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## SPEED-UP SLOW COOKING WITH PRESSURE!



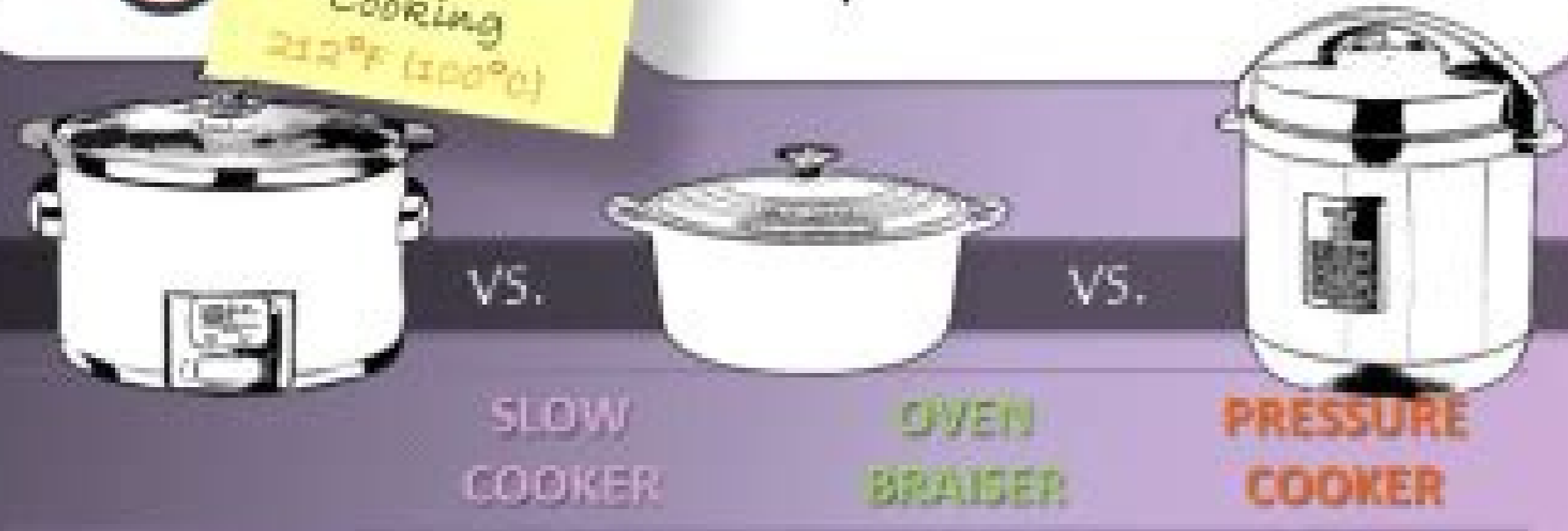
### Common Cooking Times



### Pressure cooking is faster because...

**BOILING POINT:**  
Pressure Cooking 243-250°F (121°C)  
Conventional Cooking 212°F (100°C)

- Lid seals shut locking in steam and pushing out air
- The cooking environment is oxygen-free
- Pressure built by steam raises internal pressure
- Food cooks at a higher temperature



Last-minute cooking			✓
Energy-saving			✓
Kills bacteria			✓
Saute in same pot		✓	✓
Used as regular pot		✓	✓
Fall-apart meat	✓	✓	✓
Infused Flavor	✓	✓	✓

Set it and forget it



# Pressure cooking saves energy!

### Energy to cook Pot Roast & Potatoes

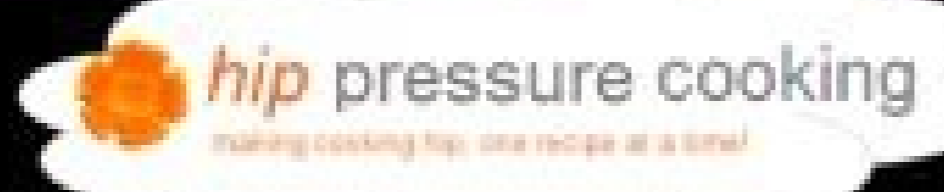


**Slow Cooker** 6qt, 240 watts "high" setting/ 120 watts "low" - 60 min at "high" & 420 min "low" (no thermostal cycling); **Electric Oven** operating at 2400watts - 10 min pre-heating at max watt & 260min (25% cycling on and off); **Electric Pressure cooker** Fagor 6qt, 1000 watts -10 min max heat to pressure & 35 min cycling (25% cycling on and off)

## More pressure cooker benefits...

- No cooking smells in the whole house.
- Kills bacteria responsible for food-borne illness.
- No extra pan to brown meat and saute veggies.
- Pressure cook meat from frozen!

created by hip pressure cooking



Pressure cooker image from Fagor America.  
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The N light will come on.8. Move the control to P. Documents: Go to download! Owner's manual - (English) User Guide Russell Hobbs 19750 Rice Cooker COOKING TIMESThere are two methods of regulating cooking times:1. Documents: Go to download! Owner's manual - (English) User manual Family Rice Cooker Russell Hobbs RHRC1Care and cleaningBefore cleaning, switch off the power and remove the plug from the wall power outlet.Let the rice cooker cool. Russell Hobbs 19750 Rice Cooker - Use Manual - Use Guide PDF. Move the on/off switch to the I position. The N light will go off.9. When the rice is cooked, the control will move to N, the P light will go off, and the N light will come on.10. This is the easiest way to steam "unknowns", unknown quantities, unknown vegetables, unknown sizes.When you use method 2, keep notes. Next time, you can use just the right amount of water, and leave the cooker to do the job on its own (method 1).OVERCOOKINGDon't worry too much about overcooking - steaming is a relatively gentle cooking method and a few minutes extra generally won't matter. If the rice has cooked on to the bottom of the pot and left a "rice crust", fill the inner pot with warm soapy water and allow it to soak for about 10 minutes before cleaning.Wash with a sponge and dry thoroughly.Clean the internal lid baffle; remove it from the underside of the rice cooker lid by squeezing and pulling its silicon holder. Don't overcook fish.PREPARATION1. Be sure all parts are dry before storing. Store appliance in a clean, dry, place.Newest Added: 4443BSS RHK4W RHT52RED RHBL6010AU RHT54POL.Tags: Russell Hobbs Rice Cookers Use Manual, Russell Hobbs Induction Hob Instructions, Russell Hobbs 24180, RUSSELL HOBBS RH60IH401B, Russell Hobbs Mini Oven Instructions, Russell Hobbs Chalkboard Slow Cooker Instructions, Russell Hobbs Rice Cooker Manual Move the on/off switch to the O position.2. Fill the bowl with the amount of rice required.3. Add the required amount of water - generally, use 1 cup of water for each cup of rice.4. Don't fill above the top of the fill mark.5. Give the bowl quarter of a turn each way, to ensure the bottom of the bowl makes good contact with the element.6. Put the lid on the bowl.7. Put the plug into the power socket. Use exactly the right amount of water, and leave the cooker to switch to warm automatically - this is the method used to cook rice.2. Use plenty of water, watch the cooking process, and move the switch up manually when the food is cooked. Put on the oven gloves.Newest Added: 23960 RHRETMD706R RH814WM1W RHF2363B RHBI7WC1SSTags: Russell Hobbs Rice Cookers Use Manual, Russell Hobbs 24180, RUSSELL HOBBS RH60IH401B, Russell Hobbs RHF2363S 23 Litre Silver Flatbed Digital Microwave, Russell Hobbs RHBI7WC1SS, Russell Hobbs 21140, Russell Hobbs Induction Hob Instructions Russell Hobbs RHRC1 Family Rice Cooker - Use Manual - Use Guide PDF. Sit the appliance on a stable, level, heat-resistant surface, near a power socket.2. Don't use the appliance near or below curtains, shelves, cupboards, or anything else likely to be damaged by the escaping steam.3. Have oven gloves (or a cloth) to hand, and a heat-resistant mat or dinner plate to put the bowl on after cooking.4. Put the bowl inside the cooker.COOKING1. Let the rice rest for about 10 minutes, then switch off the cooker and unplug it.11. Rinse and dry well.Wipe the heating body clean with a soft, slightly damp cloth or sponge.CLEANING THE STEAM VALVERemove the steam valve from the lid by rotating it clockwise and pulling upwards. Wash in warm soapy water, dry thoroughly and replace.Clean the condensation collector and steam valve as instructed above.The steamer basket, measuring cup and rice paddle may also be washed in warm soapy water. Always ensure the rice cooker is completely cool before doing so.To separate the steam valve parts, rotate the arrow (d) on the steam valve cover to the unlock symbol (U) on the steam valve seat and pull apart.These components can be cleaned by wiping the cover, seat and inside of the steam valve with a clean

cloth. NOTE: If the steam valve is difficult to remove by the above method you can open the lid and gently remove the valve out from underneath. Ensure the components are completely dry before re-assembly To re-assemble, align the unlock symbol (U) on the seat of the steam valve with the arrow (d) on its cover, then rotate towards the lock symbol (L). Insert back into the lid and rotate it until the tab on the steam valve cover is facing the arrow on the rice cooker lid (so tab points towards rice cooker handle). STORAGE Unplug the unit from the wall power outlet and clean all parts.

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