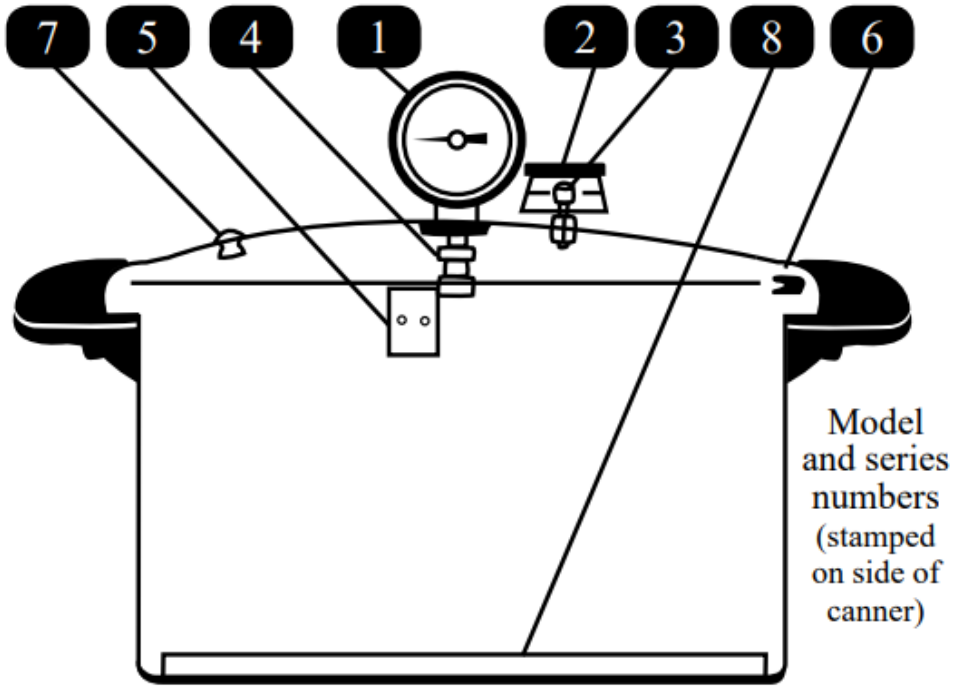
GETTING ACQUAINTED

Your canner is a special, large capacity pressure vessel designed for home canning a wide variety of fruits, vegetables, meats, poultry, fish, and seafood. The canner may also be used to fast cook many of your favorite foods in larger quantities than can be prepared in a conventional size pressure cooker.

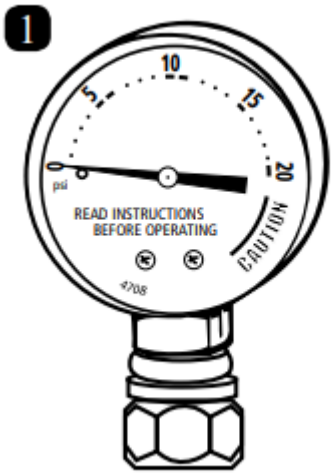
The canner uses pressure to achieve the high temperatures required for safely processing foods while canning. The United States Department of Agriculture recommends the pressure canner as the only safe method for canning low-acid foods: vegetables, meats, poultry, fish, and seafood.

The canner will also cook many foods in one-third to one-tenth the time required by conventional methods. Pressure cooking preserves flavor and nutrients and tenderizes tougher cuts of meat. Information for pressure cooking begins on page 20. It is necessary to follow a few special rules in using and caring for your canner. Become familiar with the various parts (Fig. A) of the canner described below and on page 3.

Fig. A

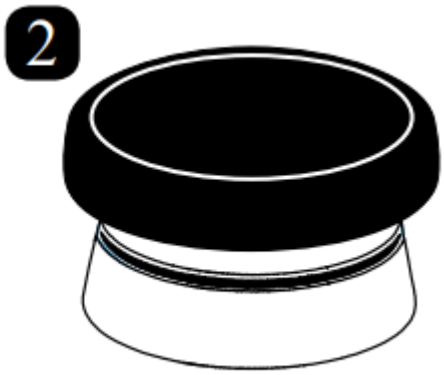


1. PRESSURE DIAL GAUGE



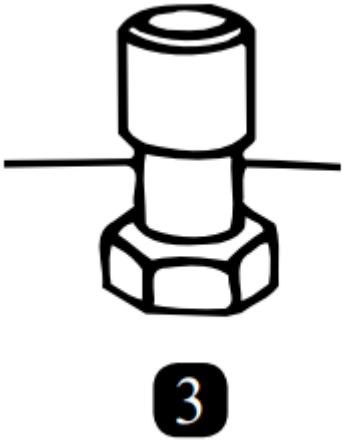
The pressure dial gauge registers pressure in pounds per square inch, or PSI. The pointer moves around the dial indicating the pressure within the unit. Pressure can be controlled and maintained by adjusting the heat setting on your stove. **Note:** The pressure dial gauge can be found in the foam filler of the carton. It is in a white box.

2. PRESSURE REGULATOR



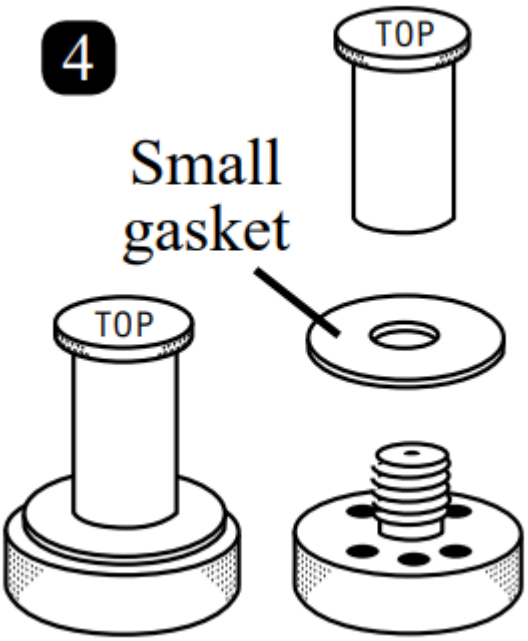
The pressure regulator acts as a safety device to prevent pressure in excess of 15 pounds from building in the canner. Pressure readings are registered only on the pressure dial gauge. **Note:** The pressure regulator can be found in the top foam filler of the carton. It is in a bag identified with the words "**Pressure Regulator Enclosed**."

3. VENT PIPE



The vent pipe is the primary pressure relief valve and will release pressure in excess of 15 pounds. The pressure regulator sits loosely on the vent pipe.

4. AIR VENT/COVER LOCK

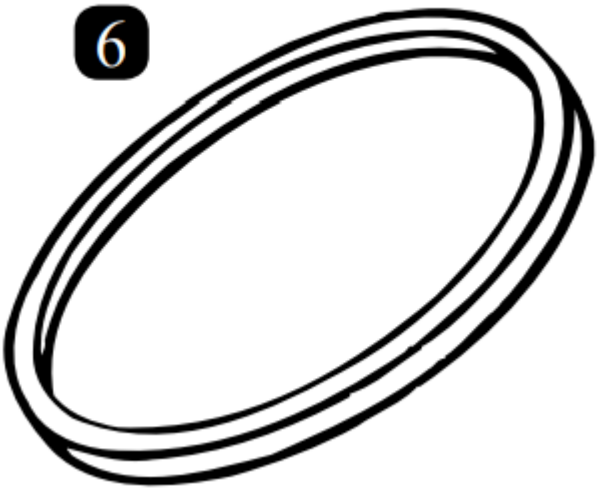


The air vent/cover lock automatically vents, or exhausts air, from the canner and acts as a visual indication of pressure in the canner. The small gasket must be in place for the air vent/ cover lock to seal completely.

5. LOCKING BRACKET

The locking bracket on the inside of the canner body engages with the air vent/cover lock to prevent the cover from being opened when there is pressure in the unit.

6. SEALING RING

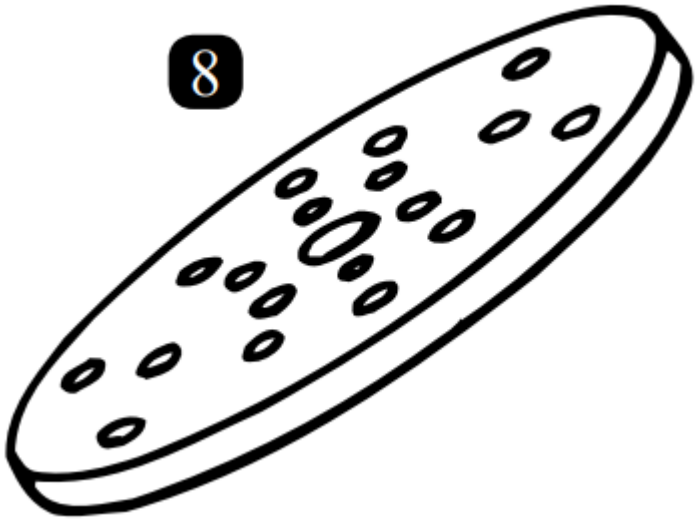


The sealing ring fits into the canner cover and forms a pressure-tight seal between the cover and body during canning and cooking.

7. OVERPRESSURE PLUG

The black, rubber overpressure plug is located in the canner cover. It will automatically pop out and release steam in case the vent pipe becomes blocked and/or clogged and pressure cannot be released normally through the vent pipe.

8. CANNING-COOKING RACK



The canning-cooking rack is placed in the bottom of the canner to hold jars off the bottom of the unit while canning. When cooking, the rack is used for steaming foods. It can also be used to hold foods such as vegetables out of the cooking liquid which allows several foods to be cooked at the same time without an intermingling of flavors. When it is desirable to blend flavors, do not use the canning-cooking rack. The canning-cooking rack must always be used when canning.

REPLACEMENT PARTS

Use only genuine Presto" replacement parts. These parts are available at most hardware stores or they can be ordered directly from Presto; see "SERVICE AND PARTS INFORMATION" on page 33. When ordering parts, please specify the seven digit model number found stamped on the side of the canner body.

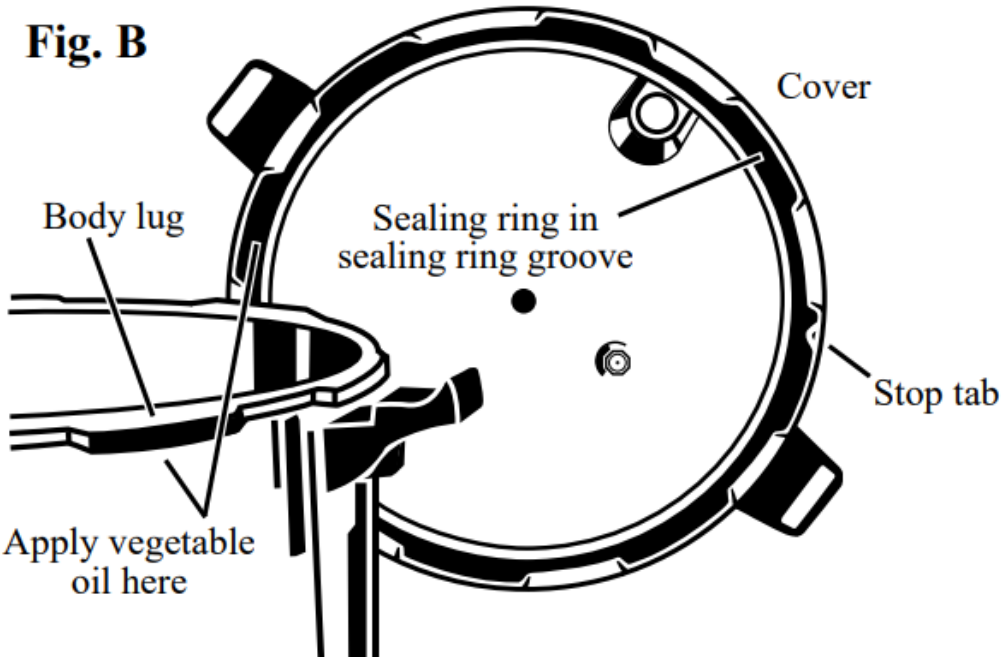
BEFORE USING THE CANNER FOR THE FIRST TIME

1. Remove the sealing ring by simply pulling it from the sealing ring groove.

2. Wash the cover, body, and sealing ring with warm, sudsy water to remove any manufacturing oils. Rinse all parts with warm water and dry.

3. Replace the sealing ring in the sealing ring groove, making certain to fit the ring under the stop tab located on the inside rim of the cover (Fig. B).

Fig. B

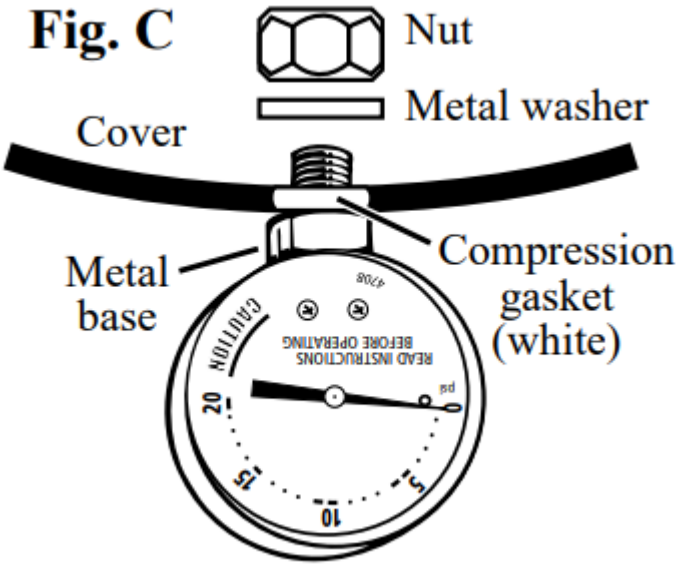


4. The sealing ring is prelubricated. If necessary, to help make the cover easier to open and close, a very light coating of vegetable oil may be applied to the sealing ring and underside of the body lugs (Fig. B). The cover should open and close easily when following the instructions on page 5, step 7.

5. Check the air vent/cover lock in the canner cover to be sure the two pieces are screwed together securely. If loose, tighten with fingers until a point of resistance is met (finger tight). See pages 7-8.

6. Attach the dial gauge to the canner cover by first removing the nut, the metal washer, and the white compression gasket from the threaded end of the dial gauge. Then, turn the cover upside down. Starting from the bottom, insert the threaded end of the dial gauge up through the hole in the center of the cover until the metal base rests on the cover.

While holding the dial gauge in place, position the gasket (the gasket should rest within the cover hole), the metal washer, and then the nut on the threaded end of the gauge (Fig. C). Tighten with fingers.



Important: The dial gauge is a delicate instrument which must be handled with care. Do not submerse cover or let gauge come in contact with any liquid. Do not store the dial gauge at temperatures below freezing.

Helpful Hint: To help yourself understand the operation of the pressure canner, pour 4 cups of water into the canner and follow the step-by-step instructions beginning with step 6 on page 5. For actual usage of the canner, follow the complete instructions beginning on page 4 for pressure canning and beginning on page 20 for pressure cooking.

PRESSURE CANNING

The United States Department of Agriculture recommends the pressure canner as being the only safe method for canning low-acid foods: vegetables, meats, poultry, fish, and seafood.

There are invisible microorganisms present all around us. Fruits, vegetables, and meat contain these microorganisms naturally and yet they are not a problem unless food is left to sit for extended periods of time, causing food spoilage. This is nature's way of telling us when food is no longer fit to eat.

There are four basic agents of food spoilage: enzymes, mold, yeast, and bacteria. Canning interrupts the natural spoilage cycle so food can be preserved safely. Molds, yeast, and enzymes are destroyed at temperatures below 212°F, the temperature at which water boils (except in mountainous regions). Therefore, boiling water processing is sufficient to destroy those agents.

Bacteria, however, are not as easily destroyed. The bacteria *Clostridium botulinum* produces a spore that makes a poisonous toxin which causes botulism. This spore is not destroyed at 212°F. In addition, the bacteria thrive on low-acid foods in the absence of air. For a safe food product, low-acid foods need to be processed at 240°F, which can be achieved only with a pressure canner.

In pressure canning, some of the water in the pressure canner is converted to steam, which creates pressure within the canner. As pressure increases, temperature increases: 5 pounds pressure (228°F), 10 pounds pressure (240°F), 15 pounds pressure (250°F). This pressurized heat destroys the potentially harmful bacterial spores. As the jars cool, a vacuum is formed, sealing the food within and preventing any new microorganisms from entering and spoiling the food.

As a safeguard against using canned foods which may be affected with spoilage that is not readily detected, boil all low-acid foods and tomatoes for 10 minutes at altitudes below 1,000 feet. Extend the boiling time by 1 minute for each 1,000 foot increase in altitude. Many times odors that cannot be detected in the cold product will become evident by this method. If, after boiling, food does not smell or look right, **discard it without tasting.**

Mason Jars: While there are many styles and shapes of glass jars on the market, only Mason jars are recommended for home canning. Mason jars are available in half-pint, pint, and quart sizes. See the chart below for the jar capacity of your canner. Additional information may be obtained from the manufacturers of Mason jars.

Closures for Mason Jars: The two-piece canning closure consists of a flat metal lid with a sealing compound around the outer edge and a separate metal screw band. The flat lid is for one use only while the screw band can be used repeatedly. Follow the closure manufacturer's directions for using the two-piece closure and for testing for a proper seal. If the closure has not sealed, completely reprocess or use the food immediately.

Maximum Jar Capacities

For model numbers beginning with 0175		**For model numbers beginning with 0178**	
Regular jars	**Wide mouth jars**	**Regular jars**	**Wide mouth jars**
12 half-pints	8 half-pints	24 half-pints	16 half-pints
10 pints	8 pints	20 pints	16 pints
7 quarts*	7 quarts*	7 quarts	7 quarts
* Do not use the boiling water method with quart jars.		To achieve the maximum jar capacity when pressure canning, it will be necessary to double-deck pint and half-pint jars, see page 6. For boiling water method, do not double-deck jars.	

HOW TO PRESSURE CAN FOODS

Important: Read carefully. Do not attempt to use your canner before reading these instructions. Follow these step-by-step instructions for pressure canning in your canner. Prepare food according to the directions in specific recipe.

1. Before each canning season, thoroughly clean your canner and be sure it is working properly. Have the dial gauge checked for accuracy (see page 7). Check the sealing ring, the overpressure plug, and the small white gasket of the air vent/cover lock; replace these parts when they become hard, deformed, cracked, worn, pitted, or unusually soft.

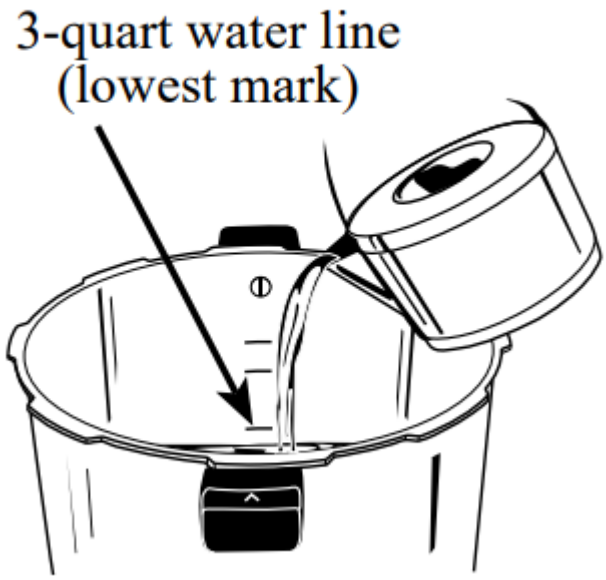
If canning on an electric smooth-top range, refer to special instructions for canning in the owner's manual for your range. Always clean the stovetop with a cooktop polishing cream, according to the range manufacturer's instructions, before and after canner use. In addition, to avoid scratching smooth-top ranges, check the bottom of the canner to be sure it is clean and free of debris and does not have any nicks or scratches.

2. Check Mason jars for nicks, cracks, and sharp edges. Check screw bands for dents or rust. Use only jars, lids, and screw bands in perfect condition so an airtight seal may be obtained. Wash and rinse jars, lids, and screw bands. Pour hot water into jars and set aside until needed. Follow closure manufacturer's directions for preparing lids.

3. Select fresh, firm food. Sort food according to size. Clean food thoroughly. Prepare according to recipe. Fill hot Mason jars promptly with food and liquid to recommended level. Allow A-inch headspace for fruits. Most vegetables and meats require 1-inch headspace due to expansion during processing. Work out air bubbles with a clean, nonmetallic spatula. Wipe sealing edge clean with a damp cloth. Adjust screw bands according to closure manufacturer's directions.

4. Place **three quarts** of hot water and the canning rack in canner (Fig. D). For hot packed foods, the water can be heated to 180°F, which is not quite boiling. To prevent water stains on jars, add 2 tablespoons white vinegar to water in canner. Always use the canning rack; jars may break if set directly on bottom of canner. **Note:** Three quarts of water are needed no matter how many jars are being canned.

Fig. D



5. Place filled jars on canning rack immediately after each jar is filled.

Fig. E

6. Hold cover up to the light and look through the vent pipe (Fig. E) to be certain it is clear before placing the cover on the canner. If clear, proceed to step 7. If blocked or partially blocked, clean the vent pipe with a small brush or pipe cleaner (Fig. F). Also clean the vent pipe nut as shown (Fig. G).

Fig. F

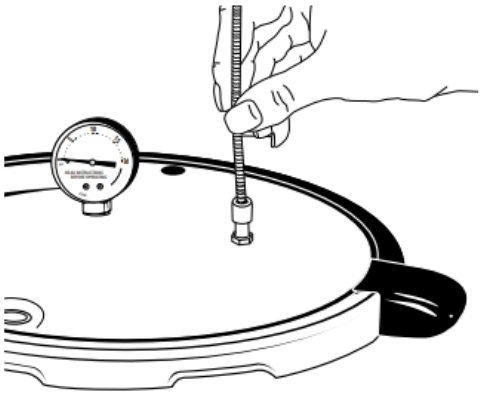
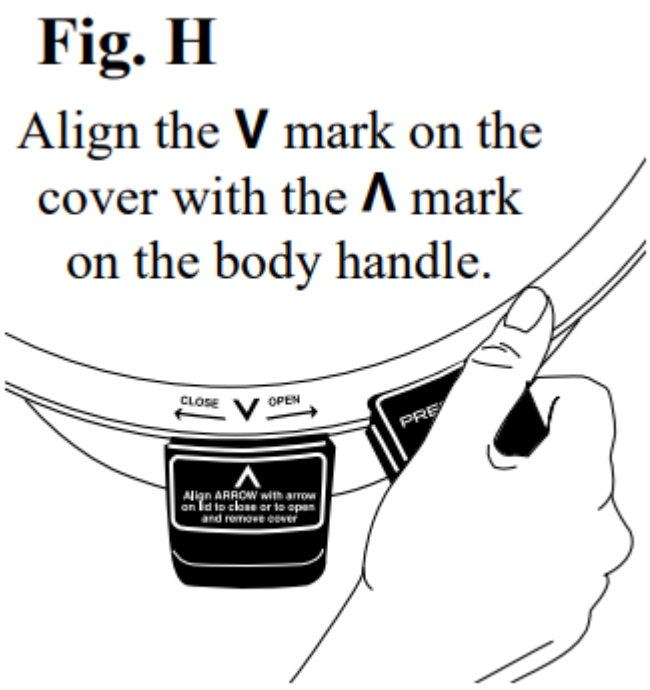


Fig. G

7. Place cover on canner, aligning the ∨ mark on the cover with the ∧ mark on the body handle (Fig. H). Press down on the cover handles to compress the sealing ring; turn the cover in the direction indicated to close (clockwise) until the cover handles are above the body handles. Do not rotate the cover beyond this point.

Fig. H



8. Position canner on a level burner and range only. Use on a tilted burner or range may interfere with the operation of the pressure regulator. For electric coil and smooth-top ranges, use the element that most closely matches the 8-inch diameter of the canner bottom. This is the portion of the canner bottom which comes in contact with the element.

To prevent damage to the pressure canner, do not use on any outdoor LP gas burner or a gas range over 12,000 BTU's. A high BTU burner will soften the canner causing the bottom to warp. It may also result in property damage and/ or personal injury.

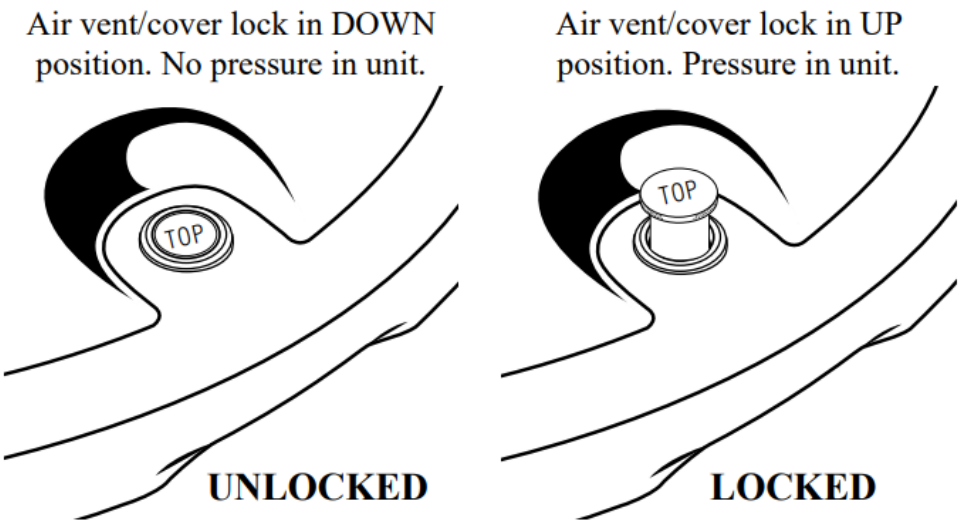
Using a relatively high heat setting, heat the pressure canner until a steady flow of steam can be seen, heard, or felt coming from the vent pipe (Fig. I). Exhaust air from the canner for 10 minutes by allowing steam to flow from the vent pipe. Reduce heat, if necessary, to maintain a steady, moderate flow of steam.

Fig. I

9. Place pressure regulator on vent pipe. If heat was reduced for exhausting, adjust to a relatively high setting and heat canner. As pressure develops in canner, the air vent/cover lock will lift and lock cover on canner.

The air vent/cover lock is a visual indicator of the presence of pressure. When in the up position, pressure is in the canner; when in the down position, there is no pressure in the canner (Fig. J). Also, as pressure builds, the pointer of the gauge will move across the face. Continue heating until the pressure dial gauge registers the correct pressure. Adjust heat to maintain the correct pressure on the dial gauge. The pressure regulator will rock ONLY at 15 pounds of pressure.

Fig. J



10. Processing time begins when the pressure dial gauge registers the correct pressure. Adjust heat to maintain correct pressure on the pressure dial gauge. If pressure drops below desired setting, it will be necessary to bring pressure to the correct setting and begin processing countdown from the beginning for the full amount of time.

Helpful Hint: To more easily maintain pressure, it may be beneficial to reduce the heat when the pressure dial gauge registers 1A-2 pounds less than the desired pressure. However, do not begin the processing countdown until correct pressure is reached.

11. At the end of processing time, turn burner to off and remove canner from heat source. ***NOTICE:*** Lift pressure canner to remove it from burner. Sliding any cookware may leave scratches on stovetops.

12. Let pressure drop of its own accord. **Do not attempt to speed the cooling of the canner, which can cause jar breakage, liquid loss from the jars, and other problems.** Pressure is completely reduced when the air vent/cover lock and overpressure plug have dropped and no steam escapes when the pressure regulator is lifted. Do not use the pressure dial gauge as an indicator for when pressure is completely reduced.

13. When pressure has been completely reduced, remove the pressure regulator from the vent pipe and let the canner cool for 10 minutes. Do not remove the pressure regulator until pressure is completely reduced and the air vent/cover lock has dropped. Always remove the pressure regulator before opening the cover.

14. To remove cover, turn counter-clockwise until cover hits stop (Fig. K). Cover handles will be beyond the body handles. **CAUTION!** If cover seems to stick or is hard to turn, **do not force it open.** Sticking may indicate that there is still pressure inside the canner. If in doubt about pressure being completely reduced, let the canner stand until cool before removing the cover.

Fig. K

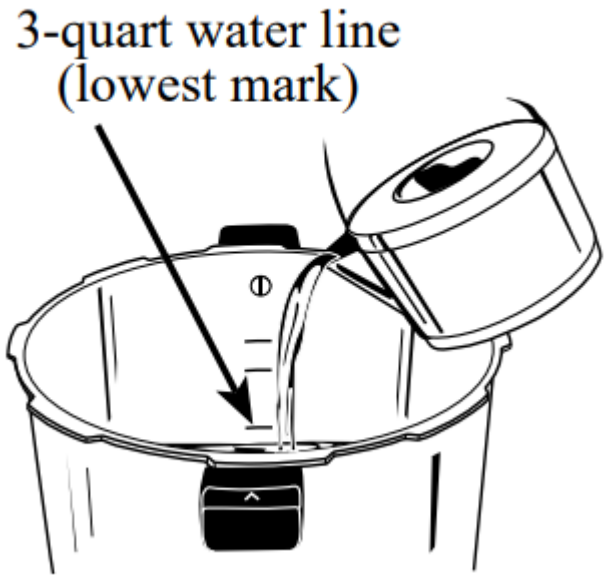
15. Lift cover toward you to keep steam away from you when opening (Fig. L).

Fig. L

16. Remove jars from canner. Set jars upright on board or cloth, away from drafts, to cool. When jars are cold, test seal, remove bands, wipe jars, label, date, and store in a cool, dry place. ***NOTICE:*** When processing consecutive batches, be sure to check the water level in

the canner between batches. Add water, if necessary, to keep water at the 3-quart mark (see page 5, Fig. D).

Fig. D



17. When canning is complete, allow canner to cool completely before cleaning.

Canner Storage: When your canner is not in use, store it in a dry place at temperatures above freezing with the cover inverted on the canner body. Storing the canner with the cover locked on may cause unpleasant odors and deform the sealing ring. Before storing, allow the canner to dry completely.

HELPFUL HINTS FOR CANNING

- Bubbles often appear in the jar after removal from the canner because food is still boiling in the jar. Ordinarily bubbles do not appear once the product has been allowed to thoroughly cool.
- Jar breakage during processing is caused by (1) packing jars too solidly or overfilling them; (2) weakened, cracked jars; (3) jars touching the bottom of canner; (4) improperly tightened lids; or (5) using jars other than Mason jars.
- Liquid lost from jars during processing is caused by (1) packing jars too solidly or overfilling them; (2) an insufficient exhaust period; (3) a variation or sudden reduction of pressure in the canner—allow pressure to drop naturally; or (4) the failure to adjust the jar lids according to manufacturer's directions. If liquid is lost during processing, do not open the jar to replace the liquid. Loss of liquid will not cause spoilage, but food above the liquid will discolor. If at least half of the liquid is gone, place the jar in the refrigerator and use the food within 2-3 days.

- It is better to overprocess food than underprocess. Underprocessing may result in spoilage and unsafe food.
- Flat sour, a type of food spoilage, is caused by canning overripe food or allowing precooked foods to stand in jar too long before processing. It may be prevented by using fresh products and properly processing, cooling, and storing. Flat sour shows no indication of spoilage until jar is opened. Discard contents.
- Food spoilage or jars not sealing is caused by (1) the failure to follow exact timetables and recipes; (2) the failure to wipe the sealing edge of the jar clean before placing the lid on the jar; (3) having foods, seeds, or grease lodged between the lid and the jar; (4) using jars which are nicked, cracked, or have sharp sealing edges; (5) the failure to adjust jar lids according to manufacturer's directions; or (6) turning the jars upside down while the jars are cooling and sealing.
- If a jar does not seal, refrigerate it and use the food within 2-3 days. Otherwise, reprocess or freeze the food within 24 hours. Freeze or repack using new lids. Reprocess for the full recommended processing time.
- Mold can form only in the presence of air. Therefore, the jars are not sealed if mold is present. Discard the contents.
- The black deposit sometimes found on the underside of a lid is caused by tannins in the food or hydrogen sulfide which is liberated from the food by the heat of processing. This does not indicate spoilage.
- Two-piece canning closures seal by the cooling of the contents of the jar, not through pressure of the screw band on the lid. Therefore, although the screw band is firmly tight, the jar is not sealed until cooled. During processing, the flexible metal lid permits air to be exhausted from the jar.
- Adjust the two-piece canning closures by screwing the bands down evenly and firmly until a point of resistance is met (finger tight). Do not use undue exertion.
- The loss of color from beets during canning is usually due to the variety of beets used or using beets that are too old. If possible, can young, tender, very dark beets which are freshly gathered. Precook beets with 2 inches of the stem and all of the root on, as this helps to retain the juices.
- Fruit which has been canned without sugar will often turn brown when exposed to air just as fresh fruit does.
- The diameter of Mason jars may vary from one manufacturer to another. Before filling Mason jars, test load your canner. It may be necessary to double-deck pint and half-pint jars to reach the maximum capacity of your canner as shown in the chart on page 4. It is recommended that you stagger the jars by placing one jar on top of two. Jars may touch. The canning rack which accompanied your pressure canner must be placed on the bottom of the canner to prevent jar breakage. Although it is not

necessary to use a rack between layers of jars, if you wish to do so, a rack can be ordered from the Presto Consumer Service Department (see page 33).

CARE AND MAINTENANCE

Canner Body

- It is normal for the inside of the canner to discolor. This discoloration, which is not harmful, is a result of the various minerals in water and foods interacting with the aluminum. To remove this discoloration, use a solution of 1 tablespoon cream of tartar for every one quart of water. Pour enough solution into the canner to cover the discoloration, making sure the canner is not filled more than ⅔ full. Close the cover securely, place the pressure regulator on the vent pipe, and heat until the pressure regulator begins to rock. Remove canner from heat; allow to cool until air/vent cover locks drops. Remove regulator, open canner, and empty contents. Scour thoroughly with a soap impregnated steel wool cleaning pad; wash, rinse, and thoroughly dry.
- Pitting is caused by the interaction of aluminum with other metals in the presence of moisture. To minimize pitting, wash, rinse, and dry the canner body thoroughly after every use. Additionally, at least once a year, scour the inside of the canner body with an abrasive cleanser, such as Cameo* Aluminum & Stainless Steel Cleaner. Always store the canner in a dry area.
- Do not leave an empty canner on a heated burner or allow canner to boil dry. This can cause damage to the canner bottom or stovetop.
- Do not strike the rim of the canner body with any metal utensil as this will cause nicks which may damage the rim and allow steam to escape.
- Do not pour water into a dry, overheated canner as this may crack the metal.
- If the canner body or cover handles become loose, tighten them with a screwdriver.

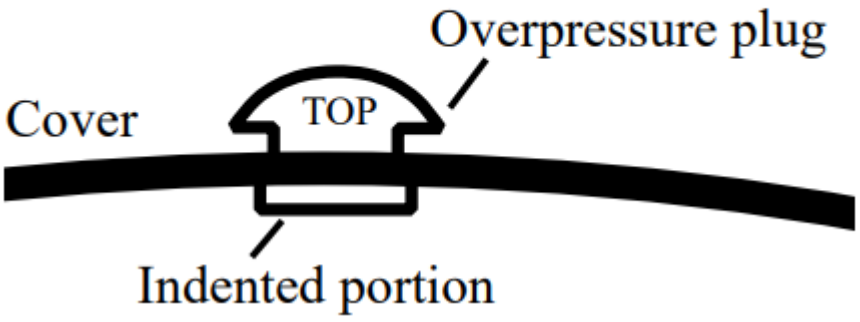
Pressure Dial Gauge

- The pressure dial gauge is a delicate instrument and must be handled with care. Do not submerge the pressure dial gauge, allow it to come into contact with liquid, or subject it to freezing temperatures.
- The pressure dial gauge needs to be checked for accuracy prior to each canning season **and** if any of the following conditions exist: cover has been submerged in water or dropped, parts are rusty, pointer is not in the “0” block, or if you believe the gauge may not be accurate. The gauge can usually be checked at your local county extension office. If you are unable to have your gauge checked locally, carefully remove it, wrap securely, and send to the Presto Consumer Service Department (see page 33). An accurate gauge is necessary to help prevent food spoilage and possible food poisoning.

Sealing Ring and Overpressure Plug

- Each time the canner is washed, remove the sealing ring and wash in warm, sudsy water, rinse, dry, and replace in cover.
- The sealing ring and overpressure plug should be replaced at least every three years or sooner if sealing ring becomes hard, deformed, cracked, worn, pitted, or if the canner becomes difficult to open or close. Failure to replace the sealing ring and overpressure plug could result in bodily injury or property damage. Use only genuine Presto® replacement parts.
- Exposure of the sealing ring and overpressure plug to direct high heat, such as a hot burner or stovetop, will cause the sealing ring and overpressure plug to deteriorate rapidly. If this occurs, replace these parts.
- Before replacing the sealing ring, clean the sealing ring groove with a brush, if necessary.
- To clean or replace the overpressure plug, push it out of its opening from the top of the cover. After cleaning, or when replacing, reinsert the plug by pushing the domed side of the plug into the opening from the underside of the cover, until the bottom edge is fully and evenly seated against the underside of the cover. When properly installed, the word (TOP) will be visible on the overpressure plug when viewed from the outside of the cover (Fig. M).

Fig. M



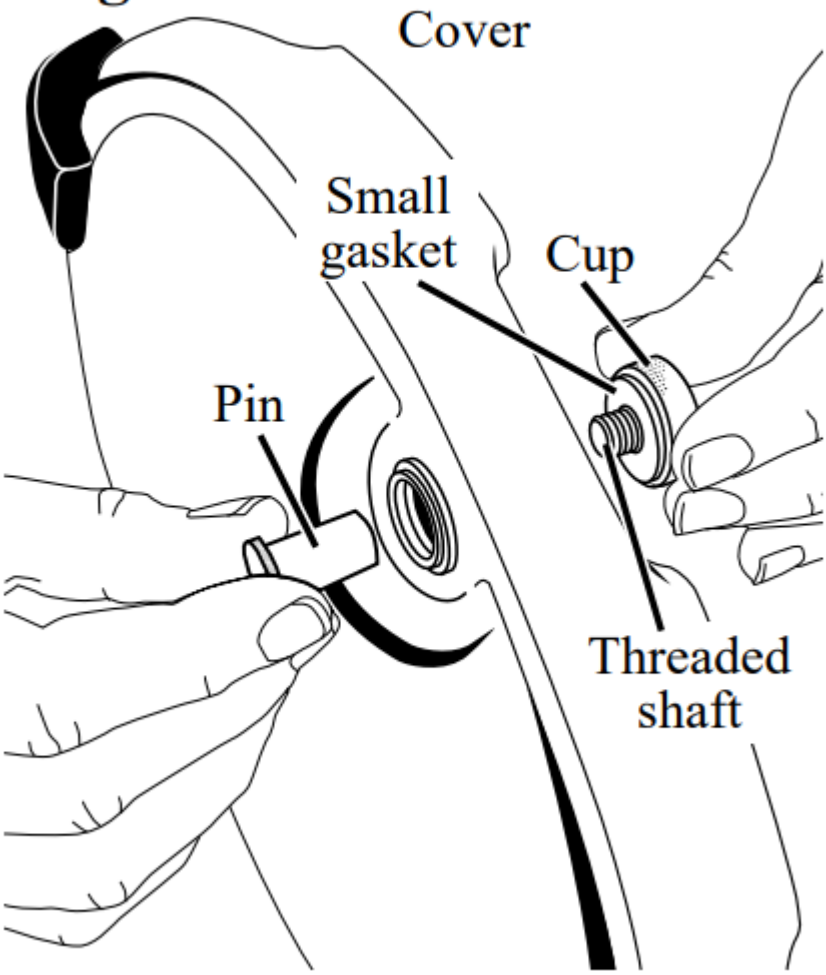
- If the overpressure plug is ever forced out of the cover due to excess pressure while cooking or canning, it is important to call the Presto Customer Service Department at 1-800-877-0441. Do not attempt to use the released overpressure plug.

Air Vent/Cover Lock

- The air vent/cover lock may be removed for occasional cleaning or for replacing the small gasket.

To remove the air vent/cover lock, grasp and securely hold the cup portion on the underside of the cover with your fingers (Fig. N). Using the fingers of your other hand, turn the pin portion of the air vent/cover lock on the top side of the cover counterclockwise until the pin is free of the cup portion.

Fig. N



Lift the pin out of the cover and remove the cup from under the cover. Carefully pull the small gasket off the threaded shaft on the cup portion. Wash all parts in warm, sudsy water. Use a soft cloth or small nylon brush to clean the cover hole.

* Cameo is a registered trademark of Church & Dwight Co., Inc. Presto is not affiliated with Church & Dwight Co., Inc.

- To reassemble the air vent/cover lock, place the small gasket over the threaded shaft of the cup portion. Reinsert the cup portion by pushing the threaded shaft through the air vent/cover lock opening from the underside of the cover (Fig. N). Screw the pin portion clockwise onto the threaded shaft until it is finger tight. Do not use a wrench to tighten the air vent/cover lock. Overtightening may cause the rubber gasket to wrinkle which will result in the canner not sealing. When the air vent/cover lock is properly installed, the word (TOP) will be visible on the air vent/cover lock when viewing the outside of the cover (see Fig. J, page 5).

Steam Leakage

- If leakage of moisture or steam develops while using your canner, check the following possible causes:
    - The formation of a small amount of moisture under the pressure regulator is normal when canning or cooking first begins. This condensation is a result of the temperature of the pressure regulator being lower than the rest of the canner. If excess condensation continues, the vent pipe may be loose and should be tightened with an adjustable wrench.
    - Leakage between the cover and body is usually caused by shrinkage of the sealing ring after prolonged use. Replace the sealing ring and overpressure plug.
    - A slight amount of leakage around the air vent/cover lock is normal when canning or cooking first begins. If leakage continues, the cover handles may not be fully aligned with the body handles and, therefore, the cover lock cannot engage (see page 5, step 7). Clean the air vent/cover lock occasionally to assure that it operates correctly (see page 7). Replace the small gasket if cracked or nicked.
    - A small amount of steam or moisture may be visible around the overpressure plug when canning or cooking begins. This will stop when the overpressure plug seals. If leakage continues, clean, reposition, or replace the overpressure plug (see page 7).
- Do not operate your pressure canner with continual leakage. If the preceding steps do not correct the problem, return the entire unit to the Presto Factory Service Department (see page 33).

HOW TO PRESSURE COOK FOODS IN YOUR PRESSURE CANNER

To assure the very best results every time, carefully follow these step-by-step instructions for pressure cooking. You may find it helpful to refer back to the parts diagrams on pages 2-3.

1. Prepare ingredients according to the directions in the pressure cooking recipe you have selected. Pour liquid into the canner body, as specified in the recipe or timetable. This liquid is usually water. However, some recipes will call for other liquids, such as broth, juice, or wine.

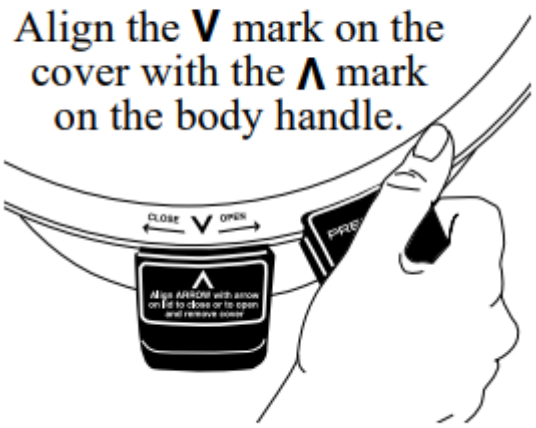
2. Place the cooking rack into the canner, if called for in the recipe (see helpful hints on page 22 for guidance on when to use).

3. **Important:** Look through the vent pipe to make certain that it is clear (Fig. O) before closing the cover. See safety information on page 21.

Fig. O

4. Place cover on canner, aligning the ∨ mark on the cover with the ∧ mark (Fig. P) on the body handle. Press down on the cover handles to compress the sealing ring and turn the cover in the direction indicated to close (clockwise) until cover handles are above body handles. Do not rotate the cover beyond this point.

Fig. P



5. Place pressure regulator on vent pipe. Using a high heat setting on your stove, heat the canner until the pressure regulator begins to rock.

6. Cooking time begins when the pressure gauge registers 15 pounds pressure. Adjust heat to maintain 15 pounds pressure on the pressure dial gauge to prevent excess steam from escaping. If the pressure regulator begins to rock before 15 pounds pressure is reached on the pressure dial gauge, lower heat to maintain a slow, steady rocking motion of the pressure regulator and cook at this pressure.

7. Cook for the length of time specified in the recipe or cooking chart. When the cooking time is complete, turn off the gas burner or remove the canner from the electric burner. ***NOTICE:***

Lift the pressure canner to remove it from the burner. Sliding cookware can leave scratches on the stovetop.

8. Reduce pressure according to recipe.

If the recipe states “let pressure drop of its own accord,” set the canner aside to cool until pressure is completely reduced.

If the recipe states “cool canner at once,” cool the pressure canner under a running water faucet or pour cold water over it.

NOTICE: Do not set hot canner directly on bottom of a molded sink as it could damage the sink. Instead, place canner on a cooling rack in sink.

Pressure is completely reduced when the air vent/cover lock has dropped. Do not use the pressure dial gauge as an indicator of when pressure is completely reduced. If the air vent/ cover lock remains in its raised position, there is still pressure inside the pressure canner. Continue to cool until the air vent/cover lock drops.

9. After pressure has been completely reduced, remove pressure regulator. **Always remove the regulator before opening the cover.**

10. To open the cover, turn it counterclockwise until the ∧ mark on the body handle aligns with the ∨ mark on the cover. Then, lift the cover toward you to keep any steam away from you. **CAUTION!** If the cover turns hard, there may still be some pressure in the canner. **Do not force the cover off.** Cool the canner until the body is cool enough for the cover to be removed easily.

11. Remove food and serve.

IMPORTANT SAFETY INFORMATION

Cooking under pressure enables you to prepare food both quickly and deliciously. If used properly, your pressure canner is one of the safest appliances in your kitchen. To ensure safe operation, make sure you always observe the following simple rules whenever you use the pressure canner:

1. **Never overfill the pressure canner.** The pressure regulator is designed to maintain cooking pressure at a safe level. It relieves excess pressure through the vent pipe as it rocks back and forth. Many foods tend to expand when cooked. If the canner is overfilled, the expansion of food may cause the vent pipe to become blocked or clogged. If the vent pipe becomes blocked, it cannot relieve excess pressure.

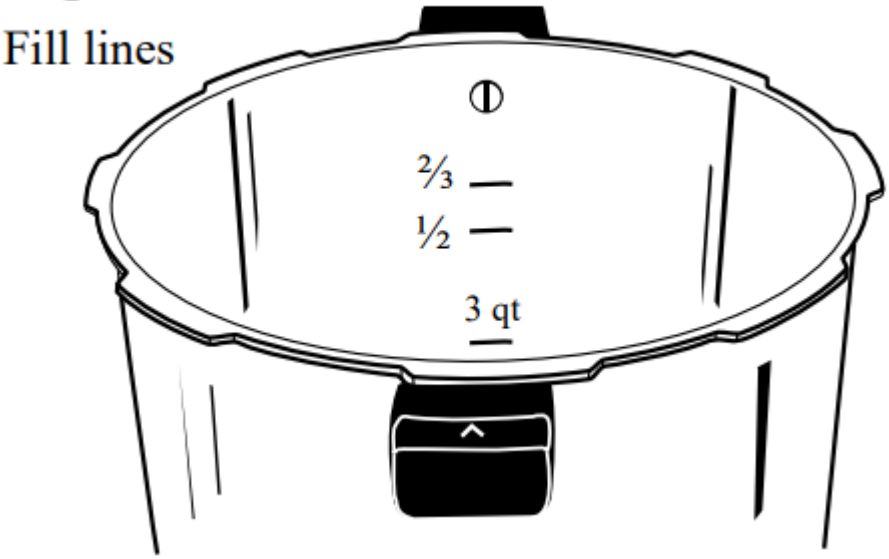
There are a few foods, such as rice, grains, dry beans and peas, and soups, which expand so much or foam and froth while cooking that the canner should never be filled above the ½ fill line. For other foods, never fill the canner above the ⅔ fill line.

For your convenience, both the ⅔ and ½ full levels are marked by indentations on the side of the pressure canner body (Fig. Q). The top marking indicatesthe ⅔ full level and the

middle marking the ½ full level. (The lowest marking is the 3-quart water level marking used for pressure canning.) In addition, in each section of the recipes you will find instructions on the maximum fill level for each type of food.

Fig. Q

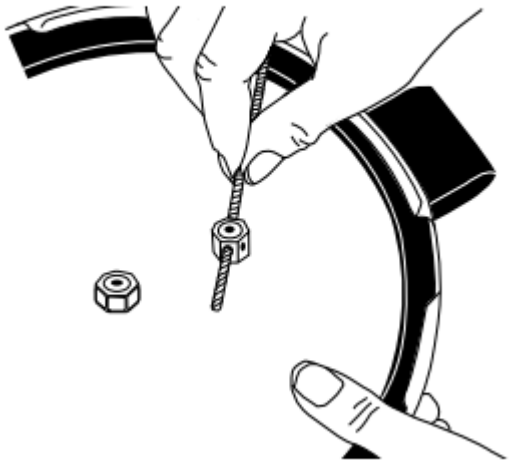
Fill lines



2. **Always add cooking liquid.** If an empty pressure canner is left on a hot burner or if a canner boils dry and is left on a heated burner, the canner will overheat excessively causing possible discoloration and/or warping of the canner.

3. **Always look through the vent pipe before using the canner to make sure it is clear.** If the vent pipe is blocked, it cannot function as it should and thus cannot relieve excess pressure. Pressure may then build to unsafe levels. To clean the vent pipe, draw a pipe cleaner or small brush through the opening, as shown in Fig. F on page 5, and clean the vent pipe nut as shown in Fig. G.

Fig. G



4. **Always fully close the pressure canner.** The canner is fully closed when the cover handles are above the body handles. Your pressure canner has specially designed lugs on the cover and body which lock the cover in place when the canner is fully closed. However, if the canner is not fully closed, the lugs cannot lock the cover onto the body. It's possible that pressure could build inside the canner and cause the cover to come off and result in bodily injury or property damage. Always be sure the cover handles are above the body handles. Do not turn past handle alignment.

5. **WARNING! Never open the canner when it contains pressure.** The air vent/cover lock provides a visual indication of pressure inside the canner. When it is up, there is pressure. When it is down, there is no pressure in the canner and it can be opened. If the pressure canner is opened before all of the pressure is released, the contents of the canner will erupt and could cause bodily injury or property damage.

6. **Replace the overpressure plug if it is hard, deformed, cracked, worn, or pitted, or when replacing the sealing ring. Replace the sealing ring if it becomes hard, deformed, cracked, worn, pitted, or soft and sticky.** The overpressure plug is a secondary pressure relief valve which is designed to relieve excess pressure by releasing from the canner cover in the event that the vent pipe becomes blocked.

The overpressure plug is made of rubber, and when new, is soft and pliable. Over time, depending on the frequency and type of use, rubber becomes hard and inflexible. When hard and inflexible, the overpressure plug loses its ability to act as a secondary pressure relief valve. It should be replaced immediately.

Should the overpressure plug ever be forced out of the cover due to excess pressure while cooking, it is important to call the Presto Customer Service Department at 1-800-877-0441. **Do not attempt to use the released overpressure plug.**

7. **Always follow special procedures found in the instruction book when pressure cooking dry beans and peas.** During cooking, dry beans and peas tend to froth and foam which could cause the vent pipe to become blocked. Therefore, dry beans and peas need to be soaked and cooked according to instructions on page 28. Using this method will help to minimize foam during cooking.

8. **Never pressure cook applesauce, cranberries, rhubarb, cereals, pasta, split peas, dried soup mixes, or dry beans and peas which are not listed in the timetable on page 29.** These foods expand so much as a result of foaming and frothing that they should never be cooked under pressure.

HELPFUL HINTS FOR PRESSURE COOKING

- Your favorite recipes may be adjusted for cooking in the canner by following the general directions in this book for the particular type of food being cooked. Decrease the length of cooking time by two-thirds, since pressure cooking is much faster than ordinary cooking methods. Because there is little evaporation from the canner, the amount of liquid should be decreased. Add about 2 cups more liquid than desired in the finished product. There must always be water or some other liquid in the bottom of the canner to form the necessary steam.
- Use the cooking rack when it is desirable to cook foods out of the cooking liquid. When foods are pressure cooked out of the liquid, flavors will not intermingle. Therefore, it is possible to cook several foods at once, as long as they have similar cooking times. If it is desirable to blend flavors, do not use the cooking rack.
- When the body of your canner is heated, the metal expands. Therefore, it may be difficult to close the cover on a heated body. When this happens, allow canner to cool slightly.
- Foods are quickly cooked in the canner. Therefore, to prevent overcooking, it is important to accurately time the cooking period.
- If your cooked food has more liquid than you desire, simmer to evaporate excess liquid.
- When pressure cooking at high altitudes, the cooking time needs to be increased 5% for every 1,000 feet above the first 2,000 feet. Following this rule, the time would be increased as follows:

3,000 ft. ... 5%

4,000 ft. ... 10%

5,000 ft. ... 15%

6,000 ft. ... 20%

7,000 ft. ... 25%

8,000 ft. ... 30%

- If you have questions on recipes or timetables write to: Test Kitchen, National Presto Industries, Inc., 3925 North Hastings Way, Eau Claire, Wisconsin 54703-3703, phone 1-800-368-2194. You may also contact us at our website. Inquiries will be answered promptly by letter, phone, or email.

PRESSURE COOKING MEAT

Savory, tender meat is easily prepared in the canner. An important step is to sear meat to a crispy brown on all sides to seal in natural juices. Meat recipes are cooked at 15 pounds pressure. Cooking time depends on the amount and distribution of fat and bone, toughness, size and thickness of cut, grade and cut of meat, and the manner in which the meat fits into the canner. Rolled roasts require a longer cooking time per pound than roasts with bone. Short, chunky roasts take longer to cook than long, flat roasts. Because of the difference in thickness, a small, thick roast requires a longer cooking time per pound than a heavier, flat roast.

After pressure cooking time is complete, serving size pieces of meat may be quick cooled. However, when cooking a roast cut of meat, pressure must drop of its own accord to be sure that pressure is reduced both within the roast and the canner. If gravy is desired, stir 2-4 tablespoons of flour or cornstarch into V> cup cold water. Heat liquid in canner and stir in flour mixture. Heat to boiling, stir constantly for 1 minute or until thickened. Season with salt and pepper.

PRESSURE COOKING DESSERTS

Your canner offers a shortened method for preparing steamed breads and desserts. Actually, the cooking time can be counted in minutes instead of hours. You will find, too, that your canner is easier to use than the ordinary steamer because its pressure regulator acts as a means of measurement to assure constant heat to produce uniform, even-textured products. Consult specific recipes for cooking pressure. Best results are obtained when 1- to 1A-quart molds are used. Any type of mold is satisfactory (metal, glass, earthenware, tin food cans). Remember, never fill molds over % full; this extra top-space is to allow ample space for rising. If molds used do not have a cover, aluminum foil or several thicknesses of wax paper should be tied securely over the top to prevent condensed moisture from falling into mold. Because the first part of the cooking period is steaming time, which permits foods to rise, at least **three quarts water** should be poured into the bottom of canner to allow for evaporation. Adjust heat to allow a moderate flow of steam from the vent pipe.