • Stop the pressure cooker by pressing the start/stop button. • Manually release pressure by turning the pressure/steam regulator knob towards steam for short bursts. • Remove the lid and add 1 cup of water/stock. Stir food to disperse liquid. • Replace the lid and lock into position. • Set the pressure setting and remaining time and press the start/stop button.
Steam is leaking out from under the lid.	<ul style="list-style-type: none"> • Stop the pressure cooker by pressing the start/stop button. • Manually release pressure by turning the pressure/steam regulator knob towards steam for short bursts. • Unplug from outlet. • Unlock the lid and carefully remove. • Check gasket for tears and proper positioning. • If cooker is more than $\frac{2}{3}$ full with liquid, remove excess liquid.
Lid can't be removed after cooking.	<ul style="list-style-type: none"> • Manually release any remaining pressure by turning the pressure/steam regulator knob towards steam for short bursts and try to remove lid again. • Bring contents up to pressure again, manually release pressure and try to remove lid.
Can't hear steam escaping during cooking.	<ul style="list-style-type: none"> • This is perfectly normal.
E1 shows on display. Sensor on bottom of cook pot is not seated properly or is damaged.	<ul style="list-style-type: none"> • Unplug unit from outlet. • Slightly rotate cook pot to achieve proper connection. • Check pins on sensor for damage. • Remove any water or condensation from inside base. • If the sensor came in contact with water, discontinue use and contact customer service.
E2 shows on display. Short-circuit of the sensor or foods/liquid are entering the socket at the center of the base.	<ul style="list-style-type: none"> • If water/liquid wasn't added for cooking, stop operation and add a small amount of water/liquid. • If problem isn't resolved after adding water/liquid, stop cooking and allow unit to cool down. Start operation again. • If problem isn't resolved after trying the above methods, discontinue use and call customer service.

Troubleshooting (cont'd)

Problem	Remedy
E3 shows on display. Unit is overheating.	<ul style="list-style-type: none"> • Stop operation and add a small amount of water/liquid. • Stop cooking and allow unit to cool down. Start operation again. • If E3 displays on a regular basis, discontinue use and call customer service.

Chile Con Carne

Ingredients:

- 1½ Tbsp. vegetable oil
- 1 medium onion, diced
- 2 celery stalks, small dice
- 1 jalapeno, seeded, deveined, small dice
- 1 Tbsp. minced garlic
- 1½ lb. ground beef

Chili Spices:

- 2 Tbsp. each: chili powder, brown sugar
- 1 Tbsp. each: cocoa powder, celery salt
- ½ Tbsp. each: ground coriander, cumin, oregano, black pepper
- ¼ Tbsp. ground cinnamon
- 1 bay leaf

- 2 cups dried kidney beans, soaked for 30 minutes in warm water then drained
- 28 oz. canned crushed tomatoes
- 1 Tbsp. apple cider vinegar
- 3½ cups beef stock

Instructions:

- In a sauté pan over medium heat, sauté onion, celery, and jalapeno for 10 minutes in the vegetable oil until tender. Add garlic and continue to sauté 1 minute more until garlic is fragrant. Add ground beef and cook 7 minutes until meat is no longer pink. Transfer food to the pressure cooker.
 - Alternative sauté method: insert cook pot into unit and place charring cup with lid over element in cook pot. Press the steam button and keep the lid open during sautéing.
- Add chili spices, soaked kidney beans, crushed tomatoes, vinegar, and beef stock to the pressure cooker. Place locking lid onto unit and lock into place. Turn the pressure/steam regulator knob to pressure. Use the high pressure setting (15 psi) and pressure cook for 50 minutes.
- Make sure pressure is released before unlocking the lid. Serve immediately.

Recipe Variations:

- Use 2 lb. of bottom round roast cut into 1 inch chunks instead of ground beef.
- Introduce a smoky element to the recipe by using the hot smoke feature for the vegetables/meat. After sautéing the vegetables and meat, set unit to hot smoke for 10 minutes and fill charring cup with wood chips (see instructions for full details). Remove chips after smoking and continue with recipe as written

Yield: 4–6 servings

Tex-Mex Pork and Beans

Ingredients:

- ½ lb. bacon, small dice
- 1 onion, small dice
- 2 Tbsp. minced garlic
- 3½ lb. boneless pork roast, cut into 1 inch cubes
- 2 cups dried great northern beans, soaked for 30 minutes in warm water then drained
- 1 lb. (approximately 7 large) tomatillos roasted and puréed with ½ cup cilantro
- 2 Tbsp. granulated sugar
- 1½ Tbsp. celery salt
- 1 Tbsp. each: garlic powder, onion powder, thyme
- ½ Tbsp. each: black pepper, white pepper
- ¼ Tbsp. each: crushed red pepper, paprika
- 2 cups chicken stock

Instructions:

- In a sauté pan over medium heat, sauté bacon and onion until bacon is crispy and onion is tender, approximately 10 minutes. Add garlic and continue to sauté 1 minute more until garlic is fragrant. Add pork and brown for 5 minutes (pork will not be fully cooked at this point). Transfer food to the pressure cooker.
 - Alternative sauté method: insert cook pot into unit and place charring cup with lid over element in cook pot. Press the steam button and keep the lid open during sautéing.
- Add soaked beans, tomatillo purée, sugar, spices and chicken stock to the pressure cooker. Place locking lid onto the unit and lock into place. Turn the pressure/steam regulator knob to pressure. Use the high pressure setting (15 psi) and pressure cook for 50 minutes.
- Make sure pressure is released before unlocking the lid. Serve immediately.

Yield: 4–6 servings

Quick Jambalaya

Ingredients:

- 2 Tbsp. vegetable oil
- ½ red bell pepper & ½ green bell pepper, small dice
- 2 stalks of celery, small dice
- 1 medium onion, small dice
- 4 green onions trimmed and diced
- 1 Tbsp. garlic, minced
- ½ lb. raw shrimp, peeled and deveined
- 14 oz. andouille sausage, diced
- 3 chicken breasts, diced
- 1 Tbsp. Cajun seasoning
- ½ Tbsp. dried thyme
- 1½ tsp. crushed red pepper
- 1 bay leaf
- 28 oz. can crushed tomatoes
- 1 cup chicken stock
- 1 cup white rice

Instructions:

- In a sauté pan over medium heat, sauté bell pepper, celery, onion and green onion for 10 minutes in the vegetable oil until tender. Add garlic and continue to sauté 1 minute more until garlic is fragrant. Transfer food to the pressure cooker.
 - Alternative sauté method: insert cook pot into unit and place charring cup with lid over element in cook pot. Press the steam button and keep the lid open during sautéing.
- Add the shrimp, sausage, chicken, seasonings, tomatoes, stock and rice to the pressure cooker. Stir with a spoon to evenly distribute the mixture. Place locking lid onto unit and lock into place. Turn the pressure/steam regulator knob to pressure. Use the high pressure setting (15 psi) and pressure cook for 20 minutes.
- Make sure pressure is released before unlocking the lid. Fluff rice with a fork and serve immediately with your favorite hot sauce.

Recipe Variations:

- Use any smoked sausage in place of the andouille.
- Substitute a 12 oz. bottle of beer for chicken stock, if desired

Yield: 4–6 servings

Bavarian Sauerkraut

Ingredients:

- ½ lb. bacon, diced
- ½ large onion, diced
- 1 granny smith apple, peeled and shredded
- 32 oz. sauerkraut, drained and rinsed briefly in cold water
- 14 oz. kielbasa or bratwurst cut into large chunks
- 12 oz. beer
- ½ tsp. caraway seeds
- 1 Tbsp. celery salt

Instructions:

- In a sauté pan over medium heat, bacon and onion until bacon is crispy and onion is tender, approximately 10 minutes. Transfer food to the pressure cooker.
 - Alternative sauté method: insert cook pot into unit and place charring cup with lid over element in cook pot. Press the steam button and keep the lid open during sautéing.
- Add shredded apple, sauerkraut, sausage, beer, caraway seeds and celery salt to the pressure cooker. Place locking lid onto the unit and lock into place. Turn the pressure/steam regulator knob to pressure. Use the high pressure setting (15 psi) and pressure cook for 20 minutes.
- When cooking is complete, turn off unit and let sit 15 minutes before making sure pressure is released, unlocking lid and serving.

Recipe Variations:

- Substitute chicken stock for the beer

Yield: 4–6 servings

Summer Corn Chowder

Ingredients:

6 ears of fresh corn, shucked and corn kernels removed, reserve corn and cobs
 2 Tbsp. butter
 2 Tbsp. vegetable oil
 1 onion, finely chopped
 1 leek, white part only, small dice
 1 celery stalk, small dice
 2 green onions, small dice
 1 bay leaf
 ¼ tsp. cayenne pepper
 Very small pinch of nutmeg
 1 qt. chicken stock
 Salt and white pepper as desired
 Garnish (optional) with: olive oil, chives, popped popcorn

Instructions:

- In a sauté pan over medium heat, sauté onion, leek, celery and green onions in butter and vegetable oil for 8-10 minutes until tender. Transfer food to the pressure cooker.
 - Alternative sauté method: insert cook pot into unit and place charring cup with lid over element in cook pot. Press the steam button and keep the lid open during sautéing.
- Add corn kernels, corn cobs, bay leaf, cayenne, nutmeg and chicken stock to the pressure cooker. Stir with a spoon to evenly distribute the mixture. Place locking lid onto unit and lock into place. Turn the pressure/steam regulator knob to pressure. Use the high pressure setting (15 psi) and pressure cook for 20 minutes.
- Make sure pressure is released before unlocking the lid. Discard corn cobs and bay leaf. At this point soup can be served as is or puréed. Season with salt and white pepper to taste.

Yield: 6–8 servings

Chicken Bone Broth (Stock)

Ingredients:

2 lb. chicken bones
 2 large onions, skins removed and cut in quarters
 2 carrots, unpeeled
 2 stalks celery, leaves removed
 1 head garlic, top sliced to expose cloves
 1 bunch fresh thyme
 1 bunch parsley stems (do not use leaves, save for garnish)
 ½ Tbsp. whole peppercorns
 1 bay leaf
 6 cups water
 1 Tbsp. fish sauce or soy sauce
 Garnish (optional) with: fresh chopped parsley and cooked noodles

Instructions:

- Place bones, vegetables, herbs and spices, water and fish sauce into the pressure cooker. Place locking lid onto unit and lock into place. Turn the pressure/steam regulator knob to pressure. Use the high pressure setting (15 psi) and pressure cook for 50 minutes. When finished cooking turn off unit.
- Tip: Let pressure naturally release to ensure a beautiful, clear stock. This may take up to 30-40 minutes, but is well worth the wait.
- Strain the stock and discard any solids. Stock can now be frozen for long term storage, put in the refrigerator or served immediately. Season to taste with salt and pepper.

Yield: 6 cups

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