User Manual

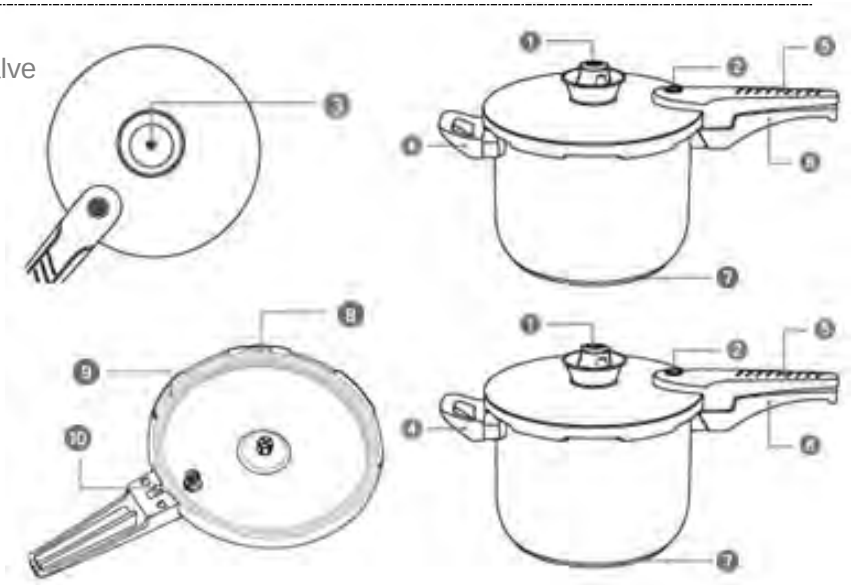
Twist-lock Pressure Cooker

Please take a moment to read the user manual thoroughly before operating the product, and ensure its safekeeping for future reference

Thank you for choosing and using our products. To ensure optimal usage and longevity of the product, please carefully read this manual before using the product. We are dedicated to offering you premium products and services, so you can indulge in the joy of cooking.

[Product Illustration and Benefits]

1. Pressure limiting valve
2. Safety valve
3. Steam outlet
4. Cooker lug
5. Upper lid handle
6. Lower lid handle
7. Induction base
8. Safety window
9. Rubber seal ring
10. Locating dowel pin



Please note that the illustration exclusively represents the 6L and 7L pressure cookers.

1. Opening-closing mechanism

Between the lid handles is a self-locking device. When the pressure inside the cooker exceeds 4 kPa, the safety valve will rise and activate the self-locking device, thus preventing the lid from being opened.

Tips: It is normal for a slight amount of steam to release from the handle before the safety valve rises.

2. Safety valve

In case the pressure inside the cooker exceeds the normal operating pressure and goes over 130 kPa, or if the pressure limiting valve of the cooker malfunctions, the safety valve will be opened automatically for steam release, causing the pressure inside the cooker to drop.

3. Safety window

If both the pressure limiting valve and the safety valve malfunction, the pressure inside

the cooker will steadily increase. Once it surpasses the range of 180 kPa to 270 kPa, the seal ring will shift, allowing excess pressure to be released through the safety window on the lid.



Cautionary statements for the household pressure cooker:

- Please read the user manual carefully before using the product.
- This pressure cooker is designed for domestic use only, and shall in no case be used for commercial purposes.
- Please exercise caution when using the pressure cooker in the vicinity of children. Never allow children to operate the pressure cooker alone and make sure it is kept out of reach of children, to avoid burns and other potential hazards.
- It is crucial to adhere to the safety instructions mentioned in the user manual. Failure to follow the safety warnings and incorrect operation may result in accidents.

- Prior to using the pressure cooker for the first time, it is important to thoroughly read the user manual and any associated information. Incorrect operation may result in potential hazards.
- Do not use this pressure cooker without reading the user manual.
- If you decide to give this pressure cooker as a gift to someone, be sure to include the user manual along with it.
- Always check vents of the pressure limiting valve and the safety valve carefully for any blockage or obstruction, and ensure proper functioning of the cooker before each operation.

IMPORTANT PRECAUTIONS

- 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

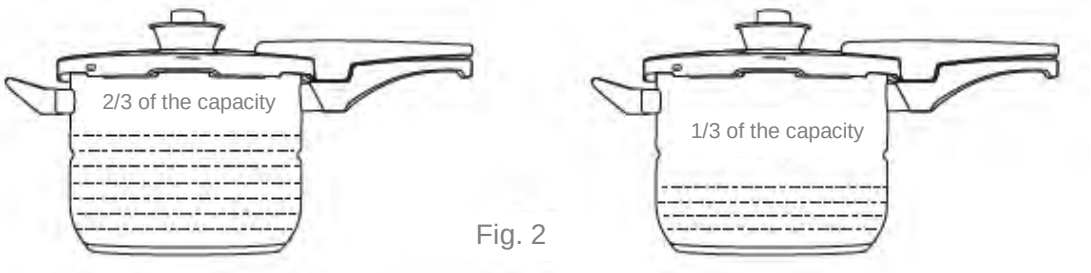


Fig. 2

- This appliance cooks under pressure. Scalds may result from inappropriate use of the pressure cooker. Make sure that the cooker is properly closed before applying heat.
- Do not fill the cooker beyond 2/3 of its capacity. When cooking foodstuffs which expand during cooking, such as rice or dehydrated vegetables, do not fill the cooker to more than half of its capacity. Over filling may cause a risk of clogging the vent pipe and developing excess pressure.

- After cooking meat with a skin (e.g., ox tongue) which may swell under the effect of pressure, do not prick the meat while the skin is swollen; you might be scalded.
- When cooking doughy food, gently shake the cooker before opening the lid to avoid food ejection.
- Do not place the pressure cooker in a heated oven.
- Do not use pressure cooker for other than intended use.
- Do not use this pressure cooker for pressure frying with oil.
- Do not tamper with any of the safety systems beyond the maintenance instructions specified in the instructions for use.
- Never use your pressure cooker without adding water, this would seriously damage it.
- Only use manufacturer's spare parts in accordance with the relevant model. In particular, use a body and a lid from the same manufacturer indicated as being compatible.
- Extreme caution must be used when moving a pressure cooker containing hot liquids.
- Be aware that certain foods, such as applesauce, cranberries, pearl barley, oatmeal or other cereals, split peas, noodles, macaroni, rhubarb, or spaghetti can foam, froth, and sputter, and clog the pressure release device (steam vent). These foods should not be cooked in a pressure cooker.

SAVE THESE INSTRUCTIONS.

INSTRUCTIONS FOR USE

- When using the cooker for the first time, please clean it with a neutral detergent and fill it halfway with clean water. Put the cooker on the stove and let boil for 5 minutes, and then discard the water.
- Do not use abrasive cleaning tools such as steel wool to clean the pressure cooker, as they may scratch the surface of the cooker and the seal ring.

Closing the lid

- Align the "▼" mark on the lid with the center of the lower lid handle (Fig. 3). Rotate the lid clockwise until the upper and lower handles are perfectly aligned, and you will hear a distinct "click" sound indicating that the lid is locked.

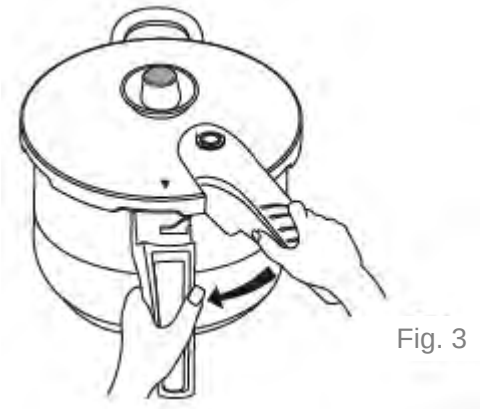


Fig. 3

Cooking

- It is advisable to use cookware with a stove burner that is smaller or equal to the size of the cooker base when using an electric stove. When cooking on a gas stove, it is

recommended to keep the flame size smaller or equal to the base size. (See Fig. 4)

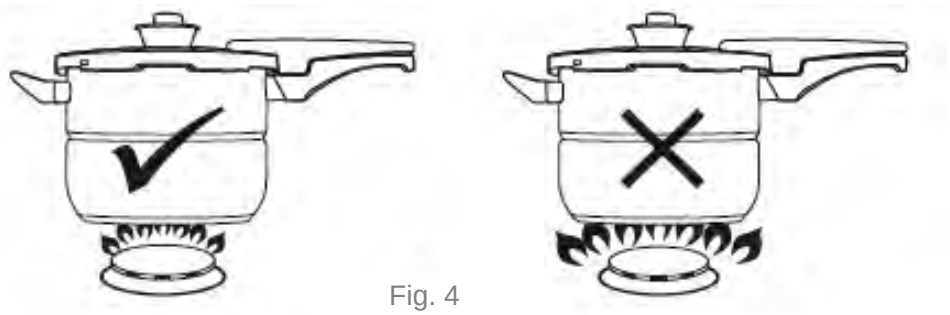


Fig. 4

Put the pressure cooker on a suitable stove and heat it on a high flame (for example, on an induction cooker with a power of approximately 1500W-2000W+). When cooking on a gas stove, it is advisable to keep the flame within the edges of cooker base. The pressure limiting valve will be automatically actuated by the release of steam; at this point, it is important to reduce the heat by adjusting the flame to a lower setting so that the pressure limiting valve is stable in the state of continuous steam release (as shown in Fig. 5). In addition, the pressure cooker is also suitable for electric pottery furnaces, electric heating furnaces, halogen furnaces and other heat sources.



Fig. 5

Tips: Start counting the cooking time from the moment the pressure limiting valve starts venting steam.

- Move the pressure cooker under pressure with the greatest care. Do not touch hot surfaces. Use the handles and knobs. If necessary, use protection.
- During cooking, it is necessary to have someone supervising the pressure cooker and constantly monitoring its condition.
- For foods that tend to produce foam during cooking, it is essential to initially cook with the lid off, remove any foam or scum that forms, and then close the lid.
- Lowering the heat and using a slow simmer will help control the cooking and prevent excessive boiling and splattering of porridge or soup.

Reducing the pressure

- When moving the pressure cooker from the stove, gently remove it from the stove by holding the handles at both ends of the pressure cooker with both hands. Do not touch the hot body or lid of the pressure cooker with your hands.
- Reduce the pressure in cooker in the following two ways:

Method I: Automatic depressurization

Naturally lower the pressure in the air until the safety valve goes down automatically. The real way to save energy is to turn off the heat and rely on the air pressure inside the cooker for continuous cooking at high temperatures.

Tips: The temperature inside the cooker is higher than the boiling temperature of a conventional cooker before the red safety valve automatically goes down. (As shown in Fig. 6)

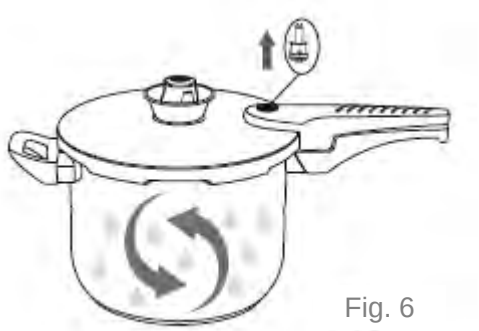


Fig. 6

Method II: Flushing for depressurization

Put the pressure cooker in a pool without water, open the faucet and flush the cooker lid. Keep water away from the handle or the pressure limiting valve (Fig. 7) until the safety valve goes down. This method can reduce the pressure quickly.

Tips: Do not immerse the pressure cooker in water.

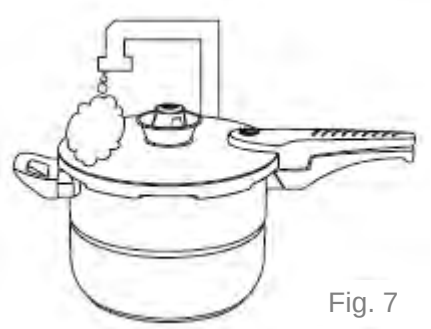


Fig. 7

Opening the lid

- Check that the safety valve is lowered before opening the lid. Do not open the lid unless it is confirmed that the valve is lowered.
- Opening procedure: Hold the upper and lower handles of the pressure cooker with both hands. Rotate the upper handle counterclockwise until the mark on the lid aligns with the center of the lower handle. Lift the lid upwards to open the cooker. (As shown in Fig. 8)



Caution: Do not forcefully open the lid when there is pressure inside the pressure cooker.

FAQ

Symptoms	Causes	Remedies
The pressure limiting valve fails to release steam	Insufficient liquid in the cooker	Add a certain amount of liquid; the cooker should not contain less than 0.5L of water or other liquids.
	Insufficient heat on the stove	Adjust the heat settings to a higher level
	Pressure limiting valve blocked	Clean and unclog the steam tube vent of pressure limiting valve of the pressure cooker
Steam leaking from the sides of the cooker	The cooker lid is not properly closed	Re-close the lid
	The seal ring is not properly placed or there is debris	Clean and properly arrange the seal ring
	Seal ring damaged	Change the seal ring
	The cooker body is deformed due to a fall	Stop using the cooker
The safety valve does not pop up even when there is no pressure in the cooker	The cooker lid is not properly closed	Re-close the lid
	The seal ring is not properly placed or there is debris	Clean and properly arrange the seal ring
	Seal ring damaged	Change the seal ring

MAINTENANCE

Clean the cooker body and lid

- It's advisable to use a soft cloth to clean the cooker body and lid, and refrain from using rough or abrasive cleaning tools, as they may scratch the surface of the cooker body and lid.
- Dry the washed cooker body and lid, and keep them in a cool, well-ventilated space.

Pressure limiting valve

- Hold the pressure limiting valve in your hand and lift it upwards to remove it. Rinse the valve with tap water; if the vent is found to be clogged, the blockage could be removed with a toothpick.

Safety valve

- Check whether the spool of the safety valve moves smoothly before each operation; otherwise, no operation will be permissible.
- If the safety valve operates during cooking (steam is released from the safety valve), the heat source should be turned off immediately. After the pressure in the cooker drops until the safety valve goes down, open the lid and clean the safety valve. Confirm that there is no blockage and that the spool can move smoothly before continuing to use the pressure cooker.

- Do not disassemble the safety valve at will. Improper operation may cause the safety valve to malfunction.

Seal ring

- Always wash the seal ring with warm water after each use of the pressure cooker; wipe the seal ring dry, put it on the lid and place the lid upside down on the cooker body. Do not subject the seal ring to the pressure when the pressure cooker is not in use.
- Seal rings will naturally deteriorate after a period of operation. Depending on the frequency of use, it is recommended to replace them once every 1-2 years.

Cooking Time

- To cook meat or poultry, 0.5L-1L of liquid (water, soup, sauce, etc.) should be added to the pressure cooker; more than 1L of liquid should be added to the cooker if the cooking time is more than 15 min.
- The following cooking times are for reference only and may vary slightly depending on the physical conditions of cooking. The following times should start from the moment when the pressure valve begins to release steam.

Food	Cooking time (minutes)
Rice	5-8
Rice porridge	5-10
Mung bean soup	6-10
Maize congee	6-10
Flour steamed bun	6-10
Cornmeal steamed bun	6-10
Beef (1 kg)	20
Pork spare ribs (1 kg)	10-15
Whole chicken (1 kg)	10-15
Chicken nugget (1 kg)	8-10
Preserved meat (1kg)	10-15
Shank bone (1 kg)	20

Food	Cooking time (minutes)
Fresh fish (whole)	3-5
Crabs	5
Shrimps	3
Clams	3-4
Lobster (1 kg)	3-5
Eels (whole)	3-5

Specifications and model of product:

ZG-SSPC 01

Maximum capacity: 6.0L

Effective capacity: 4.0L

Nominal Pressure: 80 kPa

Sealing property: It is essential to maintain airtightness and prevent water leakage within the pressure range of 20 kPa to the nominal operating pressure.

Safety pressure: Between 1.4 and 2 times the maximum nominal operating pressure.

Lid closing safety: When the pressure ring is not properly secured, the pressure should not exceed 5 kPa.

Lid opening safety: The lid must remain firmly closed when the pressure inside the cooker is above 5 kPa.

Clog prevention safety: There are safety devices preventing vents of the pressure limiting valve and the safety valve from getting blocked.

Conditions for Product Utilization

The product is designed for repetitive use and expected to come into contact with various types of food. However, prolonged exposure to acidic food is not recommended.