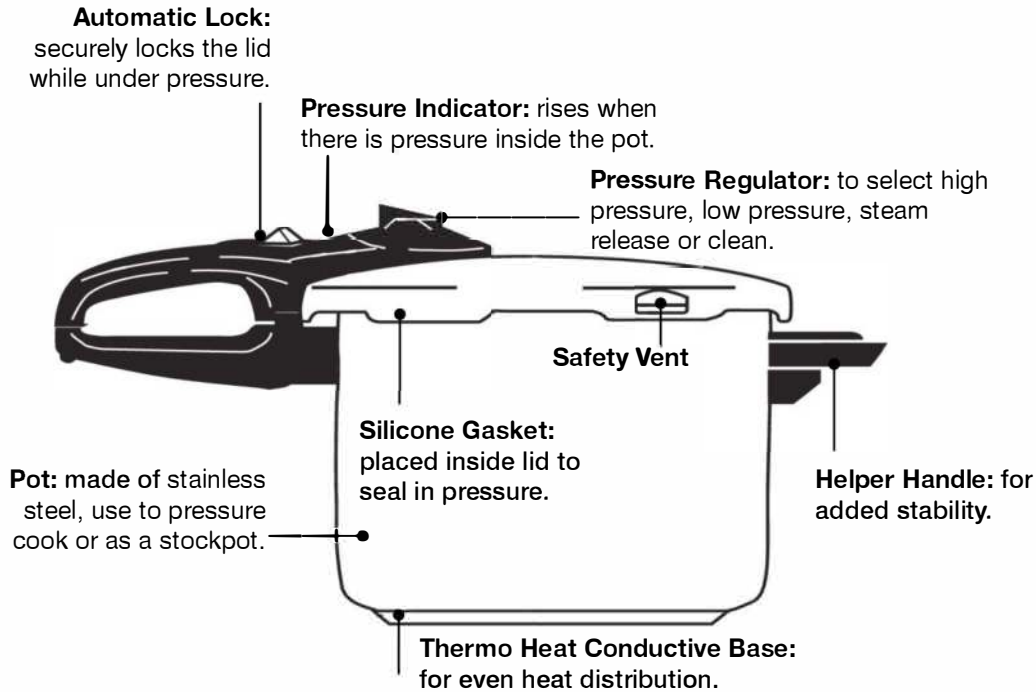


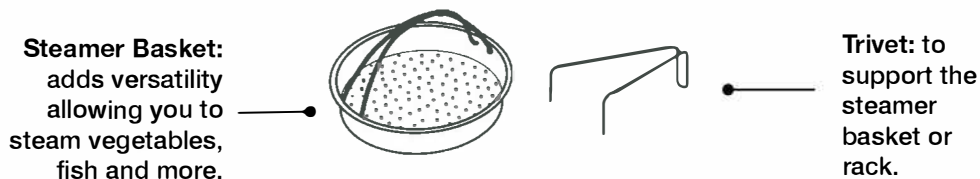
# ZAVOR DUO Pressure Cooker Quick Guide

Before using this Quick Guide, please ensure that you have reviewed the Important Safeguards and Manufacturer Recommendations in the user manual provided.

## Parts of a Pressure Cooker



## Accessories



Included with the 4, 6, 8 and 10 quart sizes. The DUO Combi Set comes with a pasta/steamer basket. The DUO 10-Piece Pressure Canning Set comes with canning tools.

## 10 Helpful Tips & Tricks

1. Always use at least 1/2 cup of cooking liquid when cooking under pressure.
2. Never fill the pot more than 2/3 full with food. Never fill more than 1/2 full when cooking foods that expand such as grains or dried vegetables.
3. Its better to undercook than overcook. If food needs to be cooked longer, do so in 1-5 minute intervals under pressure.
4. The lid will not unlock if the pressure indicator is raised and there is pressure in the pot. Wait until all the pressure is fully released from the pot to unlock and open the lid.
5. Automatic release is when you turn the pressure regulator knob to the "RELEASE" position. Natural release is when you let the pressure dissipate on its own (this may take up to 30 minutes).
6. To adapt conventional recipes into pressure cooking recipes, cut back on cooking time by 40-70% and use enough liquid.
7. Brown or sauté foods first for extra flavor. Be sure to deglaze the pot to add more flavor to sauces soups and gravies.
8. For high altitudes, increase the cooking time by 5% for every 1,000 feet above the first 2,000 feet above sea level.
9. The pot is dishwasher safe. Wash the lid and gasket by hand with warm soapy water and dry well.
10. Store your pressure cooker with the lid upside down on top of the pot or in a separate lid holder.

**Warnings:** Please make sure to read the complete list of warning in the manual

- ZAVOR Pressure Cookers are only for household use - not commercial use.
- ZAVOR Pressure Cookers are not oven safe.
- When opening the lid after pressure cooking, the steam will be very hot so make sure to open the lid facing away from you.

**NEED HELP?** Our customer service team is here for you. Before contacting your retailer, contact us with any product questions or issues by calling 1-855-928-6748 or email [info@zavoramerica.com](mailto:info@zavoramerica.com).

# ZAVOR DUO Quick Guide: Pressure Cook in 1, 2, 3!

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**1.** Unlock the pressure cooker by pulling back on the lock on the top pressure cooker handle and slide it to the right.



To close the lid, align the arrow on the lid with the arrow on the lower handle. Slide the top handle to the left into the closed position then the lock will automatically click into place.



**2.** Select your pressure setting and turn your heat source to high to build pressure.



Low Pressure:  
Turn regulator to  
LOW

High Pressure:  
Turn regulator to  
HIGH

Once the pressure indicator rises and steam starts to come out of the top handle, pressure has been reached. Lower the heat to medium and maintain pressure and start your timer.  
**NOTE:** For electric stove users, start on medium and lower the heat to medium low.

**3.** After the cooking time is done, turn the pressure regulator to the RELEASE position while keeping a safe distance or use the natural release method. After the pressure indicator drops and all the pressure is released from the cooker, you can carefully unlock and open the lid away from you.



To clean the pressure cooker, remove the regulator by turning it counterclockwise to the CLEAN position and lifting it up. Hand wash the gasket and lid. The pot is dishwasher safe.