

Self-regulating
Pressure Valve

YRP-9F 1900216 gasket

Chantal®

Fagor

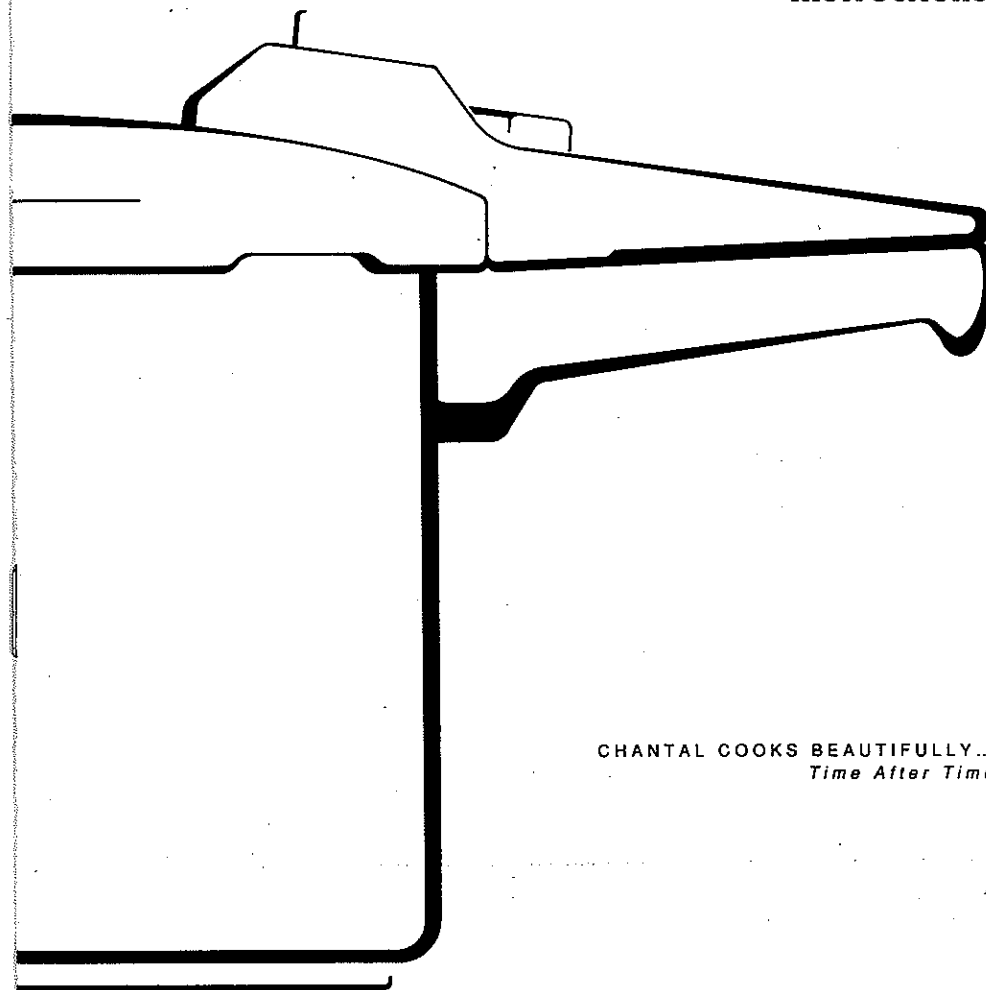
SPEED COOKER

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**Use and Care
Instructions**

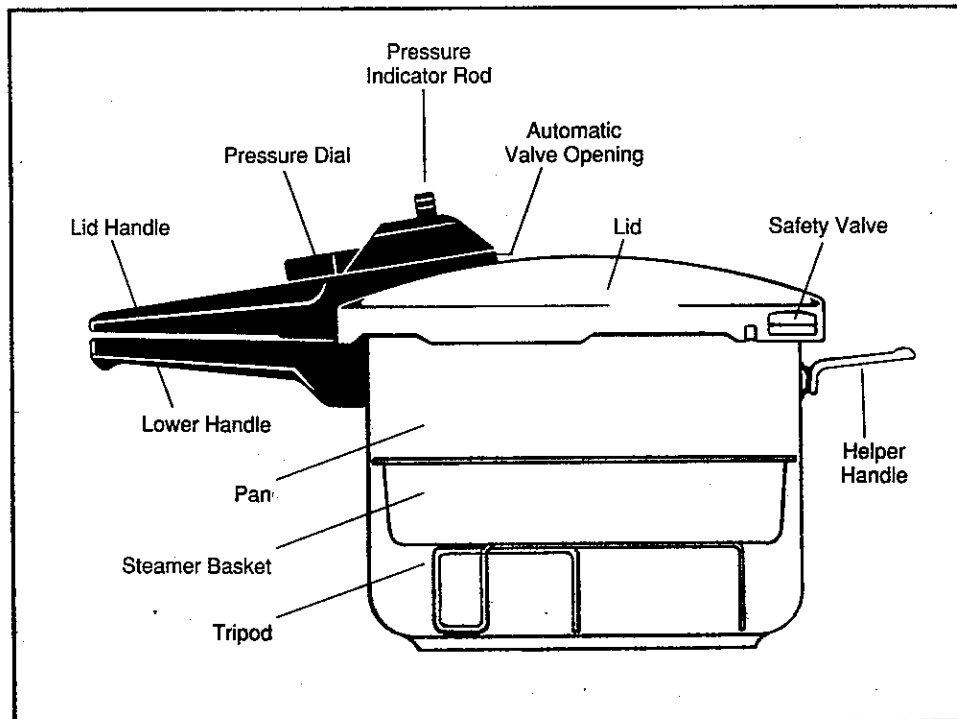


CHANTAL COOKS BEAUTIFULLY...
Time After Time

The Speed Cooker of the 90's

- ◆ Delicious home-cooked meals for today's fast pace, with cooking times reduced up to 70%.
- ◆ Multiple state-of-the-art safety systems, backed by years of testing to insure safety.
- ◆ Self-regulating pressure valve makes it convenient. It's also easy to clean and to assemble.
- ◆ Ideal for preserving food vitamins, nutrients, color and flavor.
- ◆ Performs on all cooktops: magnetic induction, ceramic or traditional gas and electric.

- ◆ High quality, heavy gauge 18/10 stainless steel pot.
- ◆ Extra-thick aluminum sandwich disc bottom for fast and even heat distribution.
- ◆ Handle made of high grade phenolic plastic, with outstanding resistance to heat.
- ◆ Patented stay-cool Chantal stainless helper handle.
- ◆ Chantal cooks beautifully.... time after time!



A. Parts of the Chantal® Speed Cooker.

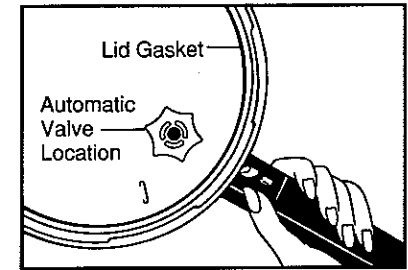
Before Using Your Speed Cooker:

- ◆ Read all instructions.
- ◆ See Diagrams A, B, C, and D to become familiar with all part names.
- ◆ Open the cooker by setting the pressure dial at the D setting. Grasp the lower handle with left hand, and the lid handle with right hand. Turn the lid handle counter-clockwise until it stops. Lift up the lid.
- ◆ The speed cooker will only open on the D setting.
- ◆ Disassemble the automatic valve to prepare for cleaning. See Diagram C.
- ◆ Remove lid gasket from rim of lid.
- ◆ Wash all parts with hot, soapy water and then rinse and pat dry. Reassemble the automatic valve, screwing on the nut and tightening it by hand. See Diagram D.
- ◆ Place rubber gasket inside rim of the lid.

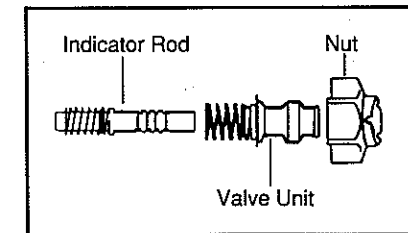
Cooking with Your Speed Cooker

Placing Ingredients in Cooker

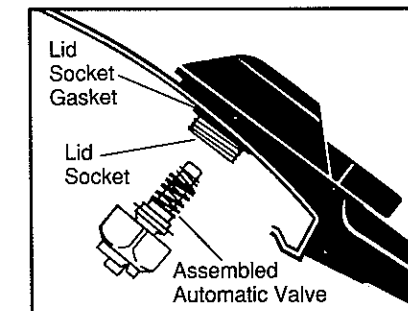
- ◆ Always use at least one cup of water or liquid for proper pressure levels.
- ◆ Never fill cooker more than two-thirds full of liquids and ingredients. There must be room in the cooker for pressure and steam.
- ◆ To steam, place 1 to 2 cups water in cooker and then place the steaming basket in the cooker on the tripod. Place ingredients in the basket.
- ◆ When cooking rice, stock or other foods that tend to foam, cooker should only be filled to one-half capacity. (See Cooking Tips on foamy foods.)



B. Interior of lid.



C. Three-part automatic valve is assembled and disassembled in this order.



D. Assembled automatic valve should be inserted into and removed from the lid socket.

Closing the Lid

◆ Before closing the cooker, always check the pressure indicator rod by pushing up from the inside to make sure it moves. See Diagram E.

◆ Using your right hand, place the lid on the cooker so that the mark on the lid and the groove on the lower handle match up correctly. See Diagram F.

Then press down lightly on the lid with your left hand and turn the lid handle toward the lower handle until you feel it snap shut. See Diagram G.

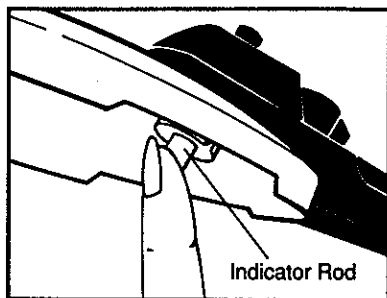
Selecting the Pressure Setting

◆ The Chantal Speed Cooker can be preset at one of four settings: D, 1, 2 or 3. At the D setting there is no pressure, so the speed cooker operates as a regular stockpot. Levels 1, 2 and 3 provide three different levels of pressure. See Diagram H.

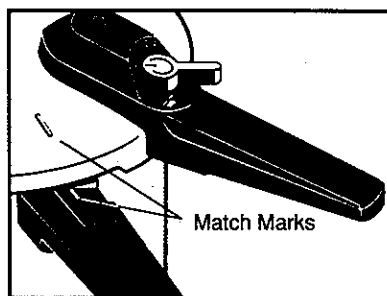
◆ The chart on page 9 shows a variety of foods and the pressure levels recommended to cook them.

◆ You can preset the speed cooker based on temperature or pounds of pressure required by using the chart below:

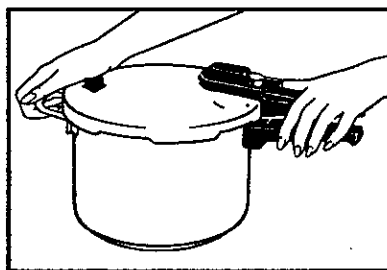
Setting	Inside Temperature	Pressure Lbs./in. ²
D	212 F	0
1	232 F	7
2	243 F	12
3	253 F	17



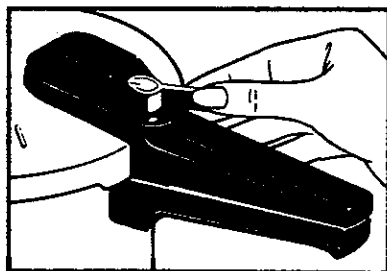
E.



F.



G.



H.

Cooking in the Speed Cooker

◆ The Chantal Speed Cooker performs on gas, electric, ceramic or magnetic induction stovetops. If using gas, make sure the flame does not go up the sides of the cooker.

◆ Start cooking on maximum heat.

◆ When the cooker reaches the desired pressure level, the pressure indicator rod will move up and steam or light drops of water will start coming out of the automatic valve. Reduce the heat at this time to maintain the rod in position without hissing sounds and for low energy consumption.

◆ The cooking time listed on the chart on page 9 or in a pressure cooker recipe starts when the pressure indicator rod reaches the correct level:

Yellow	Level 1
Light Orange	Level 2
Dark Orange	Level 3

◆ The cooking times indicated are just a guide. Do not hesitate to adapt them to your personal tastes, your style of cooking or the types of ingredients you use.

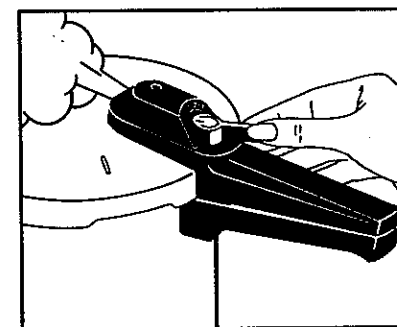
Opening the Cooker after Cooking

◆ Before opening, always shake the entire cooker gently to insure all pockets of pressure are released.

◆ There are three methods of opening the speed cooker once cooking is complete:

◆ Dial Release

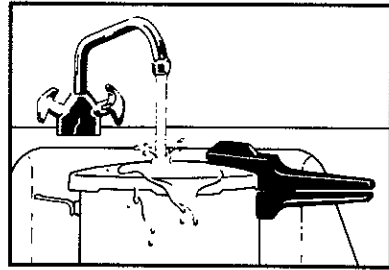
Remove cooker from heat. Slowly move the pressure dial to the next lower position. Allow all pressure to be released before moving to the next lower position. See Diagram I. **DO NOT MOVE MORE THAN ONE POSITION AT A TIME.** When you reach the D setting, wait for 30-45 seconds, shake the pan slightly and then open the pan slowly. **DO NOT** use this method with any foaming or reactive foods such as rice, dried beans or meat soups.



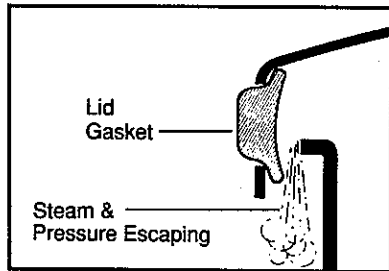
I. Pressure released by "Dial Release."

◆ Cool Water Release

Remove cooker from stovetop and place it in the sink under cool running water until the pressure indicator rod disappears. See Diagram J. Then set the pressure dial in position D, shake gently and then slowly open the cooker. **DO NOT SUBMERGE THE SPEED COOKER IN WATER.** This method is especially good for foaming or reactive foods such as rice, dried beans or meat soups.



J. Pressure released by "Cool Water Release."



K. Cut-away view of safety valve.

◆ Room Temperature Release

When a slow release is needed to fulfill cooking time and insure proper textures of foods, this method is best. Remove cooker from heat. Allow the pressure indicator rod to completely lower into the valve at room temperature. Then move pressure dial to position D and shake the cooker gently. Open cooker carefully. This method is good for larger pieces of meat, whole chickens, steamed pudding, etcetera.

◆ Some recipes call for ingredients to be added at different times. To add ingredients during the cooking process, use the Dial Release method and then add the additional ingredients. Replace the lid in position and quickly restore pressure as before. Resume cooking time as instructed.

State-of-the-Art Safety Systems

◆ The Chantal Speed Cooker fulfills or exceeds the most stringent international safety standards.

◆ Following instructions is essential for safety.

◆ The automatic valve allows steam or pressure to release to prevent an increase in pressure greater than the preset level.

◆ If the lid is not correctly closed on the cooker, no pressure can build up.

◆ A special design prevents the lid from being opened while the cooker contains pressure.

◆ A unique safety valve (see Diagram K) prevents any damage to the cooker by an unusual increase in pressure.

◆ The pressure indicator rod shows the level of pressure inside the cooker.

◆ The automatic valve has just three pieces - easy to clean and easy to assemble. These pieces will not fit together if they are improperly assembled.

◆ The Chantal Speed Cooker provides totally silent pressure cooking. It will only produce noise if it is over pressure.

Cooking Do's and Don't

◆ As with most other stovetop vessels, never leave your speed cooker unattended while in use.

◆ Do not use your speed cooker to fry and pressurize at the same time.

◆ Do not strike utensils against the pan's rim. This could interfere with the perfect seal that is needed when the lid is locked on the pan.

◆ When a recipe calls for dried fruits, vegetables or beans, remember that these foods absorb liquid - add enough liquid to compensate.

◆ Do not worry about liquid evaporating since almost no steam escapes from the cooker.

◆ If you want to thicken a sauce, always do so after the pressure cooking time is complete, right before serving.

◆ Check the rubber lid gasket from time to time. If it leaks or has expanded or shrunk, replace it. We recommend replacement on an annual basis.

Cooking Tips

◆ It is not necessary to thaw frozen vegetables, fruits or meats. For larger amounts or pieces, lengthen the cooking time by a few minutes.

◆ Ingredients like lentils and dried beans should be soaked in water prior to cooking for best results.

◆ Foamy soups or foods should be first boiled with the lid off. Skim to remove the foam. Add one tablespoon of oil before finishing in the speed cooker. Cooker should be filled to one-half capacity only.

◆ Brown meat well, a little more than usual, since it will lose a little color due to the steam. Cooking times will depend on the thickness and quality of the meat used.

Cleaning and Care

◆ After each use, wash the cooker, lid, gasket and valve in hot, soapy water, rinse and dry.

◆ The automatic valve should be cleaned with each use. See Diagram C on page 2 on how to disassemble and reassemble the valve.

- ◆ Do not use abrasive cleansers.
- ◆ Never wash the lid or the lid gasket in the dishwasher. The speed cooker pan only is dishwasher safe.
- ◆ If food does not wash off easily after soaking and normal washing, use a small amount of Cameo or Soft Scrub cleanser, then rinse and dry. Use this cleaner as directed.
- ◆ Lubricate the lid gasket with a little vegetable oil from time to time.
- ◆ Store the cooker with the lid inverted over the pan, with the lid gasket removed from the lid. This is best for maintaining the gasket flexibility needed for a good seal.

Troubleshooting

- ◆ If the pressure indicator rod does not appear, then it's possible that:

There is not enough liquid in the cooker. Check and add the correct amount.

The cooker is not closed correctly. Check and close it again.

The automatic valve is clogged. Wash it and follow the cleaning and care instructions.

The lid gasket is dirty or damaged. Clean it or replace it.

The lid socket gasket (see Diagram D) is damaged. Replace it.

A higher heat is needed. Check your heat source.

- ◆ If steam is escaping through the safety valve, (see Diagram K) then it's possible that:

The heat is too high. Turn it down.

The automatic valve is clogged. Wash it following the cleaning and care instructions.

The lid socket gasket is damaged, Replace it.

- ◆ If steam is escaping around the edge of the lid, it's possible that:

The cooker is not correctly closed. Repeat the closing operation.

The lid gasket is damaged or not properly in place. Take it out and put it in properly, or replace it.

- ◆ If the cooker cannot be opened after cooking, it's possible that:

If cooling has been too slow a slight vacuum may have been created. Heat the cooker again until steam comes out of the automatic valve, then open the lid.

Inner pressure is still high so the auto-lock is still in effect. Wait another two minutes and try again.

Never force the lid open.

Replacement Parts

Any part of your Chantal Speed Cooker that needs replacing is available through Chantal. Call 1-800-365-4354 and ask for Customer Service for prices and ordering information.

Do not attempt to modify parts or assemble them in ways other than indicated. Use only authorized spare parts from Chantal.

Questions

If you have questions about the Chantal Speed Cooker or any other Chantal item, please call our Customer Service Department at 1-800-365-4354.

Cooking Chart

Soups and Stocks

Fill the cooker with all ingredients up to one-half capacity for meat soups and stocks that may foam, and up to two-thirds capacity for other soups and stocks. The cooking times below are for the finished soup - some ingredients such as delicate vegetables and noodles, should be added near the end of the cooking process so they don't overcook. The Dial Release Method (see page 4) is ideal for preparing soups and stocks.

<u>Soups</u>	<u>Time</u>	<u>Setting</u>
Stocks	30-40	3
Bean Soup	25-30	3
Beef Soup	25-30	3
Chicken Soup	20-25	3
Noodle Soup	3-5	2
Seafood Chowder	5-7	2
Vegetable Soup	5-10	3

Fresh Vegetables

There are two methods for cooking vegetables in your speed cooker. The first is to steam them, placing 1 to 2 cups of water in the speed cooker with the tripod and placing the steaming basket containing the vegetables on top. Steaming is especially good for quick-cook vegetables like asparagus, broccoli, cabbage, carrots, cauliflower, green beans and summer squash.

The second method is to cover vegetables in water or broth in the speed cooker. This is especially good for firm vegetables such as beets, potatoes, turnips and winter squash.

Use the Dial Release or Cool Water Release Method (see page 4 and 5) with vegetables to quickly reduce pressure to avoid overcooking.

<u>Vegetable</u>	<u>Minutes</u>	<u>Setting</u>
Asparagus	2-3	2
Artichokes	6-12	3
Beets, whole	10-12	3
Beets, cut	4-6	3
Broccoli	2-3	1
Brussels Sprouts	5-7	2
Cabbage	4-5	3
Carrots	5-7	3
Cauliflower	2-4	3
Green Beans	4-6	2 or 3
Potatoes, whole	5-12	3
Potatoes, cut	5-8	2 or 3
Turnips, whole	10-12	3
Turnips, cut	4-6	3

More Recipes

Write Chantal Cookware Corp. for more delicious recipes for your speed cooker.

Dried Beans and Legumes

Soak and drain beans and legumes before cooking. Place in speed cooker with sufficient liquid to cover and to allow for absorption of liquid. (There must always be one cup of liquid in the speed cooker to maintain pressure.) Fill speed cooker to one-half capacity.

First boil with lid off. Skim to remove any foam. Add one tablespoon of oil to prevent further foaming. Place lid on speed cooker and bring to full pressure. Use the Cool Water Release Method (see page 5).

<u>Legumes</u>	<u>Minutes</u>	<u>Setting</u>
Kidney beans	15-20	3
Lentils	15	3
Lima beans	20	3
Pinto beans	15-20	3
Split Peas	15	3

Meats and Poultry

Brown meat well - a little more than usual - before covering the speed cooker. For most meats add two cups of water, stock or other liquid, or cover the meat in liquid. For corned beef, stews or game, cover completely with liquid.

Fill speed cooker up to one-half capacity if ingredients may foam, or up to two-thirds capacity for any meat or poultry selection. Use the Room Temperature Release Method (see page 5).

<u>Meat or Poultry</u>	<u>Minutes</u>	<u>Setting</u>
Beef, Roast	20-25	3
Beef, Stew	15-22	3
Corned Beef	25-35	3
Chicken, whole	15-30	3
Chicken, parts	15-20	
Stew: Veal, Lamb or Game	15-22	3
Veal Roast	15-20	3
Pork Roast	15-27	3

Desserts

These desserts are cooked in custard cups and molds placed in the steaming basket over two cups of water. Use the Room Temperature Release Method (see page 5).

<u>Dessert</u>	<u>Minutes</u>	<u>Setting</u>
Cheese Cake	6-10	2
Custard	4-52	2
Steamed Pudding	20-30	3

Chantal Speed Cooker Limited Warranty

Your Chantal Speed Cooker has a five year warranty from the date of purchase. This guarantees repair or replacement at no charge of any Chantal Speed Cooker showing defects in material or workmanship under normal household use following this Use and Care Booklet.

All moving parts of your cooker, such as the automatic valve, gaskets and lid are excluded from this warranty since they are subject to normal wear and tear or misuse. Replacement parts are available through Chantal Cookware Corp.

We guarantee the availability of replacement parts for a minimum of ten years after the date of purchase. All Chantal Speed Cooker parts may be obtained from:

Chantal Cookware Corp.
Customer Service Department
2030 West Sam Houston Parkway N
Houston, Texas 77043

1-800-365-4345 *SA*

Thank you for buying the Chantal
Speed Cooker. We hope you enjoy it.

