

MIRRO®

Speed Cookers & Canners
Recipe & Instruction Book

Ollas de presión y aparatos preparar conservas
Libro de recetas e instrucciones

Marmites à vapeur & appareils de mise en conserve
Libre de recettes et instructions



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June '04

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Caution!

Read This Book Before Using.

IMPROPER USE MAY RESULT IN SCALDING INJURY. DO NOT OVERFILL. FOR PROPER CLOSURE, COVER HANDLE MUST BE DIRECTLY ABOVE PAN HANDLE. DO NOT ATTEMPT TO

OPEN COVER UNTIL PRESSURE CONTROL IS REMOVED AND LOCK LEVER IS RELEASED FROM PAN HANDLE. NEVER FORCE HANDLES OPEN.

Be Sure You Understand All Operating Instructions Before Using Cooker.

See pages 4-10 for important information about operating and repairing cooker.

Five-Year Limited Warranty

Our Promise to You:

This Mirro Company product is warranted against defects in workmanship and material for a period of **FIVE YEARS** from the date that the product is originally purchased. If this product becomes defective within the warranty period, Mirro will repair it or replace it.

This warranty is not applicable to the gasket and overpressure plug or damage to the product resulting from misuse, accidents or alterations to the product. **MIRRO SHALL NOT BE LIABLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES, HOWEVER CAUSED.** Some states do not allow the inclusion or limitation of incidental or consequential damages, so the above exclusion may not apply to you.

If service becomes necessary within the warranty period, return the product, along with a description of the claimed defect, to:

MIRRO COMPANY
1512 Washington Street
P.O. Box 1330
Manitowoc, WI 54221-1330

Mirro will refund the postage and insurance charges, if any, you prepaid if the service work requested is covered by this warranty.

This warranty gives you specific legal rights and you may also have other rights which vary from state to state.

See pages 10, 32 and 95 for Questions and Answers and repair instructions.

IMPORTANT SAFEGUARDS

Pressure Cooker Safety Rules

Pressure cookers work differently from conventional pots and pans and require some special safety practices in addition to normal cooking safety precautions.

1. Before using your pressure cooker, read all instructions and be sure you understand them.
2. Do not touch hot surfaces. Use handles or knobs.
3. Use your pressure cooker on top of the stove only—never put it in the oven.
4. Be very careful when using the pressure cooker near children. Supervise children closely.
5. Before use, always check that the vent tube in the cover is open and that the pressure control is not clogged.
6. Never cook foods that tend to foam or froth, as they may clog the vent tube and pressure control. Foods that are especially likely to do this are listed below.

Never cook these foods in the pressure cooker:

- applesauce
- oatmeal or other cereals
- noodles, macaroni, spaghetti or other pasta
- split peas
- pearl barley
- cranberries or rhubarb

If the vent tube or pressure control is blocked, the pressure may seem to be down when the pressure control is removed, even though the contents may be above the boiling point and under pressure for a long time after the cooker is removed from heat.

7. Never fill the cooker more than $\frac{3}{4}$ full. If you are cooking food that expands during cooking (such as rice or dried vegetables), **fill the cooker only $\frac{1}{2}$ full, see "food preparation instructions."**
 8. This appliance cooks under pressure. Improper use may result in scalding injury. Make certain unit is properly closed before operating. See **How to Operate Cooker**, page 7.
 9. Never try to open your pressure cooker until the unit is thoroughly cool and the internal pressure is down. When the pressure is down, the cover should turn easily.
- Never try to force open the cover if it seems locked tight. See Cooker Problems, page 8.**
10. If the vent tube becomes blocked while cooker is being heated, the pressure control will stop jiggling or rocking. **Immediately turn off heat and allow cooker to cool.**

WARNING: If vent tube is blocked, overpressure plug may release and hot food and steam spray out. Keep face and head away from cooker.

When cooker is thoroughly cool, clean the vent tube and check the contents to find out why the blockage occurred. **Correct the problem before you resume cooking.**

11. If the vent tube becomes blocked during cooking, and you do not notice the problem, the overpressure plug will release.

Immediately turn off heat and allow cooker to cool.

WARNING: If overpressure plug releases, cooker may spray scalding hot steam and food. Keep away until cooker has cooled.

Never reuse a blown overpressure plug. Replace it with a new plug. See "Overpressure plug has released" in **Cooker Problems**, page 8.

12. Never use your pressure cooker for pressure frying with oil and never "broast" (pressure cooking with oil or shortening instead of water) in your cooker.
13. Never use your pressure cooker for other than its intended use.
14. **Always remove the gasket** before using the cooker as a conventional (non-pressurized) covered pan without the pressure control. If you leave the gasket in, some pressure may develop in the cooker. Without the gasket, pressure will not develop.
15. Be extremely careful when moving a pressure cooker full of hot liquids.

IMPORTANT

Steam may sometimes escape through lock lever and around cover handle. This is not a malfunction as steam escapes until lock lever is fully engaged. If steam continues for several minutes, tap cover handle lightly or open and reclose cooker to ensure proper gasket seal.

If pressure cannot be maintained in cooker, check gasket for replacement.

The overpressure plug will release when vent tube is blocked. Do not reuse a blown overpressure plug. Replace with a new plug. To install, push rounded portion through underside of cover. Indented portion will be visible from underside of cover when correctly installed.

If unable to obtain replacement parts from a local dealer, use order form on page 96 and send directly to manufacturer.

IF YOU SHOULD HAVE ANY QUESTIONS ON THE PROPER OPERATION OF YOUR PRESSURE COOKER, PLEASE CALL 1-800-527-7727. ATTENTION: CONSUMER CENTER.



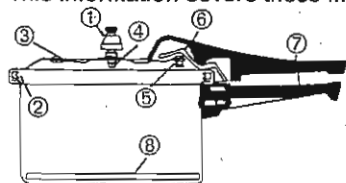
This symbol on the product's nameplate means it is listed by UNDERWRITERS' LABORATORIES, INC.

SAVE THESE INSTRUCTIONS

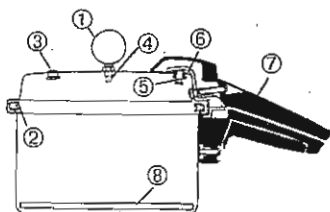
Getting to Know Your Pressure Cooker

To use your pressure cooker properly, you must be familiar with its parts and features. Many of these parts are common to all models of cookers, but some differ for different models.

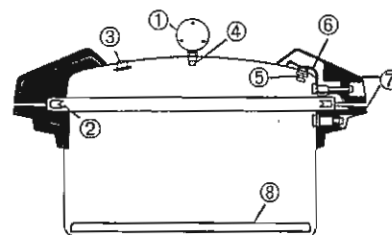
This information covers these models:



4- and 6-quart (3.8- and 5.7-liter) models with single control.



4- and 6-quart (3.8- and 5.7-liter) models with selective control.



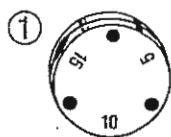
8-, 12-, and 22-quart (7.6-, 11.4-, and 20.9-liter) models.

Automatic Pressure Control (Selective or Single)

These precision-made controls never require adjustment or testing for accuracy. They automatically maintain the proper pressure for cooking. Your cooker has one of two types of pressure controls:

Selective Control

The selective control lets you select one of three pressure settings:



Pressure	Cooking Temperature
5 lbs. (35 kPa)	228° F (109° C)
10 lbs. (70 kPa)	240° F (115° C)
15 lbs. (103 kPa)	250° F (121° C)

When the cooker reaches the proper temperature, the selective control jiggles audibly.

Single Control

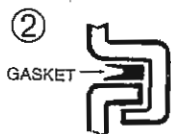
The single control has one pressure setting:



Pressure	Cooking Temperature
15 lbs. (103 kPa)	250° F (121° C)

When the cooker reaches the proper temperature, the single control rocks gently.

V-Type Self-Sealing Gasket



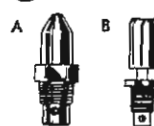
The gasket inside the cover automatically seals the cover when the cooker is closed according to directions and brought under operating pressure. The gasket may easily be removed for cleaning.

Overpressure Plug



The overpressure plug releases if the vent tube becomes blocked and cooker develops too much pressure. This is a protection that permits excess pressure to be released safely. If you follow directions for using the cooker properly, the plug will probably never release. To replace a blown plug, see page 32.

④



Vent Tube

Your cooker has one of two types of vent tubes, to match the two types of pressure controls:

- A. Selective** (5-, and 10-, and 15-lb.) control
- B. Single** (15-lb.) control.

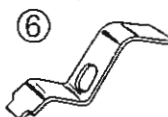
⑤



Lift Pin Assembly

As the pressure increases and decreases inside the cooker, the lift pin moves the lock lever in the handle.

Lock Lever



When the cover is properly closed and pressure begins to rise in the cooker, the lock lever drops into the locked position in the bottom handle. It releases and unlocks when the pressure goes down.

Handles/Grips

⑦



8-, 12-, and 22-quart (7.6-, 11.4-, and 20.9-liter) models

These models have matching grips on each side of the cover and pan. To close, rotate cover clockwise until the grips on the cover are **directly over the grips on the pan**.

4- and 6-quart (3.8- and 5.7-liter) models

These models have long handles, one on the cover and one on the pan. To close, rotate cover clockwise until the cover handle is **directly over the pan handle**.

To open either type, **wait until pressure is down, then gently rotate cover counter-clockwise**.

All-Aluminum Cooking Rack

⑧



The rack is used for canning and steaming foods and whenever directions specify its use.

Cover Positive Stop-Notch



There is a stop-notch located on the flange of the pan. Specifically on the first lug to the right of the handle. The stop-notch is a designed part of the pressure cooker/canner flange system. The purpose of the stop-notch is to be a positive stop when you rotate your cover to the closed position.

How to Cook With Your Pressure Cooker

General Tips—Read Before You Cook

Recipes and Timetables

Pressure cookers use different recipes from conventional pans. This book includes recipes and timetables for many popular foods. The quantities of ingredients used depend on the size of the cooker, and the time needed to cook the food properly depends on the pressure used. For this reason, the recipes and timetables have information in several columns to correspond to different pressures and sizes of cookers.

Ingredient amounts are listed in four columns, corresponding to different size cookers and U.S. and metric measures (metric measures are rounded):

- 4-quart cooker, U.S. measure
- 6- or 8-quart cooker, U.S. measure
- 3.8-liter cooker, metric measure
- 5.7- or 7.6-liter cooker, metric measure

The timetables give minutes needed to cook in two columns, corresponding to two different pressures:

- 10 lbs. pressure
- 15 lbs. pressure

CAUTION: Be sure you use the columns for your cooker and the pressure you are using.

Cooking times are only guidelines, because meats and vegetables vary in tenderness. Adjust cooking times to your taste.

To use these recipes in one of the larger canners, follow this guide:

12-quart (11.4-liter) canner:

double the recipe for the 6- to 8-quart (5.7- to 7.6 liter) canner and

increase the water by one cup (250 mL).

22-quart (20.9-liter) canner:

triple the recipe for the 6- to 8-quart (5.7- to 7.6-liter) canner and

increase the water by one cup (250 mL).

CAUTION: If you reduce any of the recipes in this book, you must still use the FULL AMOUNT of liquid called for.

Canning

To pressure can, you must use a model with a selective control, because canning is done only at the lower pressures (5 and 10 lbs.).

CAUTION: Do not attempt to pressure can with a single-pressure control or a selective control set at 15 lbs.

See specific instructions and recipes for canning on pages 25-31.

Cooking and Canning at High Altitude

At altitudes above 1,000 feet (300 meters), increase pressure by 5 lbs. For example, if the recipe calls for 10 lbs. of pressure, cook at 15 lbs. If the recipe calls for 15 lbs. of pressure, increase cooking time slightly.

How to Operate Cooker

Your pressure cooker is very simple to operate. Follow these steps.

1. Check to make sure vent tube is clear.

Hold the cover up to a light. You should be able to see light through the vent tube. If you cannot see light, the tube may be blocked. Insert a piece of wire into the tube and run it gently in and out until you are sure the tube is clear.

2. Put food in the cooker, add the required amount of water, and wipe the rim of the pan.

At first, until you become familiar with your cooker, use a little more water than is called for.

3. Place gasket in position inside the cover and set the cover on the pan with the handles apart and the arrow on the cover pointing to the center of the pan handle.

4. Rotate cover clockwise until handles (or grips) on the cover are directly over handles (or grips) on the pan.

If a new gasket makes closing difficult, press down on the cover with one hand while rotating the cover with the other hand.

WARNING: Handles or grips on cover must be directly over handles or grips on pan. Never attempt to cook with handles or grips in any other position.

5. Set pressure control over vent tube. For selective pressure controls, be sure to align the control so that hole corresponding to the desired pressure is directly over the vent tube.

6. Unless the recipe directs otherwise, set the cooker with contents over high heat.

Some recipes specify medium heat at this time.

As the cooker heats and pressure builds up, the lock lever will drop into the locked position in the pan handle.

Some steam may appear around the handle during heating and you may hear a hissing sound as air and steam escape from the cooker. **This is normal and will stop before cooker reaches operating pressure.**

7. When pressure control begins to jiggle and sputter (selective control) or rock (single control), reduce heat until selective control jiggles about 1 to 4 times per minute or single control rocks gently.

The pressure control jiggles or rocks when the cooker reaches the selected pressure. Lowering the heat so that the selective pressure control jiggles (1-4 times per minute) or single control rocks occasionally maintain the proper pressure while preventing excessive fuel use and excessive loss of cooking liquid as steam. Experience will teach you what setting on your stove will maintain pressure. Generally a setting of "medium" or "low" will be right.

How long it takes to bring the pressure up to the point where the pressure control jiggles or rocks depends on the size of the cooker and the amount of food being cooked

or canned. A small cooker may take only 5 or 10 minutes to reach pressure, while a large pressure canner with a full load may take 45 minutes to an hour.

CAUTION: If steam escapes in a steady stream after heat is reduced, gently nudge the pressure control to reset it so that it jiggles intermittently or rocks gently.

8. Count cooking time from the first jiggle or rock of the pressure control.

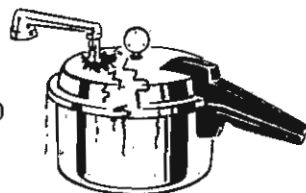
9. When food has cooked under proper pressure for the required length of time, remove cooker from heat and reduce pressure.

CAUTION: Do not remove pressure control until pressure is completely reduced.

You can reduce pressure in three ways:

- **fast**—for fresh vegetables and fish.

Run cold water over the cooker or place it in a pan of cold water. Depending on the amount of food in the cooker, it will take 15-60 seconds for pressure to go down fully.



- **normally**—for canning.

Let the cooker cool slowly to room temperature. This will take 25-35 minutes for a small cooker, 40-45 minutes for the largest canner.

- **combination**—for meats and dried vegetables.

Let the cooker cool normally at room temperature for 5 minutes, then place the cooker under cold water to reduce the remaining pressure.

As the pressure is reduced, air will re-enter the cooker, making a hissing or squealing sound. When the hissing stops, the lock lever in the cover will release.

10. When the pressure is reduced, nudge the pressure control to make sure pressure is down, and if it is, remove the pressure control.

WARNING: Escaping steam can scald you, and the pressure control may be hot. Protect your hand with a pot holder or oven mitt.

CAUTION: If steam spurts out when control is nudged, pressure is not completely down. Continue to cool the cooker.

To remove the selective control, insert the tine of a fork into one of the holes (see illustration) and lift.



WARNING: The pressure control may be hot. Handle with care.

To remove the single control, using a pot holder or oven mitt, grasp the plastic knob and lift straight up.

11. Open the cover by turning the cover counter-clockwise until handles or grips are apart and cover is in the open position.

When the pressure is fully reduced, the cover should slide open easily.

WARNING: Never tug at the handles or try to force them apart if they seem locked. The lock lever will not release if any steam pressure remains in the cooker. Cool the cooker until pressure is fully reduced.

Cooker Problems

Problem: Pressure will not build up.

Steam continues to escape around the edge of the cover or around the handle, and pressure does not increase to make the pressure control jiggle or rock.

Causes and Remedies:

1. Food particles have lodged in lift pin cavity, preventing it from sealing and actuating the lock lever.

Reduce the pressure as instructed in the recipe.

When pressure is fully down, remove the pressure control and open the cooker. Clean the cover (see page 9) and try again.

2. Gasket or edge of cover is wet, with water escaping as steam and giving the appearance of a leak.

Reduce the pressure as instructed in the recipe.

When pressure is fully down, remove the pressure control and open the cooker. Remove the gasket from the cover, and wipe the gasket, the pan rim, and the inside of the cover. Dry thoroughly and start over.

3. Gasket has shrunk, so that it does not form a tight seal.

Reduce the pressure as indicated in the recipe.

When pressure is fully down, remove the pressure control and open the cooker. Remove the gasket from the cover and stretch it gently to its original size, replace it and try again. If gasket continues to leak, replace it.

Problem: Cover is stuck closed.

Cover won't turn easily so it can be removed.

Causes and Remedies:

WARNING: Check these possible causes IN THE ORDER GIVEN.

1. Cooker is not fully cooled, so pressure is not fully down, preventing the lock lever from releasing.

Cool cooker until pressure is fully down.

2. Vent tube is blocked, so pressure cannot be fully reduced.

Cool cooker until you are sure it is thoroughly cool.

Insert a piece of wire into vent tube and run it in and out until you are sure vent tube is clear.

3. Food such as meat broth has collected on the gasket and "glued" it tight when the pressure was reduced.

With the pressure control off the cover, put the cooker back on low heat until steam escapes from vent tube. Take the cooker off the heat and let it cool until steam stops coming from the vent tube. Then remove the cover.

Often, reheating for a short time will soften the material and allow the cover to be removed.

4. Food such as soup has boiled up and gotten between the gasket and the rim of the cooker, causing it to stick.

Reheating, as in step 3, often will soften the food material and allow the cover to be removed.

5. Gasket has stretched, so that it no longer fits properly.

If the cooker is thoroughly cool, the vent tube is clear, and pressure is fully down, the gasket may have stretched until it no longer fits properly.

Note: If this is the case, the cover will have been hard to close as well as hard to remove.

Replace gasket with a new one.

Problem: Lock lever does not release after pressure is down.

Causes and Remedy:

Pressure is not fully down.

Cool cooker to room temperature. Remove pressure control, then slip a knife blade between the cover handle and the pan handle and slip the lock lever up.

WARNING: If steam escapes when the lock lever is pushed up, the pressure is not fully down. Cool to room temperature.

Problem: Overpressure plug has released.

Causes and Remedy:

The vent tube is blocked.

If the vent tube becomes blocked, and this condition goes unnoticed, excess pressure can build up in the cooker, causing the overpressure plug to release.

1. Cool the cooker and, when cool, remove cover.
2. Inspect the cover and pan for damage.
3. Clean the vent tube by inserting a piece of wire into the vent tube and running it in and out until you are sure the tube is open.
4. Install a **new** overpressure plug. To install, push the rounded end of the plug through the underside of the cover. When properly installed, the indented part of the plug will be visible from the underside of the cover.

WARNING: Never reuse a blown overpressure plug. Replace with a new plug.

Cleaning and Care of Your Pressure Cooker

Before using your cooker the first time, wash it thoroughly in hot soapy water. Rinse thoroughly and dry.

Interior

To make cleaning easier, run warm water into your cooker immediately after removing food. Wash in hot, soapy water.

Remove food stains and hard-water stains with a soap-filled steel wool pad; or bring to a boil one quart (1 L) of water, and 2 level tablespoons (30 mL) of cream of tartar, and let that solution boil in the cooker (**cover off**) for a few minutes. You can also use a solution of equal amounts of water and vinegar. After cleaning, rinse thoroughly and dry.

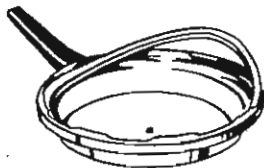
Exterior

Clean the exterior occasionally with silver polish. Remove water stains on the cover with a mild cleansing powder or silver polish. Do not soak cover or pan in water or wash in the dishwasher, as this will dull the outside polished finish. The outside of the pan bottom may be scoured with a steel wool pad if necessary.

CAUTION: Never beat a spoon, potato masher, or other utensil on the rim of the cooker. Any mar or dent in the rim may prevent a good seal from forming and prevent the cooker from pressurizing properly.

Gasket

After each use of the cooker, remove the gasket from the cover. Wash it thoroughly in hot, soapy water, and rinse and dry it thoroughly. Then slip the gasket back in place in the cover so the cooker is always ready to use.



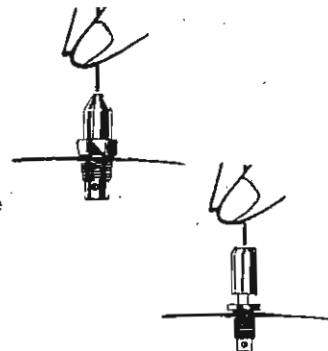
Lift Pin and Lock Lever

Always wash the cover thoroughly after each use. Run hot water around all openings in handle to keep lift pin and lock lever free of grease or food particles that could keep them from operating properly.

Note: If moisture remains inside handle, steam may appear around handle when the cooker is next used. This is normal.

Vent Tube

After washing and rinsing the cover and always before using, hold it up to the light to see if the vent tube is clear. You should be able to see light through the vent tube. If you cannot, the tube may be blocked. Carefully insert a piece of wire in the vent tube and run it gently in and out to be sure the tube is clear and unobstructed. Then rinse again in hot water.



WARNING: The vent tube must be open. Always check it before use.

Pressure Control

Usually the pressure control will remain clean because it is "steam-cleaned" during operation. However, washing in hot, soapy water followed by thorough rinsing will not harm it.

CAUTION: Be sure that stove top is level. If the top is tilted, the pressure control may bind and not operate properly.

Storage

Store cooker with cover **off** or **upside-down** on cooker. Do not store with cover and gasket closed tight on pan.

Questions and Answers

How can I tell if the correct pressure is being maintained?

As long as the pressure control jiggles (about 1-4 times per minute) or rocks gently, you can be sure the correct pressure is being maintained.

The control is precision-made and accurate. It never needs to be tested or adjusted for accuracy.

The most common mistake is using too much heat so that the control jiggles too often or rises on the vent tube and emits a steady flow of steam. Too much heat results in excessive loss of cooking liquid.

Sometimes a trickle of moisture appears around the vent tube or the overpressure plug. Is this normal?

As the pressure is brought up, steam contacts the cold metal of the tube and condenses as water. The moisture usually disappears when the control jiggles and the metal has fully heated.

What makes the overpressure plug release?

The overpressure plug is a safety feature to release pressure if the vent tube becomes blocked and excess pressure develops. If you follow the directions in this manual, you will probably never have the overpressure plug release.

WARNING: Never reuse a blown overpressure plug. Replace it with a new one. (For installation, see "Cooker Problems" page 8.)

Why does steam and moisture escape around the rim of the cooker and the cover handle?

Moisture inside the handle or between the gasket and cover will escape as steam when the cooker is heated. The steam should stop as the pressure builds up. If it does not stop, follow instructions in "Cooker Problems" section under "Pressure will not build up" page 8.

How can I tell if my cooker needs a new gasket?

If steam escapes around the rim of the cooker and pressure will not build up (and the lift pin and locking lever are clean), you probably need a new gasket.

If a gasket has become hard and shiny after long use, replace it.

If gasket has stretched so that it no longer fits easily into the cover, replace it.

When my cooker was new, the cover fit very snugly. Now the cover slides on and off easily. Should I stretch the gasket?

No. As long as pressure builds up properly and the cooker operates normally, the gasket is fine. As the cooker is heated, the gasket expands to seal the rim.

After a gasket has been under pressure a few times, it naturally shrinks a little. Stretch it **only** if it fails to hold pressure.

What causes a squeal or hissing sound sometimes when the cooker is cooled under running water?

When the pressure is reduced quickly, it produces a vacuum inside the cooker. The noise you hear is air rushing in to fill the vacuum. It is normal and harmless.

You can minimize the noise by running a moderate stream of water on the rim of the cooker rather than directly on top.

What makes a gasket stretch or swell?

Sometimes, after a gasket has been used for a long time, it stretches so that it no longer fits properly. Replace it with a new one.

If a gasket stretches in less than a year, it is probably because of excess grease. Be sure to wash the gasket thoroughly after each use.

What makes the cooker hard to close?

In a new cooker, the gasket is often very snug fitting. Pressing down on the cover with one hand, while you open or close the cooker with the other, will often help. In a few instances, it may be necessary to lubricate the gasket with cooking oil or shortening for the first two or three uses.

CAUTION: Do not lubricate gasket after the first two or three uses. Continued lubrication will cause the gasket to swell and not fit properly.

If your cooker has seen extended use, the gasket may have stretched so that it no longer fits. Replace it with a new one.

Are the pressure controls interchangeable on the three-pressure (selective) model cooker and the one-pressure (single) model cooker?

No. Pressure controls are **not** interchangeable and must be used with the model of cooker for which they were intended.

May I use a one-pressure (single) model cooker for canning?

No. The one-pressure model can be used at 15 lbs. pressure only. Canning requires 5 lbs. and 10 lbs. also. See specific instructions for canning on pages 25-31.

Recipes

How to Adapt Your Own Recipes to Pressure Cooking

The recipes in this book are only a start: most foods that can be boiled, steamed, or braised are suitable for pressure cooking. By following a few simple guidelines, you can adapt your favorite recipes for pressure cooking.

1. Use the timetables and recipes in this book to determine pressure, cooking time, amount of liquid, and cooling method for use in your own recipes.

2. You may use other liquids such as wine, beer, broth, tomato juice, etc. in place of an equal amount of water, but **do not use milk or milk products** as they boil over and scorch easily.
3. You may cook different foods together. If they require different cooking times, just start the food with the longest cooking time first, and add the others later, as in conventional cooking.

Meat and Poultry Timetable

The pressure cooker is ideal for tenderizing the less tender cuts of meat. Most meats (except corned beef, salt pork and tongue) should be browned in hot fat in the uncovered cooker before pressure cooking. Cooking time may vary depending upon cut, grade, amount of bone, etc., and may be adjusted to suit your taste.

Time is given as a total rather than minutes per pound (kg).

FOR ALL MEAT AND POULTRY, COOL COOKER NORMALLY FOR 5 MINUTES, THEN PLACE UNDER FAUCET OR IN PAN OF COLD WATER TO REDUCE PRESSURE.

Amount of Liquid		Meat and Poultry	Minutes To Cook		Amount of Liquid	
4 Qt. Cooker	6-8 Qt. Cooker		at 10 Lbs. (70 kPa)	at 15 Lbs. (103 kPa)	3.8 L Cooker	5.7-7.6 L Cooker
3 cups	4 cups	Beef, Corned —3-4 in. (8-10 cm) thick. Follow pkg. directions for preparation for cooking.	60	45	750 mL	1 L
¾ cup	1 cup	Beef Flank Steak	45	35	200 mL	250 mL
1½ cups	2 cups	Beef Heart —Remove veins. Cover with salted water ½ hr. Drain. Add fresh water and ¼ cup (75 mL) vinegar. Cook.	60	45	375 mL	500 mL
1 cup	1¼ cups	Beef Liver —Slice. Cook on rack.	6	5	250 mL	325 mL
1 cup	1¼ cups	Beef Pot Roast (blade, chuck or rump) —2-3 in. (5-8 cm) thick.	40-50	30-40	250 mL	325 mL
1 cup	1¼ cups	Beef Round Steak (Swiss) —½ in. (1 cm)	25-30	20-25	250 mL	325 mL
1 cup	1¼ cups	Beef Short Ribs	45-50	35-40	250 mL	325 mL
1½ cups	1¾ cups	Beef Stew —1 in. (2.5 cm) pieces	20-25	15-20	375 mL	450 mL
2 cups	2½ cups	Beef Tongue	60	45	500 mL	625 mL
		Fresh or smoked —Cook. Cool in cooking liquid. Skin.				
		Cured (corned) —Cover with water several hrs. Drain. Cook. Cool in cooking liquid. Skin.				
1 cup	1¼ cups	Chicken (fried) —2½-3 lbs. (1.3-1.5 kg)	15	12	250 mL	325 mL
1½ cups	2 cups	Chicken (fricasseed) —3-4 lbs. (1.5-2 kg)	20-25	15-20	375 mL	500 mL
1½ cups	2 cups	Chicken (stewed) —4-5 lbs. (2-2.5 kg)	30-40	25-30	375 mL	500 mL
2 cups	2½ cups	Ham (shank, uncooked) —3-5 lbs. (1.5-2.5 kg)	45-60	35-45	500 mL	625 mL
2 cups	2½ cups	Ham (picnic shoulder, uncooked) —3-6 lbs. (1.5-3 kg)	45-60	35-45	500 mL	625 mL
½ cup	¾ cup	Ham (slices, uncooked) —½ in. (1 cm) slice	6-8	5-6	125 mL	200 mL
½ cup	¾ cup	1 in. (2.5 cm) slice	12-14	9-12	125 mL	200 mL
¾ cup	1 cup	2 in. (5 cm) slice	18-25	12-20	200 mL	250 mL
1½ cups	3 cups	Lamb Shoulder —3-6 lbs. (1.5-3 kg)	45-60	35-45	375 mL	750 mL
½ cup	¾ cup	Lamb Steak —½ in. (1 cm) thick	12	9	125 mL	200 mL
1½ cups	2 cups	Lamb Stew —1 in. (2.5 cm) pieces	15	10	375 mL	500 mL
2 cups	2½ cups	Mutton (boiled) —4-6 lbs. (2-3 kg)	60	45	500 mL	625 mL
1½ cups	2 cups	Oxtails	60	45	375 mL	500 mL
¾ cup	1 cup	Partridge	15	12	200 mL	250 mL
1 cup	1¼ cups	Pheasant	20-25	15-20	250 mL	325 mL
¾ cup	1 cup	Pork Chops	12	9	200 mL	250 mL
2 cups	2½ cups	Pork Shanks	45	35	500 mL	625 mL
1¼ cups	1½ cups	Pork Shoulder —2½ in. (6 cm) thick	45-50	35-40	325 mL	375 mL
¾ cup	1 cup	Pork Spareribs	20	15	200 mL	250 mL
¾ cup	1 cup	Rabbit	18-20	12-15	200 mL	250 mL
1 cup	1¼ cups	Squirrel	25-30	20-25	250 mL	325 mL
1½ cups	2 cups	Veal Heart	45	35	375 mL	500 mL
2 cups	2½ cups	Veal Shank	50-60	40-45	500 mL	625 mL
½ cup	1 cup	Veal Steak —½ in. (1 cm) thick	18-20	12-15	125 mL	250 mL
1½ cups	2 cups	Veal Stew —1 in. (2.5 cm) pieces	15	10	375 mL	500 mL
1½ cups	2 cups	Veal Tongue —See Beef Tongue (above)	30	25	375 mL	500 mL
1 cup	1¼ cups	Venison Pot Roast —3-4 in. (8-10 cm) thick	40-50	30-40	250 mL	325 mL

Beef

Beef Stew

4 Qt.	6-8 Qt.	Ingredients	3.8 L	5.7-7.6 L
1½ lbs.	3 lbs.	Beef Stew Meat— 1 in. (2.5 cm) pieces	750 g	1.5 kg
1 tbsp.	2 tbsp.	Shortening*	15 mL	30 mL
1 tsp.	2 tsp.	Salt	5 mL	10 mL
dash	¼ tsp.	Pepper	dash	1 mL
¼ tsp.	½ tsp.	Paprika	1 mL	2 mL
1½ cups	1¾ cups	Water	375 mL	450 mL
¼ cup	1 cup	Onions, chopped	125 mL	250 mL
4	8	Carrots, whole	4	8
4	8	Potatoes, medium, cut in halves	4	8
4-6 servings	8-12 servings		4-6 servings	8-12 servings

1. Brown beef in shortening in cooker. Season with salt, pepper and paprika. Add water.
2. Cover, set control at 10 and cook 10 minutes after control jiggles (or set at 15 and cook for 8 minutes).
3. Cool cooker normally for 5 minutes, then place under faucet. Add remaining ingredients.
4. Cover, set control at 10 and cook 8-10 minutes after control jiggles (or cook at 15 for 6-8 minutes). Reduce pressure instantly.
5. Prepare gravy recipe (below).

Beef Pot Roast

4 Qt.	6-8 Qt.	Ingredients	3.8 L	5.7-7.6 L
2 lbs.	4 lbs.	Beef Pot Roast— 2-3 in. (5-8 cm) thick	1 kg	2 kg
1 tbsp.	2 tbsp.	Shortening*	15 mL	30 mL
1½ tsp.	1 tbsp.	Salt	7 mL	15 mL
¼ tsp.	½ tsp.	Pepper	1 mL	2 mL
2	4	Onions, medium, sliced	2	4
1 cup	1½ cups	Water	250 mL	325 mL
4-5 servings	8-10 servings		4-5 servings	8-10 servings

1. Brown beef in shortening in cooker.
2. Season with salt and pepper. Add onions and water.
3. Cover, set control at 10 and cook 40-50 minutes after control jiggles (or cook at 15 for 30-40 minutes).
4. Cool cooker normally for 5 minutes, then place under faucet. Prepare gravy recipe.

Gravy

4 Qt.	6-8 Qt.	Ingredients	3.8 L	5.7-7.6 L
1 cup	2 cups	Broth (liquid from cooked meat)	250 mL	500 mL
2 tbsp.	¼ cup	Flour	30 mL	75 mL
¼ cup	½ cup	Cold Water	75 mL	125 mL

1. Skim excess fat from broth. Add enough water to broth, if necessary, to measure 1 cup or 250 mL. Use 2 cups or 500 mL for 6-8 qt. (5.7-7.6 L) recipe.
2. Mix flour and cold water until smooth. Gradually stir into broth.
3. Cook over medium heat, stirring constantly, until gravy is smooth and thickened. Season with salt and pepper.

Chili Con Carne

4 Qt.	6-8 Qt.	Ingredients	3.8 L	5.7-7.6 L
1 lb.	2 lbs.	Ground Beef	500 g	1 kg
½ cup	1 cup	Onion, chopped	125 mL	250 mL
1 tbsp.	2 tbsp.	Shortening*	15 mL	30 mL
1 tbsp.	2 tbsp.	Green Pepper, chopped	15 mL	30 mL
1 cup	2 cups	Canned Tomatoes	250 mL	500 mL
1 tsp.	2 tsp.	Salt	5 mL	10 mL
½ tsp.	1 tsp.	Paprika	2 mL	5 mL
1-2 tsp.	2-4 tsp.	Chili Powder	5-10 mL	10-20 mL
1 1-lb. can	2 1-lb. cans	Kidney Beans, drained (reserve liquid)	1 454 g can	2 454 g cans
4-5 servings	8-10 servings		4-5 servings	8-10 servings

1. Brown beef and onion in shortening in cooker. Pour off excess fat.
2. Add remaining ingredients except kidney beans. Add enough water to reserved bean liquid to measure 1½ cups (375 mL). Use 3 cups (750 mL) for 6-8 qt. (5.7-7.6 L) recipe. Add to cooker. Break up tomatoes.
3. Cover, set control at 15 and cook 10 minutes after control jiggles.
4. Cool cooker normally for 5 minutes, then place under faucet.
5. Add kidney beans and simmer a few minutes.

Beef Stroganoff

4 Qt.	6-8 Qt.	Ingredients	3.8 L	5.7-7.6 L
1 lb.	2 lbs.	Beef Stew Meat— 1 in. (2.5 cm) pieces	500 g	1 kg
1 tbsp.	2 tbsp.	Flour	15 mL	30 mL
1 tbsp.	2 tbsp.	Shortening*	15 mL	30 mL
1 4-oz. can	2 4-oz. cans	Mushrooms, drained (reserve liquid)	1 113 g can	2 113 g cans
1	2	Onions, medium, sliced	1	2
1 tsp.	2 tsp.	Salt	5 mL	10 mL
¼ tsp.	½ tsp.	Pepper	1 mL	2 mL
dash	¼ tsp.	Ground Marjoram	dash	1 mL
2 tsp.	4 tsp.	Dry Mustard	10 mL	20 mL
3 tbsp.	6 tbsp.	Catsup	50 mL	100 mL
½ cup	1 cup	Dairy Sour Cream	125 mL	250 mL
4 servings	8 servings		4 servings	8 servings

1. Roll beef in flour. Brown in hot shortening in cooker.
2. Add enough water to reserved mushroom liquid to measure ¾ cup (200 mL). Use 1½ cups (375 mL) for 6-8 qt. (5.7-7.6 L) recipe. Add mushrooms, mushroom-water mixture and remaining ingredients except sour cream to cooker.
3. Cover, set control at 10 and cook 20 minutes after control jiggles (or cook at 15 for 15 minutes).
4. Cool cooker normally for 5 minutes, then place under faucet.
5. Stir in sour cream; heat through. Serve with noodles.

*Any of the following may be used: fat, vegetable shortening, butter, margarine, etc.

Hungarian Goulash

4 Qt.	6-8 Qt.	Ingredients	3.8 L	5.7-7.6 L
1½ lbs.	3 lbs.	Beef Stew Meat— 1 in. (2.5 cm) pieces	750 g	1.5 kg
2 tbsp.	¼ cup	Shortening*	30 mL	75 mL
2	3	Onions, medium, sliced	2	3
1 tsp.	2 tsp.	Salt	5 mL	10 mL
¼ tsp.	½ tsp.	Pepper	1 mL	2 mL
½ tsp.	1 tsp.	Paprika	2 mL	5 mL
½	1	Bay Leaf	½	1
½ tsp.	1 tsp.	Ground Majoram	2 mL	5 mL
1½ cups	3 cups	Water	375 mL	750 mL
4	8	Potatoes, medium, whole	4	8
4	8	Carrots, medium, cut lengthwise	4	8
2	4	Turnips, cut in halves	2	4
½ cup	1 cup	Green Pepper, chopped	125 mL	250 mL
4-6 servings	8-12 servings		4-6 servings	8-12 servings

1. Brown beef in shortening in cooker.
2. Add onions, salt, pepper, paprika, bay leaf, marjoram and water.
3. Cover, set control at 10 and cook 15 minutes after control jiggles (or cook at 15 for 12 minutes).
4. Cool cooker normally for 5 minutes, then place under faucet.
5. Place remaining ingredients on rack over beef.
6. Cover, set control at 10 and cook 10 minutes after control jiggles (or cook at 15 for 8 minutes). Reduce pressure instantly.
7. Prepare gravy recipe on page 12.

Meat Loaf Dinner

4 Qt.	6-8 Qt.	Ingredients	3.8 L	5.7-7.6 L
1 lb.	2 lbs.	Ground Beef	500 g	1 kg
1½ tsp.	1 tbsp.	Salt	7 mL	15 mL
dash	¼ tsp.	Pepper	dash	1 mL
1	2	Egg	1	2
¼ cup	½ cup	Onion, chopped	75 mL	125 mL
2 slices	4 slices	Bread, cubed	2 slices	4 slices
1 tbsp.	2 tbsp.	Shortening*	15 mL	30 mL
1 8-oz. can	1 15-oz. can	Tomato Sauce	1227 g	1425 g
½ cup	1 cup	Water	125 mL	250 mL
4	8	Potatoes, whole	4	8
4	8	Carrots, whole	4	8
4 servings	8 servings		4 servings	8 servings

1. Mix beef, salt, pepper, egg, onion and bread. Form into loaf [2 loaves for 6-8 qt. (5.7-7.6 L) recipe].
2. Wrap in foil and refrigerate several hours or overnight. (This prevents meat loaf from breaking apart.)
3. Brown loaf on all sides in shortening in cooker. Remove.
4. Mix tomato sauce and water, pour into cooker. Place rack in cooker and arrange meat loaf and vegetables on rack. Season vegetables with salt, if desired.
5. Cover, set control at 10 and cook 15 minutes after control jiggles (or cook at 15 for 12 minutes).
6. Cool cooker normally for 5 minutes, then place under faucet.

Hamburger—Potato Dinner

4 Qt.	6-8 Qt.	Ingredients	3.8 L	5.7-7.6 L
1 lb.	2 lbs.	Ground Beef	500 g	1 kg
½ cup	1 cup	Onion, diced	125 mL	250 mL
½ cup	1 cup	Celery, diced	125 mL	250 mL
1 tbsp.	2 tbsp.	Shortening*	15 mL	30 mL
6 or 7	12 or 14	Potatoes, sliced thin	6 or 7	12 or 14
1 tsp.	2 tsp.	Salt	5 mL	10 mL
1 10¼- oz. can	2 10¼- oz. cans	Tomato Soup	1 305 g can	2 305 g cans
¼ cup	½ cup	Water	75 mL	125 mL
4-6 servings	8-12 servings		4-6 servings	8-12 servings

1. Brown beef, onion and celery in shortening in cooker. Pour off excess fat.
2. Add potatoes and salt. Mix soup and water; pour over top.
3. Cover, set control at 15 and cook 3 minutes after control jiggles. Reduce pressure instantly.

Barbecued Beef Short Ribs

4 Qt.	6-8 Qt.	Ingredients	3.8 L	5.7-7.6 L
3 lbs.	6 lbs.	Beef Short Ribs, cut in pieces	1.5 kg	3 kg
2 tbsp.	3 tbsp.	Bacon Fat	30 mL	50 mL
2 tbsp.	¼ cup	Onions, chopped	30 mL	75 mL
1 tbsp.	2 tbsp.	Green Pepper, chopped	15 mL	30 mL
1 cup	2 cups	Catsup	250 mL	500 mL
1 tsp.	2 tsp.	Salt	5 mL	10 mL
1 tsp.	2 tsp.	Celery Seed	5 mL	10 mL
2 tbsp.	¼ cup	Brown Sugar	30 mL	75 mL
2 tbsp.	¼ cup	Lemon Juice	30 mL	75 mL
2 tsp.	1 tbsp.	Dry Mustard	10 mL	15 mL
1 cup	1½ cups	Water	250 mL	450 mL
4 servings	8 servings		4 servings	8 servings

1. Brown short ribs in fat in cooker. Pour off excess fat.
2. Mix remaining ingredients; pour over ribs.
3. Cover, set control at 10 and cook 45-50 minutes after control jiggles (or cook at 15 for 35-40 minutes).
4. Cool cooker normally for 5 minutes, then place under faucet.
5. Remove ribs. Mix 2 tablespoons (30 mL) flour and ¼ cup (75 mL) cold water for each cup (250 mL) liquid. Gradually stir into broth. Cook until thickened, stirring constantly.

*Any of the following may be used: fat, vegetable shortening, butter, margarine, etc.

Swiss Steak With Pickled Onions

4 Qt.	6-8 Qt.	Ingredients	3.8 L	5.7-7.6 L
¼ cup	½ cup	Flour	75 mL	100 mL
1 tsp.	2 tsp.	Salt	5 mL	10 mL
dash	¼ tsp.	Pepper	dash	1 mL
1½ lbs.	3 lbs.	Round Steak—½ in. (1 cm) thick	750 g	1.5 kg
2 tbsp.	3 tbsp.	Shortening*	30 mL	50 mL
1 10-oz. bottle	2 10-oz. bottles	Pickled Onions, drained (reserve liquid)	1 280 g bottle	2 280 g bottles
4-6 servings	8-12 servings		4-6 servings	8-12 servings

1. Mix flour, salt and pepper.
2. Cut steak into individual servings; coat with flour mixture.
3. Brown in hot shortening in cooker.
4. Add enough water to onion liquid to measure ¾ cup (200 mL). Use 1½ cups (375 mL) for 6-8 qt. (5.7-7.6 L) recipe. Add onions and onion-water mixture to cooker.
5. Cover, set control at 10 and cook 30 minutes after control jiggles (or cook at 15 for 25 minutes).
6. Cool cooker normally for 5 minutes, then place under faucet. Prepare gravy recipe on Page 12.

Stuffed Green Peppers

4 Qt.	6-8 Qt.	Ingredients	3.8 L	5.7-7.6 L
4	8	Green Peppers	4	8
¾ lb.	1½ lbs.	Ground Beef	375 g	750 g
½ cup	¾ cup	Rice, cooked	100 mL	175 mL
1 tsp.	1½ tsp.	Salt	5 mL	7 mL
dash	¼ tsp.	Pepper	dash	1 mL
1	2	Egg	1	2
½ cup	¾ cup	Onion, chopped	100 mL	175 mL
1 10¼-oz. can	2 10¼-oz. cans	Tomato Soup	1 305 g can	2 305 g cans
¾ cup	1½ cups	Water	200 mL	375 mL
4 servings	8 servings		4 servings	8 servings

1. Remove seeds and wash peppers.
2. Mix beef, rice, salt, pepper, egg, onion and ½ cup (100 mL) soup. Use ¾ cup (175 mL) for 6-8 qt. (5.7-7.6 L) recipe.
3. Stuff peppers lightly and place on rack in cooker. Top each pepper with 1 tablespoon (15 mL) soup. Mix remaining soup and water; pour into cooker.
4. Cover, set control at 10 and cook 15 minutes after control jiggles (or cook at 15 for 12 minutes).
5. Cool cooker normally for 5 minutes, then place under faucet.

Beef Vegetable Dinner

4 Qt.	6-8 Qt.	Ingredients	3.8 L	5.7-7.6 L
¾ lb.	1½ lbs.	Beef, Boneless Chuck, Tip or Round	375 g	750 g
1 tbsp.	2 tbsp.	Shortening*	15 mL	30 mL
¼ cup	½ cup	Onion, chopped	75 mL	125 mL
2 tbsp.	¼ cup	Green Pepper, chopped	30 mL	75 mL
1 tsp.	2 tsp.	Salt	5 mL	10 mL
½ tsp.	1 tsp.	Chili Powder	2 mL	5 mL
¼ tsp.	½ tsp.	Pepper	1 mL	2 mL
1 1-lb. can	2 1-lb. cans	Whole Kernel Corn, drained (reserve liquid)	1 454 g can	2 454 g cans
1 cup	2 cups	Corn liquid and water	250 mL	500 mL
1 8-oz. can	2 8-oz. cans	Tomato Sauce	1 227 g can	2 227 g cans
¼ cup	½ cup	Catsup	75 mL	125 mL
1 cup	2 cups	Wide Noodles, uncooked	250 mL	500 mL
4 servings	8 servings		4 servings	8 servings

1. Cut beef into 1 x ¼ in. (2.5 x .5 cm) pieces. Brown in shortening in cooker.
2. Add remaining ingredients and stir.
3. Cover, set control at 10 and cook 6 minutes after control jiggles (or cook at 15 for 4 minutes).
4. Cool cooker normally for 5 minutes, then place under faucet.

Corned Beef and Cabbage

4 Qt.	6-8 Qt.	Ingredients	3.8 L	5.7-7.6 L
2 lbs.	4 lbs.	Corned Beef Brisket	1 kg	2 kg
1½ cups	2 cups	Water	375 mL	500 mL
4	8	Carrots	4	8
4	8	Potatoes, medium, cut in halves	4	8
4	8	Cabbage, wedges	4	8
4	8	Onions, small, whole	4	8
4 servings	8 servings		4 servings	8 servings

1. Place corned beef in cooker. Add water.
2. Cover, set control at 10 and cook 60 minutes after control jiggles (or cook at 15 for 45 minutes).
3. Cool cooker normally for 5 minutes, then place under faucet.
4. Add remaining ingredients.
5. Cover, set control at 15 and cook 5-8 minutes after control jiggles. Reduce pressure instantly.

*Any of the following may be used: fat, vegetable shortening, butter, margarine, etc.

Pork

Stuffed Pork Chops

4 Qt.	6-8 Qt.	Ingredients	3.8 L	5.7-7.6 L
1½ cups	3 cups	Bread Cubes	375 mL	750 mL
1 tbsp.	2 tbsp.	Butter or Margarine	15 mL	30 mL
2 tbsp.	¼ cup	Parsley, chopped	30 mL	75 mL
4	8	Pork Chops—1-1½ in. (2.5-4 cm) thick, with pocket cut along side of bone	4	8
¾ tsp.	1½ tsp.	Salt	3 mL	7 mL
dash	¼ tsp.	Pepper	dash	1 mL
1 tbsp.	2 tbsp.	Shortening*	15 mL	30 mL
1 10½-oz. can	1 10½-oz. can	Consomme	1 298 g	1 298 g
½ cup	1 cup	Water	125 mL	250 mL
4	8		4	8
servings	servings		servings	servings

1. Brown bread cubes in butter. Mix with parsley.
2. Stuff chops with bread mixture. Season with salt and pepper.
3. Brown chops in shortening in cooker.
4. Place chops on rack in cooker. Add consomme and water.
5. Cover, set control at 10 and cook 12-15 minutes after control jiggles (or cook at 15 for 9-12 minutes).
6. Cool cooker normally for 5 minutes, then place under faucet. Prepare gravy recipe on Page 12.

Scalloped Potatoes and Ham

4 Qt.	6-8 Qt.	Ingredients	3.8 L	5.7-7.6 L
3	6	Potatoes, medium	3	6
3 tbsp.	6 tbsp.	Flour	50 mL	100 mL
¾ tsp.	1½ tsp.	Salt	3 mL	6 mL
¼ tsp.	½ tsp.	Pepper	1 mL	2 mL
1 cup	2 cups	Ham, cooked, cubed	250 mL	500 mL
2 tbsp.	4 tbsp.	Onion, chopped	30 mL	60 mL
2 tbsp.	4 tbsp.	Butter or Margarine	30 mL	60 mL
1 cup	2 cups	Milk	250 mL	500 mL
4	8		4	8
servings	servings		servings	servings

1. Cut potatoes in thin slices [about 3 cups (750 mL)]. Mix flour, salt and pepper.
2. In greased 1½-quart (1.5 L) metal or heatproof glass bowl, arrange 3 layers of potatoes and ham, sprinkling each layer of potatoes with part of flour mixture and dotting with butter.
3. Pour milk over potatoes and cover bowl with foil.
4. Pour 1 cup (250 mL) water in cooker. Use 1½ cups (375 mL) for 6-8 qt. (5.7-7.6 L) recipe. Place bowl on rack in cooker.
5. Cover, set control at 15 and cook 18-20 minutes after control jiggles.
6. Cool cooker normally for 5 minutes, then place under faucet.
7. Garnish potatoes, if desired, with paprika, chopped parsley or grated Cheddar cheese.

Spareribs, Sauerkraut and Potatoes

4 Qt.	6-8 Qt.	Ingredients	3.8 L	5.7-7.6 L
2½ lbs.	5 lbs.	Spareribs	1.3 kg	2.5 kg
1 tbsp.	2 tbsp.	Shortening*	15 mL	30 mL
1 tsp.	2 tsp.	Salt	5 mL	10 mL
dash	¼ tsp.	Pepper	dash	1 mL
1 1-lb. can	2 1-lb. cans	Sauerkraut, drained	1 454 g	2 454 g
1 tbsp.	2 tbsp.	Brown Sugar	15 mL	30 mL
4	8	Potatoes, medium, whole	4	8
¾ cup	1½ cups	Water	175 mL	350 mL
4	8		4	8
servings	servings		servings	servings

1. Brown ribs in shortening in cooker. Season with salt and pepper.
2. Put sauerkraut in bottom of cooker and sprinkle with brown sugar.
3. Place ribs and potatoes over sauerkraut. Add water.
4. Cover, set control at 10 and cook 20 minutes after control jiggles (or cook at 15 for 15 minutes).
5. Cook cooker normally for 5 minutes, then place under faucet.

Potato Salad and Frankfurters

4 Qt.	6-8 Qt.	Ingredients	3.8 L	5.7-7.6 L
5-6	10-12	Potatoes, medium, sliced	5-6	10-12
1 lb.	2 lbs.	Frankfurters, sliced	500 g	1 kg
¾ tsp.	1½ tsp.	Salt	3 mL	7 mL
¼ tsp.	½ tsp.	Pepper	1 mL	2 mL
¼ cup	½ cup	Vegetable Oil	75 mL	125 mL
¼ cup	½ cup	Vinegar	75 mL	125 mL
3 tbsp.	6 tbsp.	Sugar	50 mL	100 mL
½ cup	1 cup	Onion, chopped	125 mL	250 mL
2 tbsp.	¼ cup	Parsley, chopped	30 mL	75 mL
4-6	8-12		4-6	8-12
servings	servings		servings	servings

1. Place potatoes and frankfurters in cooker.
2. Mix salt, pepper, oil, vinegar and sugar. Pour over potatoes and add onion.
3. Cover, set control at 15 and cook 2½ minutes after control jiggles. Reduce pressure instantly.
4. Sprinkle with parsley.

Pork Chops and Browned Rice

4 Qt.	6-8 Qt.	Ingredients	3.8 L	5.7-7.6 L
4	8	Pork Chops—½ in. (1 cm) thick	4	8
1 tbsp.	2 tbsp.	Shortening*	15 mL	30 mL
1 cup	2 cups	Rice, uncooked	250 mL	500 mL
1 1-lb. can	2 1-lb. cans	Tomatoes	1 454 g	2 454 g
1 tsp.	2 tsp.	Salt	5 mL	10 mL
¼ tsp.	½ tsp.	Pepper	1 mL	2 mL
¼ tsp.	½ tsp.	Chili Powder	1 mL	2 mL
2 tbsp.	¼ cup	Onions, chopped	30 mL	75 mL
3 tbsp.	6 tbsp.	Green Pepper, chopped	50 mL	100 mL
1 cup	2 cups	Water	250 mL	500 mL
4	8		4	8
servings	servings		servings	servings

1. Brown chops in shortening in cooker. Remove.
2. Place rice in hot shortening. Stir constantly until browned.
3. Add tomatoes (with liquid) and remaining ingredients. Stir well, breaking up tomatoes. Add chops.
4. Cover, set control at 10 and bring pressure up over moderate heat. Cook 12 minutes after control jiggles (or cook at 15 for 9 minutes).
5. Cool cooker normally for 5 minutes, then place under faucet.

*Any of the following may be used: fat, vegetable shortening, butter, margarine, etc.

Chop Suey

4 Qt.	6-8 Qt.	Ingredients	3.8 L	5.7-7.6 L
1 lb.	2 lbs.	Pork and Veal Stew Meat—1 in. (2.5 cm) pieces	500 g	1 kg
1 tbsp.	2 tbsp.	Shortening*	15 mL	30 mL
1 cup	2 cups	Celery, cut in 1 in. (2.5 cm) pieces	250 mL	500 mL
2	4	Onions, medium, sliced	2	4
½ tsp.	1 tsp.	Salt	2 mL	5 mL
dash	¼ tsp.	Pepper	dash	1 mL
1 cup	2 cups	Water	250 mL	500 mL
1 1-lb. can	2 1-lb. cans	Bean Sprouts, drained	1 454 g can	2 454 g cans
¼ cup	½ cup	Soy Sauce	75 mL	125 mL
3 tbsp.	5 tbsp.	Cornstarch	45 mL	75 mL
¼ cup	½ cup	Water	75 mL	125 mL
4	8		4	8
servings	servings		servings	servings

1. Brown meat in shortening in cooker.
2. Add celery, onions, salt, pepper and water.
3. Cover, set control at 10 and cook 10 minutes after control jiggles (or cook at 15 for 8 minutes).
4. Cool cooker normally for 5 minutes, then place under faucet.
5. Add bean sprouts. Simmer uncovered 3 minutes.
6. Add soy sauce. Mix well.
7. Mix cornstarch and water. Gradually stir into pork mixture. Cook until thickened, stirring constantly. Serve with rice.

Chow Mein

4 Qt.	6-8 Qt.	Ingredients	3.8 L	5.7-7.6 L
¼ lb.	1½ lbs.	Pork, cubed	375 g	750 g
¼ lb.	1½ lbs.	Beef, cubed	375 g	750 g
2 tbsp.	3 tbsp.	Shortening*	30 mL	50 mL
1 cup	2 cups	Water	250 mL	500 mL
2	4	Onions, medium, sliced	2	4
3 cups	6 cups	Celery, sliced	750 mL	1.5 L
½ tsp.	1 tsp.	Salt	2 mL	5 mL
dash	¼ tsp.	Pepper	dash	1 mL
2 tbsp.	¼ cup	Cornstarch	30 mL	75 mL
½ cup	1 cup	Water	125 mL	250 mL
¼ cup	½ cup	Soy Sauce	75 mL	125 mL
1 1-lb. can	2 1-lb. cans	Bean Sprouts, drained	1 454 g can	2 454 g cans
½ cup	1 cup	Mushrooms, sliced	125 mL	250 mL
1 8-oz. can	2 8-oz. cans	Water Chestnuts, drained and sliced	1 227 g can	2 227 g cans
4-6	8-12		4-6	8-12
servings	servings		servings	servings

1. Brown meat in shortening in cooker.
2. Add water, onions, celery, salt and pepper.
3. Cover, set control at 10 and cook 10 minutes after control jiggles (or cook at 15 for 8 minutes).
4. Cool cooker normally for 5 minutes, then place under faucet.
5. Mix cornstarch and water. Gradually stir into meat mixture. Cook until thickened, stirring constantly.
6. Add remaining ingredients. Serve on rice.

Rice

The best way to pressure cook rice is in an uncovered mold or pan set on rack in cooker.

Customary		Ingredient	Minutes to Cook at	Minutes to Cook at	Metric	
Rice	Water		5 lbs.	15 lbs.	Rice	Water
1 cup	1½ cups	Regular or Converted Long Grain Rice	15	12	250 mL	375 mL
½ cup	1½ cups	Regular Long Grain Brown Rice	45	35	125 mL	375 mL
½ cup	1½ cups	Wild Rice	50	40	125 mL	375 mL

1. Place rice, water and salt in greased 1-quart (1 L) mold.
2. Place on rack in cooker. Add 2 cups (500 mL) water.
3. Cover, set control and cook.
4. Reduce pressure instantly and remove rice from mold.

Hawaiian Pork

4 Qt.	6-8 Qt.	Ingredients	3.8 L	5.7-7.6 L
1½ lbs.	2½ lbs.	Pork Shoulder—1 in. (2.5 cm) pieces	625 g	1.3 kg
1 tbsp.	2 tbsp.	Shortening*	15 mL	30 mL
4	8	Onion Slices	4	8
1 20-oz. can	2 20-oz. cans	Pineapple Chunks, drained (reserve syrup)	1 567 g can	2 567 g cans
¼ cup	½ cup	Water	75 mL	125 mL
¼ cup	½ cup	Vinegar	75 mL	125 mL
¼ cup	½ cup	Brown Sugar	75 mL	125 mL
¼ tsp.	1½ tsp.	Salt	3 mL	7 mL
½ cup	1 cup	Green Pepper, diced	125 mL	250 mL
1 tbsp.	2 tbsp.	Soy Sauce	15 mL	30 mL
2½ tbsp.	5 tbsp.	Cornstarch	35 mL	75 mL
¼ cup	½ cup	Water	75 mL	125 mL
4-5	8-10		4-5	8-10
servings	servings		servings	servings

1. Brown pork in shortening in cooker.
2. Add onion slices, ¼ cup (200 mL) reserved pineapple syrup. Use 1½ cups (375 mL) for 6-8 qt. (5.7-7.6 L) recipe. Add water, vinegar, brown sugar and salt.
3. Cover, set control at 10 and cook 15 minutes after control jiggles (or cook at 15 for 12 minutes). Reduce pressure instantly.
4. Add green pepper, pineapple chunks and soy sauce.
5. Mix cornstarch and water. Gradually stir into pork mixture. Cook until thickened, stirring constantly. Serve over rice.

Cassoulet

4 Qt.	6-8 Qt.	Ingredients	3.8 L	5.7-7.6 L
2 cups	4 cups	Water	500 mL	1 L
1 cup	2 cups	Dried Navy Beans	250 mL	500 mL
½ lb.	1 lb.	Pork Steak	250 g	500 g
½ lb.	1 lb.	Kielbasa (Polish Sausage)	250 g	500 g
1 tbsp.	2 tbsp.	Shortening*	15 mL	30 mL
1	2	Onion, small, whole	1	2
2	4	Cloves, whole	2	4
1	2	Clove Garlic, minced	1	2
1 1-lb. can	2 1-lb. cans	Tomatoes, drained (reserve liquid)	1 454 g can	2 454 g cans
1	2	Bouquet Garni (celery top, parsley sprig, bay leaf)	1	2
½ tsp.	1 tsp.	Salt	2 mL	5 mL
¼ tsp.	½ tsp.	Pepper	1 mL	2 mL
4-6	8-12		4-6	8-12
servings	servings		servings	servings

1. Heat water and beans to boiling; boil 2 minutes. Remove from heat. Cover and let stand 1 hour. Drain.
2. Cut pork steak in 1 in. (2.5 cm) squares. Cut Kielbasa lengthwise in half, then cut crosswise in ½ in. (1 cm) pieces.
3. Brown pork steak in shortening in cooker. Add sausage and brown.
4. Stud onion with cloves; add to cooker. Add remaining ingredients and stir.
5. Cover, set control at 15 and cook 25 minutes after control jiggles.
6. Cool cooker normally for 5 minutes, then place under faucet.
7. Discard bouquet garni and cloved onion. Garnish with sauteed buttered crumbs, if desired.

Alternate Method: Soak beans in 2 cups (500 mL) water overnight. Use 4 cups (1 L) water for 6-8 qt. (5.7-7.6 L) recipe. Drain. Continue as directed in 2.

*Any of the following may be used: fat, vegetable shortening, butter, margarine, etc.

Veal and Lamb

Veal or Lamb Stew with Dumplings

4 Qt.	6-8 Qt.	Ingredients	3.8 L	5.7-7.6 L
1½ lbs.	3 lbs.	Veal or Lamb Stew Meat—1 in. (2.5 cm) pieces	750 g	1.5 kg
		Shortening*	30 mL	75 mL
2 tbsp.	¼ cup	Salt	5 mL	10 mL
1 tsp.	2 tsp.	Pepper	dash	1 mL
dash	¼ tsp.	Bay Leaf	1	1
½	1	Water	375 mL	750 mL
1½ cups	3 cups	Onions, medium, whole	4	8
4	8	Carrots, medium, whole	4	8
4-5	8-10		4-5	8-10
servings	servings		servings	servings

1. Brown meat in shortening in cooker. Add salt, pepper, bay leaf and water.
2. Cover, set control at 10 and cook 5 minutes after control jiggles (or cook at 15 for 4 minutes).
3. Cool cooker normally for 5 minutes, then place under faucet. Add onions and carrots.
4. Cover, set control at 10 and cook 10 minutes after control jiggles (or cook at 15 for 8 minutes). Reduce pressure instantly.

Dumplings

4 Qt.	6-8 Qt.	Ingredients	3.8 L	5.7-7.6 L
1½ cups	2½ cups	All-Purpose Flour	350 mL	700 mL
2 tsp.	4 tsp.	Baking Powder	10 mL	20 mL
1 tsp.	2 tsp.	Salt	5 mL	10 mL
1	2	Egg	1	2
½ cup	1 cup	Milk	125 mL	250 mL
8-10	16-20		8-10	16-20
dumplings	dumplings		dumplings	dumplings

1. Mix flour, baking powder and salt.
2. Beat egg; add milk. Mix in flour mixture.
3. Drop dumpling batter by spoonfuls over the meat.
4. Cook uncovered 5 minutes.
5. Cover cooker with GASKET REMOVED and allow a small stream of steam to escape from vent tube for 5 minutes. Remove from heat. Open cover when steam stops flowing. Remove dumplings to a hot platter.
6. Prepare gravy recipe on Page 12.

Irish Stew

4 Qt.	6-8 Qt.	Ingredients	3.8 L	5.7-7.6 L
1½ lbs.	3 lbs.	Lamb Stew Meat—1 in. (2.5 cm) pieces	750 g	1.5 kg
		Shortening*	30 mL	50 mL
2 tbsp.	3 tbsp.	Water	375 mL	500 mL
1½ cups	2 cups	Salt	5 mL	10 mL
1 tsp.	2 tsp.	Paprika	2 mL	5 mL
½ tsp.	1 tsp.	Celery Seed	5 mL	10 mL
1 cup	1 cup	Onion, chopped	125 mL	250 mL
1 cup	2 cups	Turnips, sliced	250 mL	500 mL
1 cup	2 cups	Carrots, sliced	250 mL	500 mL
1 cup	2 cups	Potatoes, sliced	250 mL	500 mL
1 cup	2 cups	Parsnips, sliced	250 mL	500 mL
4-6	8-12		4-6	8-12
servings	servings		servings	servings

1. Brown lamb in shortening in cooker. Add water and seasonings.
2. Cover, set control at 10 and cook 10 minutes after control jiggles (or cook at 15 for 8 minutes).
3. Cool cooker normally for 5 minutes, then place under faucet. Add vegetables.
4. Cover, set control at 15 and cook 5 minutes after control jiggles. Reduce pressure instantly.
5. Prepare gravy recipe on Page 12.

Veal Scallopini

4 Qt.	6-8 Qt.	Ingredients	3.8 L	5.7-7.6 L
1¼ lbs.	2½ lbs.	Veal Steak—½ in. (1 cm) thick	625 g	1.3 kg
		Flour	50 g	100 g
3 tbsp.	6 tbsp.	Salt	5 mL	10 mL
1 tsp.	2 tsp.	Pepper	dash	1 mL
dash	¼ tsp.	Paprika	2 mL	5 mL
½ tsp.	1 tsp.	Shortening*	50 mL	75 mL
3 tbsp.	5 tbsp.	Clove Garlic, minced	1	2
1	2	Onion, medium, sliced	1	2
1	2	Dry Mustard	2 mL	5 mL
½ tsp.	1 tsp.	Tomato Juice	375 mL	750 mL
1½ cups	3 cups	Mushrooms, sliced	125 mL	250 mL
½ cup	1 cup	Parsley, chopped	30 mL	75 mL
2 tbsp.	¼ cup		4-5	8-10
4-5	8-10		servings	servings

1. Cut veal into serving pieces.
2. Mix flour, salt, pepper and paprika; coat veal.
3. Brown veal in hot shortening in cooker. Add remaining ingredient except mushrooms and parsley.
4. Cover, set control at 10 and cook 18-20 minutes after control jiggles (or cook at 15 for 12-15 minutes).
5. Cool cooker normally for 5 minutes, then place under faucet.
6. Stir in mushrooms and parsley; heat through.

Veal Marengo

4 Qt.	6-8 Qt.	Ingredients	3.8 L	5.7-7.6 L
2 tbsp.	¼ cup	Flour	30 mL	75 mL
½ tsp.	1 tsp.	Salt	2 mL	5 mL
¼ tsp.	½ tsp.	Thyme	1 mL	2 mL
dash	¼ tsp.	Pepper	dash	1 mL
1¼ lbs.	2½ lbs.	Veal Stew Meat [1" (2.5 cm) cubes]	625 g	1.2 kg
		Shortening*	30 mL	50 mL
2 tbsp.	3 tbsp.	Onion, chopped	100 mL	200 mL
½ cup	¾ cup	Clove garlic, chopped	1 mL	2 mL
¼ tsp.	½ tsp.	Water	125 mL	250 mL
½ cup	1 cup	Chicken Bouillon Cube	1	1
1	1	Dry White Wine	75 mL	125 mL
¼ cup	½ cup	Canned Tomatoes	125 mL	250 mL
½ cup	1 cup	Parsley Sprigs	2	4
2	4	Bay Leaf	½	1
½	1		4-5	8-10
4-5	8-10		servings	servings

1. Mix flour, salt, thyme and pepper; coat veal. Reserve remaining flour mixture for gravy.
2. Brown veal in hot shortening in cooker.
3. Sauté onion and garlic in remaining shortening.
4. Add remaining ingredients and return veal to cooker.
5. Cover, set control at 10 and cook 15 minutes after control jiggles (or cook at 15 for 12 minutes).
6. Cool cooker normally for 5 minutes, then place under faucet.
7. Mix reserved flour mixture and ½ cup (125 mL) cold water. Gradually stir into mixture. Cook until thickened, stirring constantly.

*Any of the following may be used: fat, vegetable shortening, butter, margarine, etc.

Poultry and Game

Chicken Paprika

4 Qt.	6-8 Qt.	Ingredients	3.8 L	5.7-7.6 L
1	2	Chicken—2½-3 lbs. (1.3-1.5 kg)	1	2
1 tsp.	2 tsp.	Salt	5 mL	10 mL
dash	¼ tsp.	Pepper	dash	1 mL
1 tsp.	2 tsp.	Paprika	5 mL	10 mL
3 tbsp.	6 tbsp.	Flour	50 mL	100 mL
2 tbsp.	¼ cup	Shortening*	30 mL	75 mL
1½ cups	2 cups	Water	375 mL	500 mL
1	2	Chicken Bouillon Cube	1	2
1 cup	2 cups	Dairy Sour Cream	250 mL	500 mL
4-6	8-12		4-6	8-12
servings	servings		servings	servings

1. Cut chicken into individual servings.
2. Mix salt, pepper, paprika and flour; coat chicken.
3. Brown in hot shortening in cooker. Place on rack.
4. Slowly add water and bouillon cube.
5. Cover, set control at 10 and cook 15 minutes after control jiggles (or cook at 15 for 12 minutes).
6. Cool cooker normally for 5 minutes, then place under faucet.
7. Stir in sour cream; heat through.

Fried Chicken

4 Qt.	6-8 Qt.	Ingredients	3.8 L	5.7-7.6 L
1	2	Chicken—2½-3 lbs. (1.3-1.5 kg)	1	2
¼ cup	½ cup	Flour	75 mL	125 mL
1½ tsp.	1 tbsp.	Salt	7 mL	15 mL
dash	¼ tsp.	Pepper	dash	1 mL
1 tsp.	2 tsp.	Paprika	5 mL	10 mL
2 tbsp.	¼ cup	Shortening*	30 mL	75 mL
1	2	Onion, small, cut in halves	1	2
1 cup	1½ cups	Water	250 mL	325 mL
4-6	8-12		4-6	8-12
servings	servings		servings	servings

1. Cut chicken into individual servings. Mix flour, salt, pepper and paprika; coat chicken.
2. Brown in hot shortening in cooker. Add onion and water. Place chicken on rack in cooker.
3. Cover, set control at 10 and cook 15 minutes after control jiggles (or cook at 15 for 12 minutes).
4. Cool cooker normally for 5 minutes, then place under faucet.
5. Place chicken under oven broiler for a few minutes to crisp. Prepare gravy recipe on Page 12.

Chicken a la King

4 Qt.	6-8 Qt.	Ingredients	3.8 L	5.7-7.6 L
2 cups	4 cups	Chicken, cooked and cut into pieces	500 mL	1 L
¼ cup	½ cup	Butter or Margarine	75 mL	125 mL
¼ cup	½ cup	Flour	100 mL	175 mL
1 cup	2 cups	Chicken Broth	250 mL	500 mL
1 cup	2 cups	Milk	250 mL	500 mL
1	2	Egg Yolk, beaten	1	2
½ tsp.	1 tsp.	Salt	2 mL	5 mL
2 tbsp.	¼ cup	Pimiento, chopped	30 mL	75 mL
½ cup	1 cup	Mushrooms, sliced	125 mL	250 mL
4-5	8-10		4-5	8-10
servings	servings		servings	servings

1. Cook chicken according to meat and poultry timetable for stewed chicken.
2. Melt butter in saucepan. Blend in flour. Gradually stir in chicken broth and milk.
3. Cook over low heat until thickened, stirring constantly.
4. Stir a portion of hot mixture into egg yolk; then return it to saucepan.
5. Stir in salt, pimiento, mushrooms and chicken; heat through. Serve over toast, hot mashed potatoes or cooked rice.

Hasenpfeffer (Sweet Sour Rabbit)

4 Qt.	6-8 Qt.	Ingredients	3.8 L	5.7-7.6 L
1	2	Rabbit, domestic (2½ lbs. or 1.2 kg)	1	2
1½ cups	3 cups	Vinegar	375 mL	750 mL
1½ cups	3 cups	Water	375 mL	750 mL
3	6	Bay Leaves	3	6
1½ tsp.	3 tsp.	Salt	7 mL	15 mL
½ tsp.	1 tsp.	Pepper	2 mL	5 mL
1	2	Onion, sliced	1	2
¼ cup	½ cup	Flour	75 mL	125 mL
3 tbsp.	6 tbsp.	Shortening*	50 mL	100 mL
1 cup	2 cups	Dairy Sour Cream	250 mL	500 mL
5	10	Gingersnaps, crumbled	5	10
3-4	6-8		3-4	6-8
servings	servings		servings	servings

1. Cut rabbit into individual servings. Place in shallow glass dish. Mix vinegar and water; pour over rabbit.
2. Add bay leaves, salt, pepper and onion. Cover and refrigerate, turning occasionally, at least 12 hours, but no longer than 24 hours.
3. Remove rabbit from marinade; dry on paper towels. Coat with flour and brown in hot shortening in cooker.
4. Strain marinade and add 1½ cups (325 mL) for 3-4 serving recipe. Add 2 cups (500 mL) for 6-8 serving recipe.
5. Cover, set control at 10 and cook for 18-20 minutes after control jiggles (or cook at 15 for 15-20 minutes).
6. Cool cooker normally for 5 minutes, then place under faucet.
7. Stir in sour cream and gingersnap crumbs; heat through.

Venison Pot Roast

4 Qt.	6-8 Qt.	Ingredients	3.8 L	5.7-7.6 L
2 lbs.	4 lbs.	Venison Pot Roast— 3-4 in. (8-10 cm) thick	1 kg	2 kg
2 tbsp.	3 tbsp.	Shortening*	30 mL	50 mL
1 tsp.	2 tsp.	Salt	5 mL	10 mL
dash	¼ tsp.	Pepper	dash	1 mL
1 cup	1½ cups	Water	250 mL	325 mL
1	2	Clove Garlic, minced	1	2
4-6	8-12		4-6	8-12
servings	servings		servings	servings

1. Brown venison in shortening in cooker. Pour off excess fat.
2. Season with salt and pepper. Add water and garlic.
3. Cover, set control at 10 and cook 40-50 minutes after control jiggles (or cook at 15 for 30-40 minutes).
4. Cool cooker normally for 5 minutes, then place under faucet.
5. Prepare gravy recipe on Page 12. Serve very hot.

*Any of the following may be used: fat, vegetable shortening, butter, margarine, etc.

Fish and Seafood

Fish and Seafood Timetable

FOR ALL FISH AND SEAFOOD, REDUCE PRESSURE INSTANTLY BY PLACING COOKER UNDER FAUCET.

Amount of Liquid		Fish and Seafood	Minutes To Cook		Amount of Liquid	
4 Qt. Cooker	6-8 Qt. Cooker		at 10 lbs. (70 kPa)	at 15 lbs. (103 kPa)	3.8 L Cooker	5.7-7.6 L Cooker
½ cup	1 cup	Fish Steaks—¾ in. (2 cm) thick. Season with salt and pepper. Dip in flour. Brown in hot shortening in cooker. Place steaks on rack. Add water. Cover and cook.	4-6	3-5	125 mL	250 mL
½ cup	1 cup	Steamed Fish—¾ in. (2 cm) thick. Place water, sliced onion, bay leaf and parsley in cooker. Season fish and place on rack in cooker. Cover and cook.	3-5	2-4	125 mL	250 mL
1½ cups	3 cups	Finnan Haddie (Salt Cod) Cover with water and let stand 1 hour. Drain. Place in cooker with water. Cover and cook. Flake fish and discard skin. Serve with white sauce.	8	6	375 mL	750 mL
1½ cups	3 cups	Shrimp Wash shrimp. Place in cooker with water and lemon slice. Cover and cook. Drain. Cover with cold water. Shell and clean.	4-6	3-5	375 mL	750 mL
1½ cups	3 cups	Lobster Tail Wash lobster tails. Place in cooker with water and salt. Cover and cook. Plunge lobster tails in cold water and remove shells.	6-8	5-6	375 mL	750 mL
1½ cups	3 cups	Clams Wash clams thoroughly in salted water, using a brush to scrub the shells. Cover clams with cold water and salt. Cover and cook. Strained clam liquid can be used in clam chowder.	4-6	3-5	375 mL	750 mL

Shrimp Creole

4 Qt.	6-8 Qt.	Ingredients	3.8 L	5.7-7.6 L
½ lb.	1 lb.	Cooked or Canned Shrimp	250 g	500 g
½ cup	1 cup	Onion, diced	125 mL	250 mL
½ cup	1 cup	Celery, diced	125 mL	250 mL
1	2	Clove Garlic, minced	1	2
1 tbsp.	2 tbsp.	Shortening*	15 mL	30 mL
1 1-lb. can	2 1-lb. cans	Tomatoes	1 454 g can	2 454 g cans
1 8-oz. can	2 8-oz. cans	Tomato Sauce	1 227 g can	2 227 g cans
1½ tsp.	1 tbsp.	Salt	7 mL	15 mL
1 tsp.	2 tsp.	Sugar	5 mL	10 mL
½ tsp.	1 tsp.	Chili Powder	2 mL	5 mL
1 tbsp.	2 tbsp.	Worcestershire Sauce	15 mL	30 mL
dash	dash	Red Pepper Sauce	dash	dash
½ cup	1 cup	Green Pepper, diced	125 mL	250 mL
1 tbsp.	2 tbsp.	Cornstarch	15 mL	30 mL
¼ cup	½ cup	Water	75 mL	125 mL
6 servings	12 servings		6 servings	12 servings

1. Cook shrimp according to Direction Table.
2. Cook onion, celery and garlic in shortening in cooker until tender but not brown.
3. Add tomatoes (with liquid), tomato sauce, seasonings, green pepper and shrimp.
4. Cover, set control at 15 and cook 3 minutes after control jiggles. Reduce pressure instantly.
5. Mix cornstarch and water. Gradually stir into creole. Cook until thickened, stirring constantly. Serve over rice.

Fish With Sweet-Sour Sauce

4 Qt.	6-8 Qt.	Ingredients	3.8 L	5.7-7.6 L
1	2	Onion, sliced	1	2
3	6	Carrots, sliced	3	6
1	2	Bay Leaf	1	2
1	2	Parsley Sprigs	1	2
¾ cup	1½ cups	Water	200 mL	375 mL
1½ lbs.	3 lbs.	Fish (haddock, pike, trout)	750g	1.5 g
1 tsp.	2 tsp.	Salt	5 mL	10 mL
dash	¼ tsp.	Pepper	dash	1 mL
2 tbsp.	¼ cup	Butter or Margarine	30 mL	75 mL
1 tbsp.	2 tbsp.	Flour	15 mL	30 mL
3 tbsp.	¾ cup	Brown Sugar	50 mL	100 mL
½ cup	¾ cup	Vinegar	100 mL	175 mL
¼ tsp.	½ tsp.	Salt	1 mL	2 mL
4 servings	8 servings		4 servings	8 servings

1. Place onion, carrots, bay leaf, parsley and water in cooker. Place fish on rack in cooker. Season with salt and pepper.
2. Cover, set control at 10 and cook 3-5 minutes after control jiggles (or cook at 15 for 2-4 minutes). Reduce pressure instantly.
3. Place fish on hot platter. Force onions and carrots through a coarse sieve or puree in blender; add to strained broth.
4. Brown butter. Stir in flour. Gradually stir in broth. Cook until thickened, stirring constantly. Stir in sugar, vinegar and salt.
5. Pour over fish. Garnish with chopped parsley.

*Any of the following may be used: fat, vegetable shortening, butter, margarine, etc.

Vegetables

Fresh Vegetable Timetable

Compared with other cooking methods, many fresh vegetables require only about one third the cooking time. The timetable is a good guide, but can only be approximate because of the variation in age and type of each food.

Quantity of water shown in chart should be used regardless of whether a cupful or a panful is to be cooked. Be sure to reduce pressure instantly to prevent overcooking. If vegetables are wilted, soak for a few minutes to restore moisture. They may be seasoned either before or after cooking.

Those vegetables that have similar cooking times may be cooked together in the cooker and flavors will not mingle. If desired, vegetables may be placed in individual metal or heatproof containers and placed on rack with water in bottom of cooker.

Or, form containers of a double thickness of household aluminum foil pressed over inverted bowl or can. When cooking in such individual containers, leave containers uncovered and increase cooking time slightly.

Follow general directions for operation of cooker given on Page 7. It is not necessary to use the rack unless specified, but if you prefer to do so, add an extra $\frac{1}{4}$ cup (75 mL) of water.

To drain cooking water from vegetables, remove cover after pressure is reduced, slip out gasket, replace cover without gasket and you have a perfect drainer. Food cannot slip out because cover is locked on.

FOR ALL VEGETABLES, REDUCE PRESSURE BY PLACING COOKER UNDER FAUCET.

Amount of Liquid		Fresh Vegetables	Min. To Cook At 15 Lbs. (103 kPa)	Amount of Liquid	
4 Qt. Cooker	6-8 Qt. Cooker			3.8 L Cooker	5.7-7.6 L Cooker
1 cup	1 $\frac{1}{4}$ cups	Artichoke Wash, cut off tops and tie ends to hold shape.	15	250 mL	325 mL
$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	Asparagus Snap off tough ends. Remove scales. Wash.	2-2 $\frac{1}{2}$	125 mL	200 mL
$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	Beans, Green or Wax Wash and cut.	2-3	125 mL	200 mL
$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	Beans, Lima (fresh) Shell and wash.	2	125 mL	200 mL
$\frac{3}{4}$ cup	1 cup	Beets (small, whole) Cut tops, leaving 1 in. (2.5 cm) stem and root. Wash. Cook. Cool. Remove skin. Reheat for serving.	12	185 mL	250 mL
1 cup	1 $\frac{1}{2}$ cups	Beets (large, whole) Same as small, whole beets, above.	18	250 mL	375 mL
$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	Broccoli Remove large outer leaves. Cut off tough part of stalk. Cut into strips. Wash.	2-2 $\frac{1}{2}$	125 mL	200 mL
$\frac{3}{4}$ cup	1 cup	Brussels Sprouts Wash.	5	200 mL	250 mL
$\frac{3}{4}$ cup	1 cup	Cabbage (shredded) Remove wilted outer leaves. Quarter cabbage and shred in thin strips.	2-3	200 mL	250 mL
$\frac{3}{4}$ cup	1 cup	Cabbage (wedges) Use medium-size head. Cut in 2 or 3 in. (5-8 cm) wedges. Remove core.	5-8	200 mL	250 mL
$\frac{3}{4}$ cup	1 cup	Cabbage, Red (shredded) Remove wilted outer leaves. Quarter cabbage and shred in thin strips.	5	200 mL	250 mL
$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	Carrots (sliced) Wash and scrape. Slice or cut in strips.	2 $\frac{1}{2}$	75 mL	125 mL
$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	Carrots (small, whole) Wash and scrape. Slice or cut in strips.	4	75 mL	125 mL
$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	Cauliflower (flowerets) Cut off stem and leaves. Break into large flowerets. Wash.	2-3	125 mL	200 mL
1 cup	1 $\frac{1}{4}$ cups	Cauliflower (whole) Cut off stem and leaves. Remove center of core, leaving only enough to keep flowerets from falling off. Cook on rack.	6-8	250 mL	325 mL
$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	Celery Separate stalks. Wash well. With a knife, pull off tough fibers. Slice.	3-5	125 mL	200 mL
1 cup	1 $\frac{1}{4}$ cups	Corn (on the cob) Remove husks and silk. Wash. Cook on rack.	5	250 mL	325 mL
$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	Corn (whole kernel) Remove husks and silk. Wash. Cut off cob.	3	125 mL	200 mL
$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	Eggplant Wash, pare and cut into $\frac{1}{2}$ in. (1 cm) or 1 in. (2.5 cm) cubes. Cook at once to prevent discoloration.	3	125 mL	200 mL
$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	Kale or Collards Wash well in several waters. Remove tough veins and cut in 2 in. (5 cm) pieces.	4-6	125 mL	200 mL
$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	Kohlrabi Wash and peel. Cut into $\frac{1}{2}$ in. (1 cm) slices or 1 in. (2.5 cm) pieces.	4	125 mL	200 mL
$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	Okra Cut off ends and wash. Cut into $\frac{1}{2}$ in. (1 cm) pieces.	3	125 mL	200 mL
$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	Onions (sliced) Peel and slice.	3	125 mL	200 mL
$\frac{3}{4}$ cup	1 cup	Onions (whole, medium) Peel.	7-10	200 mL	250 mL

Fresh Vegetable Timetable

Amount of Liquid		Fresh Vegetables	Min. To Cook At 15 Lbs. (103 kPa)	Amount of Liquid	
4 Qt. Cooker	6-8 Qt. Cooker			3.8 L Cooker	5.7-7.6 L Cooker
½ cup	¾ cup	Parsnips (sliced) Peel, wash and cut in ½ in. (1 cm) slices.	2	125 mL	200 mL
¾ cup	1 cup	Parsnips (halves) Peel, wash and cut in halves. Cook on rack.	7	200 mL	250 mL
½ cup	¾ cup	Peas Shell and wash.	2-3	125 mL	200 mL
1 cup	1½ cups	Potatoes (sliced) Scrub, peel and slice.	2½	250 mL	325 mL
1½ cups	2 cups	Potatoes (medium, cut in halves) Scrub, peel and cut in halves. Cook on rack.	8	375 mL	500 mL
1½ cups	2 cups	Potatoes (medium, whole) Scrub. Cook peeled or unpeeled. Cook on rack.	12-15	375 mL	500 mL
1 cup	1½ cups	Potatoes, Sweet or Yams (quartered) Wash, peel and quarter. Cook on rack.	6	250 mL	375 mL
1 cup	1½ cups	Potatoes, Sweet or Yams (halved) Wash, peel and cut in halves, lengthwise. Cook on rack.	8-10	250 mL	375 mL
1¼ cups	1½ cups	Pumpkin Cut in large pieces. Wash. Cook. Remove pulp and mash.	8-10	325 mL	375 mL
¾ cup	1 cup	Rutabagas and Turnips Peel and wash. Cut into ½ in. (1 cm) cubes or slices.	5	200 mL	250 mL
½ cup	¾ cup	Sauerkraut	12	125 mL	200 mL
½ cup	¾ cup	Spinach, Swiss Chard or Other Greens Wash thoroughly in several waters.	1	125 mL	200 mL
¾ cup	1 cup	Squash, Acorn Wash. Cut in half and remove seeds. Cook on rack.	6-7	200 mL	250 mL
¾ cup	1 cup	Squash, Hubbard Wash. Remove seeds. Cut in pieces. Cook on rack.	8-10	200 mL	250 mL
¾ cup	1 cup	Squash, Summer or Zucchini Wash. Cut in pieces or slice. Cook on rack.	2-3	200 mL	250 mL
¾ cup	½ cup	Tomatoes Scald 1 min. Dip in cold water and peel. Turnips (see Rutabagas)	2½	75 mL	125 mL

Spicy Red Cabbage

4 Qt.	6-8 Qt.	Ingredients	3.8 L	5.7-7.6 L
½ cup	1 cup	Raisins	125 mL	250 mL
2 tbsp.	¼ cup	Bacon Fat, Butter or Margarine	30 mL	75 mL
5 cups	10 cups	Red Cabbage, shredded	1.2 L	2.5 L
1 cup	2 cups	Apples, sliced	250 mL	500 mL
2 tbsp.	¼ cup	Cider Vinegar	30 mL	75 mL
¾ cup	1½ cups	Onion, chopped	200 mL	375 mL
1 tsp.	1½ tsp.	Mixed Spices, tied in wet cheesecloth	5 mL	7 mL
¼ cup	½ cup	Water	75 mL	100 mL
¾ tsp.	1½ tsp.	Salt	3 mL	7 mL
¼ tsp.	½ tsp.	Pepper	1 mL	2 mL
2 tbsp.	¼ cup	Sugar	30 mL	75 mL
4 servings	8 servings		4 servings	8 servings

1. Place all ingredients in cooker.
2. Cover, set control at 15 and cook 5 minutes after control jiggles.
Reduce pressure instantly.
3. Remove spices.

Dill Beans and Carrots

4 Qt.	6-8 Qt.	Ingredients	3.8 L	5.7-7.6 L
1 10-oz. pkg.	2 10-oz. pkgs.	Frozen Baby Lima Beans*	1 283.5 g pkg.	2 283.5 g pkgs.
1½ cups	3 cups	Carrots, cut in 2 in. (5 cm) strips	375 mL	750 mL
½ cup	1 cup	Water	125 mL	250 mL
1 tsp.	2 tsp.	Sugar	5 mL	10 mL
½ tsp.	1 tsp.	Salt	2 mL	5 mL
½ tsp.	1 tsp.	Dill Weed	2 mL	5 mL
¼ cup	½ cup	Creamy Italian Dressing	75 mL	125 mL
4-5 servings	8-10 servings		4-5 servings	8-10 servings

1. Place all ingredients except dressing in cooker.
 2. Cover, set control at 15 and cook 3 minutes after control jiggles.
Reduce pressure instantly.
 3. Drain vegetables.
 4. Toss vegetables with Italian dressing.
- *Fresh or frozen green beans may be substituted for frozen baby lima beans.

Two-Minute Vegetable Plate

4 Qt.	6-8 Qt.	Ingredients	3.8 L	5.7-7.6 L
¾ cup	1 cup	Water	200 mL	250 mL
1 small	1 large	Cauliflower, broken in large flowerets	1 small	1 large
½ lb.	1 lb.	Green Beans, cut in halves	250 g	500 g
4	8	Carrots, medium, quartered and cut lengthwise	4	8
1 small	1 large	Bunch Broccoli, stems cut in quarters	1 small	1 large
1 tsp.	1½ tsp.	Salt	5 mL	7 mL
3 tbsp.	6 tbsp.	Browned Butter or Margarine	50 mL	100 mL
4-6 servings	8-12 servings		4-6 servings	8-12 servings

1. Put water in cooker with rack.
2. Place vegetables on rack. Season with salt.
3. Cover, set control at 15 and cook 2-3 minutes after control jiggles.
Reduce pressure instantly.
4. Arrange vegetables on large serving plate. Serve with hot browned butter.

Dried Vegetable Timetable

Heat beans (not black-eyed peas or lentils) and water [2 cups (500 mL) water for 1 cup (250 mL) beans] to boiling in cooker; boil 2 minutes. Remove from heat; cover and let stand 1 hour. Drain; add necessary water. ADD 1 TABLESPOON VEGETABLE OIL TO PREVENT FROTHING. Bring up to pressure on medium heat. Cook as directed.

Alternate Method: Soak beans overnight in water to cover. Drain; add water and oil. Bring up to pressure on medium heat. Cook as directed.

FOR ALL DRIED VEGETABLES, COOL COOKER NORMALLY FOR 5 MINUTES, THEN PLACE UNDER FAUCET.

Amount of Liquid for 1 cup Vegetables		Dried Vegetables	Min. To Cook At 15 Lbs. (103 kPa)	Amount of Liquid for 250 mL Vegetables	
4 Qt. Cooker	6-8 Qt. Cooker			3.8 L Cooker	5.7-7.6 L Cooker
1½ cups	2 cups	Black-eyed Peas	10	375 mL	500 mL
2 cups	2½ cups	Great Northern Beans	20	500 mL	625 mL
2 cups	2½ cups	Kidney Beans	30	500 mL	625 mL
2 cups	2½ cups	Lentils	20	500 mL	625 mL
2 cups	2½ cups	Lima Beans, large	30	500 mL	625 mL
2 cups	2½ cups	Lima Beans, small	25	500 mL	625 mL
2 cups	2½ cups	Navy Beans	30	500 mL	625 mL
2 cups	2½ cups	Pea Beans	20	500 mL	625 mL
2 cups	2½ cups	Pinto Beans	10	500 mL	625 mL
2 cups	2½ cups	Soybeans	35	500 mL	625 mL

NEVER FILL COOKER MORE THAN ½ FULL OF LIQUID. Always allow at least 2½ in. (6 cm) space between rim of pan and top of liquid.

Baked Beans

4 Qt.	6-8 Qt.	Ingredients	3.8 L	5.7-7.6 L
1 lb. (2½ cups)	2 lbs. (4½ cups)	Dried Navy Beans or Great Northern Beans	500 g (600 mL)	1 kg (1.7 L)
4 cups	8 cups	Water	1 L	2 L
3 slices	6 slices	Bacon or Salt Pork, cut in 2 in. (5 cm) pieces	3 slices	6 slices
2 tbsp.	¼ cup	Onion, chopped	30 mL	75 mL
¼ cup	½ cup	Molasses or Syrup	75 mL	125 mL
3 tbsp.	6 tbsp.	Brown Sugar	50 mL	100 mL
1 tsp.	2 tsp.	Dry Mustard	5 mL	10 mL
1 tsp.	2 tsp.	Salt	5 mL	10 mL
dash	dash	Pepper	dash	dash
4 servings	8 servings		4 servings	8 servings

- Heat beans and water to boiling in cooker; boil 2 minutes. Remove from heat; cover and let stand 1 hour.
 - Drain beans, reserving liquid. Add enough water to bean liquid to measure 2 cups (500 mL). Use 4 cups (1 L) for 6-8 qt. (5.7-7.6 L) recipe.
 - Stir bacon and onion into beans. Mix bean liquid and remaining ingredients; pour over beans.
 - Cover, set control at 15 and cook 25 minutes after control jiggles.
 - Cool cooker normally for 5 minutes, then place under faucet.
- Alternate Method: Soak beans in 4 cups (1 L) water overnight. Use 8 cups (2 L) water for 6-8 qt. (5.7-7.6 L) recipe. Drain, reserving liquid. Continue as directed in 2.

Frozen Vegetable Timetable

Do not thaw frozen vegetables before pressure cooking, except for corn on the cob. Break frozen vegetables apart to assure uniform cooking.

FOR ALL VEGETABLES, REDUCE PRESSURE INSTANTLY BY PLACING COOKER UNDER FAUCET.

Amount of Water		Frozen Vegetables	Min. To Cook At 15 Lbs. (103 kPa)	Amount of Water	
4 Qt. Cooker	6-8 Qt. Cooker			3.8 L Cooker	5.7-7.6 L Cooker
½ cup	¾ cup	Asparagus	2	125 mL	200 mL
½ cup	¾ cup	Beans, Green or Wax	2-3	125 mL	200 mL
½ cup	¾ cup	Broccoli	2-3	125 mL	200 mL
½ cup	¾ cup	Brussels Sprouts	2½	125 mL	200 mL
½ cup	¾ cup	Cauliflower	2	125 mL	200 mL
½ cup	¾ cup	Corn, whole kernel	1	125 mL	200 mL
½ cup	¾ cup	Corn on the Cob	2	125 mL	200 mL
½ cup	¾ cup	Green Peas	1	125 mL	200 mL
½ cup	¾ cup	Lima Beans	2½-4	125 mL	200 mL
½ cup	¾ cup	Mixed Vegetables	2	125 mL	200 mL
½ cup	¾ cup	Peas and Carrots	2	125 mL	200 mL
½ cup	¾ cup	Spinach	1	125 mL	200 mL

Fruits

Fresh Fruit Timetable

Fresh fruits cook very quickly and those with 0 minutes cooking time should be removed from the heat as soon as the control jiggles or rocks. Cool cooker normally for 5 minutes, then place under faucet.

Sugar to taste should be added to fruit after it is cooked—about 1 cup (250 mL) per quart (1 L) of cherries or plums; ½ cup (125 mL) per 2 lbs. (1 kg) of apricots, peaches or pears.

Amount of Water Per Lb. of Fruit	Fresh Fruit	Min. To Cook At 15 Lbs. (103 kPa)	Amount of Water Per 500 g of Fruit
1½ cups	Apricots	0	325 mL
1 cup	Cherries	0	250 mL
1½ cups	Peaches	0	325 mL
1½ cups	Pears	2	325 mL
1 cup	Pineapple	6	250 mL
1½ cups	Plums	0	325 mL

Dried Fruit Timetable

For best results, cover dried fruits with water about 1 hour before cooking. Cook fruit with the amount of water specified in table below, using the water in which they were soaked.

FOR ALL DRIED FRUIT, REDUCE PRESSURE INSTANTLY BY PLACING COOKER UNDER FAUCET.

Amount of Water Per Lb. of Fruit	Dried Fruit	Min. To Cook At 15 Lbs. (103 kPa)	Amount of Water Per 500 g of Fruit
2 cups	Apples	2	500 mL
2 cups	Apricots	2	500 mL
2 cups	Figs	6	500 mL
2 cups	Peaches	4	500 mL
2 cups	Pears	4	500 mL
2 cups	Prunes	5-6	500 mL
1 cup	Raisins	5	250 mL

Soups and Chowders

Soup Timetable

Your pressure cooker will cook most soups in a matter of minutes instead of hours. Do not fill cooker more than $\frac{3}{4}$ full of liquid. Always allow at least 1½ in. (4 cm) space between rim of pan and top of liquid. DO NOT COOK PEARL BARLEY, SPLIT PEAS OR PEA SOUP IN COOKER (see Page 4).

Cook soup broth from bones and meat first; reduce pressure, then add other ingredients (vegetables, noodles, etc.) as desired and finish cooking.

After soup is cooked, make certain that pressure is down before removing control from vent tube. TEST to see if pressure has dropped by nudging control, as directed on Page 7. After soup is cooked, fat can be skimmed off and more water can be added, especially if soup broth is very rich.

FOR SOUPS AND CHOWDERS, COOL COOKER NORMALLY FOR 5 MINUTES, THEN PLACE UNDER FAUCET.

Amount of Food			Amount of Water				Soups	Min. To Cook At 15 Lbs. (103 kPa)	Amount of Food			Amount of Water		
4 Qt.	6 Qt.	8 Qt.	2½ Qt.	4 Qt.	6 Qt.	8 Qt.			3.8 L	5.7 L	7.6 L	3.8 L	5.7 L	7.6 L
3 lbs.	4 lbs.	5 lbs.	1 Qt.	2 Qts.	3 Qts.	4 Qts.	Beef Soup	60	1.5 kg	2 kg	2.5 kg	2 L	3 L	4 L
							Cook beef soup bone with water, onion and seasonings. Finish by adding vegetables, noodles, etc., as desired.							
3 lbs.	4 lbs.	5 lbs.	1 Qt.	2 Qts.	3 Qts.	4 Qts.	Chicken Soup	30-35	1.5 kg	2 kg	2.5 kg	2 L	3 L	4 L
							Cut up stewing chicken; add water, onion and seasonings and cook. Finish by adding dumplings, noodles, etc., as desired.							
2 lb.	3 lb.	4 lb.	1½ Qts.	2½ Qts.	3½ Qts.	4½ Qts.	Ham and Navy Bean Soup	45	1 kg	1.5 kg	2 kg	2.5 L	3.5 L	4.5 L
ham	ham	ham					Cook ham bone, onion and water. Then add soaked navy beans and finish cooking.		ham	ham	ham			
bone	bone	bone							bone	bone	bone			
2	3	4							500	750	1 L			
cups	cups	cups							mL	mL	beans			
beans	beans	beans							beans	beans				

Vegetable Soup

4 Qt.	6-8 Qt.	Ingredients	3.8 L	5.7-7.6 L
1½ lbs.	3 lbs.	Soup Meat and Bone	750 g	1.5 kg
1 small	1 med.	Onion, sliced	1 small	1 med.
1 tsp.	2 tsp.	Salt	5 mL	10 mL
dash	¼ tsp.	Pepper	dash	1 mL
1 quart	2 quarts	Water	1 L	2 L
½ cup	1 cup	Carrots, sliced	125 mL	250 mL
1 cup	2 cups	Canned Tomatoes	250 mL	500 mL
1 cup	2 cups	Green Beans, cut up	250 mL	500 mL
½ cup	1 cup	Celery, diced	125 mL	250 mL
4	8		4	8
servings	servings		servings	servings

- Place soup meat and bone, onion, salt, pepper and water in cooker.
- Cover, set control at 15 and cook 50 minutes after control jiggles.
- Cool cooker normally for 5 minutes, then place under faucet.
- Remove bone and meat. Strain broth. Return broth and meat only to cooker.
- Add vegetables.
- Cover, set control at 15 and cook 5 minutes after control jiggles.
- Cool cooker normally for 5 minutes, then place under faucet. Sprinkle with chopped parsley.

Clam Chowder

4 Qt.	6-8 Qt.	Ingredients	3.8 L	5.7-7.6 L
¼ lb.	½ lb.	Salt Pork, diced	125 g	250 g
½ cup	1 cup	Onion, sliced	125 mL	250 mL
1 tsp.	2 tsp.	Salt	5 mL	10 mL
dash	¼ tsp.	Pepper	dash	1 mL
1½ cups	3 cups	Water	375 mL	750 mL
1 1-lb.	2 1-lb.	Tomatoes	1 454 g	2 454 g
can	cans		can	cans
1 cup	2 cups	Potatoes, diced	250 mL	500 mL
1 6½-oz.	2 6½-oz.	Clams	1 184 g	2 184 g
can	cans		can	cans
4-6	8-12		4-6	8-12
servings	servings		servings	servings

- Cook and stir salt pork in cooker until pork is crisp. Pour off excess fat.
- Add onion, salt, pepper, water, tomatoes (with liquid) and potatoes. Break up tomatoes.
- Cover, set control at 15 and cook 6 minutes after control jiggles.
- Cool cooker normally for 5 minutes, then place under faucet.
- Add clams (with liquid). Bring to a boil and cook uncovered for 2 minutes. Sprinkle with thyme.

Desserts

Desserts

Preparation of steamed puddings and custards requires use of molds or 6-oz. (170 mL) custard cups. For large pudding and bread recipes, a 1-qt. (1 liter) metal mold or heatproof bowl can be used. Aluminum foil makes an excellent cover for any mold.

In addition to using molds for desserts, you will find them handy for warming leftovers, such as creamed foods, casseroles, etc. Just place mold of food on rack in cooker over 1 cup (250 mL) of water, set control at 15 and when it jiggles, remove from heat. Cool cooker normally for 5 minutes, then place under faucet.

One teaspoon (5 mL) of vinegar or ½ teaspoon (2 mL) cream of tartar, put in water, helps prevent water stains on interior of cooker.

Steamed Christmas Pudding

Ingredients	Customary U.S.	Metric
Shortening	½ cup	100 mL
Brown Sugar, packed	½ cup	175 mL
Eggs	2	2
Rum Extract	1 tsp.	5 mL
All-purpose Flour	1 cup	250 mL
Baking Powder	½ tsp.	2 mL
Cinnamon	½ tsp.	2 mL
Allspice	½ tsp.	2 mL
Cloves	½ tsp.	2 mL
Milk	¼ cup	75 mL
Candied Cherries, chopped	½ cup	125 mL
Citron, chopped	¼ cup	75 mL
Raisins	½ cup	125 mL
Nuts, chopped	½ cup	125 mL

1. Beat shortening, sugar, eggs and rum extract in large mixer bowl on low speed until smooth. Beat on medium speed 1 minute.
2. Mix dry ingredients and add alternately with milk.
3. Add fruits and nuts. Mix well.
4. Spread in a well-greased 1-qt. (1 L) mold. Cover with foil.
5. Pour 3 cups (750 mL) of water into cooker. Set mold on rack in cooker.
6. Cover cooker and allow a small stream of steam to escape from vent tube for 45 minutes.
7. Set control at 5 and cook 1 hour after control jiggles. Reduce pressure instantly.
8. Serve hot as pudding or cold as fruitcake. 12 servings.

Custard

Ingredients	Customary U.S.	Metric
Eggs, slightly beaten	2	2
Sugar	2-3 tbsp.	30-45 mL
Vanilla	1 tsp.	5 mL
Salt	dash	dash
Milk (scalded)	2 cups	500 mL
Nutmeg		

1. Mix eggs, sugar, vanilla and salt. Stir in milk gradually.
2. Pour into four 6-oz. (170 mL) custard cups. Sprinkle with nutmeg.
3. Place cups on rack with ½ cup (125 mL) water in cooker. Cook 2 at a time in 2½-4 qt. (2.4-3.8 L) cooker.
4. Cover, set control at 5 and cook for exactly 2½ minutes after control jiggles (or at 15 remove cooker from heat as soon as control jiggles or rocks gently). Cool cooker for 5 minutes, then place under faucet. 4 servings.

Note: To vary custard, substitute brown sugar (packed) for granulated sugar. Or top cooked custard with chocolate, caramel or pineapple ice cream topping, fresh, canned or thawed frozen fruit or maple-flavored syrup.

Canning

CAUTION: Pressure can only in models with selective control (5, 10, and 15 lbs.) only. Do not try to can in single-control model.

WARNING: Read instructions for ordinary pressure cooking before you attempt to use your cooker or canner for canning.

General Tips for Pressure Canning

The U.S. Department of Agriculture recommends pressure canning as the **only safe way** to can meats, fish, poultry, and all common vegetables. Fruits and plain tomato products may be canned by the hot-water-bath method, but pressure canning them will save time and energy.

Use a water-bath canner for pickles, jams, and jellies. **Do not blanch** in a pressure canner. Use a blancher or covered pot with suitable basket.

To can mixtures of foods (soups, stews, etc.) use the time required for the ingredient with the **longest** processing time. Sometimes it is better to can ingredients separately (meat and vegetables, for example) and then combine them to heat for serving.

Before canning for the first time, follow this procedure to get familiar with how your canner operates:

1. Pour 1 quart (1 L) of water and 1 tablespoon (15 mL) vinegar in canner.
2. Close cover, and place control on vent tube at 5 lbs. (35 kPa) pressure.
3. Heat on high heat until control jiggles.
4. Turn down heat so that control jiggles about 4 times per minute. Note the heat setting on your range that maintains this level.
5. Remove from heat and let the canner cool until pressure is fully down.
6. Repeat procedure at 10 lbs. (70 kPa) of pressure. Again note the heat setting that maintains the proper pressure.

Note: At altitudes above 1,000 feet (300 meters), increase pressure by 5 lbs.

How to Pressure Can in Glass Jars

CAUTION: Use only standard jars intended for home canning. These jars will have manufacturer's name molded in the glass. Never use jars from commercial food products.

1. Check jars and lids for nicks, chips, cracks, or sharp edges. Discard any imperfect jars and lids.

CAUTION: Use only **NEW** metal lids (used with metal screw bands).

2. Wash jars and lids thoroughly in hot, soapy water. Rinse.
3. Keep jars covered with hot water until filled. You need not sterilize jars for pressure canning. Place metal lids in hot or boiling water as directed by manufacturer.
4. Select fresh, firm (not overripe) product. Sort according to size and ripeness.

5. Wash and prepare food according to chart directions (see pages 28-31).

6. Pack food into jars.

Most foods may be packed raw. Pack raw foods tightly, because raw foods shrink during processing. Food may also be preheated or partially cooked before packing. Pack hot food fairly loosely.

7. Finish filling jar with syrup, water, or juice, allowing adequate head space according to chart (see pages 28-31). Add salt (if desired) according to chart.

8. Insert blade of plastic spatula down sides of jar to release any trapped air bubbles.

9. Wipe rim of jars clean and close lids according to manufacturer's directions.

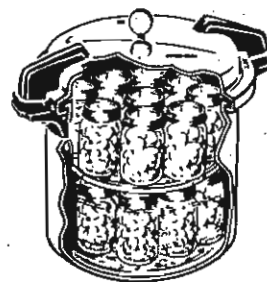
10. Place rack in canner and add recommended amount of hot water (see chart, page 28).

Add 1 tablespoon (15 mL) vinegar or 1 teaspoon (5 mL) cream of tartar to help prevent water stains in canner.

11. Set jars on rack in canner.

It is all right if sides of jars touch each other.

Note: 22-quart (20.9 L) canner is furnished with two flat racks for stacking half-pint or pint jars. Place one rack in bottom of canner and the other between tiers of jars.



12. Close canner.

Make sure that canner is properly closed, with grips on lid directly over grips on pan.

13. With pressure control **OFF**, heat on high until steam comes out of vent tube. Let steam vent for 10 minutes.

14. After venting, place control on vent tube at correct pressure setting according to the chart.

15. When control jiggles vigorously, reduce heat so that control jiggles about 3-4 times per minute.

CAUTION: Prevent drafts from blowing over canner and avoid turning heat up and down. This can cause uneven pressure and can cause liquid to be forced out of jars.

16. Process according to time given in charts.

Count processing time from the time the control starts to jiggle vigorously.

17. When processing time is completed, remove canner from heat. Let canner cool.

CAUTION: Do not fast-cool by setting canner in water or by running water over the canner. Never lift control to release pressure.

It takes about 25-35 minutes for pressure to drop in a smaller cooker filled with jars and 45 minutes to an hour in a large canner with a full load.

- 18. When pressure is fully down, remove control. Carefully remove cover.**

WARNING: Escaping steam can scald you and the pressure control may be hot. Protect your hands with pot holders or oven mitts and tilt cover so steam escapes away from you.

To test if pressure is down, gently nudge control. If you see steam spurting out, pressure is not yet down. Let canner continue to cool.

Note: You may hear a hissing noise when control is nudged. If you also see steam spurt out, pressure is not down. If you do not see steam, the hissing is air entering the canner.

- 19. Using a jar lifter, remove jars from canner.**

Set jars on a cooking rack or on several thicknesses of cloth.

CAUTION: Never set hot jars on a cold or wet surface. The jars may break.

- 20. Complete seal if jars are not self-sealing.**

If any liquid boiled out during processing, seal jar as is. Do not add liquid, as that would require reprocessing. Fruits and vegetables not covered by liquid may turn dark, but they will not spoil.

- 21. Let jars cool.**

Keep jars out of drafts and upright.

- 22. After 12 hours, remove screw bands from jars with metal lids.**

If a screw band does not easily come off, cover it for one minute with a hot, damp cloth. This will expand the metal slightly and usually permit the band to be removed. If the band cannot easily be removed, leave it on.

CAUTION: Never force screw bands off. You might break seal.

- 23. Examine jars for leaks and test seal.**

For a metal lid, test the seal by tapping it with a teaspoon. A clear ring is a sign of a good seal. If a lid is curved down and does not move when tapped, that is also a sign of a good seal.

WARNING: If a jar leaks or is not sealed, use the contents promptly or reprocess for the full recommended processing time.

- 24. Wipe jars with a damp cloth, dry, and label with contents and date. Store in a cool, dry place.**

CAUTION: Do not permit contents to freeze. The liquid will expand and may break the jar.

Canning Problems

Problem: Liquid is lost from jars.

Causes and Remedies:

1. Jars are packed too full or too tight.

When food and liquid are boiled, they expand. If there is not sufficient room, liquid will be forced out.

Leave adequate head space of $\frac{1}{2}$ "-1" (1.25 cm-2.5 cm) as recommended in chart.

2. Air bubbles are trapped in jar.

When food begins to boil, air bubbles will force liquid out of the jar.

Before closing jar, run a plastic spatula down the sides of the jar to release any trapped air.

3. Pressure is allowed to fluctuate during processing.

If heat is adjusted up and down frequently, it may cause sudden changes in pressure, which may force liquid out of jars.

After control starts to jiggle, adjust heat so that the control jiggles 3-4 times a minute. Avoid frequent adjustments.

4. Pressure is reduced too rapidly after processing.

If pressure is rapidly reduced, such as by running cold water over the canner or nudging the control frequently, the pressure in the canner may drop more quickly than the pressure in the jars, and liquid may be forced out of jars.

Allow canner to cool normally to room temperature. After 25-35 minutes (for a small cooker) or 40-45 minutes (for a large canner), check pressure by nudging control.

Problem: Canning jars break.

Causes and Remedies:

1. Commercial food product jars rather than home canning jars are used.

Use only canning jars intended for home canning.

2. Damaged jars are used.

Old jars may have invisible cracks. Jars may be damaged in shipping.

Carefully inspect jars before using.

3. Jars are placed directly in canner without rack.

Always use rack.

4. Hot jars are set on a cold or wet surface or exposed to cold drafts.

Set jars on a cooling rack or on several thicknesses of cloth. Protect from drafts.

5. Jars are damaged by using a knife to release air bubbles.

Use only a plastic or rubber spatula to release trapped air.

For More Information About Canning

Canning booklets and information are available from the following sources:

Ball Corp., Muncie, IN 47302
1-800-240-3340

Kerr Glass Mfg. Corp., 2444 West 16th St.,
Chicago, IL 60608
1-800-654-6249

Consumer Information Center, Pueblo, CO 81099

Your university extension county home economist will also have information about home canning.

For more information on our canning equipment, write

Consumer Center
P.O. Box 1330
Manitowoc, WI 54221-1330

Amount of Water to Put in Canner Jar Capacities of Canner

Amount of Water in Canner	Canner Size	Half Pint	Jar Capacity of Canner Pint, Reg.	Pint, Wide Mouth	Quarts	Amount of Water in Canner	Canner Size	237 mL Jar	Jar Capacity of Canner 473 mL Reg.	473 mL Wide Mouth	950 mL Jar
1 Qt.	4 Qt.**	5	4	3	—	1 L	3.8 L	5	4	3	—
1½ Qt.	6 Qt.**	8	7	5	—	1.5 L	5.7 L	*8	7	5	—
1½ Qt.	8 Qt.	8	7	5	4	1.5 L	7.6 L	8	7	5	4
2 Qt.	12 Qt.	13	10	8	7	2 L	11.4 L	13	10	8	7
2 Qt.	22 Qt.	36*	20*	16*	7	2 L	20.9 L	38*	20*	16*	7

Add extra pint (500 mL) of water to canner if processing at less than full capacity.

*If jars are stacked and an additional rack is used between stacks.

**Use only half pint jars in flat cover canner.

CAUTION: DETECTING SPOILAGE

A leaking jar or bulged lid may be a sign of spoilage. Look for "off" odor or color. Never taste food you think has spoiled. Throw it away. Also, it is possible for food to contain botulism without showing any signs of spoilage, so boil non-acid vegetables and meats for ten minutes before tasting and reboil leftover food before serving.

Amount of Salt for Canning Vegetables and Meats*

Customary U.S.		Metric Measure	
Jar Size	Salt	Jar Size	Salt
Half Pint (8 oz.)	¼ tsp.	237 mL	1 mL
Pint (16 oz.)	½ tsp.	473 mL	2 mL
Quart (32 oz.)	1 tsp.	950 mL	5 mL

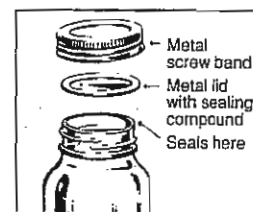
*Vegetables and meats may be canned successfully with or without salt.

HOW TO CLOSE JARS

FOLLOW LID MANUFACTURER'S DIRECTIONS CAREFULLY.

A flat metal lid with sealing compound and a metal screw band, which fits any standard mason jar.

1. Fill jar. Wipe rim clean.
2. Place lid in hot or boiling water, according to manufacturer's directions.
3. Put new lid on jar with sealing compound next to glass.
4. Screw metal band on tight by hand. Do not use a wrench.
5. This jar is self-sealing. Do not tighten after jar is removed from canner.



Pressure Canning Meat and Fish

All meat and fish should be thoroughly cooled and cleaned before canning. REDUCE PRESSURE NORMALLY.

FOOD	Minutes To Cook After Control Jiggles Pint Jars (473 mL)	Quart Jars (950 mL)	Pounds Pressure. (kPa)
Beef, Veal, Lamb, Pork	75	90	10/(70 kPa)
Precook meat until medium done or until pieces when cut show almost no pink at center. Cut in pieces. Add salt. Pack. Fill with liquid to within 1 in. (2.5 cm) from top. Adjust lids. Process.			
Pork Chops, Ham	75	90	10/(70 kPa)
Fry meat until brown. Add salt. Pack. Fill with liquid to within 1 in. (2.5 cm) from top. Adjust lids. Process.			
Chicken (with bones)	65	75	10/(70 kPa)
Precook disjointed chicken with liquid until medium done. Add salt. Pack. Fill with liquid to within 1 in. (2.5 cm) from top. Adjust lids. Process.			
Chicken (without bones)	75	90	10/(70 kPa)
Precook disjointed chicken with liquid until medium done. Remove bones. Add salt. Pack. Fill with liquid to within 1 in. (2.5 cm) from top. Adjust lids. Process.			
Chicken (fried)	65	75	10/(70 kPa)
Fry disjointed chicken in hot fat until it is lightly browned. Add salt. Pack. Fill with liquid to within 1 in. (2.5 cm) from top. Adjust lids. Process.			
Rabbit, Duck, Turkey —Follow directions for Chicken.			
Soup Stock	20	25	10/(70 kPa)
Cook soup stock. Skim fat and remove bones. Pour hot into containers, to within ½ in. (1 cm) from top. Adjust lids. Process.			
Fish (except Salmon)	110	—	10/(70 kPa)
Cut fish in pieces. Precook. Remove bones and skin, if desired. Add salt. Pack to within 1 in. (2.5 cm) from top. Add 2 tbsp. (30 mL) salad oil to tuna. Adjust lids. Process.			
Salmon	110	—	10/(70 kPa)
Slowly pour hot water on fish, being careful not to break skin. Scrape gently until skin is white and clean. Wipe dry. Cut, leaving backbone in. Add salt. Pack to within 1 in. (2.5 cm) from top. Adjust lids. Process.			
Clams	90	—	10/(70 kPa)
Steam clams to open shell. Remove from shell and boil in salted water 5 minutes. Drain and rinse. Pack. Fill with hot weak brine to within 1 in. (2.5 cm) from top. Adjust lids. Process.			
Shrimp	90	—	10/(70 kPa)
Boil shrimp 7 to 8 minutes in 1 gal. (4 L) of water to which 1 lb. (500 g) salt has been added. Drain. Shell and devein. Pack. Fill with hot weak brine [1 tsp. (5 mL) salt to 1 qt. (1 L) water], to within ½ in. (1 cm) from top. Or shrimp may be packed dry. Adjust lids. Process.			

At altitudes of 1,000 feet (300 meters) or higher, use 15 instead of 10 lbs. pressure.

U.S. Dept. of Agriculture does not provide pressure canning timetables for half-gallon (1.9 L) jars.

Pressure Canning Vegetables

FOOD	Minutes To Cook After Control Jiggles Half Pint & Pint Jars (237 mL) (473 mL)	Quart Jars (950 mL)	Pounds Pressure/ (kPa)
Asparagus Wash. Grade. Trim off scale. Cover with boiling water. Cook 2 minutes. Pack hot, cover with liquid. Or pack raw and cover with boiling water. Leave ½ in. (1 cm) head space. Add salt. Adjust lids. Process.	30	40	10/(70 kPa)
Beans, Lima (fresh) Shell. Grade. Bring to a boil. Pack hot and cover with water. Or pack raw and cover with boiling water. Leave 1 in. (2.5 cm) head space in pints. Leave 1½ in. (4 cm) in quarts. Add salt. Adjust lids. Process.	40	50	10/(70 kPa)
Beans, String or Wax Wash. String. Cut in pieces. Boil 5 minutes. Pack hot. Cover with boiling liquid. Or pack raw and cover with boiling water. Leave ½ in. (1 cm) head space. Add salt. Adjust lids. Process.	20	25	10/(70 kPa)
Beets Wash. Retain 1 in. (2.5 cm) of the stem. Cook in canner with 1-1½ cups (250-375 mL) water at 15 lbs. for 6 minutes. Cool canner under faucet. Open canner. Cover beets with cold water. Slip off skins. Cut in ½ in. (1 cm) slices. Pack in jars. Cover with fresh boiling water. Leave 1 in. (2.5 cm) head space. Add salt. Adjust lids. Process.	30	35	10/(70 kPa)
Carrots Scrape. Slice or cut as desired. Boil for 5 minutes. Pack. Cover with hot liquid, leaving 1 in. (2.5 cm) head space. Or pack raw and cover with boiling water leaving 1 in. (2.5 cm) head space. Add salt. Adjust lids. Process.	25	30	10/(70 kPa)
Corn (whole kernel) Remove husks. Cut kernels from cob. To each quart of corn, add 1 pint (500 mL) of boiling water and 1 tsp. (5 mL) salt. Boil 1 minute. Pack loosely and cover with water. Or pack raw loosely and cover with boiling water. Leave 1 in. (2.5 cm) head space. Add salt. Adjust lids. Process.	55	85	10/(70 kPa)
Greens Can only very fresh, tender greens. Wash carefully. Remove tough stems. Boil in small amount of water. Pack loosely. Cover with hot liquid. Leave 1 in. (2.5 cm) head space. Add salt. Adjust lids. Process.	70	90	10/(70 kPa)
Mushrooms Trim and soak in cold water 10 minutes. Wash. Cut large ones in half. Cook gently 15 minutes. Pack hot and cover with boiling water. Leave ½ in. (1 cm) head space. Add salt. Adjust lids. Process.	45	—	10/(70 kPa)
Okra Wash and trim. Cook 1 minute. Cut into 1 in. (2.5 cm) lengths. Pack hot and cover with boiling water. Leave 1 in. (2.5 cm) head space. Add salt. Adjust lids. Process.	25	40	10/(70 kPa)
Peas (fresh Blackeye, Cowpeas, Blackeye Beans) Shell and wash. Bring to a boil. Drain. Pack loosely and cover with boiling water. Or pack raw loosely and cover with boiling water. Leave 1½ in. (4 cm) head space. Add salt. Adjust lids. Process.	45	40	10/(70 kPa)
Peas (green) Trim. Use only young, fresh peas. Bring to a boil. Pack loosely and cover with boiling water. Or pack raw loosely and cover with boiling water. Leave 1 in. (2.5 cm) head space. Add salt. Adjust lids. Process.	40	40	10/(70 kPa)
Potatoes Wash, pare and cut into ½ in. (1 cm) cubes. Or use whole if 1 to 2½ in. (2.5-6 cm) in diameter. Boil cubes 2 minutes; whole potatoes 10 minutes. Drain. Pack and cover with boiling water. Leave 1 in. (2.5 cm) head space. Add salt. Adjust lids. Process.	35	40	10/(70 kPa)
Pumpkin or Hubbard Squash Peel and cut into 1 in. (2.5 cm) cubes. Cook until tender. Pack hot. Leave 1 in. (2.5 cm) head space. Adjust lids. Process.	65	80	10/(70 kPa)
Sauerkraut Heat well-fermented sauerkraut to simmering. Pack hot and cover with hot juice. Leave 1 in. (2.5 cm) head space. Adjust lids. Process.	10	15	5/(35 kPa)
Summer Squash (Zucchini) Wash squash. Do not pare. Cut into small pieces. Boil 2 or 3 minutes. Pack hot and cover with boiling liquid. Leave 1 in. (2.5 cm) head space. Add salt. Adjust lids. Process.	30	40	10/(70 kPa)
Sweet Potatoes Wash. Boil until skins slip off easily. Cut in pieces. For wet pack, pack and cover with boiling water. Leave 1 in. (2.5 cm) head space. Add salt. For dry pack, pack cooked pieces and add no salt or liquid. Leave 1 in. (2.5 cm) head space. Adjust lids. Process.	65 (wet) 65 (dry)	90 (wet) 95 (dry)	10/(70 kPa) 10/(70 kPa)
Tomatoes	See fruit chart		

Reduce pressure normally.

At altitudes of 1,000 feet (300 meters) or higher, use 15 instead of 10 lbs. pressure.

U.S. Dept. of Agriculture does not provide pressure canning timetables for half-gallon (1.9 L) jars.

Note: It is recommended that home canned tomato products have acid added as a part of the preservation process. The most common acid to add is bottle lemon juice, not fresh. Add one tablespoon per pint or two tablespoons per quart. This should be added to the jar before adding the tomatoes.

Pressure Canning Fruits

Fruits may be processed either in a boiling water bath or in a pressure canner. When using pressure method, **time processing very carefully** because fruits are easily overcooked. To keep peeled fruit from darkening before it is packed, place it in water to which ascorbic acid or citric acid has been added. These products may be

obtained at drug or grocery stores. Follow package directions, or dr fruit in a solution of 1 gal. (4 L) water, 2 tbsp. (30 mL) salt and 2 tbs (30 mL) vinegar.

REDUCE PRESSURE NORMALLY.

FOOD	Minutes To Cook After Control Jiggles Half Pint & Pint Jars (237 mL) (473 mL)	Quart Jars (950 mL)	Pounds Pressur (kPa)
Apples Wash, pare and core and cut in pieces. Pack. Fill with syrup to within ½ in. (1 cm) from top. Or precook 3 minutes in syrup. Pack and add syrup. Adjust lids. Process.	8	8	5/(35 kPa)
Applesauce Cook applesauce (NOT IN PRESSURE COOKER). Pack hot to within ¼ in. (.5 cm) from top. Adjust lids. Process.	8	10	5/(35 kPa)
Apricots and Nectarines Wash. Pack whole or halve and pit. Fill with syrup to within ½ in. (1 cm) from top. Adjust lids. Process.	10	10	5/(35 kPa)
Berries (except Strawberries) Wash. Stem. Pack. Fill with syrup to within ½ in. (1 cm) from top. Adjust lids. Process.	8	8	5/(35 kPa)
Cherries Wash and stem. Pit. Pack. Fill with syrup to within ½ in. (1 cm) from top. Adjust lids. Process.	10	10	5/(35 kPa)
Figs Wash. Leave on stems. Boil for 2 minutes. Prepare a thin syrup with this water and boil figs in it for 5 minutes. Pack. Add 1½ tsp. (7 mL) lemon juice per pint or 1 tbsp. (15 mL) per quart. Fill with syrup to within ½ in. (1 cm) from top. Adjust lids. Process.	10	10	5/(35 kPa)
Grapes Wash and stem. Fill with syrup to within 1½ in. (4 cm) from top. Adjust lids. Process.	8	8	5/(35 kPa)
Peaches Wash. Dip peaches in boiling water, then cold water. Remove skins. Cut in halves and remove pits. Pack. Fill with syrup to within ½ in. (1 cm) from top. Adjust lids. Process.	10	10	5/(35 kPa)
Pears Wash. Peel. Halve and core. Pack. Fill with syrup to within ½ in. (1 cm) from top. Adjust lids. Process.	10	10	5/(35 kPa)
Pineapple Slice and peel. Remove eyes and core. Boil 5-10 minutes in medium syrup. Pack. Fill with syrup to within ½ in. (1 cm) from top. Adjust lids. Process.	15	15	5/(35 kPa)
Plums Wash. Prick skins. Pack. Fill with syrup to within ½ in. (1 cm) from top. Adjust lids. Process.	10	10	5/(35 kPa)
Rhubarb Wash. Cut in pieces. Pack. Add syrup to within ½ in. (1 cm) from top. Or cook rhubarb sauce (NOT IN PRESSURE COOKER) and pack. Adjust lids. Process.	5	5	5/(35 kPa)
Strawberries Wash and stem. Boil gently 3 minutes with ½ cup (125 mL) sugar for each quart (liter) of fruit. Let stand overnight. Bring quickly to boil. Pack to within ½ in. (1 cm) of top. Adjust lids. Process in boiling water bath, not under pressure—15 minutes for pints and quarts.	15	15	5/(35 kPa)
Tomatoes Scald ½ minute. Place in cold water. Remove skins. Quarter. Add salt. Pack tightly. Or bring peeled and quartered tomatoes to a boil and then pack to within ½ in. (1 cm) of top. Adjust lids. Process.	25	25	10/(70 kPa)
Tomato Juice Cook tomatoes and put through food press. Season and bring to a boil. Fill jars to within ¼ in. (.5 cm) from top. Adjust lids. Process.	20	20	5/(35 kPa)

At altitudes of 1,000 feet (300 meters) or higher, use 10 instead of 5 lbs. pressure.

U.S. Dept. of Agriculture does not provide pressure canning timetables for half-gallon (1.9 L) jars.

Note: It is recommended that home-canned tomato products have acid added as part of the preservation process. The most common acid to add is bottled lemon juice, not fresh. Add one tablespoon per pint or two tablespoons per quart. This should be added to the jar before adding the tomatoes.

How To Make Syrup

Adding syrup to canned fruit helps to retain its flavor, color and shape. It does not prevent spoilage of these foods. The following guidelines for preparing and using syrups offer a new "very light" syrup, which approximates the natural

sugar content of many fruits. The sugar content in each of the five syrups is increased by about 10 percent. Quantities of water and sugar to make enough syrup for a canner load of pints or quarts are provided for each syrup type.

Preparing and using syrups.

Measures of Water and Sugar For 8 Half-Pint, 7 Pint, or 4 Quart Load				
Syrup Type	Approx. % Sugar	Cups Water	Cups Sugar	Fruits commonly packed in syrup*
Very Light	10	6½	¾	Approximates natural sugar level in most fruits and adds the fewest calories.
Light	20	5¾	1½	Very sweet fruit. Try a small amount the first time to see if your family likes it.
Medium	30	5¼	2¼	Sweet apples, sweet cherries, berries, grapes.
Heavy	40	5	3¼	Tart apples, apricots, sour cherries, gooseberries, nectarines, peaches, pears, plums.
Very Heavy	50	4¼	4¼	Very sour fruit. Try a small amount the first time to see if your family likes it.

*Many fruits that are typically packed in heavy syrup are excellent and tasteful products when packed in lighter syrups. It is recommended that lighter syrups be tried, since they contain fewer calories from added sugar.

Procedure: Heat water and sugar together. Bring to a boil and pour over raw fruits in jars. For hot packs, bring water and sugar to boil, add fruit, reheat to boil, and fill into jars immediately.

Other sweeteners: Light corn syrups or mild-flavored honey may be used to replace up to half the table sugar called for in syrups.

Sterilizing

Use pressure cooker at 15 lbs. (250°F or 121°C) as a sterilizer. Place rack in cooker and add water—1½ cups (625 mL) for small cookers, 1 quart (1 L) for large canners. Place items on rack. Cover. When control jiggles or rocks, reduce heat and start to count sterilizing time. Sterilize bottles, utensils, rubber goods and heat-resistant plastic goods for 15 minutes. Sterilize liquids and dressings 30 minutes. Reduce pressure normally.

If you have an 8-qt. (7.6 L), 12-qt. (11.4 L) or 22-qt. (20.9 L) pressure canner, you may use it to sterilize baby formula,

nipples, bottles, and caps all at one time. This is called terminal sterilization. Use glass-type bottles. Prepare formula as directed and pour into clean bottles. Invert nipples in bottle, cover with sealing disc and screw cap on. Then loosen cap one-half turn back. Pour 1 quart (1 L) water in canner and place bottles on rack. Cover and cook at 5 lbs. for 10 minutes after control jiggles. Reduce pressure normally. Remove bottles and place on a folded towel. When they are cool enough to be handled with a towel, shake bottle gently, tighten caps and refrigerate them.