



- Always use enough water while cooking. Otherwise the gasket will get burnt. Don't bake or dry heat anything. This will reduce the life of the metal.
- Ensure that the vent tube is completely free of any blockage before closing the lid. This can be done by looking through the vent tube hole and ensuring that the light is visible.
- Place the pressure regulator (weight) on the vent tube only after steam starts coming out.
- Use Soft water for cooking, certain salts in water may cause black strains to the cooker.
- While cooking lentils, beans etc., always add a spoon of oil. Allow a few minutes and then close the lid. This prevents frothing.
- Before opening the cooker, always ensure there is no pressure in it and also remove the pressure regulator (weight) first before taking off the lid. (Never attempt to force open the pressure cooker).
- After each cooking, remove the gasket, wash and dry till next use.
- If, after considerable use, steam escapes around the lid, replace the gasket immediately. Otherwise, the cooker will take a longer time to build pressure and also waste fuel.(Its advisable to change gasket once in 6 months).
- Always buy genuine Preethi spares from your nearest Preethi Authorized Service Centre. The company is in no way liable or responsible for any damage or injury caused by the use of spurious / duplicate spare parts.
- Avoid any physical damage to the cooker's body and lid, while washing or cleaning.
- Get your Preethi Pressure Cooker recalibrated once a year at your nearest Preethi Authorized Service Centre.
- Control the flame for small size pressure cookers. Full flame could burn handles.
- Do not clean the pressure cooker using dishwasher.
- Never pressure fry with oil in your pressure cooker.
- Never place an empty cooker on a heat source. Always put sufficient water in it. Do not fill the Unit over two-thirds full. When cooking foods that normally expand during cooking, such as rice, or dried vegetables, dhal, do not fill the unit over half full. Overfilling may cause a risk of clogging the steam vent tube and develop excess pressure.
- Do not tap any spoons, forks, or ladles against the rim of the cooker body. This will nick its sealing surface and allow the steam to escape even with a new gasket.
- Do not open the cooker even if there is slight pressure inside. This may cause scalding injury. Wait till the pressure in the cooker is reduced to zero before opening.
- Do not store the cooker closed. This will cause mustiness as there will not be circulation of air inside.
- Never leave the cooker standing in the water for a long time nor use harsh abrasives to clean it. This will dull its shine. Leaving in harsh chemicals for a long duration may create pitting or rusting.
- Never store the weight valve on the lid of the cooker, when not in use.
- Never allow the safety devices to become blocked during use, by covering the inside vessels with a plate or by keeping larger vessels inside.
- Never replace the lead free metallic safety valve with other valve, plugs, screws, nuts etc. When fused, do not try to repair the cooker. Get the safety valve replaced at the nearest Preethi Customer Care Centre.
- Never use stainless steel scrubbers for cleaning the pressure cooker for enhanced life of the product. Using the same will damage the pressure cooker (cause pitting or rusting) and reduce the cooker's life.
- Do not use this product for other than its intended use.

COOKING REFERENCE GUIDE

Cooker Capacity	Parboiled Rice		Water	
	gms	cups	gms	cups
1.5L or 2L	200 gms	1 cup	400 ml	1½ cups
2.5L	250 gms	1¼ cups	500 ml	2 cups
3L	350 gms	1¾ cups	700 ml	2¾ cups
4.5L	550 gms	2¾ cups	1110 ml	4¾ cups
5L	650 gms	3¼ cups	1250 ml	5 cups

Cooker Capacity	Yellow Lentils (Toor Dhaal)		Water	
	gms	cups	gms	cups
1.5L or 2L	70 gms	1/3 cup	200 ml	3/4 cup
2.5L	120 gms	2/3 cup	375 ml	1½ cups
3L	150 gms	3/4 cup	450 ml	1¾ cups
4.5L	200 gms	1 cup	600 ml	2½ cups
5L	300 gms	1½ cups	900 ml	3¾ cups

*Time mentioned above to be considered after the first whistle. Cooking time will vary according to the cooker size, heat input and ingredients. The details given here are for reference only.

Customer Care Centre

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- Tambaram**- Ph:044-22261510, cctambaram@preethi.in
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- Coimbatore**- Ph:0422-2540687. ccccoimbatore2@preethi.in
- Coonoor**- Ph:04223-2236878. ccccoonoor@preethi.in,
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- Theni**- Ph: 04546-253603. ccctheni@preethi.in
- Trirunelveli**- Ph:0462-2321824. ccctrirunelveli@preethi.in

For Parboiled rice:

From 1.5L to 5L capacity, the time taken for pressure cooking will be approximately 3 minutes*. After cooking please allow the cooker to cool naturally before opening.

For Yellow Lentils (Toor Dal):

For desirable results it is recommended to soak dal for 15 to 20 minutes before cooking From 1.5L to 5L capacity, the time taken for pressure cooking will be approximately 3 minutes*. After cooking please allow the cooker to cool naturally before opening

For Split Yellow Gram (Moong Dal)

Cooking of Split Yellow Gram (Moong Dal) causes frothing and hence is not recommended for cooker sizes 1.5L, 2L and 3L.

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- Trichy**- Ph:0431-2415181. ccctrichy2@preethi.in
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- Kerala**
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- Attungal**- Ph: 0470-2620165. cccattungal@preethi.in
- Balarampuram**- Ph: 0471-2408461. cccbalarampuram@preethi.in
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PRESSURE COOKER



5 YEAR WARRANTY

LIFELONG FREE SERVICE

#Applicable only on products purchased in India. Charges apply for replacement of spares/accessories. For detailed terms & Conditions please refer the Warranty Card Images shown are for illustrative purpose only.

USER MANUAL

Thanks for purchasing Preethi Steam Powered Pressure cooker. You have made the best choice.

As you are aware we strive to provide world class products with superior quality so as you enjoy the experience of cooking in a relaxed way.

Contents

- Principles of Pressure Cooking
- Preethi Steam Powered Pressure Cooking Advantage
- Know your Preethi Pressure Cooker
- Safety Instruction
- Before first use
- Preethi Steam Powered Pressure Cooking Steps
- Do's & Don'ts
- Cooking Reference Guide
- List of Customer Care Centre

1. PRINCIPLES OF PRESSURE COOKING

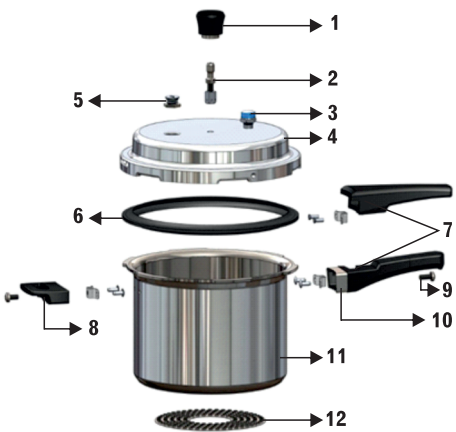
Ordinary open-pot cooking is done at the boiling point of water which produces steam at 100° C (at sea level). Pressure cooking works by sealing the steam in a cooker so that there is a rise in pressure to a safe, controlled extent which raises the boiling point of water and therefore the cooking temperature. The steam permeates through the food, tenderizing it, infusing it with flavour, preserving nutrients, colour, texture and juices and cooking much faster. The Preethi Pressure Cooker cooks food at 120°C at a pressure of 100kPa.

2. PREETHI STEAM POWERED PRESSURE COOKING ADVANTAGE

With Preethi steam powered pressure cooker and your skills you will be able to cook delicious and nutritious food, quickly, easily and economically.

- Steam Powered Fast Cooking:** Pressure cooking can reduce normal cooking times by as much as half. Foods such as legumes (lentils, dried peas and beans) and tougher cuts of meat can be cooked to perfection in a fraction of the normal time.
- Fuel Efficient:** Because food cooks faster in a pressure cooker, you save fuel and money.
- Healthier:** Scientific literature indicates that certain nutritive elements such as proteins and vitamins are better retained by pressure cooking. Steaming is ideal for low-calorie, low-fat cooking.
- Hygienic Cooking:** The higher temperature in pressure cooking (120°C) ensures completely hygienic food.
- Taste Better:** Closed cooking in super-heated steam better evokes the natural flavors of the food - producing delicious results.
- Versatile:** Pressure cooker cooks a wide range of foods. Whether parts of recipes or entire meals.

3. KNOW YOUR PREETHI PRESSURE COOKER



- Pressure regulator
 - S.S. Steam vent tube
 - Additional spring loaded safety valve*
 - Cooker Lid
 - Lead free safety valve
 - Food grade rubber gasket
 - Specially designed handles
 - Helper Handle*
 - S.S. handle screw
 - Handle heat guard
 - Cooking vessel
 - Induction base plate*
- *Available in specific Preethi pressure cooker models.

THE PRODUCT IS FOR DOMESTIC USE ONLY

4. SAFETY INSTRUCTIONS

- Read all instructions carefully before use.
- Do not touch hot surfaces. Use handles.
- Close supervision is necessary when the pressure cooker is used near children.
- Do not place the pressure cooker in a heated oven.
- Do not wash in a dishwasher.
- Do not use pressure cooker for other than intended use.
- This appliance cooks under pressure of 100 kPa. Improper use may result in scalding injury. Do not use the unit unless it is properly closed.
- Always check that the steam vent is clear immediately before closing the lid for pressure cooking.
- The pressure regulator is an accurately weighted device to regulate operating pressure. Only use the pressure regulator provided along with the cooker. Never place anything over the pressure regulator while cooking.
- Always place adequate water in the pressure cooker body before pressure cooking. (one cup for every 10 minutes of pressure cooking).
- Do not fill the unit over 2/3 full. When cooking foods that expand during cooking such as rice or dried vegetables, do not fill the unit over 1/2 full. When cooking dal/pulse which sprout, never fill the cooker more than 1/3 full. Over filling may cause a risk of clogging the steam vent and developing excess pressure.

- Be aware that certain foods, such as oatmeal, noodles, macaroni or spaghetti can foam, froth and sputter, and clog the steam vent tube (pressure release device) These foods should not be cooked in a pressure cooker.
- When the normal operating pressure has reached 100 kPa ie after the first whistle, turn the heat down so all the liquid, which creates the steam, does not evaporate.
- Never attempt to force open the pressure cooker. Do not open the pressure cooker until the internal pressure has been released. If the handles are difficult to push apart, this indicates that the cooker is still pressurized-do not force it open. Any pressure in the cooker can be hazardous.
- Extreme caution must be used when moving a pressure cooker containing hot liquids.
- Never lift pressure regulator for reducing pressure in the case of liquid or frothing foods.
- Do not use this pressure cooker for pressure frying with oil.
- Never use the cooker body for deep frying or light frying or as an oven for dry heating or baking, since the strength of the metal may decrease to a dangerous level.
- The safety valve is fusible type and operates automatically in the event of excess pressure. If activated, please put off the heat source and get the safety valve replaced at the nearest Preethi Customer Care Centre.
- Do not attempt to make any changes to the pressure regulator and safety valve. Repairs other than the replacement of gasket, plastic handles, and the pressure regulator must be done only at an authorized Preethi Customer Care Centre.

SAVE THESE INSTRUCTIONS.

5. BEFORE FIRST USE

Before using Preethi pressure cooker for the first time, please ensure you complete the following steps:

- Remove all packaging, stickers and labels from the product, store or dispose of safely.
- Wash the pressure cooker in warm, soapy water. Then pour out the soapy water and fill it with clean water and repeat this process till any trace of soap is removed. Dry thoroughly before use, using a soft cloth or paper towel.
- Always dry the base of cooker before cooking, especially if you use it on a ceramic, halogen or induction hob, otherwise the pan may stick to the hob.
- Depending on your hob type, the base of your pan may become marked or scratched. This is normal.
- Please read the instruction manual which comes with every form of heat source before use.
- Good Practice: Reduce heat after first whistle, just to a level sufficient to maintain the whistling (Usually slightly above the minimum heat setting).

6. PREETHI STEAM POWERED PRESSURE COOKING STEPS



1. Prepare ingredients.



2. Fry, if necessary as a part of pre preparation.



3. Put prepared ingredients and add the required quantity of water in the cooker.



4. Look through the steam vent and ensure it is clear.



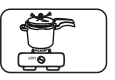
5. Ensure the Gasket is properly placed in the lid and close the cooker.



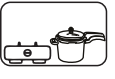
6. Place the cooker on heat source.



7. Wait for the steam to come out of the steam vent and place pressure regulator on the steam vent.



8. Reduce the heat when the cooker reaches full operating pressure ie after the first whistle.



9. At the end of the pressure cooking time, remove the cooker from heat source.



10.Keep the pressure cooker aside till it's internal pressure is released.



11. Remove the Pressure regulator.



12.Open pressure cooker and carry out post-pressure cooking operations (if any).



13.Serve and enjoy!

DISCOLOURATION (Aluminium)

Certain properties of water and certain minerals of food may cause darkening of the cooker. This is quite harmless and does not affect the performance or the food cooked in it in any way. When this discoloration occurs, it can be removed with an Aluminium cleaner such as steel wool or any cleaning agent. Otherwise, put a small ball of tamarind or a slice of fresh lime in the water used during cooking. This will prevent the darkening.