

SHAQ™

ShaqPot Pressure Cooker



Owner's Manual

Save These Instructions – For Household Use Only

MODEL: Y8D-36 (8 qt.)

When using electrical appliances, basic safety precautions should always be followed. Do not use the **ShaqPot Pressure Cooker** until you have read this manual thoroughly.

Visit TristarCares.com for tutorial videos, product details, and more. *Guarantee Information Inside*



ShaqPot Pressure Cooker

BEFORE YOU BEGIN

The **ShaqPot** will provide you many years of delicious family meals and memories around the dinner table. But before you begin, it's very important that you read this entire manual, making certain that you are totally familiar with this appliance's operation and precautions.

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IMPORTANT SAFEGUARDS

WARNING

PREVENT INJURIES! – CAREFULLY READ ALL INSTRUCTIONS BEFORE USE!

When using electrical appliances, always follow these basic safety precautions.

1. Read all instructions carefully to prevent injuries.
2. This appliance is not intended for use by persons with reduced physical, sensory, or mental capabilities or a lack of experience and knowledge unless they are under the supervision of a responsible person or have been given proper instruction in using the appliance. Do not leave unattended with children or pets. Keep appliance and cord away from children. Anyone who has not fully read and understood all operating and safety instructions contained in this manual is not qualified to operate or clean this appliance.
3. **Always place appliance on a flat, heat resistant surface.** Intended for countertop use only. DO NOT operate on unstable surface. DO NOT place on or near a hot gas or electric burner or in a heated oven. DO NOT operate the appliance in an enclosed space or under hanging cabinets. Proper space and ventilation is needed to prevent property damage that may be caused by steam released during operation. Never operate the appliance near any flammable materials, such as dish towels, paper towels, curtains, or paper plates. Do not let the cord hang over the edge of the table or counter or touch hot surfaces.
4. **NEVER FORCE THE LID OPEN.** Never attempt to open Lid during operation as a pressure cooker. Any pressure in the cooker can be hazardous. Do not open the pressure cooker until appliance has cooled and all internal pressure has been released. If the lid is difficult to open, this indicates that the appliance is still under pressure - do not force it open. Once pressure is released, follow instructions to open Lid. Always open Lid away from face and body to avoid steam burns (see **OPERATING INSTRUCTIONS**, p.16).
5. **Lid should rotate freely and any resistance indicates that the Lid is improperly placed or under pressure.**
6. **DO NOT** place the appliance on stove top surfaces, including gas, glass, and electric stove tops.
7. Always attach plug to appliance first, then plug cord into the wall outlet. To disconnect, turn any control to “off,” then remove plug from wall outlet.
8. This appliance cooks under pressure. Improper use may result in scalding injury. Make certain appliance is properly closed before operating and the Pressure Release Valve is free from debris.
9. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids. **RECOMMENDED: DO NOT LIFT OR MOVE THE APPLIANCE** when under pressure or when contents are hot. Hot spilled foods can cause serious burns! To remove contents in cooker, use ladle provided.
10. Always check the pressure release devices for clogging before use.
11. **CAUTION HOT SURFACES:** This appliance generates extreme heat and steam during use. Do not touch hot surface. Use handles or knobs. To avoid injury, do not touch the hot surfaces or the Pressure Release Valve on the Lid during operation. Proper precautions must be taken to prevent the risk of personal injury, fires, and damage to property.
12. Do not use this appliance for anything other than its intended use.
13. Hot contents may still boil after releasing steam. Use caution while opening lid.
14. Never use the Lid Handle to lift or move cooker. Use only the black handles located on the side of the appliance’s base when lifting or moving the appliance (see **OPEN LID** in **PREPARING FOR USE**, p. 14).
15. Never fill above the Inner Pot’s max fill line (FULL CUP). Overfilling can clog the Pressure Release Valve, which can cause excess pressure to develop.
16. **WARNING:** to reduce risk of electric shock, cook only in the removable container (Inner Pot) provided.
17. Some foods, such as rice, beans, applesauce, cranberries, pearl barley, oatmeal or other cereals, split peas, noodles, macaroni, rhubarb, and spaghetti, expand and create foam when cooking and need special cooking instructions. Pay particular attention to liquid quantities. Do not fill the Inner Pot more than **HALFWAY** when cooking with these foods.

IMPORTANT SAFEGUARDS

18. **DO NOT** fill the appliance over maximum fill line at $\frac{2}{3}$ full. When cooking foods that expand during cooking, such as rice or dried vegetables, do not fill the appliance beyond the recommended level at $\frac{1}{2}$ full. Overfilling may cause a risk of clogging the Pressure Release Valve and developing excess pressure.
19. Never deep fry or fill with oil. Do not use this pressure cooker for pressure frying with oil.
20. The use of accessory attachments not recommended by the appliance manufacturer may cause injuries.
21. Never use outlet below counter.
22. Never use with an extension cord.
23. Do not use appliance outdoors.
24. Do not operate if the cord or plug are damaged. If appliance begins to malfunction during use, immediately unplug cord from power source. **DO NOT USE OR ATTEMPT TO REPAIR A MALFUNCTIONING APPLIANCE.** Contact Customer Service for assistance (see the back of the manual for contact information).
25. To prevent risk of explosion and injury, replace only the Rubber Gaskets (dynamic seal ring) as recommended by the manufacturer.
26. Unplug the appliance from the outlet when not in use and before cleaning. Allow the appliance to cool before attaching or removing parts.
27. **NEVER IMMERSE HOUSING IN WATER. IF APPLIANCE FALLS OR ACCIDENTALLY BECOMES IMMERSED IN WATER, UNPLUG FROM WALL OUTLET IMMEDIATELY. DO NOT REACH INTO LIQUID IF APPLIANCE IS PLUGGED IN AND IMMERSED. DO NOT IMMERSE OR RINSE CORDS OR PLUGS IN WATER OR OTHER LIQUIDS.**
28. Before using your new **ShaqPot** on any countertop surface or other fragile surface, such as a glass tabletop, check with your countertop manufacturer or installer for recommendations about using appliances on your surfaces. Some manufacturers and installers may recommend protecting your surface by placing a hot pad or trivet under the appliance for heat protection. Your manufacturer or installer may recommend that hot pans, pots, or electrical appliances should not be used directly on top of the countertop. If you are unsure, place a trivet or hot pad under the appliance before using it.

WARNING For California Residents

This product can expose you to Bisphenol A, which is known to the State of California to cause cancer and/or birth defects or other reproductive harm. For more information, go to www.P65Warnings.ca.gov.

SAVE THESE INSTRUCTIONS – FOR HOUSEHOLD USE ONLY

CAUTION: Attaching the Power Cord

- Always attach electrical cord to the appliance before plugging the appliance into an outlet. Plug into a 3-prong wall outlet with no other appliances on the same outlet. Plugging other appliances into the outlet will cause the circuit to overload.
- **DO NOT USE AN EXTENSION CORD WITH THIS PRODUCT.**
- This appliance has been designed for use with a 3-prong, grounded, 120V dedicated electrical outlet only. **DO NOT USE WITH ANY OTHER ELECTRICAL OUTLET** or modify the plug.
- A short power-supply cord, equipped with grounding conductor and plug, is provided to reduce the risk of becoming entangled or tripping over a longer cord.
- To disconnect, turn any control to “off,” then remove plug from wall outlet.

Features & Benefits

A. BUILT-IN SAFETY DEVICES

- 1. SAFETY LID LOCK:** The Lid tabs connect under the Base tabs to lock the Lid to the Base when fully closed.
- 2. POSITIVE PRESSURE MECHANISM (FLOAT VALVE):** When the pressure reaches a required point, the pressure lifts the Float Valve up, contacting the Locking Pin.
- 3. LID POSITIONING SENSOR:** A magnetic sensor indicates whether the Lid is fully closed. The appliance will beep and display “LID” when the Lid is not locked or is not required for a preprogrammed setting.
NOTE: The Sous Vide, Steam, Sauté, Slow Cook, and Yogurt presets will not start if the Lid is locked. It is recommended to use the Glass Lid to prevent splatter and keep a consistent temperature during the Sous Vide, Steam, Slow Cook, and Yogurt cooking cycles. It is also recommended to have the Glass Lid on while slow cooking to prevent splatter.
- 4. LID INNER TRAY (GUARD):** The Inner Lid prevents food from entering the Upper Lid and entering the Float Valve and Pressure Release Chambers.
- 5. ANTI-BLOCKAGE GUARD:** Guards the underside of the Pressure Release Valve.
- 6. TWO-STEP SECURITY RESET FOR QUICK RELEASE:** The Steam Release Switch needs to be slid once to release the steam and then released to open the Lid. If there is steam/pressure coming out of the Pressure Release Valve or your hand is still holding the Steam Release Switch in the Open position, the Lid will not slide to open.
- 7. EXCESS PRESSURE RELEASE SYSTEM:** The Pressure Release Valve is weighted, which maintains a pressure level and only allows the appliance to build pressure at a certain level. When the pressure is higher than the weight can handle, the steam is released until the pressure is less than the weight.
- 8. AUTOMATIC TEMPERATURE CONTROL:** The temperature is regulated by the programming to maintain a consistent temperature.
- 9. PRESSURE CONTROLLER:** The Inner Pot sits on a pressure plate. When there is too much pressure, the plate depresses and turns off the heater, which stops the pressure from increasing.
- 10. ELECTRICAL (CURRENT-TEMP) PROTECTION:** There is a temperature sensor on the Base of the appliance. When the temperature rises above the preprogrammed setting, the heater shuts down and then fluctuates to allow the appliance to maintain the correct temperature.
- 11. CYCLE INDICATOR (LCD DISPLAY):** The LCD display changes colors and a program countdown is shown.
- 12. ANTI-TAMPER FLOAT VALVE GUARD:** A screen on the Lid covers the Float Valve, so it cannot be tampered with.

Features & Benefits

B. SPECIAL FEATURES

- 1. LCD DISPLAY:** The LCD Display on your appliance offers a wide range of 37 preprogrammed choices. Cooking time may be adjusted to suit any recipe or personal preference or delayed to meet required timetable. The display changes color based on its operation.
- 2. KEEP WARM MODE:** At completion of cooking cycle, the appliance will automatically shift to Keep Warm mode. Keep Warm mode keeps cooked food warm for up to 24 hrs.
NOTE: Foods kept at Keep Warm mode for longer than 6–8 hrs. may lose their flavor and texture and can be a food safety concern when left on the Keep Warm function too long.
- 3. STEAM RELEASE SWITCH:** Quickly lowers pressure. Move the Release Switch on the top of the Lid from the Closed to the Open position to open the Pressure Release Valve.
WARNING: Hot steam is released from the Pressure Release Valve. **DO NOT USE BARE HANDS** to open Pressure Release Valve.
- 4. ONE-TOUCH TECHNOLOGY:** With 37 preprogrammed default settings, your family’s favorite homemade meals can be quickly and easily cooked to perfection in a single pot with a single touch of a button and a turn of a dial.
- 5. COOL-TO-THE-TOUCH LID HANDLE:** The Handle stays cool to the touch, so you can open the Lid even when there is hot food inside. It is always recommended to use oven mitts when opening the Lid after the cooking cycle is complete.
- 6. STAINLESS STEEL INNER POT:** The Inner Pot is made of stainless steel, which means it is completely PTFE and PFOA free.

Releasing Pressure

NATURAL RELEASE AND RAPID RELEASE

Natural release and rapid release are two common methods used to depressurize a pressure cooker once active cooking is complete. Pressure cookers use steam pressure that builds up inside the closed pot to cook food. As the pot heats up, the liquid inside forms steam, which raises the pressure in the pot, cooking food at up to triple the normal rate. After active cooking is complete, the pressure built up

inside the pressure cooker needs to be released. This appliance has a safety mechanism that prevents the Lid from opening until the pressure has been lowered. There are two ways to release the pressure within the appliance: natural release and rapid release. While both methods depressurize the appliance, the process for each method differs, and each process has a different impact on the food inside the appliance.

How Natural Release Works And When To Use It

Natural release lets pressure reduce slowly on its own. Once the active cooking cycle is complete, you can press the Cancel Button on the Control Panel and the pressure will automatically drop inside the pressure cooker slowly. Because of this slow drop in pressure and heat, when using natural release, food continues cooking even though active cooking is complete.

Use this method when cooking meats, foods that increase in volume or that foam (like dried beans and legumes), soups, or any other foods that are primarily liquid.

Timing for natural release varies and will differ based on the type and amount of food being cooked. Generally, natural release takes between 20 and 60 mins.

NOTE: check that all pressure has been released by sliding the Steam Release Switch to the Open position and let go. There should not be any steam releasing from the appliance.

Releasing Pressure

How Rapid Release Works and When to Use It

To use rapid release, once the active cooking cycle is complete, cancel the cooking cycle by pressing the Cancel Button. Then, slide the Steam Release Switch to the Open position and let go, wait for the steam to evacuate. Once the steam has been released, the Lid will slide open freely. The rapid release process requires an extra degree of care because a burst of steam is released through the Pressure Release Valve. Rapid release takes no more than a few minutes and works best with foods like eggs, vegetables, or delicate

ingredients that do not benefit from any extra cooking time. This method is also helpful when you need to check the doneness of food or to add additional ingredients to the **ShaqPot**, such as when cooking a stew.

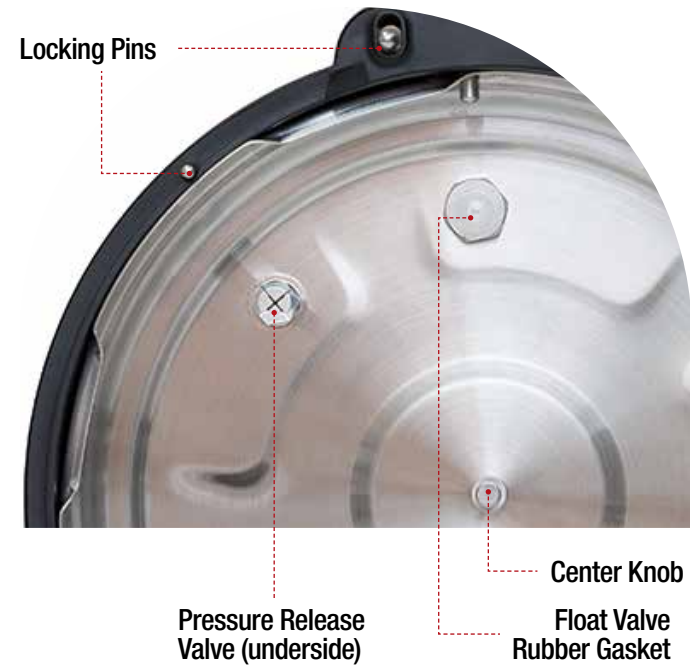
Avoid using rapid release when cooking foods that foam, froth, or increase in volume, such as legumes, or foods that are mostly liquid, such as soup, because the liquid can boil up and vent through the Pressure Release Valve.

Parts & Accessories

LID – TOP VIEW



LID – UNDERSIDE (WITHOUT INNER LID)



Caution Label (Do Not Remove)



Steam Release Switch



Float Valve



Pressure Release Valve



Lid Handle



Parts & Accessories

FRONT



STAINLESS STEEL INNER POT

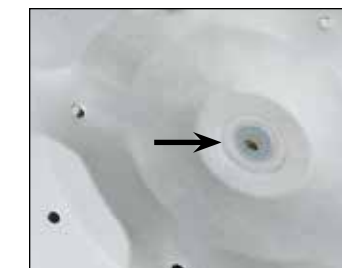


The Max Fill Line in the Inner Pot is represented by "FULL CUP". DO NOT fill past the Max Fill Line.

Lid Underside (with Inner Lid)



Inner Lid Center Gasket



Inner Lid Outer Gasket



Glass Lid



Measuring Cup



Condensation Collector



Ladle



Float Valve Pin



Power Cord



Your **ShaqPot** has been shipped with parts and accessories as shown above. Check everything carefully before use. If any part appears damaged, do not use this product and contact Customer Service using the number located in the back of this manual. For replacement parts, visit www.Tristarcares.com.

Assembly Instructions

INNER LID ASSEMBLY

Removing Lid

1. Hold the Knob on the underside of the Inner Lid and pull to remove the Inner Lid (see Fig. i).

FIG. i



Inserting Inner Lid

1. Ensure that the Knob on the underside of the Inner Lid is facing outward, away from the Lid.
2. Ensure that the Inner Lid Rubber Gaskets are properly attached to the Inner Lid (see Fig. ii-a & ii-b).
3. Press the hole on the Inner Lid into the Center Knob on the underside of the Lid (see Fig. iii).
4. Ensure that the Inner Lid is facing outward and that the Inner Lid Rubber Gaskets sit correctly and evenly on the Lid.

FIG. ii-a



FIG. ii-b

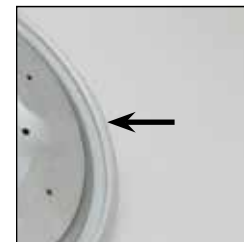


FIG. iii



Changing or Cleaning the Inner Lid

1. Hold the Inner Lid Knob on the underside of the Inner Lid and pull to remove the Inner Lid (see Fig. i).
2. Pull off the Inner Lid Center Gasket (see Fig. iv) and the Inner Lid Outer Gasket (see Fig. ii-b).
3. Inspect the Inner Lid Rubber Gaskets to ensure that they are clear of debris. Clean after each use.
4. Place the new or clean Inner Lid Center Gasket in the hole in the Inner Lid (see Fig. v). Attach the Inner Lid Outer Gasket to the outside of the Inner Lid. When properly attached, the Inner Lid Rubber Gaskets should sit evenly.
5. Ensure that the Knob on the Inner Lid is facing outward, away from the Lid. You should be able to see the Knob.
6. Press the Inner Lid onto the Lid and press the hole on the Inner Lid onto the Center Knob on the underside of the Lid (see Fig. iii).
7. Ensure that the Inner Lid is facing outward and that the Inner Lid Rubber Gasket sits correctly and evenly on the Inner Lid.

FIG. iv



FIG. v



Assembly Instructions

Float Valve Assembly

1. Remove the Lid from the appliance and remove the Inner Lid (see *INNER LID ASSEMBLY*, p. 12).
2. Pull off the Rubber Gasket at the bottom of the Float Valve (see Fig. vi). The Float Valve will be loose in its chamber.
3. Inspect that no food is stuck in the chamber and run water through the Float Valve Chamber to clean it. Be cautious not to submerge the whole Lid.
4. When the chamber is clear of debris, turn the Lid right side up to allow the Float Valve to drop into the Float Valve Chamber on the underside of the Lid. Turn the lid to the side so you can view the float valve.
5. Stick the pointed end of the Float Valve Pin into the side hole of the Float Valve (see Fig. vii).
6. With the Float Valve Pin inserted into the side hole, slide the Rubber Gasket onto the Float Valve, ensuring that the wider side of the Rubber Gasket is against the Lid (see Fig. viii).
7. The Rubber Gasket should be snug on the Float Valve.
8. Remove the Float Valve Pin.

FIG. vi



FIG. vii



FIG. viii



Pressure Release Valve Assembly

NOTE: Do not attempt to assemble or disassemble the Pressure Release Valve when the appliance is in use.

1. Pull to remove the Pressure Release Valve (see Fig. ix).
2. Ensure that the Pressure Release Valve and holes are not blocked by food or debris. If blocked, wash out or use a pin to unblock.
3. Look at the clip on the underside of the Pressure Release Valve (see Fig. x). It should not be damaged or severely bent.
4. Press the Pressure Release Valve back into the hole on the Lid. If the Valve does not insert correctly, it may have a bent clip.

FIG. ix



FIG. x



Instructions for Use

A. PREPARING FOR USE

Check Parts & Accessories

1. Before using, remove parts and accessories from package and be sure all parts have been included before discarding any packaging materials. Remove all packing materials such as plastic film, cardboard, and stickers on the Pressure Release Valve and Condensation Collector (see **PARTS & ACCESSORIES**, p. 10).
2. **CLEAN INSIDE:** Remove the Inner Lid from Lid by pulling metal knob. Remove Rubber Gaskets from Inner Lid (see **INNER LID ASSEMBLY**, p. 12). Wash Inner Lid, Rubber Gasket, Inner Pot, and other loose accessories with warm, soapy water, rinse and dry. NOTE: Be sure to replace Rubber Gaskets (see **CHANGING THE INNER LID RUBBER GASKETS AND FLOAT VALVE ASSEMBLY** sections) before reinstalling Inner Lid.

Conduct Test Run With Water Only



FIG. A
(Float Valve Rubber Gasket)



FIG. B
(Condensation Collector)

1. To check that the appliance will operate properly, it is recommended to periodically check its operation without food.
2. Place the appliance on a clean, flat surface.
3. Attach Condensation Collector to side of the appliance by sliding it into the slots (see Fig. B). **NOTE:** The Condensation Collector may be preassembled.

4. Remove the Lid. Ensure the Inner Lid gaskets are in place. Place the Inner Lid Outer Gasket around the outside of the Inner Lid and the Inner Lid Center Gasket in the center hole. Make sure the float valve and gasket are in place in the lid (see **ASSEMBLY INSTRUCTIONS**, p. 12).
5. Place the Inner Pot in the Base. Pour 2 cups (473 mL) of water in the Inner Pot.
6. Attach the Power Cord to the appliance Base first and then into wall outlet (see the **ATTACHING THE POWER CORD**, p. 5)a. When the appliance is first plugged in, “----” will appear on the LED Display. The appliance is automatically “ON” when plugged in.
7. **ATTACHING LID:** With the LCD Display facing you, place the Lid on the appliance, aligning the Lid Position Mark with the Open Mark (see Fig. C). Twist the Lid counterclockwise about 30° (see Fig. D). When the Lid is locked, the Release Switch will move to the Closed position (see Fig. E).

Instructions for Use

8. The Magnetic Safety Sensor assures Lid is properly closed before the appliance can pressurize. If Lid is not on correctly when starting a cooking cycle, a beeping noise will occur and the word “LID” will appear on the display, indicating Lid is not fully closed.
9. Once Lid is properly attached, select the Canning Button on the Panel. Turn the Program Dial to the left to select the Low setting and then press the Program Dial to confirm the setting. This setting will automatically set a 10-min. cooking time. The LCD Display will turn orange while pressure builds in the appliance and will turn red when the desired pressure level is reached. **CAUTION: DO NOT ATTEMPT TO OPEN LID WHEN LCD DISPLAY IS ORANGE OR RED.**
10. **SAFELY RELEASE PRESSURE:** Once the cycle is complete, the appliance will beep. Press the Cancel Button. Move the Release Switch from the Closed to the Open position and let go (see Fig. F). Allow all pressure to escape from

cooker. You will notice a slight incline of the Pressure Release Valve while pressure is being released (see Fig. H).

11. **WARNING: Keep body (face, arms, torso) away from Pressure Release Valve area when operating the Release Switch to avoid being exposed to the steam released from the valve. Follow these safety precautions when releasing pressure to prevent serious injury.**
12. Allow the water in Inner Pot to cool. Remove and empty the Inner Pot. Rinse and towel dry. **WARNING: DO NOT LIFT BASE TO REMOVE CONTENTS** from Inner Pot. Do not lift the Inner Pot from the Base when contents are hot. **NOTE:** Do not use metal utensils in the Inner Pot.

⚠ WARNING: PREVENT BURNS!
DO NOT TOUCH STAINLESS STEEL EXTERIOR.
ONLY USE BLACK HANDLE ON LID TO OPEN.
CONTENTS IN COOKER ARE HOT.
ALWAYS OPEN LID AWAY FROM FACE AND BODY.

FIG. C (Open Position)



FIG. D (Locked Position)



FIG. E (Closed Position)



FIG. F (Open Position)



FIG. G (Valve is Down and Closed)

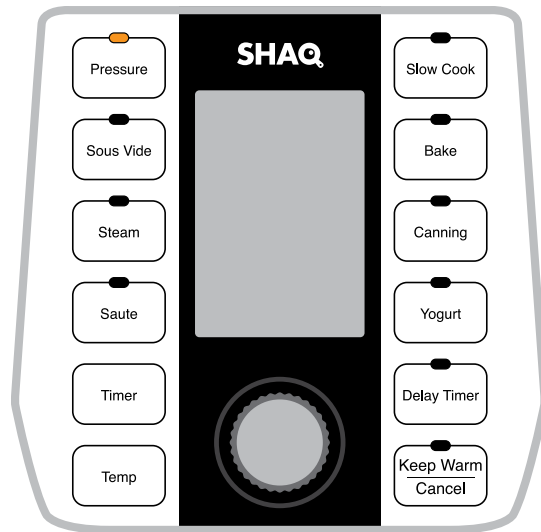


FIG. H (Valve is Up and Open)



Instructions for Use

B. OPERATING INSTRUCTIONS



IMPORTANT: Any function can be stopped immediately by pressing the Cancel Button.

1. Review **PREPARING FOR USE** (see p. 14) to be comfortable with the appliance.
2. Place the appliance on a clean, flat surface.
3. Attach Condensation Collector to side of the appliance (see Fig. B).
4. Attach the Power Cord first into the appliance and then into a wall outlet (see **ATTACHING THE POWER CORD**, p. 5). When the appliance is first plugged in, “----” will appear on the LED Display. The appliance automatically powers on when plugged in.
5. Open the Lid by sliding and letting go of the Steam Release Switch from the Closed position to the Open position. Then, grab the handle and twist the Lid clockwise to open the Lid see **OPEN LID** in **PREPARING FOR USE**.

6. Place the Inner Pot in the Base. Add ingredients to Inner Pot. **NEVER LOAD INNER POT ABOVE THE FULL CUP LINE** (see **IMPORTANT SAFEGUARDS**, p. 4).
7. **ATTACHING LID:** With the LCD Display facing you, place the Lid on the appliance, aligning the Lid Position Mark with the Open Mark (see Fig. C). Twist the Lid counterclockwise about 30° (see Fig. D). When the Lid is locked, the Release Switch will move to the Closed position (see Fig. E).
8. **SELECT COOKING MODE:** You can select a preprogrammed setting (see part A, p. 18–19). The LCD Display will turn blue when a program is selected (see Fig. I).
9. **SELECT COOKING TIME:** When a cooking preset button is pressed and a food type is selected, the LCD Display will show the default cooking time for that preset. Some cooking presets feature multiple cooking options. Turn the Program Dial to the left or right to choose a preset subcategory. (see part B, p. 18–19). Press the Program Dial to select the subcategory.
10. Turn the Program Dial to the left or right to switch between LOW, MED, or HIGH cooking settings and press the Program Dial to select (see part C, p. 18).
11. Alternatively, you can select the Timer (see part D, p. 18–19) and Temperature (see part E, p. 18–19) Buttons to manually adjust the cooking time and temperature for most presets.
12. Once a cooking time and temperature have been confirmed, the LCD Display will turn orange (see Fig. J).

Instructions for Use

13. **USE DELAY TIMER:** The Delay Timer lets you delay the beginning of the cooking cycle. To use the Delay Timer, select a cooking time and temperature. Instead of pressing the Program Dial to confirm the time and temperature, press the Delay Timer Button. Then, use the Program Dial to select the desired time delay and press the Program Dial to confirm the setting.
NOTE: Using a delay time of more than 2 hrs. is not recommended.

14. For pressure cooking settings, once the inside of the appliance has reached the desired pressure level, the LCD Display will turn red (see Fig. K).

NOTE: DURING THIS TIME OR ANY TIME DURING THE COOKING CYCLE, DO NOT ATTEMPT TO MOVE THE APPLIANCE OR OPEN THE LID.

15. At completion of the cooking cycle, the appliance will “beep” and enter Keep Warm mode until manually cancelled by pressing the Cancel Button.
NOTE: Foods kept at Keep Warm mode for longer than 6–8 hrs. may lose their flavor and texture and can be a food concern.

NOTE: When using the Keep Warm setting, when the cooking cycle is complete, the screen will remain Red until the temperature drops to the Keep Warm holding temperature (160° F). Then, the screen will turn Blue.

16. Open and remove the Lid by moving the Steam Release Switch to the Open position and then letting go. The Pressure Release Valve should move from the Closed position to the Open position (see Fig. H), releasing pressurized steam. If pressure and steam are being released, wait until all the pressure and steam are released before trying to open the Lid. Next, grab the handle and twist the Lid clockwise approximately 30°. Do not force the Lid open until all the pressure is released, which may take several minutes.

NOTE: Some foods, especially thickly textured stews and sauces and oily foods, will percolate and form bubbles. The bubbles can burst and splatter. Before removing the Pressure Lid, gently tap/jiggle the appliance after releasing pressure to burst the bubbles.

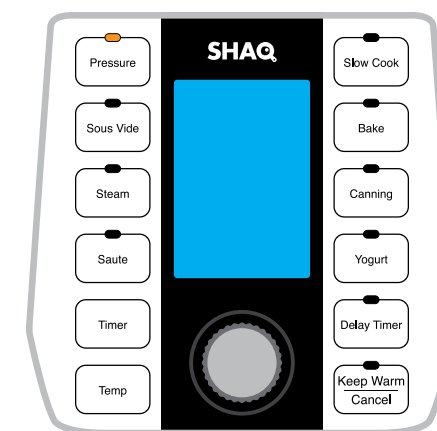


FIG. I (standby)

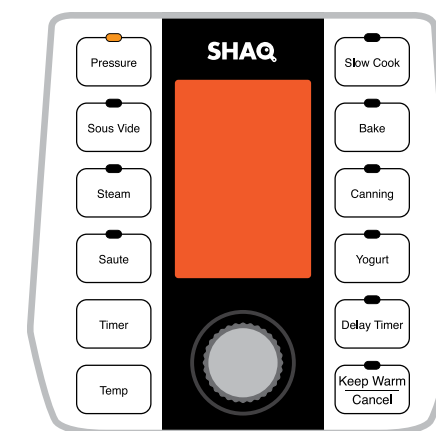


FIG. J (preheating)



FIG. K (fully heated)

Preset Cooking Programs

PRESET	LOW Default Cook Time	MED Default Cook Time	HIGH Default Cook Time	COOK TIME Adjust Range (Increments)	TEMP Adjust Range (Increments)
PRESSURE					
Custom	10 mins.	30 mins.	60 mins.	1–120 mins. (1 min.)	-
Beef	15 mins.	30 mins.	90 mins.	1–90 mins. (1 min.)	-
Poultry	10 mins.	30 mins.	45 mins.	1–59 mins. (1 min.)	-
Fish	2 mins.	3 mins.	10 mins.	1–59 mins. (1 min.)	-
Pork	15 mins.	30 mins.	90 mins.	1–90 mins. (1 min.)	-
Ribs	20 mins.	30 mins.	90 mins.	1–90 mins. (1 min.)	-
Vegetables	2 mins.	6 mins.	12 mins.	1–59 mins. (1 min.)	-
Beans	5 mins.	20 mins.	30 mins.	1–59 mins. (1 min.)	-
Egg	2 mins.	4 mins.	6 mins.	1–59 mins. (1 min.)	-
Barley	-	6 mins.	-	1–59 mins. (1 min.)	-
Quinoa	-	4 mins.	-	1–59 mins. (1 min.)	-
Risotto	6 mins.	8 mins.	10 mins.	1–59 mins. (1 min.)	-
White Rice	6 mins.	8 mins.	10 mins.	1–59 mins. (1 min.)	-
Brown Rice	-	18 mins.	-	1–59 mins. (1 min.)	-
SOUS VIDE					
Beef	1 hr.	5 hrs.	12 hrs.	1–24 hrs. (5 mins.)	95–195° F (5° F)/35–90° C (5° C)
Poultry	45 mins.	1 hr.	90 mins.	30 mins.–24 hrs. (5 mins.)	95–195° F (5° F)/35–90° C (5° C)
Fish	20 mins.	40 mins.	1 hr.	20 mins.–24 hrs. (5 mins.)	95–195° F (5° F)/35–90° C (5° C)
Pork	1 hr.	3 hrs.	5 hrs.	30 mins.–24 hrs. (5 mins.)	95–195° F (5° F)/35–90° C (5° C)
Vegetables	10 mins.	1 hr.	2 hrs.	10 mins.–3 hrs. (5 mins.)	95–195° F (5° F)/35–90° C (5° C)
Egg/Custard	45 mins.	1 hr.	2 hrs.	30 mins.–3 hrs. (5 mins.)	95–195° F (5° F)/35–90° C (5° C)
STEAM					
Fish	5 mins.	10 mins.	15 mins.	1–59 mins. (1 min.)	-
Eggs (Poach)	3 mins.	9 mins.	15 mins.	1–59 mins. (1 min.)	-
Vegetables	15 mins.	25 mins.	35 mins.	1–59 mins. (1 min.)	-

Preset Cooking Programs

PRESET	LOW Default Cook Time	MED Default Cook Time	HIGH Default Cook Time	COOK TIME Adjust Range (Increments)	TEMP Adjust Range (Increments)
SAUTÉ					
Beef	-	20 mins.	-	1–59 mins. (1 min.)	95–360° F (5° F)/35–182° C (5° C)
Poultry	-	20 mins.	-	1–59 mins. (1 min.)	95–360° F (5° F)/35–182° C (5° C)
Fish	-	20 mins.	-	1–59 mins. (1 min.)	95–360° F (5° F)/35–182° C (5° C)
Pork	-	20 mins.	-	1–59 mins. (1 min.)	95–360° F (5° F)/35–182° C (5° C)
Ribs	-	20 mins.	-	1–59 mins. (1 min.)	95–360° F (5° F)/35–182° C (5° C)
Vegetables	-	10 mins.	-	1–59 mins. (1 min.)	95–360° F (5° F)/35–182° C (5° C)
SLOW COOK					
Beef	4 hr.	6 hrs.	10 hrs.	1–12 hrs. (15 mins.)	195–212° F (1° F)/90–100° C (1° C)
Poultry	4 hr.	6 hrs.	10 hrs.	1–12 hrs. (15 mins.)	195–212° F (1° F)/90–100° C (1° C)
Pork	6 hr.	8 hrs.	10 hrs.	1–12 hrs. (15 mins.)	195–212° F (1° F)/90–100° C (1° C)
Ribs	6 hr.	8 hrs.	10 hrs.	1–12 hrs. (15 mins.)	195–212° F (1° F)/90–100° C (1° C)
Vegetables	1 hr.	2 hrs.	4 hrs.	1–12 hrs. (15 mins.)	195–212° F (1° F)/90–100° C (1° C)
BAKE					
-	10 mins.	25 mins.	40 mins.	1 min.–1 hr. (1 min.)	-
CANNING					
Alt (On/Off)	10 mins.	1 hr.	2 hrs.	5 mins.–3 hrs. (5 min.)	-
YOGURT					
-	5 hrs.	7 hrs.	9 hrs.	4–10 hrs. (15 mins.)	-

NOTES

- The default temperature for the **Sous Vide**, **Sauté**, and **Slow Cook** presets are 140°, 340°, and 195° F (60°, 170°, and 90° C), respectively.
- The maximum time the cooking cycle can be delayed with the Delay Timer Button for **all** presets is 24 hrs. (with increments of 10 mins.). When cooking perishable food (meat, fish, chicken, etc.), you should not delay the cooking cycle for more than 2 hrs.
- The Keep Warm function for **all** presets (except Sous Vide and Yogurt) lasts for a maximum time of 24 hrs. Foods kept at Keep Warm mode for longer than 6–8 hrs. may lose their flavor and texture and can be a food safety concern.
- Consult recipes to use the appropriate liquid amount when cooking. It is not recommended to cook dry contents unless using the Sauté function.
- It is recommended to use the Glass Lid to maintain a consistent temperature during the Sous Vide, Steam, Sauté, Slow Cook, and Yogurt cooking cycles.

Sous Vide

Using traditional cooking methods, heat is transferred from a hot burner or oven to a pan and then to your food, where it heats from the outside to the middle. Using guesswork and a little luck, you sometimes get good results, but the food is often overdone on the outside and sometimes undercooked toward the center. The heat generated by a pan or air inside an oven is usually much hotter than it needs to be. If you don't remove the food at precisely the right time, results will be inconsistent.

Sous vide cooking utilizes precise temperature control to produce results that you can't achieve through any other cooking technique. Simply set up the appliance as shown in this manual; place your seasoned food in a slider, snap shut, or vacuum-sealable food storage bag; place the bag in the water and set the time and temperature. That's it! Your food will cook to its perfect doneness every time. Once cooked, you can leave the food in the water bath until you are ready to serve.

NOTE: Is it suggested not to keep food heated at the temperature beyond the completion of its cooking cycle.

Operating Instructions

- Put seasoned food in a sealable bag(s).
- Remove as much air as possible from the bags(s) before sealing. You may use a vacuum sealer for best results.
- Pour water into the Inner Pot, being careful not to add so much water that the water passes the FULL CUP Line when the bags are added.

NOTE: You can place the food bags in the Inner Pot first and then add the water to ensure that the water does not fill above the FULL CUP Line. Then, remove the bags before beginning the cooking cycle and preheating the water.
- Press the Sous Vide Button and use the Program Dial to choose the desired cooking preset time. You may choose between LOW, MED, or HIGH default TIME SETTINGS. Or press the Timer Button to adjust the time

to a custom time setting. Then press the Temp Button to adjust the cooking temperature to your desired temperature.

NOTE: The LOW, MED, and HIGH settings are default times. You still need to adjust the temperature to the desired doneness.

- Press the Program Dial to begin cooking cycle. The LCD Display will turn orange. Once the desired cooking temperature has been reached, appliance will beep and the timer will begin counting down.
- Carefully place the food bag in the water. Make sure you don't drop the bag in the water.
- Once the timer has completed, the LCD Display will turn blue and the appliance will maintain the desired temperature (DO NOT press the Keep Warm Button). Use tongs to remove the sealed bag with food. Do not use your hands because the water will be hot.

Sous Vide

Sous Vide Tips

NOTE: Do not place food in the water without placing it in a sealable bag.

- You may add seasonings and rubs to food before bagging.
- Always use BPA-free vacuum-seal or snap seal food storage bags for cooking.
- The thickness of meat, poultry, or fish will determine the cooking time. Use a food thermometer after removing food from the bag to guarantee that a safe food temperature has been reached.
- For health and safety, if unsure of doneness, add 30 mins. to the cooking time (for example, to pasteurize eggs or poultry).
- Searing after cooking gives foods the right look, cooking temperature, and a crispy texture. To achieve this, toss butter into a smoking-hot skillet and quickly sear cooked meat for 30 secs. on each side.
- Ensure that the sealed bag with food is constantly submerged so the food is fully cooked. Clip a food-safe or sous vide weight (not included) to the food bag.
- Cook fruit to make toppings, purées, and syrups. Cook for 2–2 ½ hrs. at 160° F and let cool in the bag before using.

Suggested Times & Temperatures

FOOD	TEMP.	TIME
BEEF		
Rare	125° F	1 hr. 15 mins.
Medium Rare	135° F	1 hr. 15 mins.
Medium	140° F	1 hr. 15 mins.
Medium Well	150° F	1 hr. 15 mins.
Well Done	160° F	1 hr. 15 mins.
Rib Roast – Med.	140° F	6–14 hr.
PORK		
Roast	155° F	3 hrs.
Chops – Medium	145° F	1 hr.
Chops – Well Done	160° F	1 hr.
POULTRY		
Chicken Breast	150° F	1 hr.
Dark Meat	165° F	1 hr.
FISH		
Filet or Steak	125° F	45 mins.
EGGS		
Poached	150° F	1 hr.
VEGETABLES		
Green Vegetables	180° F	5–20 mins.
Root Vegetables	180° F	1.5–3 hrs.

Yogurt

THE YOGURT-MAKING PROCESS

1. Place the Inner Pot in the Base.
2. Pour 2 qts. of whole or 2% milk into the Inner Pot.
3. Press the Yogurt Button. The LCD Display will show "7:00." Press the Program Dial to accept the program. Use the Program Dial to choose between the default preset time settings. Press the Dial to confirm the time.
4. Once the appliance reaches 180° F, the appliance will stop heating and the LCD Display will show "COOL."
5. Once the milk reaches 110° F (this can take 1 hour or longer), the appliance will beep and the LCD Display will show "ADD." Using a ladle or measuring cup, remove 1 cup of milk from the Inner Pot. Mix the 1 cup milk with 2 tbsp. yogurt or yogurt starter. Then, return the milk

mixture to the Inner Pot with the remaining heated milk and stir gently.
NOTE: This step is the thickening stage, during which the milk temperature must remain between 110° F and 120° F.

6. Press the Yogurt Button. Use the Program Dial to choose between the default preset time settings. Press the Dial to confirm the time.
NOTE: If the Yogurt Button is not pressed, the appliance will beep continuously, and the appliance will return to standby mode.
7. Place the Glass Lid on the appliance.
8. **Leave the appliance undisturbed**, allowing the yogurt to incubate for 4–10 hrs.
9. Once the incubation is complete, remove the yogurt, and store in a container in the refrigerator.

TIPS

- The incubation process can be shorter (as little as 4 hrs.) or longer (as long as 10 hrs.) depending on the desired thickness of the yogurt. Longer incubation periods produce thicker, tarter yogurt.
- For thicker, Greek-style yogurt: After incubation, spoon the yogurt into a cheesecloth-lined colander set over a bowl and let the yogurt drain for at least 1 hr. (let thicker yogurt drain overnight) in the refrigerator. Discard or reserve the whey (the liquid that passes through the cheesecloth).
- Yogurt can be stored in the refrigerator in covered glass, ceramic, or plastic containers for up to two weeks (the flavor will be best within the first week).
- To speed up the cooling process remove the inner pot, place it in a larger bowl with cold water while continuously stirring. Be sure to use a thermometer and do not let the milk get cooler than 115° F.

General Pressure Cooking Time Charts

NOTE: All pressure cooking modes require the addition of liquid in some form (water, stock, etc.). Unless you are familiar with the pressure cooking process, follow recipes carefully for liquid addition suggestions.

NOTE: A minimum of 1 cup of liquid is needed to build pressure.

VEGETABLE	LIQUID AMOUNT (cups)	APPROX. TIME (min.)
Asparagus, thin whole	1	1–2
Beans, fava	1	4
Beans, green	1	2–3
Beans, lima	1	2
Beets, medium	1	10
Broccoli, pieces	1	2
Brussels sprouts, whole	1	4
Carrots, 1-in. pieces	1	4
Corn, on the cob	1	3
Pearl onions, whole	1	2
Potatoes, 1 ½-in. chunks	1	6
Potatoes, whole, medium	1	10–11
Squash, acorn, halved	1	7
Squash, summer, zucchini	1	4

MEAT	LIQUID AMOUNT (cups)	APPROX. TIME (min.)
Beef/veal, roast or brisket	3–4	35–40
Beef, meatloaf (2 lb)	1	10–15
Beef, corned	4	50–60
Pork, roast	1	40–45
Pork, ribs (2 lb)	3	20
Leg of lamb	2–4	35–40
Chicken, whole (2–3 lb)	3–4	20
Chicken, pieces (2–3 lb)	3–4	15–20
Cornish hens, two	1	15
Meat/poultry soup/stock	4–6	15–20

SEAFOOD/ FISH	LIQUID AMOUNT (cups)	APPROX. TIME (min.)
Clams	1	2–3
Lobster (1 ½–2 lb)	1	2–3
Shrimp	1	1–2
Fish, soup, or stock	1–4	5–6

Frequently Asked Questions

- 1. What materials is the appliance made from?**
This appliance has a stainless steel housing and Inner Pot.
- 2. How do you assemble/disassemble the appliance?**
This appliance comes fully assembled with Float Valve, Pressure Release Valve, and Inner Lid. Attach Condensation Collector before operation (see **PREPARING FOR USE**, p. 14).
- 3. What is the default time?**
Each cooking mode has a default time that appears as soon as you select a desired program button. Before the timer on the LCD Display begins counting down, the appliance must first reach the proper pressure and/or temperature for that mode.
- 4. How long does it take for the appliance to reach full pressure and for the cook time clock to start a countdown?**
When the appliance reaches the desired cooking pressure, the LCD Display will change color from orange to red and the cooking time will begin counting down. The time required to reach the desired pressure setting depends on the volume, concentration, and ratios of solid to liquid in the appliance – generally 5–40 mins.
- 5. Can you change the cook time from the default setting?**
Yes! You can change the cook time two ways. Select LOW, MED, or HIGH. These are preprogrammed settings that will give a predetermined time. Alternatively, select the Time Button to adjust the cooking time to suit your needs.
- 6. Can you leave the appliance on while not at home?**
The appliance has a delayed start function, but leaving the appliance on while not at home is not recommended.
- 7. Can you put frozen foods in appliance without defrosting?**
Yes! Remember to add an average of 10 extra mins. to the cooking time when cooking frozen meals.
- 8. Can I cook with oil in the pressure cooker?**
No! Do not attempt to pressure fry in the appliance. The appliance does not have safety measures to prevent oil fumes and fire. Pressurized oil fumes are very dangerous and can cause an explosion.
- 9. How do I turn off the appliance?**
Press the Cancel Button on the Control Panel and unplug the Power Cord from the wall outlet and the appliance Base.

Care & Cleaning

CAUTION

Any leftover food or debris remaining in the appliance could prevent safety devices from operating correctly during subsequent use! FOLLOW THESE CLEANING INSTRUCTIONS AFTER EACH USE.

1. Allow appliance to cool to room temperature before cleaning. **Do not attempt to clean a hot Pressure Cooker!**
2. Unplug the Power Cord from the wall and then from the appliance Base.
3. Clean exterior of the appliance with soft, damp cloth or paper towel. **Do not immerse the appliance Base in water or pour water into housing.**
4. Unlock the Pressure Release Valve by moving the Steam Release Switch to the Open position and let go. Wash with mild, soapy water and rinse well. Use a small pin if necessary to remove any blockages that may have occurred during cooking process. Check to see that the interior spring-loaded part moves freely by pressing down on it. Check to see that it is free from debris.
5. Clean the Lid and Inner Lid (see **INNER LID ASSEMBLY**, p. 12). Remove the Inner Lid Rubber Gaskets from the Inner Lid. The Inner Lid Rubber Gaskets must be washed separately with a sponge or soft cloth and warm, soapy water. Reattach the Inner Lid Rubber Gasket Rubber Gasket to the Inner Lid.

NOTE: Check periodically to make sure the Rubber Gasket is clean, flexible, and not torn. If damaged, replace before operating appliance (see **INNER LID ASSEMBLY**, p.12).

6. Rinse upper and underside of Lid with warm water, making sure the Float Valve and Pressure Release Valve are free from debris. Both valves should be able to move up and down freely, with the Float Valve stopping only when the Float Valve Rubber Gasket meets the Lid. Dry.
7. Attach the Inner Lid to the Lid. Improper placement of the Inner Lid will prevent the Lid from closing properly. (see **INNER LID ASSEMBLY**, p. 12).
8. Remove the Inner Pot after every use. The Inner Pot is dishwasher safe, but to prolong its use, you should wash it by hand using warm, soapy water and a soft cloth or sponge. Rinse and towel dry. Do not use harsh chemicals or scouring pads.
9. To clean the condensation collector, slide to remove it; clean with warm, soapy water; and then reattach it.
10. Customer Service should be contacted for any questions or parts (see the back of this manual for contact information).
NOTE: The following parts can be placed in dishwasher: Inner Pot, Measuring Cup, Spoon. We recommend hand washing all parts to prolong the life of the components.

Troubleshooting

SYMPTOM	POSSIBLE CAUSE	SOLUTION
Cannot Open Lid		DO NOT FORCE OPEN.
Lid Does Not Lock	Inner Lid Rubber Gasket is not properly installed	Reinstall Inner Lid Rubber Gasket.
Cannot Open Lid after Pressure is Released	Float Valve and Pressure Release Valve are still raised	Ensure the Pressure Release Valve is open, the Steam Release Switch is in the Open position, and you have let go of the Steam Release Switch. CAUTION: Hot steam may be released during this process. Do not place face near valve opening.
Air Escapes from Rim of Lid and Pressure Will Not Increase	Lid is put on incorrectly	Allow the appliance to cool, open the lid, and reattach the lid (see Attaching Lid in Operating Instructions, p. 16).
	Inner Lid Rubber Gasket was not installed or was not installed properly	Allow the appliance to cool, open the lid, and install the Inner Lid Rubber Gasket (see Inner Lid Assembly, p. 12).
	Food residue remains on Inner Lid Rubber Gasket	Allow the appliance to cool, open the lid, and clean the Inner Lid and Inner Lid Rubber Gasket (see Inner Lid Assembly, p. 12).
Air Escapes from Float Valve During Operation	Inner Lid Rubber Gasket is damaged or worn out	Replace Inner Lid Rubber Gasket. Contact Customer Service for assistance (see the back of the manual for contact information). for replacement parts.
	Food is stuck on Float Valve Rubber Gasket	Clean Float Valve Rubber Gasket
Float Valve Does Not Rise	Float Valve Rubber Gasket is worn out	Replace Float Valve Rubber Gasket. Contact Customer Service for assistance (see the back of the manual for contact information).
	Appliance is not filled with enough food or water	Check recipe for proper quantities of solids and liquids.
	Air is escaping from rim of Lid and/or from Pressure Release Valve	Contact Customer Service for assistance (see the back of the manual for contact information).
	Float Valve not assembled correctly	Float Valve should be able to move up and down, stopping only when its Rubber Gasket meets the Lid interior. Ensure that its Rubber Gasket is clean and the Float Valve can move freely.*
Appliance Turns Off Unexpectedly	Appliance is overheated	Unplug and let the appliance cool for 30 mins. in order to reset.
Display Reads "LID" and Beeping Sound Occurs	Lid is not positioned correctly, is not fully closed, or is not being used with the correct cooking setting.	Adjust Lid by following ATTACHING LID in PREPARING FOR USE , p. 14. NOTE: Non-pressure programs require the Glass Lid and not the main Lid.
Lid does not open	Lid is under pressure	DO NOT FORCE LID OPEN. Unplug and then let the appliance cool down. Then, attempt to remove the Lid again.

*NOTE: If necessary to reassemble Float Valve (see **FLOAT VALVE ASSEMBLY**, p. 13).

Troubleshooting

DISPLAY ERROR INDICATOR

ERROR CODE	CAUSE OF ERROR	SOLUTION
E1	Bottom sensor open	Contact Customer Service*
E2	Bottom sensor short circuit	Contact Customer Service*
E3	Appliance has overheated	Let the appliance cool down before use
E4	Pressure switch malfunction	Contact Customer Service*
LID	Wrong Lid	Attach the correct Lid before use

NOTE: DO NOT use or attempt to repair a malfunctioning appliance.

*See the back of the manual for Customer Service contact information.

Appliance Specifications

MODEL NUMBER	SUPPLY POWER	RATED POWER	CAPACITY OF INNER POT	WORKING PRESSURE	SAFETY WORKING PRESSURE
Y8D-36	AC 120V 60HZ	1300W	8 qt.	0–80 kPa	80–90 kPa

Canning Guide

CAUTION

Improper canning can lead to serious health consequences. It is important to read this guide carefully and follow all steps to ensure that food is processed to preserve its nutritional value and is safe for consumption.

Canning allows the preparation and preservation of your favorites, including fruits, jams, jellies, vegetables, and even meats. Canning is a great way to bring out-of-season foods to the table economically. Canning allows you to eat healthy, carry on a family recipe, or simply save money.

A. PRESSURE CANNING

Why Pressure Canning?

Pressure canning can be used for all foods, particularly those containing little acid, such as vegetables, meat, and seafood.

Safety Precaution: Use the exact time, temperature, and method specified in the recipes to protect food from harmful bacteria, mold, and/or enzymes. Altering times given in a recipe may destroy the nutrients and flavor in foods. Food enzymes can promote the growth of mold

and yeast, which in turn will cause food to spoil. These agents can be destroyed by achieving a temperature of 212° F with steam canning methods. However, other contaminants, such as salmonella, staphylococcus aureus, and clostridium botulinum – the cause of botulism – may develop. Killing these harmful bacteria requires a temperature of 240° F, which is provided only by the pressure canning process.

Food Acidity

The lower the acid content in the food, the greater the potential for spoilage and contamination. Foods such as fruits are high in acid. Meats, dairy

products, and sea foods have low acid levels (see chart below). Proper pressure canning minimizes the possibility of spoilage and contamination.

FOODS HIGH IN ACIDITY	
Apples	Oranges
Applesauce	Peaches
Apricots	Pears
Berries	Pickled Beets
Cherries	Pineapple
Cranberries	Plums
Fruit Juices	Rhubarb

FOODS LOW IN ACIDITY	
Asparagus	Mushrooms
Beans	Okra
Beets	Peas
Carrots	Potatoes
Corn	Seafood
Hominy	Spinach
Meat	Winter Squash

Canning Guide

Processing Time, Pressure, Altitude

Do not use above 2,000 ft. above sea level. The chart on the right indicates style of packing and proper processing time (with pint-sized jars) for various foods using the appliance. The Canning Button sets the pressure at 80 kPa (11.6 psi). For processing times and methods for additional low acid foods, please refer to the National Center for Home Food Preservation (<http://www.uga.edu/nchfp/>): or your local county extension agent.

IMPORTANT: Review USDA guidelines prior to canning.

Pint Size Jar Quantities

8 QTS.

4

FOOD ITEM	CANNING TIME
Asparagus	30 mins.
Beans (green)	20 mins.
Beans (lima, pinto, butter, or soy)	40 mins.
Beets	30 mins.
Carrots	25 mins.
Corn, whole-kernel	55 mins.
Greens	70 mins.
Okra	25 mins.
Peas, green or English	40 mins.
Potatoes, white	35 mins.
Meat strips, cubes or chunks	75 mins.
Ground or chopped meat	75 mins.
Poultry, without bones	75 mins.
Poultry, with bones	65 mins.

Canning Guide

B. SAFE CANNING TIPS

- Do not use over-ripe fruit. Bad quality fruit degrades with storage.
- Do not add more low-acid ingredients (such as onions, peppers, garlic) than specified in recipe. Doing so may result in an unsafe product.
- Do not over-season with spices. Spices tend to be high in bacteria and may make canned goods unsafe.
- Do not add butter or fat. Fats don't store well and may increase the rate of spoilage.
- Use only USDA recommended thickeners – never use flour, starch, pasta, rice, or barley.
- Add acid (lemon juice, vinegar, or citric acid) when directed in the recipe – especially to tomato products. If necessary, add sugar to balance the tart taste.

C. GETTING STARTED

Your appliance is designed to accommodate a specific number of pint sized jars per session. Jars with self-sealing lids are suggested for use.

Jar Cleaning

Always wash empty jars in hot water with soap—either by hand or in dishwasher. Rinse thoroughly. Scale or hard water films on jars are easily removed by soaking jars for several hours in a solution containing 1 cup vinegar (5% acidity) per gallon of water.

Lid Preparation

The self-sealing Jar Lid consists of a flat metal lid held in place during processing by a metal screw band (see Fig. L). When jars are processed, the lid gasket softens to form an airtight seal with the jar. To ensure a good seal, carefully follow lid manufacturer's directions in preparing lids for use. Do not reuse jar lids.

FIG. L



FIG. M



FIG. N



Canning Guide

D. THE CANNING PROCESS

1. Select a pretested pressure canning recipe. Although ingredients may vary, foods will be generally processed as instructed in this manual.
 2. Using only the freshest ingredients and fruits and vegetables at their peak of ripeness, prepare food as instructed in the recipe.
 3. Fill 16-oz clean canning jars to liquid level as indicated. Do not fill above Liquid Level mark. An approximate 1-in. headspace should remain at top of jar (see Fig. M).
 4. Using a flexible, nonporous spatula, gently press food against jar in order to remove any trapped air bubbles (see Fig. N).
 5. Place a clean flat lid on opening of jar (see Fig. O). Add screw band. Turn clockwise and hand tighten in place (see Fig. P).
 6. Place the Inner Pot in the appliance Base (see Fig. Q). Place a wire rack (not included) in bottom of Inner Pot. Place filled, sealed jars on wire rack (see Fig. R). Maximum jar quantity varies per model (see **PINT SIZE JAR QUANTITIES**, p. 29).
 7. Pour hot water into Inner Pot with jars until water level reaches ¼ way up sides of jars. Amount of water depends on how many jars you place in the appliance. For example, for four 16-oz jars, use about 6 cups of water. When processing fewer jars, more water is necessary.
 8. Following proper instructions in this manual, place Lid on base of appliance and lock into place (see Fig. S). Plug the appliance into wall outlet.
 9. Press the Canning Button. Pressure will automatically set at 80 kPa. Select Cook Time as indicated in chosen recipe.
 10. When the canning process is complete, Press the Steam Release Switch to release pressure. Release pressure by moving the Steam Release Switch to the Open position and letting go (see **INSTRUCTIONS FOR USE**, p. 14).
- NOTE:** If screw bands are too loose, liquid may escape from jars during processing and seals may fail. If screw bands are too tight, air cannot vent during processing and food will discolor during storage. Overtightening also may cause lids to buckle and jars to break.

FIG. O



FIG. P



FIG. Q



Canning Guide

- Using canning tongs (not included), carefully remove hot jars and place them on a-resistant surface. Allow to cool to room temperature.

CAUTION: Jars are hot! If not handled properly and with extreme care, burns may occur.

- When jars are completely cool, remove screw bands. Lids should be tightly sealed to jars. When pressed in center, there should not be any give or springing motion. If this happens, the canning process was not successful and food must be re-processed immediately or refrigerated and used within a few days.

NOTE: Never retighten lids after processing jars. As jars cool, the contents contract, pulling the self-sealing lid firmly against the jar to form a high vacuum.

NOTE: Screw bands are not needed on stored jars. They should be removed after jars are cooled. If left on stored jars, they become difficult to remove, often rust, and may not work properly again.

- Place finished jars on shelves in cool, clean, dry atmosphere.

FIG. R



FIG. S



SHAQTM ShaqPot Pressure Cooker

60-Day Money-Back Guarantee

The ShaqPot is covered by a 60-day money-back guarantee. If you are not 100% satisfied with your product, return the product and request a replacement product or refund. Proof of purchase is required. Refunds will include the purchase price, less processing and handling. Follow the instructions in the Return Policy below to request a replacement or refund.

Replacement Guarantee Policy

Our products, when purchased from an authorized retailer, include a 1-year replacement guarantee if your product or component part does not perform as expected, the guarantee extends only to the original purchaser and is not transferable. If you experience an issue with one of our products within 1 year of purchase, return the product or the component part for replacement with a functionally equivalent new product or part. The original proof of purchase is required, and you are responsible to pay to return the unit to us. In the event a replacement unit is issued, the guarantee coverage ends six (6) months following the receipt date of the replacement unit or the remainder of the existing guarantee, whichever is later. Tristar reserves the right to replace the unit with one of equal or greater value.

Return Policy

To receive a refund or replacement under the money-back guarantee, you must return the product to us at your expense. To return the product, call customer service at 1-973-287-5113 or email info@tvcustomerinfo.com and request a return merchandise authorization number. Pack the product carefully and include in the package a note with (1) your name, (2) mailing address, (3) phone number, (4) email address, (5) reason for return, and (6) proof of purchase or order number, and (7) specify on the note whether you are requesting a refund or replacement. Write the return merchandise authorization number on the outside of the package.

Send the product to the following return address:

ShaqPot
Tristar Products
500 Returns Road
Wallingford, CT 06495

If the replacement or refund request has not been acknowledged after two weeks, please contact Customer Service at 973-287-5113.

Refund

Refunds requested within the money-back guarantee timeframe will be issued to the payment method used at purchase if the item was purchased directly from Tristar. If the item was purchased from an authorized retailer, proof of purchase is required, and a check will be issued for the item and sales tax amount. Processing and handling fees are non-refundable.

SHAQTM
ShaqPot Pressure Cooker

SHAQTM

ShaqPot Pressure Cooker

We are very proud of the design and quality of our
ShaqPot Pressure CookerTM.

This product has been manufactured
to the highest standards. Should you have any questions,
our friendly customer service staff is here to help you.

Visit us at www.TristarCares.com,
email us at customerservice@tristarproductsinc.com,
or call us at **973-287-5113**



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