

ADVANTAGES OF OWNING A PRESSURE COOKER

The pressure cooker provides the only safe method for canning non-acid food products such as vegetables, fish, meat, and poultry.

In the pressure cooker you can cook dried beans, grains, dried fruits, soup stocks, and steamed breads and puddings in a fraction of the time required in a steamer.

The pressure cooker enables you to prepare and serve less expensive cuts of meat. The higher temperature in the cooker makes meat tender and flavorful.

Several foods may be prepared in the cooker at once without mixing flavors.

ABOUT THE ALL-AMERICAN PRESSURE COOKER

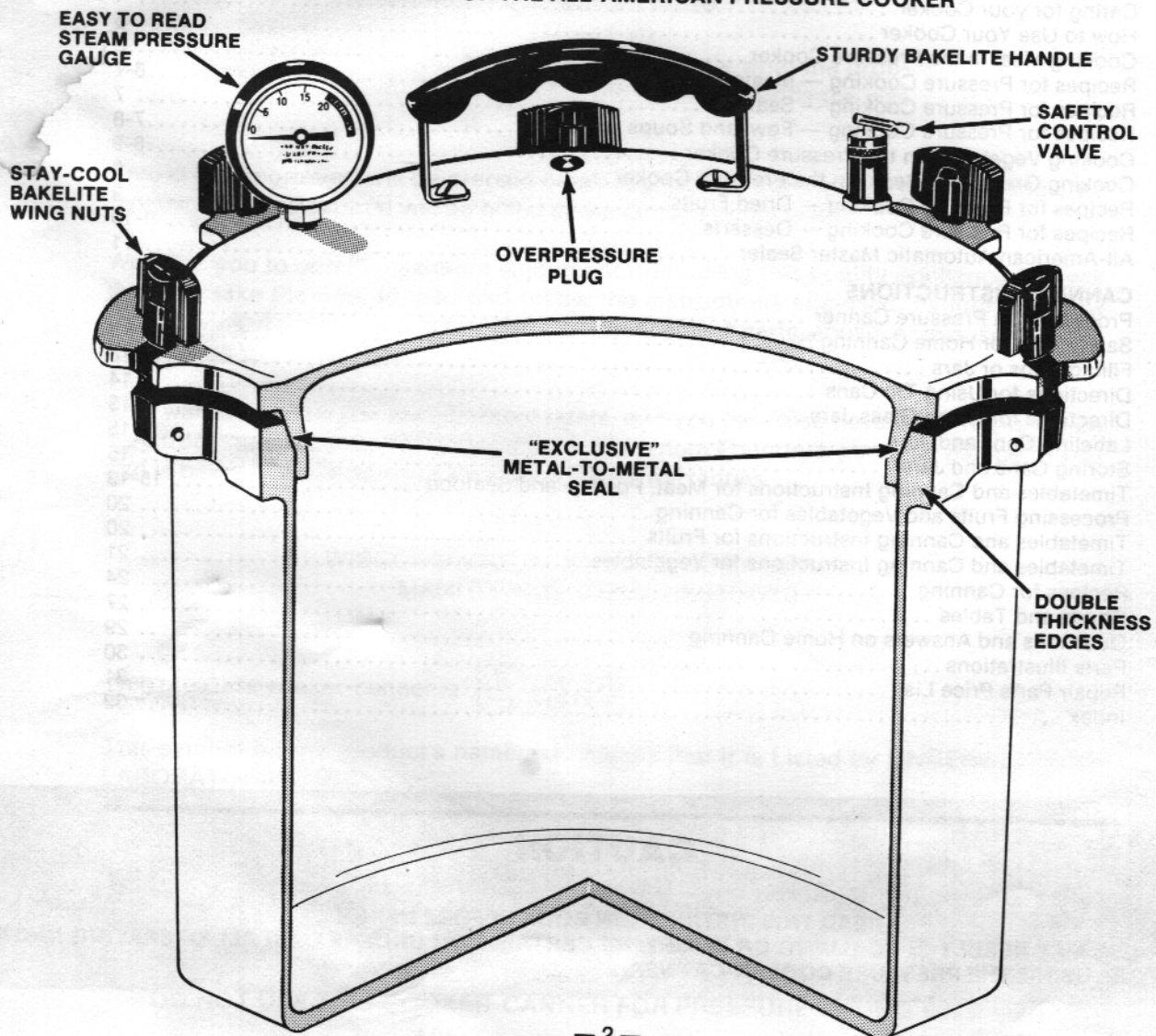
The All-American Pressure Cooker is made of extra heavy, high grade cast aluminum, which heats quickly, wears well, cleans easily, and does not rust.

You will never need to replace broken, cracked or hardened gaskets with this cooker. There aren't any! The All-American Pressure Cooker has a metal-to-metal seal between the cover and bottom which will improve with use if properly cared for and lubricated.

The cover of this cooker is held on safely and securely with large, stay-cool, bakelite wing nuts. For added safety, the control valve on the cooker lid is set to release steam at 23-27 lbs. pressure. Under unusual pressure conditions venting will automatically occur through the overpressure plug opening in the cover.

The All-American Pressure Cooker comes with instructions for canning in tin cans as well as in glass jars.

ILLUSTRATION OF THE ALL-AMERICAN PRESSURE COOKER



HOW TO USE YOUR COOKER

PLACING FOOD AND WATER INSIDE

Place 1" of water (or the amount called for in the recipe or canning instructions) in bottom of cooker. Use rack in bottom of cooker when using pans, canning jars, or tin cans. Never allow these containers to stand directly on the bottom of the cooker. The rack is also useful for holding meat or vegetables out of the water while cooking.

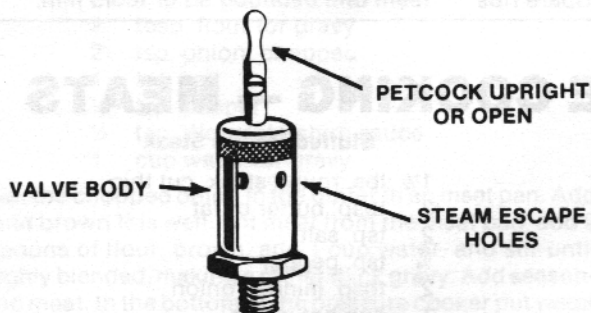
PLACING COVER ON COOKER

Place cover on cooker bottom so that arrow on cover aligns with "line mark" on rim of bottom. First tighten **any two opposite** wing nuts slightly. Continue to tighten opposite wing nuts until all are finger tight. Check that cover is level or straight on cooker to insure a firm seal.

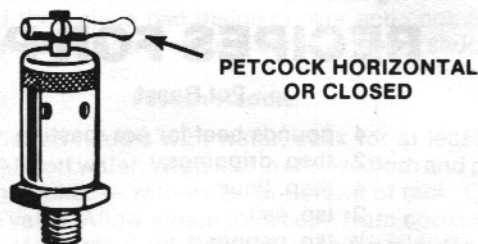
HEATING COOKER

1. Turn on heat under cooker. Open the petcock on the control valve as shown in illustration. Leave petcock open and allow steam to escape freely through the 4 holes in the control valve for 7-10 minutes. This must be done to remove all air from the cooker so the steam gauge will register correctly.
2. Close the petcock by putting it in horizontal position as shown below.
3. Continue heating cooker until steam pressure gauge registers desired pressure. A new cooker will sometimes leak slightly around the metal-to-metal seal. This will do no harm, and should cease after being used a few times.

CONTROL VALVE — OPEN



CONTROL VALVE CLOSED



COUNTING TIME

Begin counting time only after air has been removed from the cooker (step one above) and steam pressure gauge needle indicates required pressure.

Try to keep the pressure as steady as possible by regulating the amount of heat applied to the cooker. **AT NO TIME SHOULD THE PRESSURE BE ALLOWED TO RISE ABOVE 15 PSI. EXCESS PRESSURE SHOULD BE RELEASED THROUGH THE CONTROL VALVE, AND HEAT SHOULD BE TURNED DOWN...** Remember, it is the amount of heat applied to the unit that regulates the pressure.

OPENING COOKER

CAUTION: NEVER LOOSEN WING NUTS UNTIL THE STEAM PRESSURE GAUGE REGISTERS ZERO AND YOU HAVE ALLOWED ANY REMAINING PRESSURE TO ESCAPE BY SLOWLY OPENING CONTROL VALVE.

Do not put cold cloths or water on the cooker to hasten cooling. This may crack the aluminum.

When cooking is completed, turn heat off and reduce pressure as follows:

- After most normal cooking, permit cooker to cool until steam pressure gauge reads zero. Pressure can be released more quickly by partially opening the petcock.
- After cooking soup, cereals, or any food that might boil over in the pans, turn heat off and permit cooker to cool without opening petcock.
- After canning in glass jars, turn heat off and permit cooker to cool gradually until the steam gauge drops to zero. Open petcock slowly and do not release steam pressure too rapidly as liquid will be drawn from jars.
- After canning in tin cans, turn heat off and release pressure as quickly as possible by opening the petcock.

Remove cover, raising farthest edge first to protect face and arms from steam. When petcock is left closed, a vacuum may form inside the cooker making cover difficult to remove.

COOKING MEAT IN THE PRESSURE COOKER

When cooking meats, place empty cooker on stove to heat, put fat in bottom of cooker and sear meat on all sides to seal in juices. Add 1/2" water to bottom of cooker (or the amount called for in the recipe), and cook for time given in timetable or recipe. Follow instructions under **How to use Your Cooker**, above.