

BRK TIPS:

1. Cooking instructions

Every time you cook, always make sure that the correct amount of liquid is added – you must never cook dry or with excessive liquid.

Please also make sure that the cooker is never filled more than 2/3 full.

Different cooking times will also depend on quality and size of the food to be cooked. For this reason, the times given below can only be treated as approximate.

After a time, you will accumulate enough experience yourself to know exactly how long you must cook your food. It is not necessary to defrost deep-frozen foods in advance; it is sufficient to lengthen the cooking times slightly.

2. Soups and stews with braised meat:

Cooking times of the different ingredients usually do not vary much (e.g. for meat and vegetables), the meat is browned and then the vegetables are added with the water. When cooking times vary widely, interrupt the meat cooking and add the vegetables and water for the last few minutes. In this way, the meat and the vegetables will finish cooking at about the same time.

3. For soups and stews you should note:

Those foods that tend to foam up must be brought to the boil in an uncovered pressure cooker, and the foam should be skimmed off before you close the cooker. When cooking is finished, please let the steam escape slowly, or leave the pressure cooker to cool down.

4. Positions

- Position 1 for gradual cooking
- Position 2 for quick cooking
- Position for gradual release of pressure
- Position for cleaning the valve. (pg 4)

5. Always use the pressure cooker on the appropriate cooktop. When using an electric hotplate, its diameter must be smaller than or equal to that of the cooker. When using the gas stove, the crown of the flame must not exceed the diameter of the base of the cooker pot. (pg: 7)

6. Do not use a too high flame as this might cause damage to the handles.

7. Never attempt to force open the pressure cooker when it is under pressure.

8. Let the pressure cooker cool down completely before opening.

9. Always use the original accessories and spare parts, lids and pans that are designed for the particular pressure cooker.

10. Before cooking always make sure that the safety locking system, the pressure regulator and the sealing ring are all clean and functioning properly.
11. Always read the instruction carefully before using the pressure cooker for the first time.

COOKING TIME AND PRESSURE KNOB POSITION.

SOUPS COOKING TIME: RAPID COOK

Bean soup 20 min. 2
Pea soup (not soaked) 20-25 min. 2
Vegetable soup 4-8 min. 2
Goulash soup 10-15 min. 2
Potato soup 5-6 min. 2
Minestrone 8-10 min. 2
Rice soup 6-8 min. 2
Boiling chicken 25-35 min. 2
Tomato soup with rice 6-8 min. 2

VEGETABLES COOKING TIME: GRADUAL COOK

Cauliflower 3-7 min. 1
Peas, green 3-5 min. 1
Carrots 3-7 min. 1
Stuffed Peppers 6-8 min. 1
Mushrooms 6-8 min. 1
Cabbage types 5-15 min. 1
Spinach 3-4 min. 1

RAPID COOK

Beans 6-10 min. 2
Potatoes 6-8 min. 2
Potatoes (unpeeled) 6-12 min. 2

Vegetables:

The finer the vegetables are cut up, the shorter their cooking time. On the other hand, if you prefer them “crunchy”, their cooking time should be shortened.
Suggestion: it is better to undercook – extra cooking is always possible.

MEAT COOKING TIME: RAPID COOK

Goulash 15-20 min. 2
Chicken 20-25 min. 2
Veal, sliced 6 min. 2
Veal, roast 15-20 min. 2
Veal fricassee 5 min. 2

Turkey leg 25-35 min. 2
Beef roast 40-50 min. 2
Rib of pork 10-12 min. 2
Meat roulade 15-20 min. 2
Braised marinated beef 30-35 min. 2
Roast pork 25-30 min. 2

Meat:

Meat is brought to a boil in the uncovered pressure cooker. It is then topped up as necessary. Pieces which are too large should be cut up and browned individually, then laid over one another to complete cooking.

FISH COOKING TIME: GRADUAL COOK

Steamed fish with potatoes 6-8 min. 1
Fish in white wine sauce with potatoes 6-8 min. 1
Cod 4-6 min. 1

Fish (fresh):

Cook with adequate liquid, according to amount. Since fish stock is extremely sticky, the lid should be removed as soon as the pressure indicator has completely disappeared.

Frozen food:

The otherwise long times needed for defrosting shrink to minutes, but still depend on type and amount of the food to be defrosted. Defrosting in the pressure cooker preserves the vitamins, minerals and flavors of your food.