

Pronto®
HIGHEST QUALITY 18/10 STAINLESS STEEL

LAGOSTINA®

PRESSURE COOKER



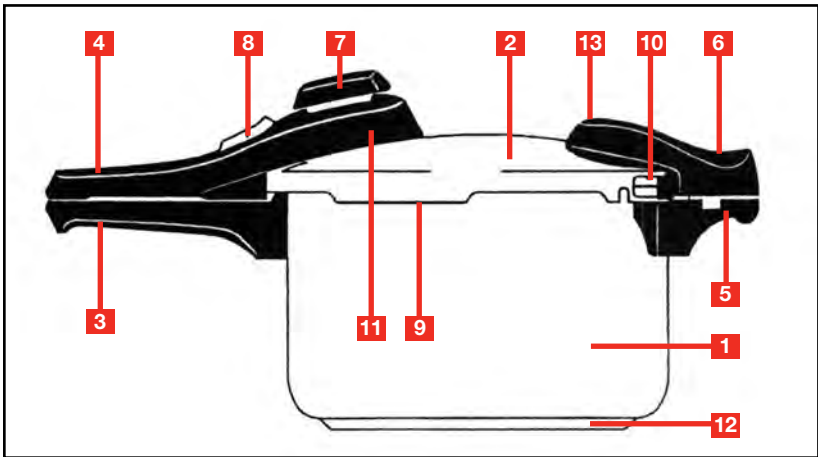
Congratulations on the purchase of your Lagostina Pronto pressure cooker. This pressure cooker has been carefully engineered with top quality materials in order to provide you with one of the safest, most energy-efficient pressure cookers available today.

Instructions for Use and Care

Cooking Table

Recipes

Please read these instructions carefully before using your pressure cooker.



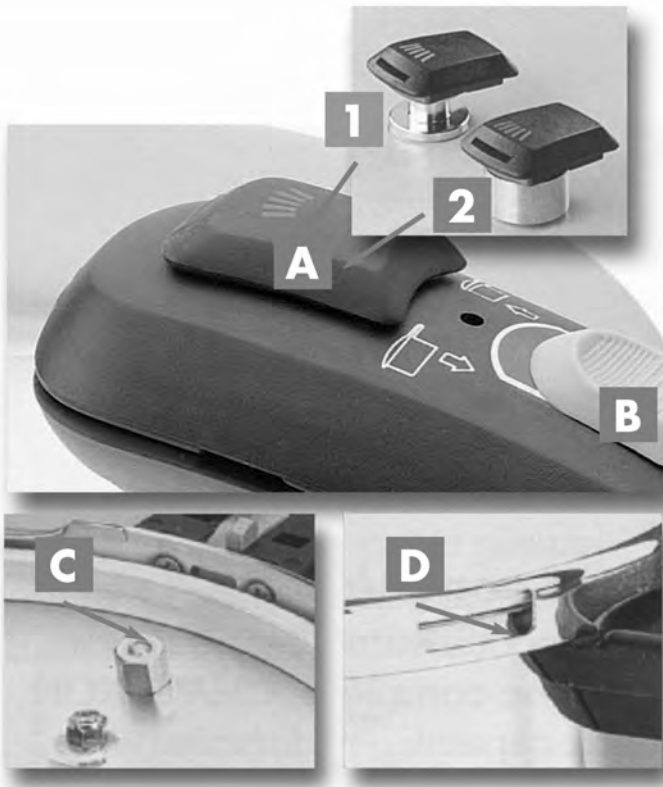
- | | |
|--|---|
| <ol style="list-style-type: none"> 1. Pressure cooker body 2. Pressure cooker lid 3. Lower handle 4. Upper handle 5. Lower Side handle 6. Upper Side handle 7. Pressure control valve | <ol style="list-style-type: none"> 8. Safety lock 9. Rubber gasket 10. Safety window 11. Internal pressure safety valve 12. Impact bonded base 13. Pressure indicator |
|--|---|
- Green (1) - Red (2)**

IMPORTANT SAFEGUARDS

When using pressure cookers, basic safety precautions should always be followed.

1. Read all instructions.
2. Do not touch hot surfaces. Use handles or knobs.
3. Close supervision is necessary when the pressure cooker is used near children.
4. Do not place the pressure cooker in a heated oven.
5. Extreme caution must be used when removing a pressure cooker containing hot liquids.
6. Do not use pressure cooker for other than intended use.
7. This appliance cooks under pressure. Improper use may result in scalding injury. Make certain unit is properly closed before operating. See "Operating Instructions".
8. Do not fill the unit over 2/3 full. When cooking foods that expand during cooking such as rice or dried vegetables, do not fill the unit over 1/2 full. Over filling may cause a risk of clogging the vent pipe and developing excess pressure. See "Food Preparation Instructions".
9. Do not cook foods such as applesauce, cranberries, pearl barley, oatmeal or other cereals, split peas, noodles, macaroni, rhubarb, or spaghetti. These foods tend to foam, froth and sputter, and clog the pressure release device (steam vent). These foods should not be cooked in a pressure cooker.
10. Always check the pressure release devices for clogging before use.
11. Do not open the pressure cooker until the unit has cooled and internal pressure has been released. If the handles are difficult to push apart, this indicates that the cooker is still pressurized - do not force it open. Any pressure in the cooker can be hazardous. See "Operating Instructions".
12. Do not use this pressure cooker for pressure frying oil.
13. When the normal operating pressure is reached, turn the heat down so all the liquid, which creates the steam, does not evaporate.

SAVE THESE INSTRUCTIONS



SAFETY FEATURES

- The pressure inside the pressure cooker is controlled by a pressure control valve (fig. A) which prevents an excessive build-up of pressure. Valve #1 (green) is for medium pressure (7.35 psi) and valve #2 (red) is for high pressure (11.8 psi).
- The safety lock (fig. B) prevents opening of the pressure cooker when there is pressure inside. To open the pressure cooker, push the switch to the "open" position and remove the lid following the instructions.
- An internal pressure safety valve, located inside the upper handle (fig. C) and accessible from inside the pressure cooker for checking and assembly, comes into operation when there is an excessive increase in pressure.
- A safety window situated on the rim of the lid (fig. D) prevents any damage occurring to the pressure cooker as a result of any abnormal increase of pressure inside the unit. To ensure the correct functioning of this window, the rubber gasket should be checked before each use for dirt or damage.

SAVE THESE INSTRUCTIONS

OPERATING INSTRUCTIONS:

To Open the Pressure Cooker:

With the safety lock in the open position, turn the upper handle towards the right, holding the lower handle with the left hand. Lift the lid off when the mark on the lid is aligned with the centre of the lower handle (fig. E).



To Close the Pressure Cooker:

Before closing the pressure cooker, please ensure that the pressure control valve and internal safety valve (fig. A+C) are clear.

Place the lid on the body of the pressure cooker so that the mark on the lid is aligned with the centre of the lower handle (fig. E). Press down lightly on the lid with the left hand and with the right hand, turn the upper handle horizontally towards the left until it is directly over the lower handle and can move no further. Now pull the safety lock towards you to the closed position (fig. F).

Food Preparation Instructions:

Place the pressure cooker on the heat source. When the pressure control valve rises, letting steam escape, reduce the heat so that a small amount of steam escapes. The cooking time indicated in recipes and tables should be counted from this point. This will assure energy-efficient, healthy meal preparation.

It is essential to add a minimum of 1/4 litres of water or some other liquid to the Lagostina Pronto pressure cooker in order that steam can be produced. The pressure cooker should never be filled to more than 2/3 of the maximum capacity (including liquid and other ingredients). Always avoid total evaporation of liquid. Please see cooking table.

When making sauces, make sure that they are not too thick. Give the cooker a shake before removing the lid to remove possible hot spots or depressions which might have been created inside. This is recommended for cooking soups such as cream of lentil, etc. or vegetables such as chickpeas, etc.

If the pressure control valve stops releasing steam completely during the cooking process, turn the heat higher on the stove.

If the pressure control valve releases steam too strongly, turn down the heat on the stove.

When the cooking time is finished, open the pressure cooker using the following methods:

1. Wait until the pressure indicator has lowered. You can speed up the process by placing the pressure cooker in the sink under the tap and cooling it with cold water.
2. Once the pressure cooker is cool, push the switch of the safety lock gently forward to the open position and open the pressure cooker.
3. Do not attempt to open the pressure cooker while it is still hot or if steam is still escaping from the pressure control valve.

NEVER SUBMERGE THE PRESSURE COOKER IN WATER.

SAFETY INSTRUCTIONS:

Should the internal safety valve (fig. C) operate during cooking:

- a) Remove the pressure cooker from the heat source, cool down and open (following opening instructions).
- b) Remove the pressure control valve and check that the chimney below the valve is not obstructed. If so, clean thoroughly.
- c) Replace the valve, close pressure cooker and re-start the cooking process.
- d) If the interior safety valve operates a second time, stop cooking.
- e) If, during normal use, the safety window situated in the rim of the lid (fig. D) should operate before the first valve (inside the upper handle) immediately stop cooking.

If the pressure control valve does not rise, it is possible that:

- a) The switch of the safety lock is not in the closed position.
- b) There is not enough liquid inside the pressure cooker. Check and add the correct amount.
- c) The rubber gasket is dirty or damaged. Clean or replace it.
- d) The temperature of the stove is too low.

If steam escapes from the edge of the pressure cooker lid, it is possible that:

- a) The pressure cooker is not correctly closed. Check and repeat the closing operation.
- b) The rubber gasket is not correctly in position or is damaged.
Remove the gasket and reposition it correctly or replace it.

For more information on this or any other quality Lagostina product, please contact our Customer Service Hotline at 1-800-263-4067 or visit our website at www.lagostina.ca

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CARE OF YOUR LAGOSTINA PRONTO PRESSURE COOKER

- Before using the pressure cooker for the first time, thoroughly wash all parts with warm, soapy water, rinse well and dry with a clean towel.
- After each use, wash the pressure cooker with warm, soapy water and dry thoroughly. Do not use abrasive cleaners or scouring pads, which may dull the high polish finish of the product.
- The lid should be washed in warm water only and dried off immediately. Never clean the lid of the pressure cooker in the dishwasher.
- Valves: Before each use, check that the steam outlet is not obstructed by food particles or any other material.
- Always check that the inner rubber gasket is clean and not damaged.
- From time to time, apply a little light cooking oil to the rubber sealing gasket. This will extend the duration of the gasket and improve its operation. Should the rubber gasket appear dirty or damaged, either clean it or replace it.
- After use, do not store the pressure cooker with the lid closed.

TABLE OF COOKING TIMES

(Start timing once internal pressure has been reached)

FRUIT - VEGETABLES - LEGUMES

	Quantity	Water (in cups)	Valve (1) (Green) in minutes	Valve (2) (Red) in minutes
Apples (fresh)	1/2 kg.	1	5	
Apricots (dried)	200 g.	1/2	6	
Apricots (fresh)	1/2 kg.	1	2	
Artichokes (whole)	1 kg.	1-1/2	22	
Asparagus (fresh, whole)	1 kg.	1-1/2	4	
Beans (dried)	1/2 kg.	3		20
Beans (fresh)	1 kg.	1-1/2		10
Beets (whole)	1 kg.	1-1/2		15
Broccoli	1 kg.	1	10	
Cabbage	1 kg.	1-1/2	12	
Carrots (chopped)	1 kg.	1	6	
Carrots (whole)	1 kg.	1-1/2	6	
Cauliflower (chopped)	1 kg.	1	4	
Cauliflower (whole)	1 kg.	1-1/2	6	
Chestnuts	1/2 kg.	2-1/2		35
Chick peas (dried)	1/2 kg.	3		25
Chicory	1 kg.	1	4	
Eggplant	1 kg.	1	8	
Figs (dried)	200 g.	3/4	6	
Leeks	1 kg.	1-1/2	6	

Lentils (dried)	300 g.	3	15
Mushrooms	1 kg.	1	5
Onions (chopped)	1 kg.	1	8
Onions (whole)	1 kg.	1-1/2	10
Peaches (dried)	200 g.	1/2	6
Peaches (fresh)	1/2 kg.	1/2	2
Pears (fresh)	1/2 kg.	1/2	3
Peas (dried)	1/2 kg.	2-1/2	15
Peas (fresh)	1 kg.	1-1/2	3
Plums (dried)	200 g.	1/2	10
Potatoes (chopped)	1 kg.	1	6
Potatoes (whole)	1 kg.	1-1/2	10
Pumpkin (chopped)	1 kg.	1-1/2	4
Savoy	1 kg.	1	5
Spinach	1 kg.	3/4	4
Strawberries (fresh)	1/2 kg.	3/4	2
Tomatoes	1 kg.	1/2	3
Turnip (chopped)	1 kg.	1	10
Turnip (whole)	1 kg.	1-1/2	12
Zucchini	1 kg.	3/4	3

MEAT

Beef (boiled)	1/2 kg.	5	35
Beef (roast)	1/2 kg.	1/2	30
Beef (stewed)	1/2 kg.	1/2	30
Beef's tongue	1 kg.	7-1/2	40
Calf's tongue	800 g.	5	40
Chicken (boiled)	1/2 kg.	5	18
Chicken (roast)	1/2 kg.	1/2	15
Chicken (stewed)	1/2 kg.	1/2	15
Lamb (roast)	1/2 kg.	1/2	15
Lamb (stewed)	1/2 kg.	1/2	15
Pork (roast)	1/2 kg.	1/2	20
Veal (boiled)	1/2 kg.	5	25
Veal (roast)	1/2 kg.	1/2	22
Veal (stewed)	1/2 kg.	1/2	25

SEAFOOD

Cod	1/2 kg.	1	15
Lobster	1 kg.	1-1/2	10
Mussels	1 kg.	1-1/2	10
Perch	1 kg.	1-1/2	8
Scampi	1/2 kg.	1-1/2	5
Shrimps	1/2 kg.	1-1/2	6
Trout	1 kg.	1-1/2	10

RECIPES

Lamb with Mustard and Rosemary (4 portions) Valve 1

900 g.	Lamb, cubed
15 ml	Canola oil
1	Red Onion, chopped
20	Mushrooms
15 ml	Dry mustard
30 ml	Red wine vinegar
125 ml	Beef bouillon
2	Garlic cloves, finely chopped
8 ml	Rosemary
15 ml	Dijon mustard
15 ml	Corn starch diluted in a little water
	Salt and pepper

1. Heat the oil on medium heat in your Lagostina Pronto pressure cooker. Add the lamb cubes and cook for 3 minutes while stirring. Add the rest of the ingredients except for the Dijon mustard and corn starch. Season to taste with salt and pepper. Close and lock the lid into position with the green valve (no. 1). Once the pressure cooker has reached optimal pressure, lower the heat so that a small amount of steam escapes. Continue cooking in this manner for 15 minutes.
2. Put the pressure cooker into the sink under the tap and allow to cool with cold water. Once the pressure has been released, remove the lid following operating instructions. Return the pressure cooker to the stove and add the Dijon mustard and the corn starch. Stir and bring to boil. Reduce heat and stir until thickened. Serve immediately.

Chicken with Aromatic Rice (4 portions) Valve no. 2

1	chicken breast
2-3	chicken thighs
30 ml.	Canola oil
1	Red pepper, cubed
1/2	White onion, chopped
250 ml	Uncooked rice
375 ml	Water
1 ml.	Saffron
1 ml.	Powdered cumin
1 ml.	Ground coriander
	Tarragon
	Salt & Pepper

1. Cut the chicken breast in half and remove the skin. Remove the skin from the chicken thighs. Heat the oil on medium heat in your Lagostina Pronto pressure cooker. Add the pieces of chicken and brown them on each side for 3 minutes. Add the red pepper, onion and the rice and cook, while stirring, for 2 minutes. Add the rest of the ingredients and stir. Season to taste with the tarragon, salt and pepper. Close and lock the lid into position using the red valve (no. 2). Once the pressure cooker has reached optimal pressure, lower the heat so that a small amount of steam escapes. Continue cooking in this manner for 5-6 minutes.
2. Remove the pressure cooker from the stove top and wait 3 minutes. Put the pressure cooker into the sink under the tap and allow to cool with cold water. Once the pressure has been released, remove the lid following operating instructions. Serve immediately.