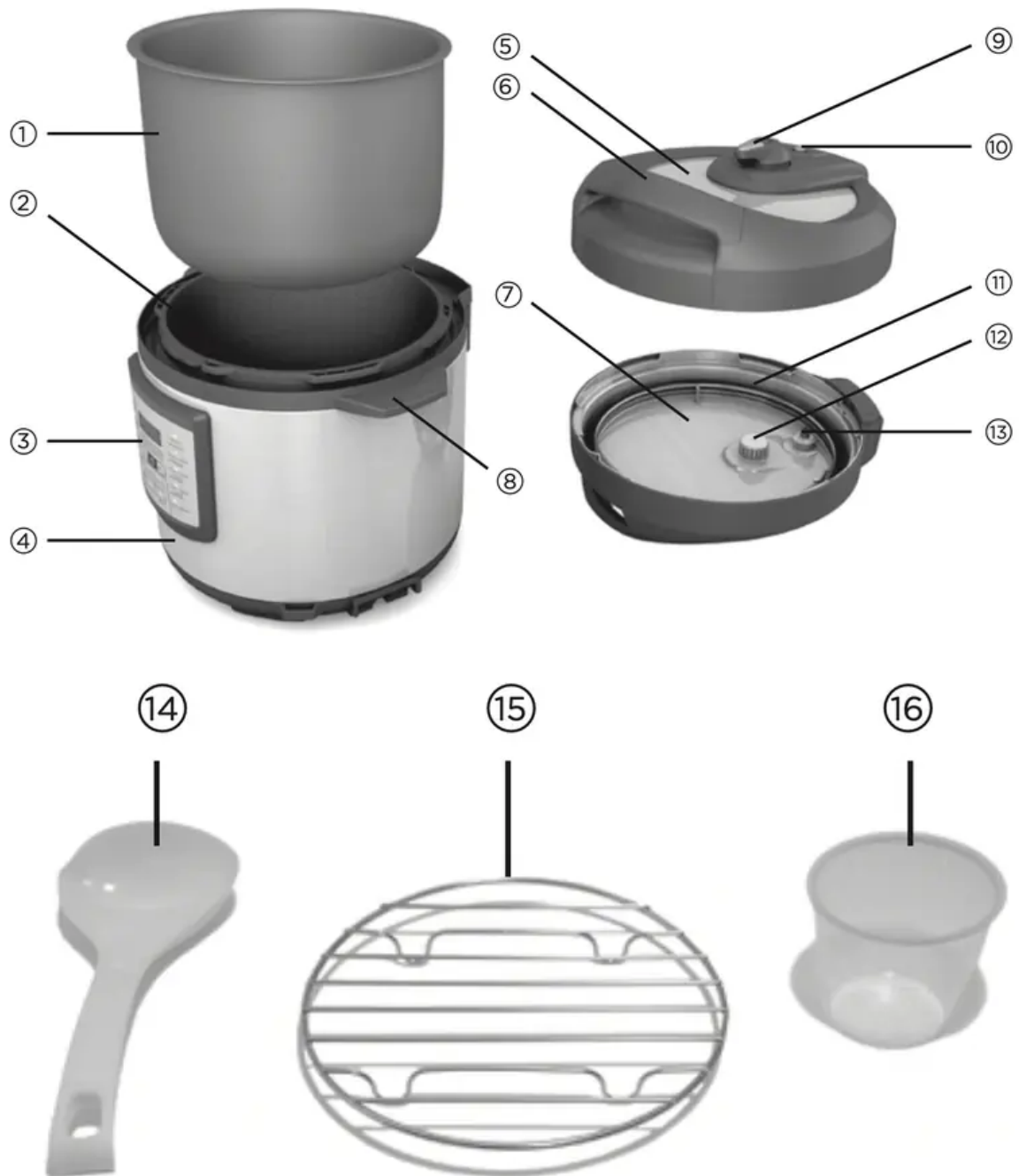


## GETTING TO KNOW YOUR ELECTRIC PRESSURE COOKER



1. Cooking bowl (Part # PR100-07)
2. Interior
3. Control panel
4. Base
5. Lid (Part # PR100-01)

6. Lid Handle
7. Inside of lid
8. Base Handle
9. Pressure Release Valve (Part # PR100-03)
10. Red Float Valve (Part # PR100-02)
11. Rubber Gasket (Part # PR100-04)
12. Anti-block shield (Part # PR100-06)
13. Rubber Float valve seal (Part # PR100-05)
14. Rice scoop (Part # PR100-08)
15. Trivet (Part # PR100-09)
16. Rice measure (Part # PR100-10)

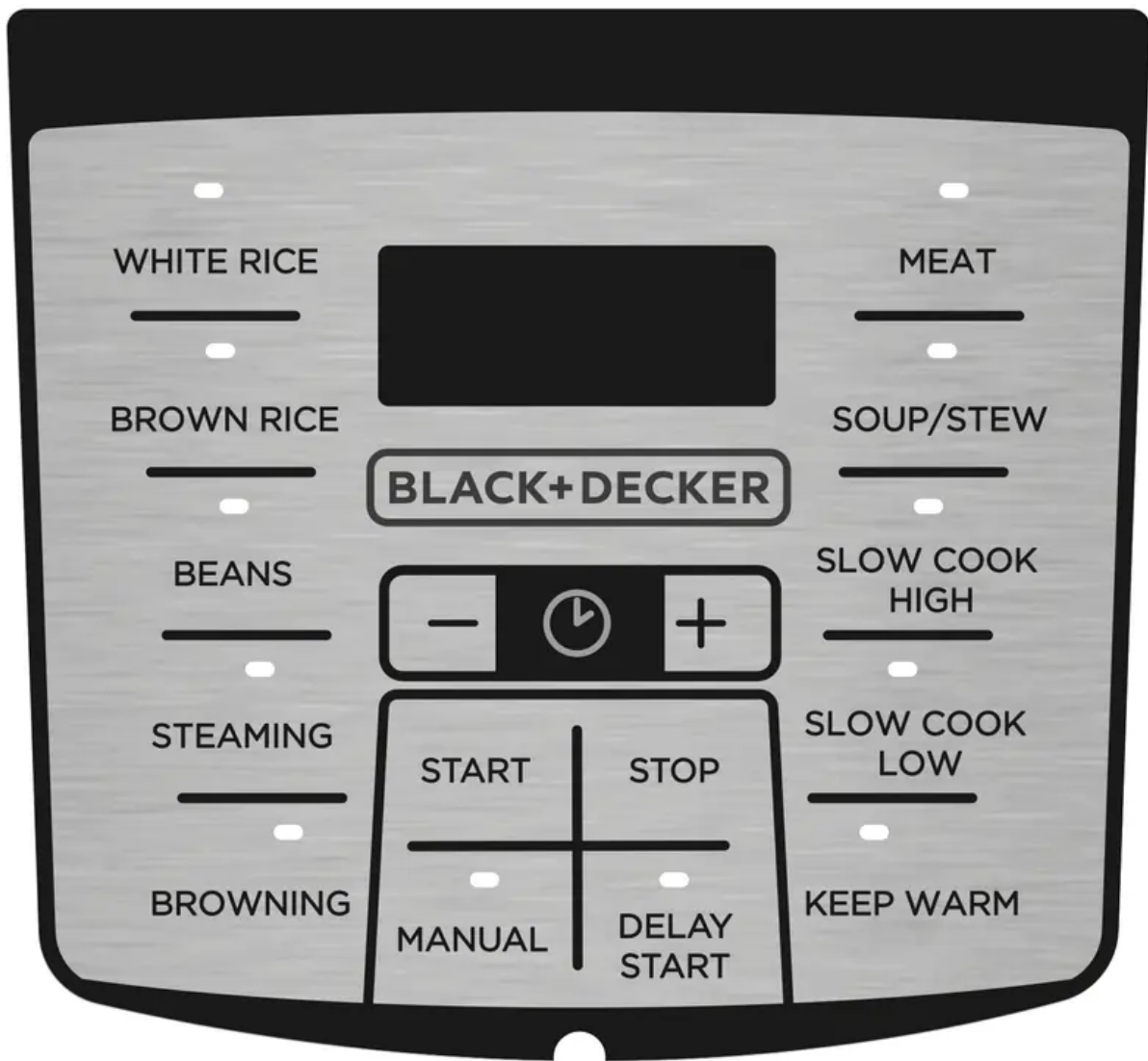


# CONTROL PANEL



Model # PR100SD







Model # PR100

## OPERATING INSTRUCTIONS

Your BLACK+DECKER™ Electric Pressure Cooker has been specially designed to safely control the steam pressure and temperature during cooking. Below are instructions on how to properly assemble your pressure cooker to ensure optimal results.

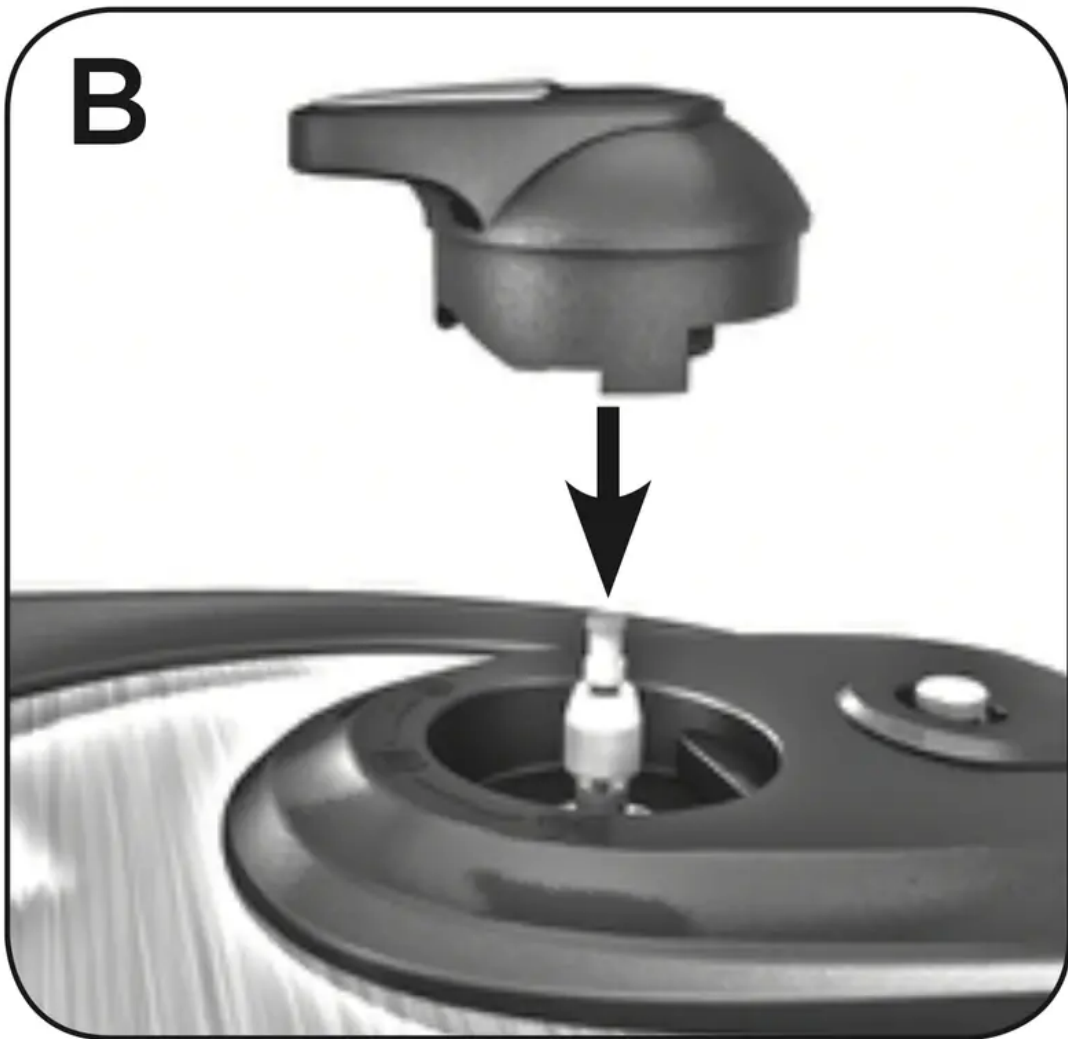
**Note:** Place the pressure cooker on a dry, level surface. Because small amounts of steam will escape during the heating, and sometimes the cooking process, do not use the pressure cooker under overhanging cabinets.

1. To open the lid: Hold the lid handle and turn the lid counter-clockwise until the “” marking on the lid aligns with the “OPEN ” marking on the pressure cooker; lift the

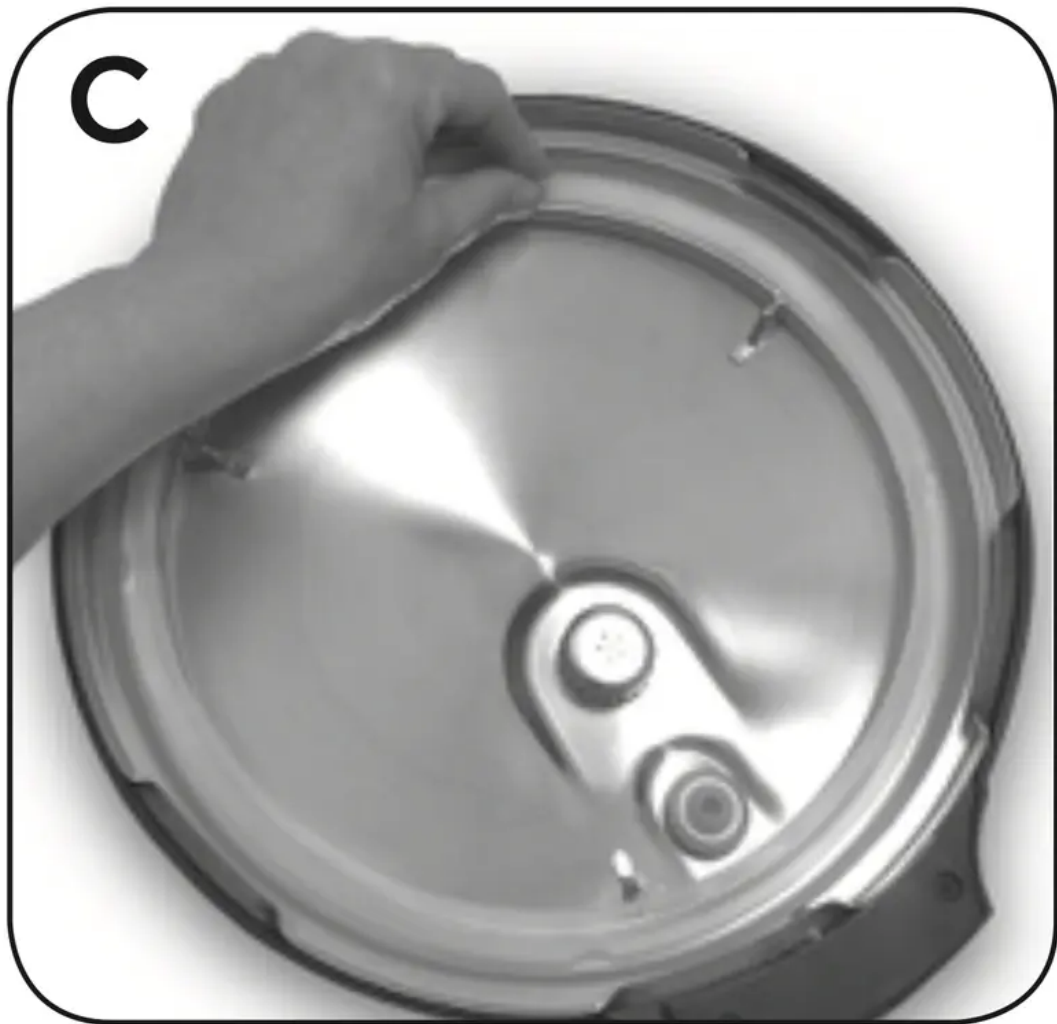
lid straight up and off the pressure cooker. (A)



2. Place the pressure release valve on the lid. (B) The valve will snap into place, but will fit loosely so steam escapes properly.



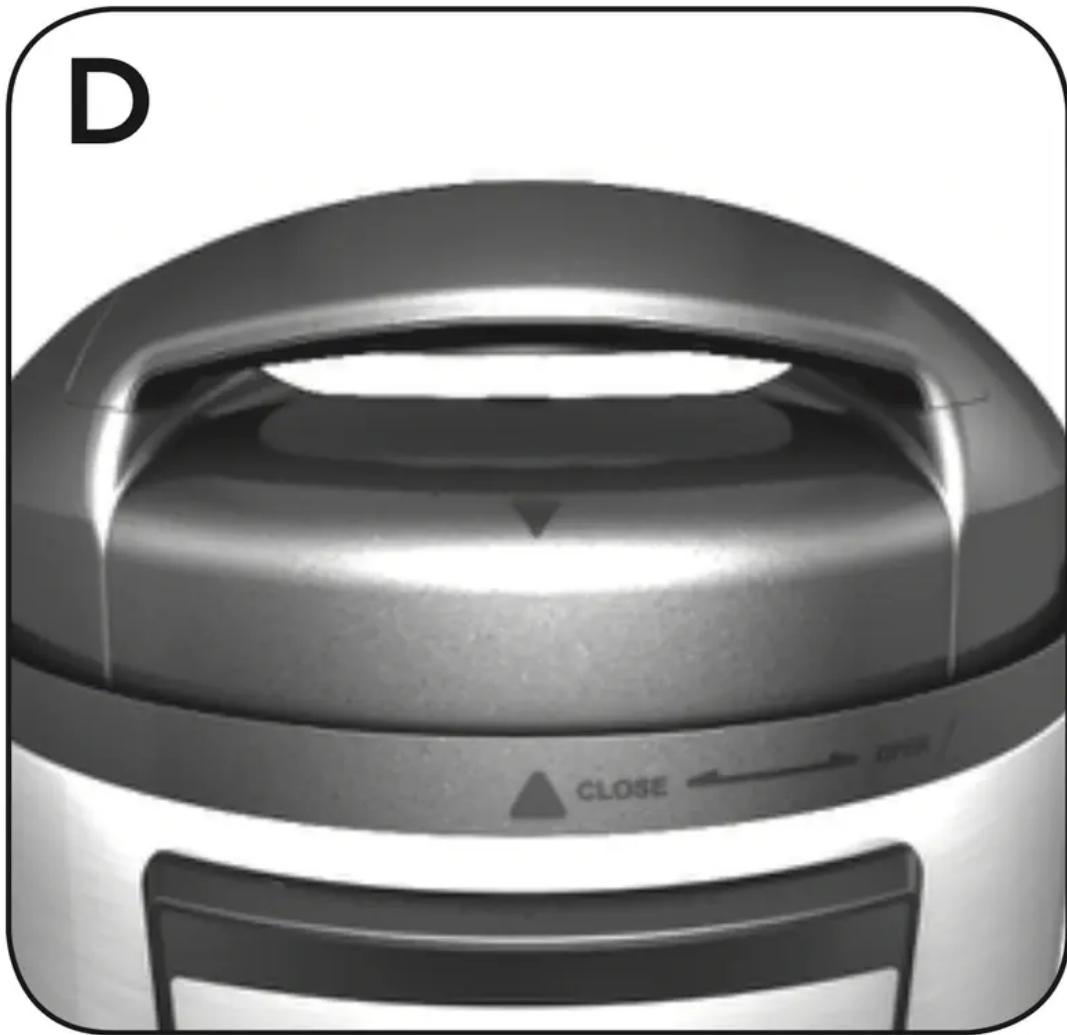
3. Ensure that the rubber gasket is clean and securely fitted around the metal ring inside of the lid. (C)





4. Add foods and liquids to be cooked to the cooking bowl according to the recipe, and place in the interior of the pressure cooker.

**Note:** Never fill the cooking bowl above the MAX fill line as it may clog the pressure release valve and cause excess pressure to build. When cooking foods such as dried beans, vegetables, rice and grains, do not fill the cooking bowl above the 5 cup line as these foods will expand during cooking.

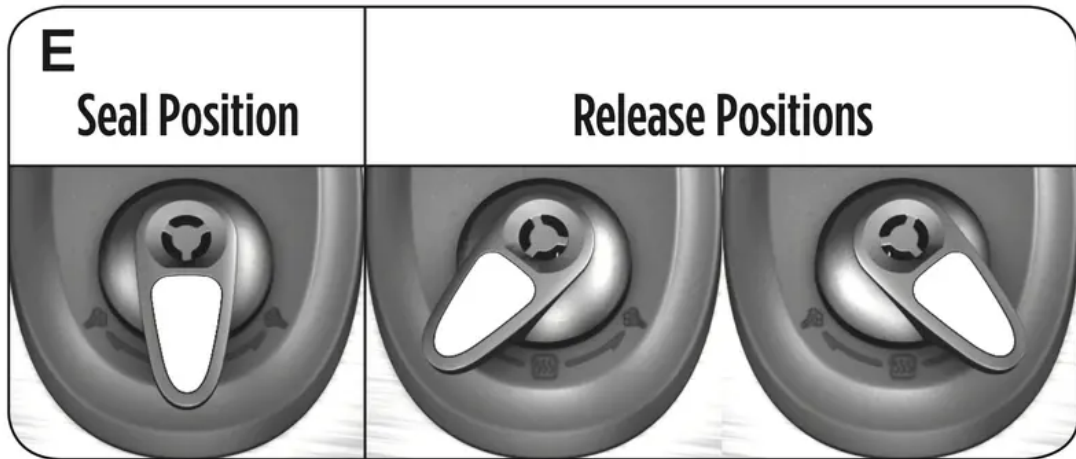
5. To close the lid: Hold the lid handle and turn the lid clockwise until the “▼” marking on the lid aligns with the “CLOSE ▲” marking on the pressure cooker. (D) The lid is now locked in place.




**Note:** If you press “Start”  but the lid is not correctly closed, the main screen will blink “OPEN”. The unit will not heat on the pressure settings unless the lid is properly closed.

6. Center the pressure release valve above the seal position (  ) on the lid. (E) The valve must be pointed down to properly seal the pressure cooker before cooking. If the pressure release valve has not been aligned properly, pressure will not build up and you

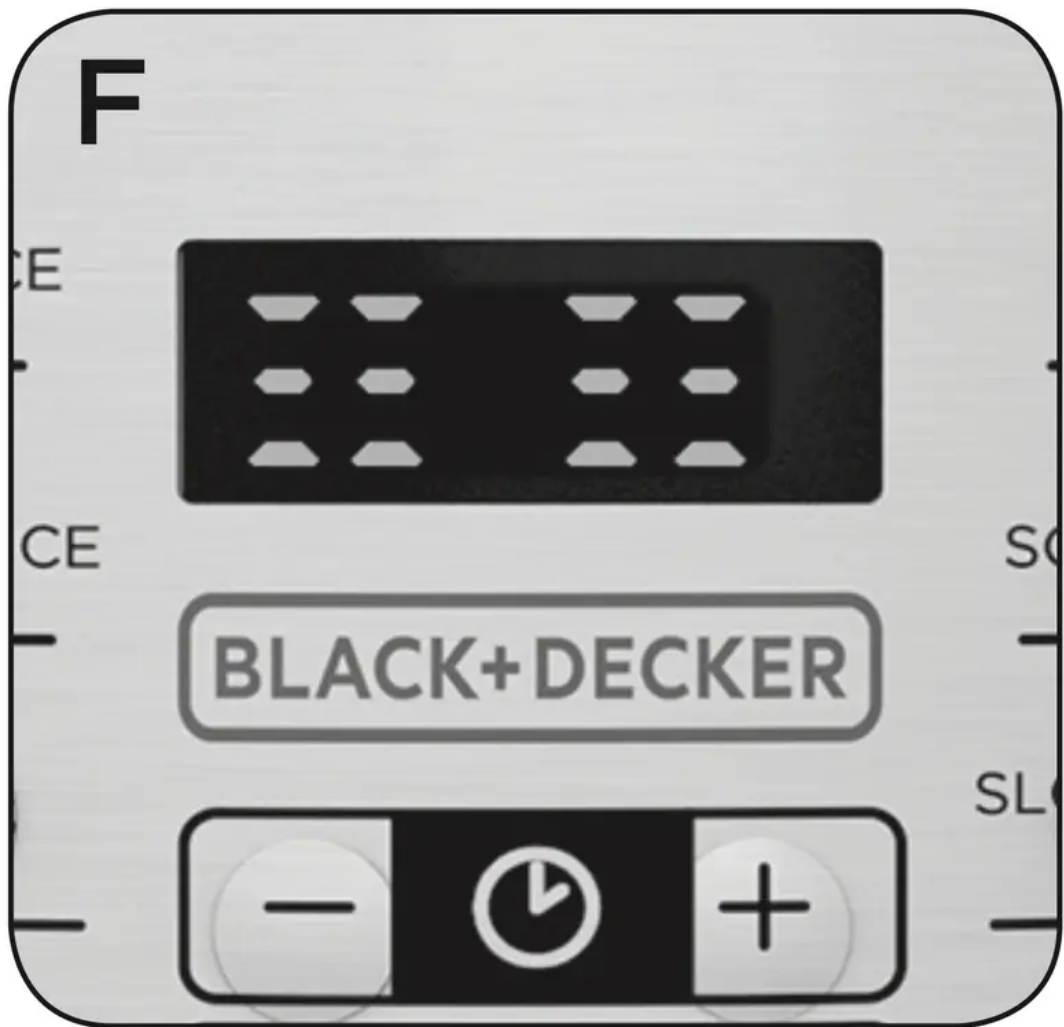
may not achieve desired results.

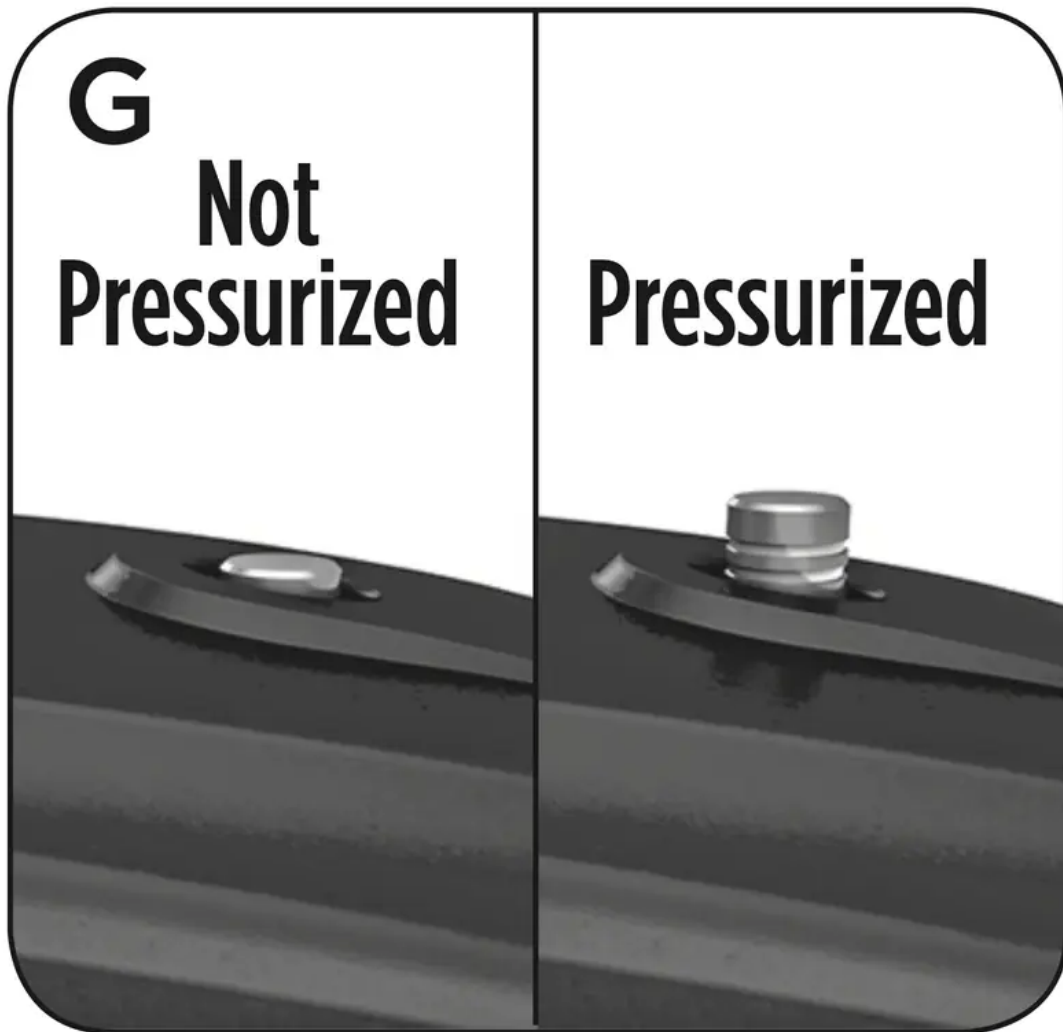


7. Plug in the pressure cooker to a wall outlet. The LED display will flash ----. Once a function is selected (see "Preset Cooking Functions") a red light will flash above the selected function and a default time will appear on the LED display. If the time needs to be adjusted, press the + or buttons to select the correct time. Then press the START button.


**Note:** If you already know the proper cook times, the manual function  allows you to easily choose any time based on your cooking needs. The timer will automatically default to 30 min but can be adjusted using the instructions above. For general cook time guidelines, see the preset function section for information.

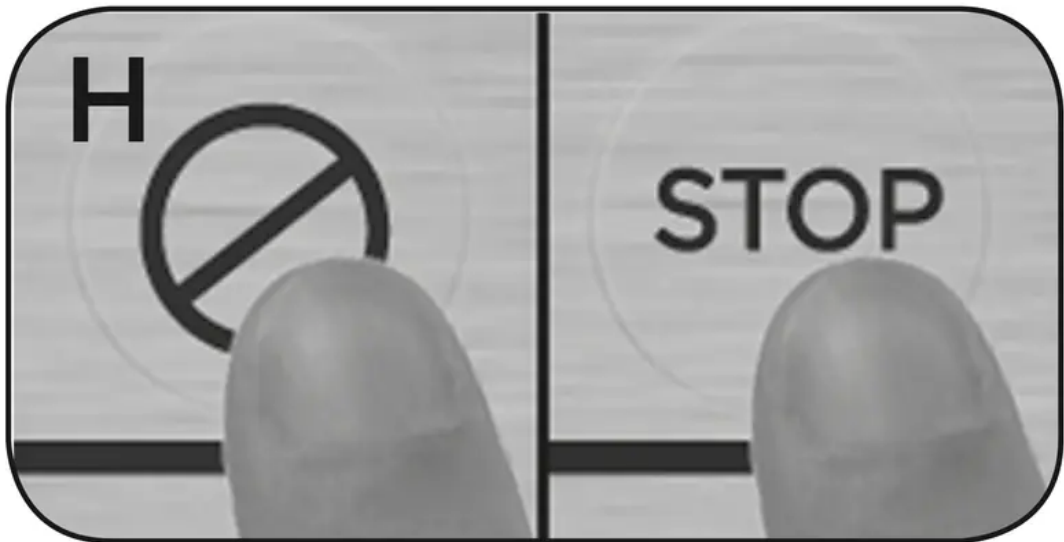
8. Once the START button has been pressed, the red light above the selected function will turn solid and the pressure cooker will begin to build pressure. The amount of time to build pressure will depend on the amount of liquid and food inside the cooking bowl.
9. As pressure builds, the LED display will show building dashes that will blink until the desired pressure has been reached (F). Once up to pressure, the pressure cooker will beep and the timer will start. This is also indicated by the red float valve in the elevated position. (G)






**Note:** Never attempt to open the lid while pressure cooking. If you must open the lid

while pressure cooking, press the STOP button  (H) and, using a kitchen utensil, push the pressure release valve to the right or the left to allow steam to escape. (I) Once all steam is released, the pressure cooker is safe to open.



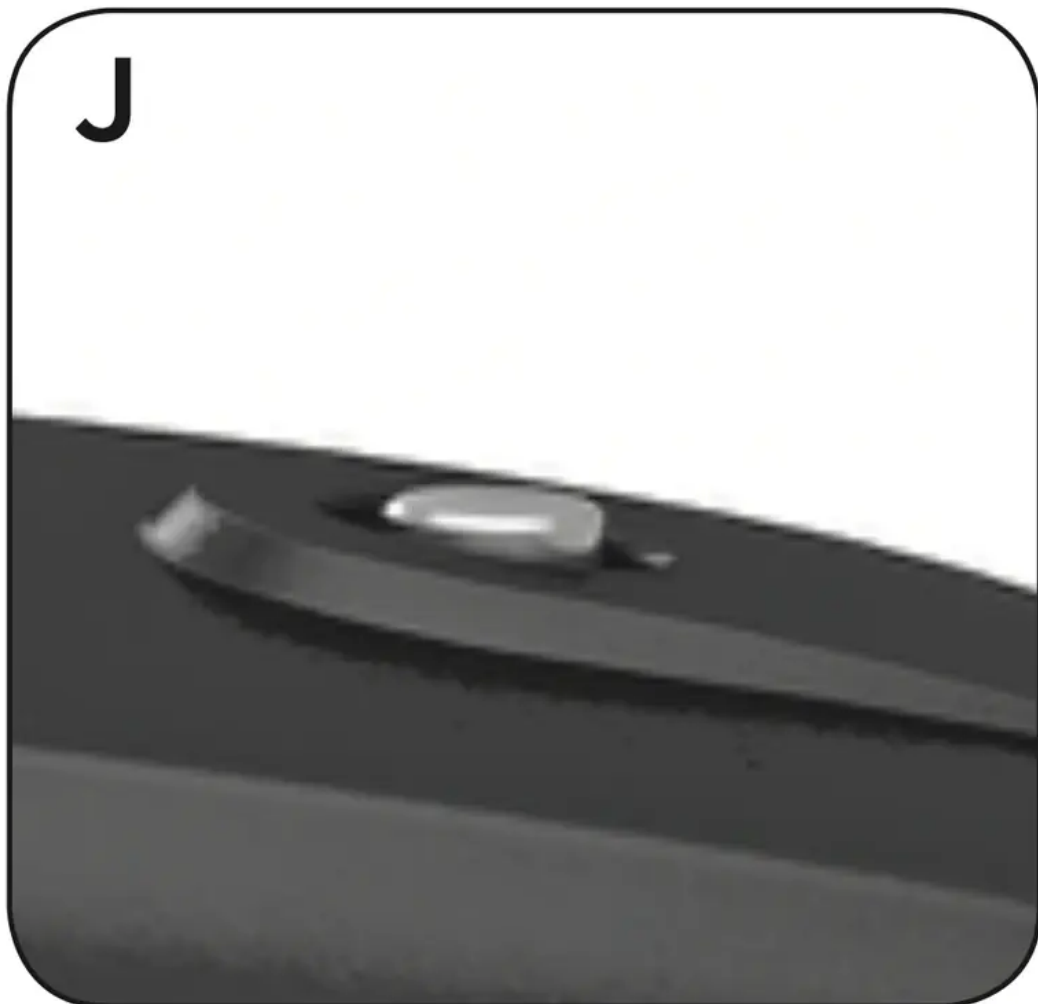
10. When time has ended, the pressure cooker will beep and will automatically switch to Keep Warm. A solid red light will illuminate above the Keep Warm button  and the timer will flash and begin to count up. At this time you can choose either Natural Pressure Release or Quick Pressure Release:



**Natural Pressure Release:** after the cook time is complete, the pressure will begin to drop. During this time food will continue to cook, which is recommended for some cuts of meats and beans. See preset cooking function section for tips on recommended cooking methods. At any time during the natural release process, you can switch methods to the Quick release option.

**Note:** The amount of time for the pressure to drop depends on the amount of food/liquid inside the cooking bowl.

**Quick Pressure Release:** after cook time is complete, use tongs or a kitchen utensil to move the pressure release valve to the right or left, to release the pressure. Steam will instantly release from the valve. Keep face and hands away as steam is released. Quick pressure release immediately stops the cooking process. If additional cooking is needed, choose the necessary function to bring cooker back up to pressure.

**Note:** The steam is fully released when the red float valve is in the lower position (J), only then will the lid be safe to open.



11. To open the lid: Hold the lid handle and turn the lid counter-clockwise until the “” marking on the lid aligns with the “OPEN ” marking on the pressure cooker; lift the

lid straight up and off the pressure cooker.

**Note:** Steam will escape when opening the lid, even after release. Always lift the lid straight off and use caution when opening.

12. Always allow the pressure cooker to fully cool before cleaning and storage.

## PRESET COOKING FUNCTIONS

There are 11 preset functions to aid in making the cooking process as easy as possible. Below are approximate cooking times to use as general guidelines. Times will vary depending on amounts of food cooked.

**Note:** the below cooking times do not include the time it takes for the pressure cooker to build up to pressure.

### FUNCTIONS WITH PRESSURE:



#### WHITE RICE :

1. Measure out the desired amount of rice or grains with the provided measure cup and add to the cooking bowl. Then add the corresponding amount of water indicated in the chart.
2. Add 1–2 tablespoons of butter or oil to the rice to minimize frothing.  
**Note:** Do not fill the cooking bowl more than half full, as the rice will expand during cooking.
3. If the bowl is not already in the cooking base, add the bowl to the base and follow the cooking process outlined in the “Operating Instructions” section.
4. Use the Natural Pressure Release method for best results. If making sticky rice, use the Quick Pressure Release method.

<b>All directions below are based on one rice measure, or using provided measuring cup.</b>			
<b>Food</b>	<b>Water Amount</b>	<b>Cooking Time</b>	<b>Recommended Pressure Release Method</b>
Couscous	2 cups	2–3 minutes (manual) 🖱️	Natural Release, 10 minutes, KEEP WARM
Quinoa	2 cups	4–6 minutes (manual) 🖱️	Natural Release, 10 minutes, KEEP WARM
Rice, Basmati	1 ½ cups	5–7 minutes (manual) 🖱️	Natural Release, 10 minutes, KEEP WARM
Rice, white	1 cup	14–16 min.	Natural Release, 10 minutes, KEEP WARM
Arborio	3 cups	14–16 minutes	Natural Release, 10 minutes, KEEP WARM
Sushi Rice	1 ½ cups	14–16 minutes	Quick Release
Quick Cooking Oats	1 2/3 cups	5–6 minutes (manual) 🖱️	Natural Release, 10 minutes, KEEP WARM
Steel Cut Oats	1 2/3 cups	15 minutes	Natural Release, 10 minutes, KEEP WARM



## **BROWN RICE**

:

1. Measure out the desired amount of rice with the provided measure cup, add to the cooking bowl. Then add the corresponding amount of water indicated in the chart below.
2. Add 1–2 tablespoons of butter or oil to the rice to minimize frothing.  
**Note:** Do not fill the cooking bowl more than half full, as the rice will expand during cooking.
3. If the bowl is not already in the cooking base, add the bowl to the base and follow the cooking process outlined in the “Operating Instructions” section.
4. Use the Natural Pressure Release method for best results.

**All directions below are based on one rice measure, or using provided measuring cup.**

<b>Food</b>	<b>Water Amount</b>	<b>Cooking Time</b>	<b>Recommended Pressure Release Method</b>
Barley	3 cups	20-25 minutes	Natural Release, 15 minutes, KEEP WARM
Rice, brown	2 cups	20-25 minutes	Natural Release, 10 minutes, KEEP WARM
Rice, wild	3 cups	20-25 minutes	Natural Release, 15 minutes, KEEP WARM. Drain remaining water after releasing pressure.



**BEANS :**

- Sort beans and remove any pebbles or bad looking beans. Rinse dried beans under cold water and drain. Add the beans to the cooking bowl.  
**Note:** You do not need to soak beans before pressure cooking. The cooking chart displays both unsoaked and soaked cook times.
- Add 1–2 tablespoons of butter or oil to the beans to minimize frothing.  
**Note:** Do not fill the cooking bowl more than half full, as the beans will expand during cooking. Always use enough liquid to cover the beans.
- If the bowl is not already in the cooking base, add the bowl to the base and follow the cooking process outlined in the “Operating Instructions” section.
- Use the Natural Pressure Release method for best results.

<b>Food</b>	<b>COOKING TIME (soaked overnight)</b>	<b>COOKING TIME (unsoaked) Preset at 40 minutes</b>	<b>Recommended Pressure Release Method</b>
Black Beans	20-25 minutes	28-30 minutes	Natural Release
Cannellini	18-22 minutes	33 to 38 minutes	Natural Release
Chickpeas (Garbanzo Beans)	35 minutes	50 minutes	
Great Northern	30 minutes (less)	40 minutes (normal)	Natural Release
Lentils	N.A.	8-10 minutes	Natural Release
Pinto Beans	20-24 minutes	30-35 minutes	Natural Release
Navy Beans	22-25 minutes	30-35 minutes	Natural Release
Red Beans	22-25 minutes	30-35 minutes	Natural Release
Soy Beans	26-33 minutes	33-40 minute	Natural Release





## STEAMING :

1. While steaming use the provided trivet for more evenly cooked results.  
Place the trivet in the bottom of the cooking bowl before adding the ingredients.
2. Add approximately 1 cup of liquid to the cooking bowl while steaming vegetables.
3. If the bowl is not already in the cooking base, add the bowl to the base and follow the cooking process outlined in the “Operating Instructions” section.
4. Use the Quick Pressure Release method when pressure cooking vegetables, to prevent over cooking.

**Note:** If cooking frozen vegetables, allow an additional 1–2 minutes of cooking time.

<b>Fresh Vegetable (not frozen)</b>	<b>Amount of food</b>	<b>COOKING TIME Preset at 5 minutes</b>	<b>Recommended Pressure Release Method</b>
Zucchini, sliced	1 medium	1-3 minutes	Quick Release
Green Beans	½ lb.	2 minutes	Quick Release
Carrots, sliced into ½-inch pieces	2 cups	2-3 minutes	Quick Release
Carrots, whole	4-6	4-5 minutes	Quick Release
Corn	3 cobs on trivet	8-10 minutes	Quick Release
Broccoli	3 cups (6 oz.)	0-3 minutes	Quick Release
Fresh Beets, quartered	1 cup	20 - 25 minutes	Quick Release
Brussel Sprouts, whole	1 lb.	0-2 minutes	Quick Release
Kale	2 cups	5-7 minutes	Quick Release
Winter squash (Pumpkin, Butternut, Acorn) peeled and sliced	2 cups	3-5 minutes	Quick Release
White potatoes 1-inch cubes	2 cups	5-7 minutes	Quick Release
Baby Potatoes, whole	8 medium	8-10 minutes	Quick Release
New Potatoes, whole	6 medium (1 lb.)	10-12 minutes	Quick Release
Sweet Potato, cubed	2 cups	4-6 minutes	Quick Release

**MEAT**  :


1. Cut meats/poultry into equal sizes to ensure even cooking.


**Tip:** Brown the meats before pressure cooking using the Browning preset function



within this section.

2. Add liquids and other ingredients to the bowl according to the recipe along with meat.
3. If the bowl is not already in the cooking base, add the bowl to the base and follow the cooking process outlined in the “Operating Instructions” section.
4. Use the release method indicated in the cooking chart for best results.

<b>Meat  (Non-frozen)</b>	<b>Amount of food</b>	<b>COOKING TIME Preset at 20 minutes</b>	<b>Recommended Pressure Release Method</b>
<b>CHICKEN</b>			
Chicken Breasts, boneless	1 pound	8-10 minutes	Quick Release
Chicken Thighs, boneless	8 (3 oz.)	20 minutes	Quick Release
Whole Chicken	3-4 lbs.	20-30 minutes	Quick Release
<b>BEEF</b>			
Stew (1 inch cubes) plus potatoes and vegetables	1 ½ lbs.	15-20 minutes	Natural Release, 10 minutes
Corned Beef	3 lbs.	50 minutes	Natural Release, 10 minutes
Short Ribs, 2 inches	4 pounds	45-60 minutes	Natural Release, 10 minutes
Brisket / Skirt	3 pounds	30 minutes	Natural Release, 10 minutes
Pot Roast, Top-side / Chuck	2-3 lbs.	30 minutes	Natural Release, 10 minutes
<b>LAMB</b>			
Shanks	3 X ½ pound	15-20 minutes	Natural Release, 10 minutes
Shoulder Roast, boneless	3 pounds	20-30 minutes	Natural Release, 10 minutes
<b>PORK</b>			
Chops, loin, 1 inch thick (10-12 oz.)	2 chops	8-10 minutes	Quick Release
Spareribs	3 pounds	30 minutes	Quick Release

<b>Meat  (Non-frozen)</b>	<b>Amount of food</b>	<b>COOKING TIME Preset at 20 minutes</b>	<b>Recommended Pressure Release Method</b>
Shoulder Roast, boneless	3 pounds	30 minutes	Natural Release, 10 minutes
Ham		30 minutes	Natural Release

**SOUP/STEW**  :

**Note:** The preset time for this function is 30 minutes, but can be adjusted up and down to desired cook time.

1. Place all the prepared ingredients into the pressure cooking bowl, being sure not to fill beyond the MAX fill line.
2. If the bowl is not already in the cooking base, add the bowl to the base and follow the cooking process outlined in the “Operating Instructions” section.
3. Use the natural release method to decrease any spatter from the steam release valve and continue cooking the foods for a deeper flavor.

## MANUAL COOKING FUNCTIONS



The Manual pressure function can be used when preset menu functions and timings do not suit your required cooking preferences. Follow the steps outlined in the “Operating Instructions” section to use this function.

## FUNCTIONS WITHOUT PRESSURE

### BROWNING



This is not a pressurized setting and it is intended to be used without the lid in place. Use this function to brown or sauté meats and vegetables at a high heat before pressure cooking or slow cooking.

1. Place the cooking bowl in the interior of the pressure cooker.
2. Add the proper amount of oil or butter to the bowl, according to the recipe.
- 3.

Press the Browning button . A red light will begin flashing above the

Browning function , and the LED display will flash with 15 minute default.

Press the + or – buttons to adjust the time.

**Note:** The locking lid should remain off while browning.


4. Press the START button and allow the butter or oil to heat for about 1 minute. Add the food using caution once the oil or butter is hot, as it could spatter, and then brown/sauté to desired doneness.

**Note:** Pat foods dry with a paper towel before browning



and brown/sauté food in small batches to ensure best results.

5.

Once you are done browning/sautéing, press the STOP button  to cancel the Browning function. You can now switch to any other function to continue cooking the recipe (refer to the specific function within this section for directions).









## SLOW COOK

:

This is not a pressurized setting, but is intended to be used with the lid in place. When slow cooking, it is extremely important that you do not often open the lid to check on the cooking progress. Each time the lid is opened, your cook time will need to be increased.

1. Place the cooking bowl in the interior of the pressure cooker.
2. Place all necessary ingredients into the cooking bowl. Do not fill above the MAX fill line.
3. Place the lid on the pressure cooker and rotate clockwise to align the “ ” marking on the lid with the “CLOSE ” marking on the pressure cooker. The pressure release valve should be left in the release position (K) during slow cooking.






4. Press either the Slow Cook High  or the Slow Cook Low  button. A red light will begin flashing above the selected function, and the LED display will flash with 6 hour default for HIGH and an 8 hour default for LOW. Press the + or – buttons to adjust the time.
5. Press the START button . The red light will turn solid above the chosen function and the timer will begin to countdown.
6. Once the time is up, the pressure cooker will automatically switch to keep warm. A flashing red light will illuminate above the Keep Warm button  and the timer will flash and begin to count up.
7. To open the lid: Hold the lid handle and turn the lid counter-clockwise until the “” marking on the lid aligns with the “OPEN ” marking on the pressure cooker; lift the lid straight up and off the pressure cooker.  
**Note:** Steam may escape when opening the lid. Always lift the lid straight off and use caution when opening.
8. Always allow the pressure cooker to fully cool before cleaning and storage.

**Note:** Do not cut meats in the cooking bowl as this may scratch the finish.

## DELAY START :

The delay start feature is ideal for planning out meals on your schedule, allowing you to delay cooking for a set amount of time. This feature works for all functions except browning, slow cook, and keep warm. Always be sure to follow food safety recommendations while cooking.

1. Once a function is selected (see “Preset Cooking Functions”) a red light will flash above the selected function and a default time will appear on the LED display. If the time needs to be adjusted, press the + or – buttons to select the correct time.
2. Press the delay start button , a red light will flash above the function and a default time will appear on the LED display. First adjust the hours as needed by pressing the + or – buttons (adjusts in 1 hour increments), then press delay start  again to adjust the minutes by pressing the + or – buttons (adjusts in 10 minute increments).

3. Once adjusted to desired delay start time, then press the Start button  and follow the standard instructions.

## CARE AND CLEANING

This product contains no user serviceable parts. Refer service to qualified service personnel.

### CLEANING

**IMPORTANT:** Never immerse cooking base in water or other liquids.

1. Always unplug and allow to completely cool before cleaning.
2. Wash cooking bowl and lid in warm, soapy water. If food sticks to the cooking bowl fill the bowl with warm, soapy water and allow it to soak before cleaning with plastic scouring pad.  
**NOTE:** the cooking bowl is dishwasher safe.
3. Rinse and dry thoroughly.
4. Wipe interior and exterior of the cooking base with a soft, slightly damp cloth or sponge. Never use abrasive cleaners or scouring pads to clean the cooking base, as they may damage the surfaces.
5. Remove the gasket, anti block shield and pressure release valve from lid and wash in warm soapy water. Allow parts to dry completely before reassembling.


### STORING

Make sure that the appliance is thoroughly dry. Never wrap the cord tightly around the appliance; keep it loosely coiled.

## HELPFUL HINTS AND TIPS

- Always make sure the pressure release valve is in the “seal” position, otherwise pressure will not build and your meal will take much longer to cook.
- If using any sort of carbonated beverage to cook with, always use Natural Pressure Release until the pressure release valve no longer releases steam. This will ensure the carbonation has time to dissipate and not boil over the pressure cooker.
- Do not cook pasta on its own in the pressure cooker. It’s very likely it will stick together and turn out like a brick of pasta.
- Have a favorite slow cooker recipe? The pressure cooker is a perfect way to turn a 4–6 hour recipe into one that’s done in about an hour (depending on amount of food/liquid).

- Forgot to put all of your ingredients in the slow cooker in the morning? No problem! Place all of those ingredients in the pressure cooker and create a delicious meal just in time for dinner.

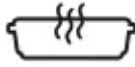
- The Browning function  is a great way to brown meats and veggies in one pot before cooking the rest of your meal. Use a small amount of oil (1–2 Tbsp.) and sauté meats or veggies for added flavor.

- If cooking cuts of meat on their own, always make sure to allow a “rest” period by taking the meat out of the pressure cooker. Place it on a cutting board to rest for 5–10 minutes before cutting. This allows the meat to redistribute and retain its delicious juices.


- Make sure that meat and vegetables are of uniform size when cooking in the pressure cooker. This will allow for more even cooking.

- Liquid evaporates while in the pressure cooker, so always make sure there’s enough liquid in the pressure cooker to ensure food does not burn or get stuck to the bottom of the pressure cooker.

- Do not overfill the pot with liquid or food. Because the pressure cooker uses steam to cook, it needs space to build up and circulate.

- Most vegetables cook very quickly on the steaming function  ; follow the chart in the steaming section to make sure they’re not overcooked and mushy.

- Add any thickeners (such as flour or corn starch) after pressure cooking has finished. It takes your meal longer to cook when they are added at the beginning.


- Use the browning function  at the end of cooking a sauce to thicken it.

# TROUBLESHOOTING



<b>PROBLEM</b>	<b>POSSIBLE CAUSE</b>	<b>SOLUTION</b>
Difficult to close the lid	Rubber gasket not installed properly	Check the position of the rubber gasket
	Red float valve in the popped-up position	Press the red float valve downward lightly
Difficult to open the lid	Pressure exists inside the cooker	Use the pressure release valve to reduce the internal pressure. Open the lid after the pressure is completely released
	Red float valve stuck at the popped-up position	Press the red float valve lightly downward with a kitchen utensil
Steam leaks from the side of the lid	Rubber gasket not in place	Install the rubber gasket correctly
	Rubber gasket damaged	Replace the rubber gasket
	Food debris attached to the rubber gasket	Clean the rubber gasket
	Lid not closed properly	Open then close the lid again
Red float valve unable to rise	Not enough food or water in the cooking bowl	Add water according to the recipe
	Red float valve is obstructed by the locking lid pin	Close the lid completely, see "Operating Instructions" section
Steam comes out from the exhaust valve without stopping	Lid is not in the seal position	Turn the pressure release valve to the seal position

	Pressure control fails	Contact the consumer service team	
Display flashes "OPEN"	Lid is not at the correct position for the selected program	Close the lid for pressuring cooking or open the lid for browning 	
Display flashes 3 blinking bars but timer doesn't start	Working pressure isn't reached inside during preheating cycle	Pressure release valve is not in the seal position	Check if pressure release valve is turned to the seal position
		Rubber gasket is not in place	Install the rubber gasket correctly
		Red interlock pin with rubber retainer ring on bottom of lid is not in place	Check that red interlock pin is installed with the rubber retainerring on the bottom of lid
Display flashes "C5" and the pressure cooker shuts down	Overheating is detected on the cooking bowl	Stop the program, use the pressure release valve to reduce the internal pressure and check if the food at the bottom of the cooking bowl is burnt	
Display remains blank after connecting the powercord	Bad power connection or no power	Inspect the power cord to ensure a good connection, check that the power outlet is active	
	Appliance electrical issue	Contact the consumer service team	

All LEDs flash with a code appearing on screen	C1code	Faulty temperature sensor (cannot be detected)	Contact the consumer service team
	C2code	Faulty temperature sensor (short circuited)	
	C5code	Temperature is too high because cooking bowl is not in the pressure cooker	
		Temperature is too high because there is no water in cooking bowl	
C6code	Faulty pressure sensor		
Rice half cooked or too hard	Not enough water	Adjust dry rice and water ratio according to the recipe	
	Lid was opened prematurely	After cooking cycle is complete, leave the lid on for 5 more minutes	
Rice too soft	Too much water	Adjust dry rice and water ratio according to the recipe	
Intermittent beeping after pressure cooker has been cooking for a while	Indication of overheating. Pressure cooker has reduced the heating temperature and may not reach cooking pressure	<p>Possible starch deposits at the bottom of the cooking bowl have clogged the heat dissipation. Stop  the pressure cooker, use the pressure release valve to reduce internal pressure and inspect the bottom of the cooking bowl</p>	

Occasional ticking or light cracking sound	The normal sound of power switching and expanding because pressure board is changing temperature	This is normal, do not worry about it
	Wet cooking bowl bottom	Wipe cooking bowl bottom dry before cooking

**Warning**

This content is compiled from multiple sources and is provided for reference purposes only. It may not be complete or fully applicable to all situations. If you are unable to resolve your issue, please contact the product manufacturer or an authorized service provider for official support.

