



# 8 QUART DIGITAL PRESSURE COOKER

## User Guide

Item: 740533

*Recipes  
Inside!*



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*“Life is happening.*

*We’ll help you live it...one moment at a time.”*

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Thank you for purchasing a Ginny’s Brand 8 Quart Digital Pressure Cooker. With programmed menu buttons, dinnertime just got easier. You’ll be cooking faster AND healthier...nutrients will be sealed in, rather than boiled away! Plus, this pressure cooker automatically switches to “warm” when the cooking cycle is done - so your food is hot, and ready when you are. Enjoy!

*Ginny*  
President, Ginny’s

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# IMPORTANT SAFEGUARDS

## **READ CAREFULLY BEFORE USING AND SAVE THESE INSTRUCTIONS!**

- FOR HOUSEHOLD USE ONLY. Do not use this appliance for other than its intended use.
- REMOVE all packaging materials and labels before first use.
- WASH all removable parts before first use. See Cleaning & Care on page 19.
- A SHORT CORD is provided to reduce the hazards resulting from entanglement or tripping. If this is a DETACHABLE CORD, always attach it to the appliance first, then to the electrical outlet. Do not drape the cord over the counter or tabletop, where it can be pulled on or tripped over.
- We do not recommend using an extension cord with this appliance. However, IF AN EXTENSION CORD IS USED, the marked electrical rating should be at least as great as the electrical rating of this appliance.
- CLOSE SUPERVISION is necessary when using this appliance near CHILDREN.
- A fire may occur if this appliance is used near FLAMMABLE MATERIALS, including curtains, towels, walls, etc. Do not place any paper, plastic, or other non-food items in the appliance. Do not place the appliance or its cord on or near a heated surface, or in a heated oven.
- This appliance should always be used on a STABLE, DRY, HEAT-RESISTANT SURFACE.
- Do not use an accessory or attachment not recommended by Ginny's, as this may cause injury, or damage the appliance.
- Always use OVEN MITTS when handling hot food or appliances. Do not attempt to move an appliance when it is hot, or has hot contents.
- Do not use outdoors.
- Turn OFF AND UNPLUG this appliance when not in use.
- NO SERVICEABLE PARTS INSIDE THIS APPLIANCE.
- DO NOT USE AN APPLIANCE WITH A DAMAGED CORD OR PLUG, OR AFTER THE APPLIANCE MALFUNCTIONS, OR HAS BEEN DAMAGED IN ANY MANNER.
- Never overfill your pressure cooker when cooking such foods as oatmeal, soup mixes containing dried vegetables, or pasta (use half-way mark - about 10 cups). These foods tend to foam and froth and may block the valves.
- When canning, always use supplies specifically made for canning.

# ELECTRICAL SAFETY

This appliance is equipped with a three-prong grounding plug. This is a safety feature to reduce the risk of electrical shock. Using an extension cord is not recommended with this appliance. The plug should be attached to the appliance before connecting to an electrical outlet. It is recommended that an electrical outlet serving ONLY this appliance be used. This outlet must be properly installed and grounded. If you have any questions about the grounding or electrical instructions, contact a qualified electrician. Do not attempt to modify the plug in any way. Ginny's cannot accept any liability for damage or injury resulting from failure to observe these safety procedures.

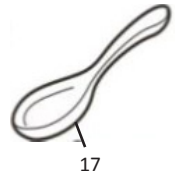
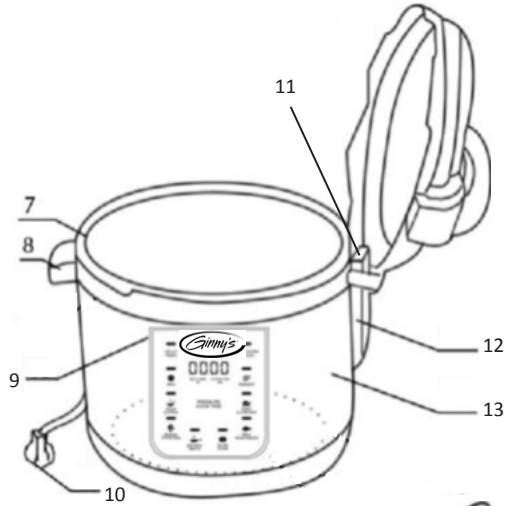
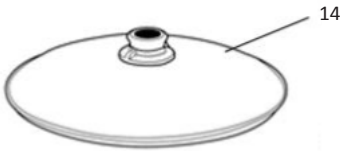
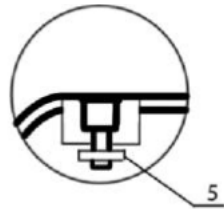
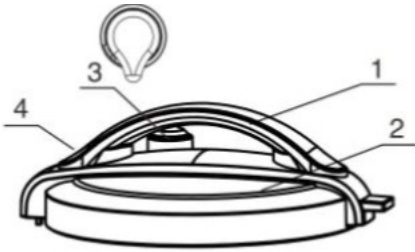
## SPECIFICATIONS

POWER RATING	1200w/120v/60hz
CAPACITY	8 Quart
CORD LENGTH	48"
DIMENSIONS	12"D x 15" W x 15" T
MODEL	EPC-813

## COOKING PRESSURE

Working Pressure	PSI	Maximum Pressure	Keep Warm Temperature	Delay Timer
0~70kPa	12 PSI	90kPa	140°F ~ 175 °F	0.5~24 HR

# GET TO KNOW YOUR APPLIANCE



- 1. Lid Handle
- 2. Lid (see Gasket on page 6)
- 3. Pressure Limiting Valve  
(see Filter on page 6)
- 4. Float Valve (external)
- 5. Float Valve Pin (internal)
- 6. Removable Inner Pot
- 7. Inner Heating Housing
- 8. Pot Handle (2)
- 9. Control panel
- 10. Detachable Cord
- 11. Lid Rest
- 12. Condensation Cup
- 13. Base
- 14. Tempered Glass Lid (for slow cooking)
- 15. Racks (1 tall, 1 short)
- 16. Measuring Cup
- 17. Plastic Spoon

# GET TO KNOW YOUR APPLIANCE

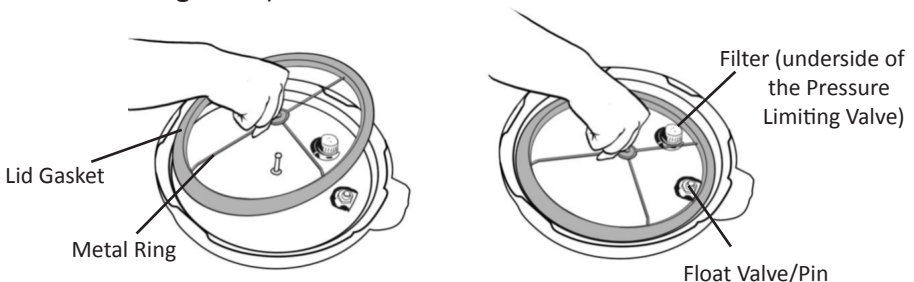
## HOW YOUR PRESSURE COOKER WORKS:

A pressure cooker is a pot with a special cover that locks securely into place. As the pressure cooker is heated, the dry air is eliminated and the moist, heated air is sealed inside, increasing the pressure within the cooker. When the optimum pressure is reached, the internal temperature in the cooker is raised above the normal boiling point of water, causing foods to cook faster. The higher pressure and temperature speeds cooking and tenderizes foods naturally. Here are some of the key components of the cooker:

The **pressure limiting valve** will be loose when not in use. When the pressure cooker is in operation and the pressure builds up, this valve will tighten. When cooking time is expired, this valve will **naturally release** the pressure (this can take up to 15 minutes). For **quick release**, USING AN OVEN MITT, turn the valve to “Exhaust”. When pressure has been completely released, the pressure limiting valve will be loose again.

If the pressure limiting valve does not release pressure (if it becomes plugged), the **float valve** will release pressure. The pin in the float valve will always be raised when the cooker is pressurized, and lowered when pressure is released.

During the pressure building process, you may see steam escaping around the lid for the first 5 minutes. If you continue to see steam coming from around the lid for more than 10 minutes, cancel the cooking process, release the pressure and remove the lid. Check the **lid gasket** (see below). Do not use the pressure cooker if the gasket is damaged, as pressure will not build up properly for cooking. (See Cleaning & Care on page 19 for more information on the gasket.)



# GET TO KNOW YOUR APPLIANCE

**MENU BUTTONS:** These buttons are programmed to cook food that is less than 3 lbs. or less than 6 cups.

MENU BUTTON	BUTTON DEFAULT TIME	PRESSURE COOK TIME BUTTON RANGE
RICE	12 MINUTES	5-30 MINUTES
SOUP & STEW	25 MINUTES	20-60 MINUTES
BEANS	40 MINUTES	1-99 MINUTES
BROWN/SAUTE	5 MINUTES	3-8 MINUTES
SLOW COOK	6 HOURS	.5 - 9.5 HOURS
FISH/VEGETABLES	5 MINUTES	3-15 MINUTES
MEAT & CHICKEN	12 MINUTES	5-60 MINUTES
DESSERTS	18 MINUTES	5-33 MINUTES

**RICE:** See pages 14 - 15 for information and cooking times.

**SOUP & STEW:** Use natural release as soups and stews have a tendency to NOT overcook. Always ensure enough liquid is being used (as much as 5 or 6 cups or according to your recipe) to prevent scorching.

**BEANS:** See page 13 for information and cooking times.

**BROWN/SAUTE:** Some recipes may call for you to brown or saute ingredients before the pressure cooking process. Attach the cord to the cooker and plug the cord into an outlet. Push the BROWN/SAUTE button. The display will read 5 minutes, blink five times and then illuminate. Add butter or oil to the pot, and cook ingredients as directed by your recipe without the lid. When finished, press the KEEP WARM/CANCEL button to stop the BROWN/SAUTE function. Continue to the next step of the pressure cooking process as per your recipe.

(continued on page 8)

# GET TO KNOW YOUR APPLIANCE

**SLOW COOK:** For slow cooker recipes. **Use the tempered glass lid with steam vent rather than the pressure cooker lid.** Attach the cord to the cooker and plug the cord into an outlet. Select the SLOW COOK button. The display will read 6 hours. If you desire more or less time, press SLOW COOK and time will increase by 30 minute intervals. (When 9:30 is reached, the display will start over at :30.) Stop pressing SLOW COOK when the desired time is reached. The display will blink five times and then illuminate. The cooker may take 5-20 minutes (depending on the amount of food) to reach temperature before the display starts to count down.

**FISH/VEGETABLES:** See page 13 for fish/seafood information and cooking times. See page 14 for vegetable information and cooking times.

**MEAT & CHICKEN:** Cooking times for meat or poultry may vary according to the quality and quantity - the denser the cut, the longer the cooking time should be. See page 12 for information and cooking times.

**DESSERTS:** For cooking down fruits, making cakes, etc. Use recipes specifically written for pressure cookers.

**KEEP WARM/CANCEL:** To keep cooked food warm or to cancel an operation. Attach the cord to the cooker and plug the cord into an outlet. Select KEEP WARM/CANCEL one time for warming. The indicator light will come on and the display will read “bb”. Either lid may be used. If the pressure cooker lid is used, turn the pressure limiting valve to “Exhaust”. **To avoid drying out or scorching, we do not recommend keeping food warm for more than four hours.** To cancel, press the KEEP WARM/CANCEL button again and the indicator light will go off. Unplug the cooker.

## HOW TO OPERATE

**Note:** The amount of food and water should not exceed 4/5 (approximately 21 cups) of the inner pot. For food that will expand in water, the level should not exceed 3/5 (about 15 cups) of the inner pot. The minimum level for cooking is 3 cups. *These markings are listed on the inside of the pot for easy reference.*

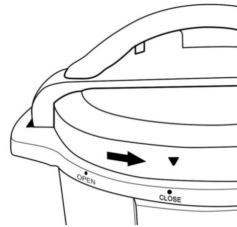


# HOW TO OPERATE

## USING YOUR PRESSURE COOKER:

1. Remove and check the filter on the underside of the lid to make sure it is clear (it looks like a salt shaker top). Rinse with water if necessary.
2. Ensure the lid gasket/wire support is in place on the underside of the lid.
3. Check the pin of the float valve on the underside of the lid. Ensure the little gasket is in place and the pin moves freely. If the pin sticks, rinse with water to remove the obstruction.
4. Prepare desired food and place into cooking pot. Lock the lid securely.

*Note:* The OPEN and CLOSE markings on the base align with the arrow on the pressure cooker lid. Turn the lid right to CLOSE and left to OPEN.



5. Make sure the pressure limiting valve is set to “Airtight”.
6. Attach the cord to the cooker. Plug the cord into an outlet. The screen will display 00 00.
7. Choose the desired menu button. The cooking time will display (the display will blink five times and then illuminate).
8. It may take 5-20 minutes for pressure to build (depending on the amount of food). When pressure is reached, the first digit of the display will be “P”. The display will begin to count down.
9. When cooking time has counted down, the cooker will beep three times and go to KEEP WARM (the indicator light will illuminate and the display will show “bb”).
10. The cooker will begin releasing pressure. Natural release may take up to 15 minutes. For quick release see page 6. **KEEP CLEAR OF THE RELEASING STEAM!**

(continued on page 10)

# HOW TO OPERATE

**WARNING: ALWAYS BE CERTAIN PRESSURE IS FULLY RELEASED AND THE PRESSURE LIMITING VALVE IS TURNED TO “EXHAUST” BEFORE UNLOCKING THE LID! (THE PRESSURE LIMITING VALVE WILL BE LOOSE.) FAILURE TO DO SO MAY RESULT IN INJURY.**

11. Press KEEP WARM/CANCEL to turn off the cooker. Unplug the pressure cooker.

**USING THE PRESSURE COOK TIME BUTTON:** This button is used with the menu buttons when you need more or less time than the default time. See the table on page 7 for the time ranges.

1. Prepare desired food and place into cooking pot. Lock the lid securely.
2. Make sure the pressure limiting valve is set to “Airtight”.
3. Attach the cord to the cooker. Plug the cord into an outlet. The screen will display 00 00.
4. Choose the desired menu button. The cooking time will display. Quickly press PRESSURE COOK TIME to increase or decrease the default time. Hold the button down for rapid increase. Hold the button down until it passes the maximum time and the display will begin at the minimum time indicated on the table on page 7. When desired time is reached, stop pressing the button (the display will blink five times and then illuminate).
5. It may take 5-20 minutes for pressure to build (depending on the amount of food). When pressure is reached, the first digit of the display will be “P”. The display will begin to count down.
6. When cooking time has counted down, the cooker will beep three times and go to KEEP WARM (the indicator light will illuminate and the display will show “bb”).
7. The cooker will begin releasing pressure. Natural release may take up to 15 minutes. For quick release see page 6. **KEEP CLEAR OF THE RELEASING STEAM!**
8. Press KEEP WARM/CANCEL to turn off the cooker and unplug the pressure cooker.

# HOW TO OPERATE

**USING THE DELAY TIMER BUTTON:** This button is used with the menu buttons and PRESSURE COOK TIME to set your cooker to begin cooking at a later time (up to 24 hours later).

**Note:** Do not use the DELAY TIMER button to cook foods that may spoil. Only use it to cook food that can be left out such as rice, beans, grains, or other foods that will not spoil.

1. Prepare desired food and place into cooking pot. Lock the lid securely.
2. Make sure the pressure limiting valve is set to "Airtight"
3. Attach the cord to the cooker. Plug the cord into an outlet. The screen will display 00 00.
4. Choose the desired menu button. The cooking time will display. If needed, quickly press PRESSURE COOK TIME to increase or decrease the default time (see page 10).
5. When the desired time is reached, quickly press DELAY TIMER. Each time you press this button, the display will count up in 30 minute intervals. When you have reached the desired delay time, stop pressing DELAY TIMER. The display will blink five times and then illuminate.
6. The display will count down the time until it begins cooking. When it reaches 00 00, the cooker will begin building pressure and cook your food as you indicated.
7. It may take 5-20 minutes (depending on the amount of food) for pressure to build. When pressure is reached, the first digit of the display will be "P". The display will begin to count down.
8. When cooking time has counted down, the cooker will beep three times and go to KEEP WARM (the indicator light will illuminate and the display will show "bb").
9. The cooker will begin releasing pressure. Natural release may take up to 15 minutes. For quick release see page 6. **KEEP CLEAR OF THE RELEASING STEAM!**
10. Press KEEP WARM/CANCEL to turn off the cooker and unplug the pressure cooker.

# COOKING TIME CHARTS

## *Meat/Poultry*

- Always cook meat or poultry with at least 3 cups of liquid. Preserved or salted meats should be immersed in water.
- Cooking times for meat and poultry may vary according to the quality and quantity of meat or poultry being cooked.
- The cooking times given below are for 3 pounds of meat or poultry unless noted otherwise.

Type of Meat	Approximate Cooking Minutes	Pressure Release
Beef/veal, roast or brisket	38-42	Quick
Beef, meatloaf, 2 lbs.	13-18	Quick
Beef, meatballs, 1-2 lbs.	7-12	Natural
Beef, corned	55-65	Natural
Pork, roast	43-47	Natural
Pork, ribs, 2 lbs.	18	Quick
Pork, ham shank	25-28	Natural
Lamb, leg	42-45	Natural
Chicken, whole, 2-3 lbs.	15-18	Quick
Chicken, pieces, 2-3 lbs.	12-15	Quick
Cornish hens, two	12-15	Quick
Meat/poultry soup/ stock	15-20	Quick

**Tip:** It is not recommended to pressure cook **larger cuts of frozen meats such as a whole roast, a block of frozen ground meat or a whole chicken.** Larger cuts will require increased cooking times of up to one third more, and the results may not be the same when compared to meats that were thawed (or at least partially thawed) and browned before cooking.

# COOKING TIME CHARTS

## ***Fish and Other Seafood***

- Cooking times may vary according to the type of seafood being cooked.
- Cook seafood with the tall or short rack on the bottom of the pot, and add at least 3 cups of liquid. Lightly grease the cooking rack with vegetable oil when cooking fish.

Type of Fish or Seafood	Approximate Cooking Minutes	Pressure Release
Clams	3-5	Quick
Crab	3-5	Quick
Lobster 1 1/2 - 2 lbs	3-5	Natural
Mussels	3-5	Quick
Shrimp	2-3	Quick
Fish, whole	7-8	Quick
Fish, soup/stock	7-8	Quick

## ***Dried Beans and Other Legumes***

- Soak your beans or legumes overnight, or as per package directions. **Unsoaked beans will require a longer cooking time (use the BEANS button for unsoaked beans - add more time and water as needed per your recipe.**
- When ready to pressure cook, add 3 cups of water for each cup of beans or legumes. The below chart is for approximately half a pot (about 10 cups).
  - Before beginning to pressure cook, add 1 tablespoon of vegetable oil for each cup of water to cut down on foaming (foaming may block the valves).

***Do not add salt until after cooking.***

Type of Legume	Approximate Cooking Minutes	Pressure setting
Black beans (soaked)	10-12	Natural
Black eyed peas (no soaking req'd)	11-12	Natural
Chick peas (soaked)	11-13	Natural
Northern beans (soaked)	10-14	Natural
Kidney beans (soaked)	12-14	Natural
Lentils (no soaking req'd)	8-15	Natural
Lima beans (soaked)	6-8	Natural

# COOKING TIME CHARTS

## Vegetables

- Always cook with at least 3 cups of liquid. The chart below is for approximately half a pot (about 10 cups).
- Add 1-2 additional minutes to cooking time if vegetables are frozen.

Type of Vegetable	Approximate Cooking Minutes	Pressure Release
Asparagus, whole	2-5	Quick
Green beans, whole	4-5	Quick
Beets, small, whole	2-3	Quick
Beets, large, sliced	5	Quick
Broccoli	3	Quick
Brussel sprouts	5	Quick
Carrots	5	Quick
Cauliflower	3-5	Quick
Corn on the Cob (4-6)	4	Quick
Kale	2-3	Quick
Okra	3-5	Quick
Onions, whole	3	Quick
Potatoes, new, small	6	Quick
Potatoes, sweet and Yams, whole, medium	10-12	Quick
Spinach	3	Quick
Squash, acorn, halved	8	Quick
Turnips, quartered	4	Quick

## Rice

- Rinse rice with water and drain. Cook with the amount of water specified on the package.
- Pearl barley, oatmeal or other cereals can foam and froth, and can clog the valves. Never overfill your pressure cooker (maximum 10 cups - about half full) when cooking these items.

(continued on page 15)

# COOKING TIME CHARTS

Type of Rice	Approximate Cooking Minutes	Pressure Release
Basmati – 1 1/2 cups	7-8	Natural
Converted – 1 1/2 cups	7-8	Natural
Long grain – 1 1/2 cups	7-12	Natural
White - 3 cups	12	Natural
Brown – 1 1/2 cups	17-22	Natural
Wild – 3 cups	25-27	Natural

## CANNING

**Tip:** We recommend using a **pressure cooker canning cook book** for specific recipes. 6 small jars or 3 quart jars should fit in the pot.

1. Prepare food, fill jars and seal according to your recipe.
2. Place jars into the pressure cooker pot. Some recipes may recommend using a rack. If desired, use dish towels to tuck around the jars to prevent them from touching each other or the sides of the pot.
3. Fill pot with six cups of water or as directed by your recipe.
4. Put the lid onto the pressure cooker and lock it in place. Make sure the pressure limiting valve is set to the “Airtight” position.
5. Attach the cord to the cooker. Plug the cord into an outlet. Follow your canning recipe to set the pressure cooker time (see page 9 for instructions). Begin with whichever menu button has a default time closest to your recipe requirements (see table on page 7) and adjust up or down using the PRESSURE COOK TIME Button (see page 10).
6. When time has expired, the pressure cooker will beep 3-times and automatically go to KEEP WARM (the indicator light will illuminate and the display will show “bb”). Press KEEP WARM/CANCEL to turn off the cooker. Unplug the pressure cooker.
7. Naturally release the pressure. Open the lid once pressure has completely released. **KEEP CLEAR OF THE RELEASING STEAM!**
8. Carefully remove jars using special canning utensils or tools. **REMEMBER JARS ARE HOT!** Set jars on a towel or rack and allow to cool.
9. If a jar lid has not “popped” within 2 hours, it has not properly sealed. Store any unsealed jars in the refrigerator to avoid spoiling.

# TROUBLESHOOTING

## PROBLEM

## SOLUTION

Is the pressure limiting valve on the top of the lid supposed to be loose?

If you are not cooking or using the unit, the valve will be loose. It will turn 360 degrees and will come off if you pull on it. Once you start using the pressure cooker and the pressure has reached capacity (the valve is set to “Airtight”), the valve should be tight. Sometimes during cooking and pressurizing, steam may escape from the valve. This indicates the valve is not seated properly. Use an oven mitt to carefully adjust it to “Airtight”.

When I choose a menu button, nothing happens. What’s wrong?

Make sure the pressure limiting valve is set to “Airtight” and the lid is locked securely. Once you have selected the menu button, the unit will start to heat up and build up pressure. Pressurizing can take anywhere from five minutes up to 30 minutes depending on the quantity and kind of food you are cooking. When the unit has built up enough pressure, the display will change to a countdown timer that displays your desired cooking time. This is the time the unit will start cooking the food.



# TROUBLESHOOTING

## PROBLEM

When I set the menu buttons, the cooker begins to build pressure and heat up. In about five minutes the unit beeps three times and goes to KEEP WARM, and my food did not cook completely. What is happening?

## SOLUTION

1. The unit is detecting that not enough liquid has been added to your recipe. The pressure cooker has an automatic over-heat protection sensor that will set itself to KEEP WARM when it detects that not enough liquid is present. Make sure all pressure is released, open the lid, and add liquid by the cup. Lock the lid and begin again until the unit will properly build up pressure and cook.

-OR-

2. The unit is detecting a leak in the pressure and it has not sealed properly. Remove the lid (safely release the pressure first!) to check the unit thoroughly. Make sure the gasket is in place, the lid is securely locked, and that the valve on top of the lid is set to the “Airtight” position.

For both options, reset the unit by unplugging it from the outlet. Wait 10-seconds and plug it back in. Program the unit again.

# TROUBLESHOOTING

## PROBLEM

## SOLUTION

My food is finished cooking and all the pressure is released, but I cannot unlock and open the lid.

Make sure all the pressure has been completely released and the pressure limiting valve is turned to "Exhaust". Make sure the floating valve pin is no longer in the up position. If stuck in the up position, simply tap the lid slightly with a wooden spoon to make it go back down. Then unlock the lid. If it is still stuck, unplugging the unit may help.

My food is burned at the bottom of the inner pot.

There is not enough liquid in the inner pot - add more.

LED error indicator:

E1	Open circuit of the sensor
E2	Short circuit of the sensor
E3	Overheating
E4	Signal switch malfunction

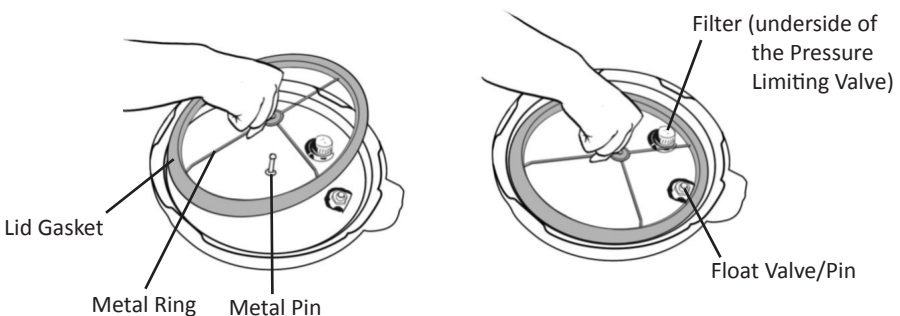
Reset the unit by unplugging it from the outlet. Wait 10-seconds and plug it back in. Program the unit again.

# CLEANING & CARE

1. Turn off and unplug the appliance.
2. Always allow the appliance to cool completely before cleaning.
3. Do not use abrasive brushes or pads, or harsh cleaning solutions.
4. Use a soft cloth, sponge or rubber spatula to remove any stuck-on food or residue in the pot. Wash the removable pot and glass lid with warm, soapy water.
5. Wipe the exterior of the base with a damp cloth and dry.
6. Do not immerse the base, its cord or plug, into water.
7. Wash the condensation cup, racks and other utensils in warm, soapy water and rinse thoroughly.
8. Clean the pressure cooker lid with warm, soapy water, including the gasket, metal ring, pressure limiting valve (this should pop off easily - be careful not to damage the thin wire spring under it), and filter. (See diagrams below).
9. Dry all parts thoroughly before reassembling and using the pressure cooker.

## Note:

Always ensure the lid gasket is securely fitted onto the metal ring in the interior of the lid. The gasket should fit around the outside of the entire metal ring. Make sure the crease in the gasket meets with the metal ring all the way around. Then place the metal ring and gasket back into the lid, making sure the hole in the center of the metal ring's cross-section is lined up with the metal pin in the center. Press down firmly until the metal ring is secured onto the lid.



# RECIPES

## *Breakfast Bread Pudding*

- 6 slices of bacon, cooked and chopped
- 12 slices of French bread (3/4" thick), cut into quarters
- 3 eggs
- 1½ c. milk
- ¼ t. nutmeg

1. Mix the bacon with the bread in a large bowl.
2. In a smaller bowl, beat the eggs with the milk and nutmeg.
3. Pour the egg mixture in to the bread mixture. Make sure all pieces are well-coated.
4. Pour all into the pressure cooker pot. Make sure all pieces are covered with the egg mixture.
5. Lock on the lid and bring to pressure and cook for 18 minutes.
6. Use quick release to release pressure – DON'T FORGET THE OVEN MITT!
7. Serve hot with butter and maple syrup.

Serves 4-6

## *Pulled Pork*

- |                    |                                 |
|--------------------|---------------------------------|
| 1 T. paprika       | 1 T. salt                       |
| 2 t. garlic powder | 2-4 lbs. boneless pork shoulder |
| 2 t. dry mustard   | 2 c. water                      |
| ½ T. brown sugar   |                                 |

1. Mix seasonings together in a large bowl.
2. Cut meat into 4" pieces (large enough to sit easily on your rack). Roll the meat in the seasoning mix. Coat thoroughly.
3. Add water to the bottom of the pressure cooker pot, and place rack in pot. Carefully put the meat pieces into place on the rack (keep the meat from touching the water) - it's fine if you have to stack the meat.

(continued on page 21)

# RECIPES

4. Lock the cover in place. Bring to pressure, and cook for 45 minutes.
5. Use quick release to release pressure - **DON'T FORGET THE OVEN MITT!**
6. When the pressure is released, remove the lid. Place meat on a platter or cutting board and shred with two forks.
7. Serve on buns with your favorite mustard or bar-b-que sauce.

Serves 4-6

## *Red Beans and Sausage*

1 lb. dried red beans	½ t. black pepper
1 onion, minced	½ t. cayenne pepper
2 cloves garlic, minced	1 t. dried oregano
1 stalk celery, minced	½ t. dried thyme
1 bell pepper, chopped	2 bay leaves
1 ½ t. salt	4 c. water
1 t. paprika	1 lb. smoked sausage, sliced

1. Wash and rinse the beans. Soak as per package instructions for 4 hours (or overnight if you have time).
2. Drain the beans and add to the pressure cooker pot. Add all ingredients, except the sausage.
3. Lock the lid in place and bring to pressure for 30 minutes (or 10 minutes if beans were soaked overnight).
4. Use quick release to release the pressure – **DON'T FORGET THE OVEN MITT!**
5. When the pressure is released, remove the lid.
6. At this point you may choose to mash some of the beans for a creamier texture. Add the sausage and stir.
7. Lock the lid in place and bring to pressure for another 10 minutes.
8. Use natural release to release the pressure. When the pressure is released, remove the lid.
9. Serve over rice.

Serves 6

# RECIPES

## *Kielbasa, Squash & Kale Soup*

2 T. olive oil	1 pkg. kielbasa, chopped
1 onion, diced	2 sprigs fresh rosemary
3 cloves garlic, minced	2 c. fresh kale or collards
4 c. chicken broth	1 c. water
2 apples, peeled, cored and cubed	Parmesan cheese, grated, to taste
2 c. butternut squash, cubed	

1. Using the BROWN/SAUTE button, heat the oil and brown the onion for 2 minutes. Add the garlic for another minute.
2. Add broth, apples and squash. Cook over medium heat until squash softens. CANCEL the BROWN/SAUTE function.
3. You may use an immersion blender to puree at this time, if desired.
4. Add kielbasa, rosemary, and kale.
5. Add water *as needed* to reach desired consistency. Stir.
6. Lock the lid into place and bring to pressure for 10 minutes.
7. Let the pressure release naturally. When the pressure is released, remove the lid.
8. Serve hot with sprinkled Parmesan on top.

Serves 4-6

# RECIPES

## *Risotto with Mushrooms*

- |                           |                                  |
|---------------------------|----------------------------------|
| 1 medium red onion, diced | 1 ½ c. Arborio rice              |
| 2 cloves garlic, minced   | 4 c. chicken broth               |
| 3 T. butter               | 1 c. fresh mushrooms, sliced     |
| 3 T. olive oil            | ¼ c. Gorgonzola cheese, crumbled |

1. Using the BROWN/SAUTE function, brown the onion and garlic in 1 ½ T. butter and 1 ½ T. olive oil until onions are translucent. CANCEL the BROWN/SAUTE function.
2. Add rice and broth, stir.
3. Lock on the lid and bring to pressure for 12 minutes.
4. While the rice is cooking, in a separate pan on the stovetop, saute mushrooms in the remaining olive oil and butter.
5. When the rice is done, use quick release to release the pressure – DON'T FORGET THE OVEN MITT!
6. When the pressure is released, remove the lid and add the mushrooms and cheese.
7. Stir and heat 5 minutes on KEEP WARM before serving.

Serves 4-6

## *Apple Sauce*

- |                    |                  |
|--------------------|------------------|
| 3 lbs. tart apples | juice of 1 lemon |
| 1/3 c. water       | honey to taste   |
| 1 tsp. cinnamon    |                  |

1. Peel, core and quarter apples.
2. Add apples, water and cinnamon to pot. Stir well.
3. Lock the lid into place and bring to pressure for 5 minutes.
4. When the apples are done, use quick release to release the pressure – DON'T FORGET THE OVEN MITT!
5. When the pressure is released, remove the lid and add the lemon juice and honey, to taste. Serve warm over vanilla ice cream.

Serves 6

# WARRANTY

Ginny's warrants this product free from defects in material and workmanship for one year from provable date of purchase.

Within this warranty period, Ginny's will repair or replace, at its option, defective parts at no charge, provided the product is returned, freight prepaid with proof of purchase to Ginny's. Allow 2-4 weeks for return shipping.

This warranty does not cover improper installation, misuse, abuse or neglect on part of the owner. Warranty is also invalid in any case that the product is taken apart or serviced by an unauthorized service station.

This warranty gives you specific legal rights and they may vary from state to state.

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