



PRESSURE COOKER

INSTRUCTION MANUAL

4L - 7L - 9L - 11L



PLEASE READ THESE INSTRUCTIONS CAREFULLY BEFORE USE

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ADVANTAGES OF PRESSURE COOKING

ECONOMICAL Cooking is up to three times faster. By using only one pot you save water (less washing) and energy as only one hob is needed (less gas or electricity).

NUTRITIONAL When compared to traditional cooking methods, pressure cooking is regarded as one of the healthiest methods of food preparation. This is due to the fact that it allows for cooking with less or no salt while retaining more flavours and nutrients.

VERSATILE Cooking and blanching bulk food is simple with a pressure cooker, and tougher cuts of meat will become tender in much less time than with traditional cooking methods.

How does the pressure cooker work

In conventional cooking water boils at 100°C. However, as pressure increases, so does the boiling point. A pressure cooker is designed to allow pressure and cooking temperature to build up safely thus reducing the cooking time. The result is delicious, healthy and tender food.

Cooking times

Cooking times vary according to the size of the individual pieces of food. Vegetables cook faster in a pressure cooker, so cut up the larger vegetables (root vegetables, potatoes, etc.) to achieve the same cooking times as other foods cooked at the same time.

Cooking can be interrupted by releasing pressure so that faster cooking foods can be added later. Cooking time tables on the right and below are intended as a guide only.

Always check that the food is thoroughly cooked before serving. If in doubt, cook a little longer. Meat, poultry, and any derivatives should be cooked until the juices run clear. Fish should be cooked until the flesh is completely opaque. Pre-packaged foods should be cooked according to the instructions on the package or label.

COOKING TIME GUIDELINES

FOOD	WEIGHT	WATER	TIME	NOTE
Chicken	1.0kg	600ml	15min	Boneless
Cold Chicken	1.5kg	1000ml	25min	Boneless
Pork Chop	1.0kg	600ml	15min	Well done
Pork	1.0kg	500ml	15min	Well done
Beef	1.0kg	600ml	25min	Well done
Pork Elbow	1.0kg	500ml	20min	Well done
Rice	1.5kg	1200ml	6min	Cooked
Porridge	0.2kg	2000ml	15min	Cooked

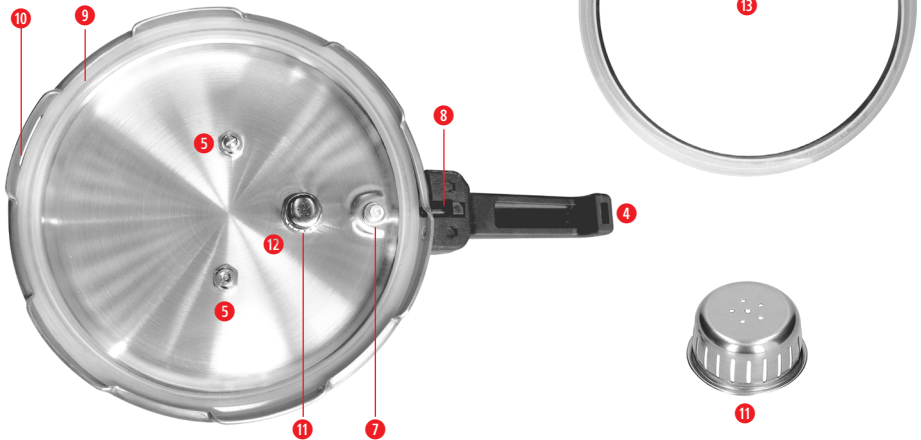
FOOD TYPE	TIME
SOUPS	
Chicken	6 min
Fish	5 min
Leek & potato	5 min
Vegetable	5 min
Onion	4 min
VEGETABLES	
Asparagus	7 min
Artichokes	6 min
Broccoli, flowerets	2 min
Broccoli, stalks	5-6 min
Brussel sprouts, whole	4 min
Cabbage, red or green, in quarters	3-4 min
Carrots	6 min
Cauliflower, flowerettes	2-3 min
Courgettes	2 min
Potatoes	6 min
Runner beans	6 min
Corn on the cob	5 min
Broad beans	4 min
Brussels sprouts	4 min
Leeks	4 min
Spinach	4 min
Aubergine slices	3 min
Okra	2-3 min
Pumpkin, 50mm (2") slices	3-4 min
PULSES	
Chickpeas	20 min
Kidney beans	15 min
White beans	15 min
Lentils	12 min
SEAFOOD	
Lobster	9 min
Crab	7-9 min
Whole fish (per 450g)	4 min
Skate wings	4 min
Steaks & fillets	3-4 min
Mussels	2 min
Shrimp	2 min
Prawns	2 min
MEAT (per 450g)	
Beef	12-15 min
Lamb	10-13 min
Veal	10-12 min
Pork	12 min
POULTRY (per 450g)	
Partridge	8 min
Pheasant	8 min
Chicken	5min/450g
FRUIT	
Plums (halved & stoned)	2-5 min
Raspberries	2-5 min
Dried figs	4-5 min
Dried prunes	4-5 min
Damsons	4 min
Dried apricots	3-4 min

FEATURES

- 1 Cooking pot
- 2 Cooking pot handles
- 3 Lid
- 4 Lid handle
- 5 Safety valves
- 6 Pressure regulator
- 7 Safety lock valve
- 8 Lock pin
- 9 Sealing gasket
- 10 Safety window
- 11 Blockage guard
- 12 Exhaust pipe (under the blockage guard)
- 13 Spare sealing gasket
- 14 Push plate



HOT SURFACE!



Images are for illustration purposes only. Actual items may vary.

Due to hot parts and potential hazards, this appliance should not be used by children under 16 years old. Please keep the pressure cooker out of the reach of children. This is not a toy! If used by persons with reduced physical, sensory or mental capabilities, instruction and supervision must be given to understand the use of the appliance and the hazards involved.

IMPORTANT SAFEGUARDS

Improper use of this pressure cooker may result in bodily injury or property damage.

- 1 Before each use, always inspect the exhaust pipe 12. To remove the blockage guard 11, firmly pull it away from the lid 3. Hold the lid 3 up to the light and inspect the exhaust pipe 12 to make sure it is clear and free of obstructions.**
- 2 Before each use always check pressure release devices to ensure they are not clogged.**
- 3 Do not fill the cooking pot 1 over two-thirds full with food and/or liquid. When cooking foods that expand during cooking, such as rice or dried vegetables, do not fill the cooking pot 1 over one-half full. Never use less than 250ml of liquid when pressure cooking. See Operating Instructions for more information.**
- 4 When cooking, turn the safety window 10 away from the user.**
- 5 Apples or apple sauce, cranberries, rhubarb, pears, barley, oatmeal (or other cereals), split peas, or dried soup mixes should not be pressure cooked. Noodles, macaroni, spaghetti, and other pastas should not be pressure cooked because they foam or froth and may clog the pressure release devices**
- 6 This appliance cooks under pressure. Improper use may result in a scalding injury.**
- 7 Ensure that the lid 3 is properly closed and locked to the cooking pot 1 before cooking.**
- 8 Never use the pressure cooker in a heated oven.**
- 9 Exercise extreme care when moving a pressure cooker containing hot liquid.**
- 10 Avoid touching hot surfaces. When moving the pressure cooker, always use the handles 2.**
- 11 Do not open or attempt to open the pressure cooker until the internal pressure is reduced completely and the pressure regulator 6 has dropped, allowing the push plate 14 to move over safety lock valve 7. The pressure regulator 6 can then be removed without releasing steam.**
- 12 Replace the sealing gasket 9 if it becomes hard, deformed, cracked, or shows any visible damage to ensure safe operation and satisfactory performance.**
- 13 When using the pressure cooker around or near small children, close supervision is required.**
- 14 Do not use the pressure cooker for anything other than its intended purpose**
- 15 Never use the pressure cooker for pressure frying with oil or roasting.**
- 16 Never store heavily salted liquids in a pressure cooker as this might cause pitting.**

- 17 Never use a pressure cooker on a slanted worktop. This may cause the pressure regulator 6 to malfunction.**
- 18 Never use a pressure regulator 6 from another pressure cooker brand. Only use the pressure regulator 6 that came with this appliance.**
- 19 Never add any additional weight to the top of the pressure regulator 6**
- 20 This pressure cooker is intended for household use only.**

SAVE THESE INSTRUCTIONS FOR FUTURE USE.

STANDARD OPERATION

For maximum moisture retention, the cooking pot 1 and the lid 3 are sealed by a sealing gasket 9. During the heating process, the pressure inside the cooking pot 1 increases gradually as water is brought to its boiling point.

When this occurs, the pressure regulator 6 is pushed upward on the exhaust pipe 12. Steam begins to escape from the exhaust pipe 12, allowing the temperature and pressure inside the cooking pot 1 to remain at a constant level.

If the exhaust pipe 12 becomes blocked by food, one of the safety devices 5, 7 will release the pressure automatically.

If the the lid 3 is not fully closed and in the locked position, the pressure inside the cooking pot 1 cannot reach more than 5 Kpa.

This pressure cooker has been equipped with a lock pin 8 which will prevent removal of the lid 3 from the cooking pot 1 until the pressure inside the cooking pot 1 reduces to 3 Kpa or less.

SAFETY DEVICES

Safety lock valve 7 ensures that the pressure of released steam is within safety range and that the lid 3 can be kept closed safely under pressure, or opened.

Pressure regulator 6 releases steam from the pressure cooker through the exhaust pipe 12.

If pressure regulator 6 and safety lock valve 7 become clogged the **sealing gasket 9** will bulge through the **safety window 10** to help release the pressure safely.

OPERATING INSTRUCTIONS

When using the pressure cooker for the first time, make sure that all parts are clean and dry, and that the pressure release devices 6, 7, 11 and 12, are not clogged.

Apply a thin coat of cooking oil to the rim of the cooking pot 1 where it comes in contact with the sealing gasket 9. This allows for easy opening and closing of the lid 3.

Place solid foods into the pressure cooker first, then add liquid. The amount of food solids and liquid placed in the cooking pot ① should not exceed two-thirds of the overall capacity.

Never use less than 200ml of water or liquid.

While holding the lid ③ upside down by lid handle ④, firmly pull blockage guard ⑪ from the lid ③ to remove it. Hold the lid ③ up to light and look through the exhaust pipe ⑫ to ensure that it is clear and free from obstruction. If the exhaust pipe ⑫ is clogged, clean it before replacing the blockage guard ⑪.

Place the lid ③ on top of cooking pot ① and align the dot marking on the lid ③ with the arrow on the push plate ⑩.



Rotate the lid ③ in a clockwise direction while keeping the cooking pot handle ② stationary.

When the lid ③ is correctly closed, the handles will lock together, the push plate ⑩ will slide into place and safety lock valve ⑦ will be fully visible. Do not force the lid ③, it should slide easily into the locked position.

Place the pressure regulator ⑥ on the exhaust pipe ⑫ and begin the cooking process by placing the pressure cooker on a hob with highest temperature setting..

Important!

If using a **gas cooker** the flame should not extend the diameter of the cooking pot ①.

If using an **electric stove** the diameter of the hob should not exceed the diameter of the cooking pot ①.

As pressure starts to build up inside the cooking pot ①, steam will start escaping through the safety lock valve ⑦ and around the handles ④ until the safety lock valve ⑦ rises and seals the cooker. Steam and a few drops of water may escape from the exhaust pipe ⑫ during cooking.

Shortly thereafter steam will start to escape rapidly from under the pressure regulator ⑥, which will start to jiggle. Start the specified cooking time from this moment.

CAUTION! Do not attempt to remove the pressure regulator ⑥ at any time during the cooking cycle.

If steam should escape from under the edge of the lid ③ and pressure fails to rise, cool the pressure cooker under cold running water for 1 to 3 minutes. Remove the pressure regulator ⑥ and open the lid ③. Wipe away any debris that may have accumulated. Replace the lid ③ and start the cooking process again.

Reduce heat to a medium/low setting. At the correct setting the pressure regulator ⑥ should jiggle about 1 to 3 times per minute.

Constant jiggling indicates that the temperature is too high. The occasional jiggling and hissing sound ensures correct pressure is being maintained. Continue at this heat setting until remaining cooking time is completed. The pressure regulator ⑥ should release steam about 1 to 3 times per minute at the correct temperature setting.

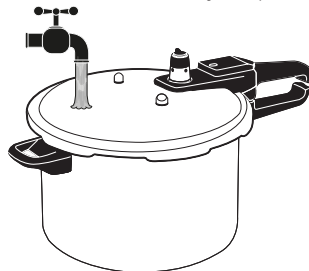
If the temperature is too high, the pressure regulator ⑥ will release steam continuously.

If the temperature is too low, the pressure will fall and the safety lock valve ⑦ will drop.

Adjust the heat setting accordingly. Continue cooking until the remaining time has elapsed.

When pressure has been maintained for the required length of time, remove the pressure cooker from heat source and allow pressure to drop before removing the pressure regulator ⑥. The safety lock valve ⑦ should drop after all the pressure is released.

Allowing pressure to drop normally (without cooling under running water) takes about 3 to 15 minutes, depending upon the amount of food in the pressure cooker. However, many recipes call for instant reduction of pressure by placing the pressure cooker under cold running water for 1 to 3 minutes.



CAUTION!
Do not allow water to enter the pressure cooker through the safety lock valve ⑦.

After reducing pressure by either method, lightly touch pressure regulator ⑥ with an utensil to ensure that pressure has been reduced.

If the safety lock valve ⑦ remains up after cooking there may still be some pressure in the cooking pot ①. Use a chopstick or a similar object to gently push the safety lock valve ⑦ down and release the remaining steam.

If steam is still present, follow the previously mentioned steps to reduce pressure. If no steam is present, you may remove the pressure regulator 6.

To unlock the lid 3 slide the push plate 14 forward as indicated by the arrow, then rotate the lid handle 4 anti-clockwise to open it. The lid 3 should slide open with ease.

Do not try to open the lid 3 by force.

If handles do not slide apart easily, check the safety lock valve 7 to see if it has been released. If it has not been released, reduce the pressure as described previously.

MAINTENANCE

The pressure cooker should be thoroughly cleaned before first and after each use:

All the parts of this pressure cooker, including the sealing gasket 9 and pressure regulator 6, are made to be fully immersed in water and should be washed after each use. Be sure to remove the blockage guard 11 and wash it thoroughly.

Inspect the exhaust pipe 12 to ensure it is clean and free of debris. Thoroughly dry all parts of the pressure cooker before storing and be sure to correctly reinstall the blockage guard 11.

Do not use harsh brushes or scourers on the pressure cooker surface to avoid abrasion.
Do not wash in a dishwasher.

Do not keep food inside the cooking pot 1 for extended periods of time.

Maintenance of the sealing gasket 9

Remove the gasket 9 from the lid 3 and clean the dirt thoroughly.

Wipe off the water and ensure the sealing gasket 9 is completely dry before placing it back in the lid 3. Do not keep the lid 3 closed on the cooking body 1 when not in use to prevent the sealing gasket 9 from being squeezed and deformed.

CAUTION!

The color and appearance of the sealing gasket 9 will change with use, which is completely normal. The sealing gasket 9 should be changed annually or sooner if it appears damaged or deformed in any way.

Only use the sealing gasket 9 supplied by manufacturer. Do not use substitutes.

Replacement of sealing gasket 9

To ensure safe and continuous operation of the pressure cooker, the sealing gasket 9 should be replaced once per year under normal usage.

For safe operation and satisfactory performance, replace the sealing gasket 9 when it becomes hard, deformed, cracked or shows any signs of damage.

To replace the sealing ring gasket 9, follow these steps:

- 1 Remove the used sealing gasket 9 then wash and dry the the lid 3 thoroughly. Ensure that the new sealing gasket 9 is free of any debris and completely dry.
- 2 Place the new sealing gasket 9 around inner lip of the lid 3. Make sure that the sealing gasket 9 lays and fits smoothly around the rim of the cooking pot 1.
- 3 With the new sealing gasket 9 correctly installed, add a thin coat of cooking oil to the rim of the cooking pot 1 where it comes in contact with the sealing gasket 9.

SPECIFICATIONS

Working Pressure:	80 ± 10%kPa
Safety Pressure:	112-160kPa
Maximum Pressure:	480kPa
Pressure when lid unlocks:	> 5kPa
Safety lock valve pressure	< 3kPa

SERVICE

If you ring Customer Service, please have the **MODEL NO.** to hand, as we will not be able to help you without it. If the product is not operating correctly, read the instructions and check that all the valves are free of debris and unclogged and that all the parts are properly attached, and that no parts are missing.

If that does not solve the problem ring Customer Service – they may be able to offer technical advice. If they advise you to return the product to us, pack it carefully, include a note with your name, address, day phone number, and description of the problem.

If under a guarantee, say where and when it was purchased and include proof of purchase. Send it to SQ Professional Ltd.

GUARANTEE

The guarantee for this product is covered by SQ Professional Limited. Any faults with this product arising through a manufacturer defect will be covered for 1 year from the date of purchase, subject to a valid proof of purchase being presented. This does not include faults or damage caused by misuse of general wear and tear.

Please contact customer services by phone on 01992 716 070, Monday to Friday from 09:30 - 18:30 or e-mail info@sqprofessional.com.

This does not affect your statutory rights.

TROUBLESHOOTING

If there is any unusual activity during cooking always TURN OFF the heat immediately, remove the pressure cooker carefully and place it on a heat resistant level surface.

Slowly pour cold water over the lid ③ (avoiding the valves) to reduce pressure and temperature.

PROBLEM	POSSIBLE CAUSE	SOLUTION
Steam evaporates from safety lock valve ⑦ and the pressure regulator ⑥ does not rise. Pressure inside the cooking pot ④ is low - under 5kPa.	There is not enough heat.	Increase the heat.
	Insufficient water in the cooking pot.	Add more water.
	Safety lock valve is clogged.	Clean the safety lock valve.
	Sealing gasket is dirty.	Clean the gasket, the cooker rim and the lid.
	The lid does not fit properly.	Fit the lid properly.
Steam evaporates from under the lid ③.	Sealing gasket is dirty.	Clean the sealing gasket, the cooker body rim and the lid.
	Gasket is old (deformed).	Replace the gasket.
The lid ③ does not fit.	Lid may have become deformed.	Replace the lid.
During cooking, the sealing gasket ⑨ bulges out of the safety window ⑩ and steam evaporates.	Gasket is performing its safety function - releasing the pressure in the cooker due to faulty valves.	Remove the pressure cooker from heat and cool it down. Check all the safety devices and replace the faulty ones.
	Gasket is aged and deformed and has thus lost its function.	Replace the gasket.



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