

**Chef**<sup>®</sup>  
TESTED ✓

by **Montgomery Ward**<sup>®</sup>

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TESTED ✓

One-pot  
cooking for  
fast, easy,  
delicious  
meals!

by **Montgomery Ward**<sup>®</sup>

6-QT. Electric Pressure Cooker



MODEL: EPC-668

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.: 729855  
120V~, 60Hz, 1000W

Wards.com 1-888-557-3848



# Chef TESTED ✓

by **Montgomery Ward**®

Thank you for purchasing your Chef Tested 6-Qt. Electric Pressure Cooker 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!

With your new pressure cooker, you'll be spending less time in the kitchen while plating up some of your best fork-tender meals ever. The steam, heat and pressure lock in vital nutrients and flavors, and you can make up to 6–8 servings in much less time than a traditional stovetop or oven. When meal time is over, simply put the nonstick cooking pot in the dishwasher and wipe the outer shell clean. It's that easy!

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**PLEASE SAVE THESE INSTRUCTIONS**  
THIS APPLIANCE IS FOR HOUSEHOLD USE ONLY

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## Important Safeguards

**PLEASE READ THESE INSTRUCTIONS BEFORE USE**

**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. Lid should always be in the locked position when appliance is in use.
13. NEVER remove lid when appliance is under pressure.
14. Do NOT force lid open. If lid is difficult to rotate, the appliance is still pressurized.
15. Always place appliance on a flat, level and heat-resistant surface.
16. 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 stovetop or in a freezer.
17. Do NOT replace inner pot with any other container.
18. Do NOT use inner pot with any other appliance or source of heat.
19. Do NOT fill more than half full with foods that expand during cooking, such as legumes, beans, dried vegetables or rice.
20. **WARNING: To avoid risk of explosion, do NOT block the floating valve.**
21. Do NOT move appliance while in operation.
22. **DANGER: NEVER deep fry or pressure fry in this appliance. Fire or injury can occur.**
23. Do NOT lift or move appliance by lid handle; use side handles only.
24. Keep hands and face away from the pressure discharge valve when releasing the pressure. **DANGER: Steam will exhaust through pressure discharge and floating valves and can cause burns, scalding and serious injuries.**

25. Use **EXTREME CAUTION** when opening lid. **DANGER: Steam escaping from appliance can cause burns, scalding and serious injuries.**
26. Do **NOT** touch any hot surfaces (external or internal). Always use handles, knobs and control buttons to operate the unit.
27. Always use potholders or oven mitts to remove hot inner pot from appliance.
28. Allow appliance to cool down completely before handling and cleaning.
29. Check the ducts in the pressure discharge valve regularly for blockages.
30. Always attach plug to appliance first, then plug into electrical outlet.
31. **NEVER** operate appliance in an appliance garage or under overhanging cabinets.
32. Use this appliance only for its intended use as described in this manual.
33. This appliance is **NOT** recommended for outdoor or commercial use.

## 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.

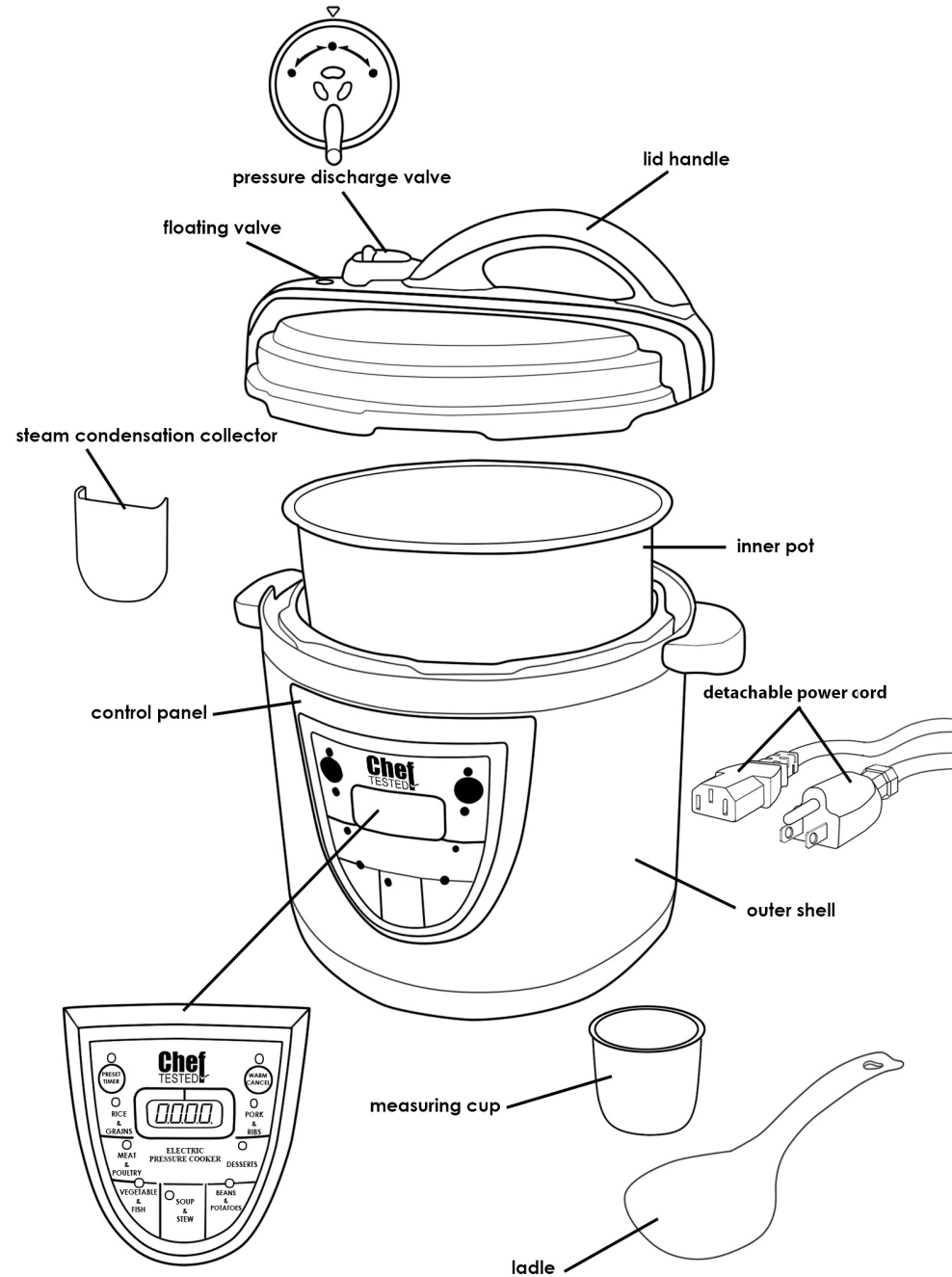
If the plug does not fit fully in the outlet, contact a qualified electrician to install a 3-prong (grounding) outlet. Do **NOT** attempt to modify the plug in any way. Do **NOT** use an adapter or an extension cord that is not rated for use with this product. Failure to follow these instructions could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



## Helpful Hints

- Pressure cookers cook foods in about one-third of the time of conventional cooking methods.
- More nutrients are preserved during pressure cooking as less liquid is used and thus fewer nutrients are lost to evaporation.
- Increase cook time by 10% in altitudes above 3,500 feet.
- If you want to cook foods in less than the pre-programmed time, use the warm/cancel button to cancel cooking at the desired time.
- Foods of equal size promote more even cooking. When cooking different types of foods at the same time, cut foods that cook faster into larger pieces and foods that cook slower into smaller pieces.
- Meats can be browned, if desired, prior to pressure cooking.
- Cooking liquids can include water, broth, fruit juice, wine, beer and bouillon.
- Fresh, rather than dried, herbs are best for pressure cooking.
- Flavors are more intense with pressure cooking. For best taste results, reduce the amount of herbs or seasonings when adapting recipes used with conventional cooking methods.
- The pressure cooker will naturally release the steam. To hasten the process, you can use the quick release method by rotating the pressure discharge valve to the exhaust position until the float valve sinks.

**DANGER: Steam will exhaust through pressure discharge and float valves and can cause burns, scalding and serious injuries. Always wear an oven mitt or other heat protective glove to turn discharge valve.**

- Always use at least  $\frac{1}{2}$  cup of water or liquid in your recipes to enable enough steam to be created to produce pressure.
- Only use non-metal utensils when filling with or removing food from inner 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 10 extra minutes for every inch of thickness.
- When unsure of how much time to cook under pressure, it's best to undercook and use the quick release method to check for doneness.
- Hot foods/liquids will come to pressure more quickly than cold foods/liquids.
- When cooking soups or stews with potatoes or meat, as much as 5 or 6 cups of liquid may be needed to prevent overcooking or burning.
- When adapting conventional recipes for pressure cooking, a general rule is to use 1 cup of liquid for the first 15 minutes and  $\frac{1}{2}$  cup for every 15 minutes of pressure cooking thereafter.

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

## Before Using for the First Time

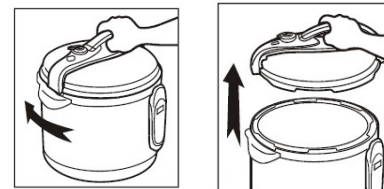
CAUTION: Risk of suffocation - keep all packaging and plastic bags out of the reach of children.

1. Remove all parts from the box and discard packaging.
2. Clean all parts by wiping with a soft, damp cloth. Do NOT use an abrasive scouring pad or steel wool as this could damage the finish of the exterior surfaces or the nonstick finish on the inner pot.

## How to Use

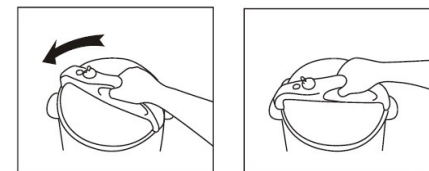
### Lid Assembly

To remove lid, grasp the handle firmly and turn clockwise until loosened and pull up.



**WARNING: The lid should always be locked when appliance is in use.**

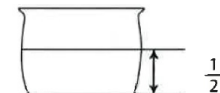
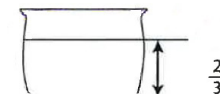
To install lid, turn it counter-clockwise until it locks with a clamping sound. Within the lid is a sealing gasket, the purpose of which is for sealing pressure within the pressure cooker. Always check that the gasket is seated properly, clean and free of food particles.



The total volume of food and liquid must not exceed  $\frac{2}{3}$  of the capacity of the inner pot.

When cooking rice, legumes, beans, dried vegetables or other foods that expand, the total volume of food and liquid must not exceed  $\frac{1}{2}$  of the capacity of the inner pot.

Overfilling may cause the floating valve to become clogged, creating excess pressure.

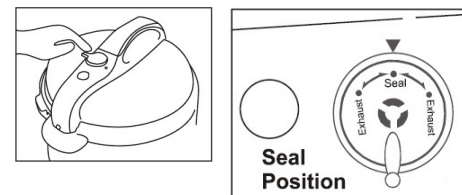


**IMPORTANT:** Foods such as applesauce, cranberries, oatmeal or other cereals, peas, pasta or rhubarb should NOT be cooked under pressure. These types of foods tend to foam, froth and sputter, which may block the floating valve.

**WARNING:** Always use at least  $\frac{1}{2}$  cup of water when cooking to avoid damage to the appliance.

### Discharge Valve

When pressure cooking, the floating valve should be in the downward position and the discharge valve should be set to seal. Always check that valves are clean, unobstructed and in good working order before using.



### Preset Menu Buttons

This pressure cooker has 7 food specific preset menu buttons. Each preset has a default start time with minimum and maximum cooking times allowed for each setting. See the chart on next page for reference.

Menu Presets	Default Start Time (Minutes)	Minimum Time (Minutes)	Maximum Time (Minutes)
Rice/Grains	10	10	15
Meat/Poultry	20	20	60
Vegetables/Fish	5	5	15
Soup/Stew	30	1	99
Pork/Ribs	35	1	50
Desserts	1	1	15
Beans/Potatoes	35	1	90

Pressing a preset menu button once will automatically program the default cooking time. Each additional push of the selected preset button will increase the cooking time in one minute increments until the maximum allotted time for the preset is reached. Once the maximum cooking time is reached, pushing the preset menu button again will reset the cooking time to the minimum setting.

1. Secure the lid onto the unit, turning it counter-clockwise to lock into place.
2. Make sure the pressure discharge valve is set to the "Seal" position.
3. Plug in the cord. The LED screen will display: **0.0 00**.
4. Select desired preset. The cooking time will display for each selection. The pressure cooker will automatically start.
5. When proper pressure is achieved, the timer will begin to count down.
6. When the unit has pressurized, it will begin to pressure cook the food. You may hear quiet hissing or sizzling sounds coming from inside of the unit.
7. When cooking has completed, the pressure cooker will beep 3 times and automatically go to warming mode. The display will read **b00**.
8. The warm/cancel indicator light will begin to flash/flicker. The pressure cooker will naturally release the pressure, which will take approx. 15–30 min. When pressure has fully exhausted, the float valve will drop and the lid will unlock. As a safety feature, the lid will not open until all pressure is released. **Do NOT force lid open.**
9. To hasten the process, you can use the quick release method by rotating the pressure discharge valve to the exhaust position until the float valve sinks. This process is recommended for food that should be medium to medium-rare.

**DANGER: Steam will exhaust through pressure discharge and float valves and can cause burns, scalding and serious injuries. Always wear an oven mitt or other heat protective glove to turn discharge valve.**

**WARNING: Do NOT use quick release method with recipes containing a lot of liquid, such as soups or stews.**

**DANGER: Keep hands and face away from the pressure discharge valve while in the exhaust position. Failure to comply may result in serious injury.**

**Preset Timer**

1. Prepare desired food and place into inner pot.
2. Secure the lid onto the unit, turning it counter-clockwise to lock into place.
3. Make sure the pressure discharge valve is set to the seal position.
4. Plug in the cord. The LED screen will display **0.0 00**.
5. Press the preset timer button to increase the timer by half hour increments for up to 9 hours maximum. Pressing the preset timer button again after reaching a 9 hour setting will automatically reset the timer to zero. (The time displayed on the LED screen is how long the unit will wait before the cooking process begins.)

EXAMPLE: If you wish to program the pressure cooker to automatically turn on in 3 hours, press the preset timer button six times until the LED screen displays **3.0 00**.

6. After choosing the preset time, choose your preset menu cooking time. Select one of the preset menu buttons. Once you have selected your desired preset, the pressure cooker will count down the delay time and then start cooking.
7. When cooking has completed, the pressure cooker will beep 3 times and automatically go to warming mode. The display will read **b00**.
8. The warm/cancel indicator light will begin to flash/flicker. The pressure cooker will naturally release the pressure, which takes approx. 15–30 min. When pressure has fully exhausted, the float valve will drop and the lid will unlock. As a safety feature, the lid will not open until all pressure is released. **Do NOT force lid open.**
9. To hasten the process, you can use the quick release method by rotating the pressure discharge valve to the exhaust position until the float valve sinks. This process is recommended for food that should be medium to medium-rare.

**DANGER: Steam will exhaust through pressure discharge and float valves and can cause burns, scalding and serious injuries. Always wear an oven mitt or other heat protective glove to turn discharge valve.**

**WARNING: Do NOT use quick release method with recipes containing a lot of liquid, such as soups or stews.**

**DANGER: Keep hands and face away from the pressure discharge valve while in the exhaust position. Failure to comply may result in serious injury.**

**Brown/Sauté**

Certain recipes suggest that you brown meat or sauté vegetables to ensure juices are retained during cooking. It also provides nice coloring when meat or vegetables are cooked and ready to serve. To brown or sauté:

1. Open the lid.
2. Press the Rice/Grains preset button.
3. Put food into the inner pot and cook to brown or sauté to desired consistency.

**Preparing White Rice**

When measuring rice, use a special rice cup not a standard measuring cup. The markings on the rice cup coincide with the markings in the inner pot. For example, if making 6 cups of rice (the maximum amount for this appliance), use 6 rice cup measures and fill the inner pot with water to the 6 mark.

To prevent foaming during the cooking process, use 1 Tbsp. of butter or oil for 1 or 2 cups of rice and 2 Tbsp. of butter or oil for more than 2 cups of rice.

## Warm/Cancel Button:

The warm/cancel button has two functions:

- To cancel the current operation.
- To keep food warm after cooking has finished.

To use the warming feature, follow these steps:

1. After cooking has finished, use the quick release method by rotating the pressure discharge valve to the exhaust position until the float valve sinks.

**DANGER: Steam will exhaust through pressure discharge and float valves and can cause burns, scalding and serious injuries. Always wear an oven mitt or other heat protective glove to turn discharge valve.**

**WARNING: Do NOT use quick release method with recipes containing a lot of liquid, such as soups or stews.**

**DANGER: Keep hands and face away from the pressure discharge valve while in the vent position. Failure to comply may result in serious injury.**

2. Press the warm/cancel button. The indicator light will illuminate solid.
3. When ready to serve the food, press the warm/cancel button to stop the operation. The indicator light will no longer be illuminated.
4. Remove the food and serve.
5. Unplug cord and allow to cool completely before dismantling and cleaning.

**NOTE: Do NOT use this feature for longer than four hours.**

# Cleaning & Care

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 pressure cooker is depressurized before dismantling.
  - **NEVER IMMERSER THE OUTER SHELL IN WATER.**
1. 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.
  2. Remove the steam condensation cup, rinse thoroughly and let dry.
  3. Clean the rim and interior of the pressure cooker with a damp sponge or washcloth.
  4. Clean the lid, sealing gasket, pressure discharge valve\*, filter cap\*\*, vent and floating vent with warm, soapy water.
  5. Use a brush to remove any food or foreign particles that may be lodged in the holes of the pressure discharge valve.
  6. The inner pot and ladle can be washed with warm, soapy water or in the dishwasher.
  7. Let parts dry completely before reassembling.

\*The pressure discharge valve pops off easily by reaching underneath it and gently lifting upwards. Be careful not to damage the thin wire spring under it.

\*\*The metal filter cap is located on the underside of the lid, below the pressure discharge valve.

This pressure cooker can be used to do basic pressure canning and the water-bath method. Low-acidic fruits and vegetables and high-acidic fruits and vegetables are recommended. It is not recommended to can foods such as meat or seafood products in this unit.

Before using this appliance for canning purposes, check the USDA's food preservation guidelines or read the publications listed at [http://www.uga.edu/nchfp/publications/publications\\_usda.html](http://www.uga.edu/nchfp/publications/publications_usda.html).

## Food Acidity

The lower the acid content in the food, the greater the potential for spoilage and contamination. Many foods such as fruits are high in acid where as others such as meats, dairy products and seafoods have low acid levels.

Proper Pressure Canning minimizes the possibility of spoilage and contamination.

Examples of High Acidic Foods		Examples of Low Acidic Foods	
Apples	Oranges	Asparagus	Mushrooms
Apricots	Peaches	Beans	Okra
Berries	Pears	Beets	Peas
Cherries	Pickled Beets	Carrots	Potatoes
Cranberries	Pineapples	Corn	Spinach
Fruit Juices	Plums	Hominy	Winter Squash

## Raw Packing and Hot Packing

Fresh foods contain air. The shelf life of canned food depends on how much air has been removed during the canning process. The more air removed, the longer the shelf life.

Raw packing is the process of canning fresh but unheated foods. The process causes foods such as fresh fruit to float in their jars. Raw packed foods tend to lose color over time. Raw packing may be preferable in some recipes.

Hot packing is the process of canning foods that have been pre-cooked prior to packing them in their jars. This reduces the air in the food.

Regardless of the method used, all liquids added to the foods should always be heated to a boiling point. This will remove excess air, shrink the foods, prevent floating and create a tighter seal.

## Safe Canning Tips

- Do NOT use bruised or overripe fruit. Bad quality degrades with storage.
- Do NOT add more low-acid ingredients (onions, celery, peppers, garlic) than specified in the recipe. This may result in an unsafe product.
- Do NOT over-season with spices. Spices tend to be high in bacteria making canned goods unsafe.
- Do NOT add butter or fat. Fats do not store well and may increase the rate of spoilage.
- Thickeners – NEVER use flour, starch, pasta, rice or barley. Use only USDA recommended Clear Jel®.
- DO add acid (lemon juice, vinegar or citric acid), especially to tomato products, when directed in the recipe. If necessary, you can balance the tart taste by adding sugar.

**Processing Time**

The following chart demonstrates proper processing time for canning one pint of various foods using your pressure cooker. At up to 2,000 ft. above sea level, the pressure cooker will produce sufficient pressure and heat to safely process certain fruits and vegetables for canning.

The pressure cooker has preset menu buttons, as described in a previous section. Pressing a preset menu button once will automatically program the default cook time. Each additional push of the preset button will increase the cooking time in one minute increments. The chart below shows you which preset button to use and how many additional pushes of the button are needed to achieve proper cooking time.

Food	Type of Canning	Preset Menu Button	Additional Number of Button Pushes
Asparagus	Hot & Raw	Soup/Stew	0
Beans (green)	Hot & Raw	Meat/Poultry	0
Beans (lima, pinto, butter or soy)	Hot & Raw	Beans/Potatoes	5
Beets	Hot	Soup/Stew	0
Carrots	Hot & Raw	Meat/Poultry	5
Corn, whole-kernel	Hot & Raw	Beans/Potatoes	20
Greens	Hot	Beans/Potatoes	35
Mushrooms	Hot	Beans/Potatoes	10
Okra	Hot	Meat/Poultry	5
Peas, green or english	Hot & Raw	Pork/Ribs	5
Peppers, hot or sweet	Hot	Beans/Potatoes	0
Potatoes, sweet	Hot	Beans/Potatoes	30
Potatoes, white	Hot	Beans/Potatoes	0
Pumpkin	Hot	Beans/Potatoes	20
Meat strips, cubes or chunks	Hot & Raw	Beans/Potatoes	40
Ground or chopped meat	Hot & Raw	Beans/Potatoes	40
Poultry, without bones	Hot & Raw	Beans/Potatoes	40
Poultry, with bones	Hot & Raw	Beans/Potatoes	30

**Getting Started**

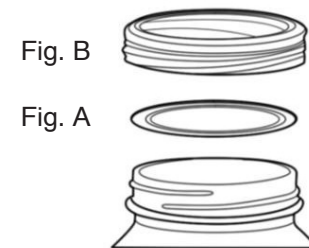
Your pressure cooker is designed to accommodate 5 (8-oz.) wide mouth (jelly) jars per canning session. It's suggested that you use jars with self-sealing lids.

**Cleaning the Jars**

Always wash empty jars in hot water according to manufacturer's instructions. Rinse thoroughly. Scale or hard-water films on jars are easily removed by soaking jars several hours in a solution of 1 cup of vinegar (5% acidity) per gallon of water.

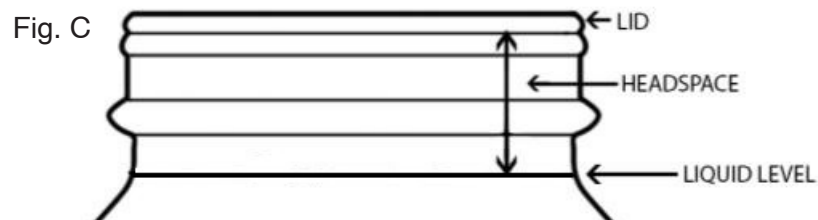
**Preparing the Lids**

The self-sealing lid (Fig. A) consists of a flat metal lid held in place during processing by a metal screw band (Fig. B). When jars are processed, the lid gasket softens to form an airtight seal with the jar. To ensure a good seal, carefully follow the manufacturer's directions in preparing lids for use. Examine all metal lids carefully. Do not use old, dented or deformed lids, or lids with gaps or other defects in the sealing gasket.



**The Canning Process**

- To begin, select a pre-tested pressure canning recipe. Though ingredients may vary, generally you will be processing the food as demonstrated in this guide. Choosing only the freshest ingredients, prepare food as instructed. Vegetables and fruits should be at peak of fresh picked ripeness.
- Fill clean canning jars to the level shown in Fig. C. Liquid should not exceed the level shown in Fig. C, to allow for 1-inch of headspace at the top of the jars.



- Use a thin utensil to release any trapped air between the food and the jar by pressing food firmly to the sides to dislodge air bubbles.
- Place a clean lid on top of the jar and then add a screw band. Turn clockwise and hand tighten in place.

**NOTES:**

- Never retighten lids after processing jars. As jars cool, the contents contract, pulling the self-sealing lid firmly against the jar to form a high vacuum.
- If screw bands are too loose, liquid may escape from jars during processing and seals may fail.
- If screw bands are too tight, air cannot vent during processing and food will discolor during storage. Over tightening also may cause lids to buckle and jars to break, especially with raw-packed, pressure processed food. Screw bands are not needed on stored jars. They should be removed after jars are cooled.
- When removed, washed, dried and stored, screw bands may be used many times. If left on stored jars, they become difficult to remove, often rust and may not work properly again.

5. Place inner pot into pressure cooker. Then place a short wire rack (not included) at the bottom of the inner pot.
6. Place up to five (8-oz.) filled, sealed jars on the rack.
7. Pour hot water over the jars and into the inner pot until the water level reaches one-fourth of the way up the sides of the jars.
8. Secure the lid onto the pressure cooker by turning it counter-clockwise and lock in place.
9. Make sure the pressure discharge valve is set to the seal position.
10. Plug in the cord.
11. Use the preset buttons to set the appropriate amount of time.
12. When cooking has completed, the pressure cooker will beep 3 times and automatically go to warming mode. The display will read **b00**.
13. The warm/cancel indicator light will begin to flash/flicker. The pressure cooker will naturally release the pressure, which will take approx. 10–15 min.
  - You can use the quick release method to release pressure, by rotating the pressure discharge valve to the vent position until the float valve sinks.
14. Use canning tongs to remove the hot jars and place on a heat-resistant surface. **CAUTION: Jars are hot!**
15. When jars are cooled to room temperature, remove the screw bands.
  - While the jars are cooling, a small “click” sound will come from the lids to indicate the lids are sealing properly.
  - After one to two hours, the lids should be tightly sealed to the jars and when pressed in the center should not have any “give” or springing motion. If the lids do have “give,” you cannot safely store this food for future use. It must be reprocessed immediately or refrigerated and used within a few days.
16. Place the finished jars on shelves in a cool, clean, dry atmosphere. Properly processed food will last for months. Jars, lids and screw bands are reusable. Check all carefully for damage before reuse.



**IMPORTANT:** Do NOT use the pressure cooker as a pressure canning device at altitudes above 2,000 ft.

## 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 inner pot into unit, press the Rice/Grains preset button and keep 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 discharge valve to seal. Use the meat/poultry preset button to 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



### 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 inner pot into unit, press the Rice/Grains preset button and keep 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 discharge valve to seal. Use the pork/ribs preset button and push it an extra 15 times to get a cook time of 50 minutes.
- Make sure pressure is released before unlocking the lid. Serve immediately.

**Recipe Variation:**

- Use 2 lb. of bottom round roast cut into 1 inch chunks instead of ground beef.

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 inner pot into unit, press the Rice/Grains preset button and keep 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 discharge valve to seal. Use the pork/ribs preset button and push it an extra 15 times to get a cook time of 50 minutes.
- Make sure pressure is released before unlocking the lid. Serve immediately.

Yield: 4–6 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 discharge valve to seal. Use the pork/ribs preset button and push it an extra 15 times to get a cook time of 50 minutes. When finished cooking, turn off unit.

**Tip:** Let pressure naturally release to ensure a beautiful, clear stock. This may take up to 15–30 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

### 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, sauté bacon and onion until bacon is crispy and onion is tender, approximately 10 minutes. Transfer food to the pressure cooker.
  - Alternative sauté method: insert inner pot into unit, press the Rice/Grains preset button and keep 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 discharge valve to seal. Use the meat/poultry preset button to 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 Variation:**

- Substitute chicken stock for the beer.

**Yield:** 4–6 servings

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