



Olla a presión super-rápida  
Super fast pressure cooker





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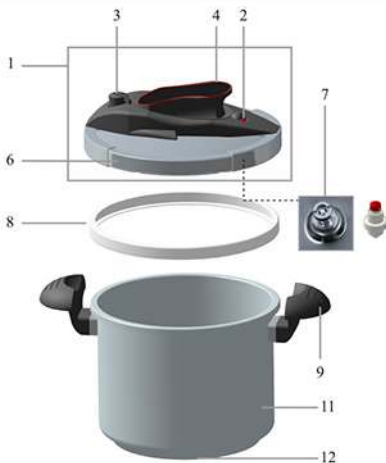


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## CONTENTS

	PAGE
1. GENERAL PRODUCT DESCRIPTION.	2
2. SAFETY INFORMATION.	3
3. ACKNOWLEDGEMENTS.	4
4. PRESSURE COOKER ADVANTAGES.	4
5. COMPONENT DISASSEMBLING AND CHARACTERISTICS.	5
6. GUIDELINES FOR PROPER USAGE.	7
7. FIRST USAGE GUIDELINES.	7
8. FILLING THE PRESSURE COOKER.	8
9. VALVE CHECKING.	9
10. PRESSURE COOKER CLOSING.	10
11. PRESSURE COOKING.	10
12. PRESSURE COOKER STEAM RELEASE AND OPENING.	11
13. CLEANING AND MAINTENANCE.	13
14. PROBLEM SOLVING.	15
15. TECHNICAL SUPPORT AND REPAIR.	17
16. ENVIRONMENTAL DISPOSITIONS.	17
17. COOKING TIMES CHART.	18
18. RECIPES.	21
19. NOTES.	28

## 1. GENERAL DESCRIPTION



### PARTS OF THE PRESSURE COOKER

- |                     |                             |
|---------------------|-----------------------------|
| 1. Lid.             | 7. Safety valve.            |
| 2. Pressure sensor. | 8. Silicone gasket.         |
| 3. Working valve.   | 9. Helper handle.           |
| 4. Opening knob.    | 11. Pressure cooker pot.    |
| 6. Safety window.   | 12. Thermo-diffuser bottom. |

## 2. SAFETY INFORMATION



**ATTENTION:** For your own safety, please read this user manual carefully before using your pressure cooker. Save it together with purchase receipts and packaging materials for future reference.

### SAFETY INSTRUCTIONS

Read carefully the following security warnings before using the pressure cooker for the first time:

1. Read all instructions carefully before using the product.
2. Never touch hot surfaces. Use lateral handles.
3. Always check the unit is properly closed before operating. Children are not allowed to use this product; close supervision is needed when used near them.
4. Never use the pressure cooker in the oven.
5. Read carefully *Section 7* from this manual before cooking with this product.
6. Be extremely cautious when handling the pan, especially if it contains hot liquids.
7. Do not use the pressure cooker for other than its intended purpose.
8. Improper use of this appliance may cause burns and damage. Verify the unit is properly closed before operating (*see Section 10*).
9. Do not fill the unit over 2/3 full. When cooking foods that expand during cooking such as rice or legumes, do not fill the unit over one half (1/2) full. Over filling may cause a risk of valve clogging and developing excess pressure (*see Section 8*).
10. Take into account that certain foods such as applesauce, cranberries, barley, oatmeal or other cereals, noodles, macaroni or spaghetti may foam, froth and sputter, and clog the pressure release devices. These foods should not be cooked in the pressure cooker.
11. Always check the pressure release devices for clogging before and after use. (*See Section 9*).
12. Never open the pressure cooker until the inner pressure has been completely released. Check the pressure sensor has completely gone down before opening the lid. (*See Section 12*).
13. Do not use this appliance for frying with oil.
14. Follow the cleaning recommendations and maintenance after each use. (*See Section 13*).
15. Turn the heat down when pressure has reached the maximum level so that all liquid, which creates steam, does not come out. (*See Section 11*).
16. Use exclusively genuine MAGEFESA spare parts. You can acquire them in our technical service centres or on: [www.magefesausa.com](http://www.magefesausa.com) and [www.magefesa.com](http://www.magefesa.com)
17. **SAVE THESE INSTRUCTIONS.** If lost, they can be downloaded free of charge from MAGEFESA'S website at [www.magefesausa.com](http://www.magefesausa.com) and [www.magefesa.com](http://www.magefesa.com)

### 3. ACKNOWLEDGEMENTS

Thank you for choosing MAGEFESA Pressure Cooker. We appreciate the confidence placed in our trade mark.

The pressure cooker you just have acquired is one of the best in the market. This pan, designed by high levelled and qualified professionals, will provide you with healthy and flavourful meals for years to come.

### 4. PRESSURE COOKER ADVANTAGES

You will be able to cook, only in some minutes, tasty meals for you and your family with this Magefesa pressure cooker. It will remind you of traditional cooking tastes and aromas, preserving all vitamins and food juices.

Less water than in traditional pots or the first pressure cookers will be required to cook with this appliance. During the cooking process, it will scarcely be necessary to release steam from inside of the unit to keep pressure stable.

You will save money with this pot. You will be able to cook even five times faster than in a traditional pot, so that electricity consumption or gas will be remarkably reduced. Money and time will be saved.

MAGEFESA pressure cooker is one of the safest in the market. Working and safety valves, as well as the overpressure window form the pressure release system. This model, with its 5 safety devices, is guaranteed to be one of the safest in the market.

You will feel at ease knowing that you have a good kitchen product to feed your family in less than 20 minutes (this is the estimated time to cook a tasty meal) with least effort and having a total control of the nourishments you are eating. You will enjoy a tasty, healthy and delicious meal.

Enjoy it!



## 5. COMPONENT DISASSEMBLING AND CHARACTERISTICS

### INTEGRATED SAFETY DEVICES

This pressure cooker model has been designed with 5 safety systems. Please, become familiar with these devices and the way they function prior to use. Please, find next detailed features of the so mentioned safety systems:

1. **PRESSURE SENSOR (2):** This double function sensor operates as:
  - a. **SAFETY WHEN CLOSING THE LID:** If the lid is incorrectly closed, any pressure will be formed since the sensor will not rise and consequently steam will be released, although we place it on a source of heat.
  - b. **SAFETY WHEN OPENING THE LID:** If there is any pressure in the cooker, the sensor rises, making it impossible to open the lid. It will only be opened when the steam and pressure have been completely released and the sensor has gone down.
2. **WORKING VALVE (3):** Once the pressure cooker has reached working pressure, this valve releases the excess steam, keeping in a constant working pressure.
3. **SAFETY VALVE (7):** If by any circumstances the working valve clogs up or fails and pressure rising happens, this safety valve will operate letting steam to be released and balancing overpressure. If this may occur, you should move the pressure cooker away from the source of heating, wait until the pan releases pressure, so that it can be opened, and clean the working valve with plenty of water and dishwashing liquid. If the problem persists; it should be taken to an Authorised Technical Service.
4. **SAFETY WINDOW (6):** In case previous safety systems are obstructed, the silicone gasket (8) will be forced to decompress the pressure of the pan through the safety window placed at the edge of the lid. If this may occur, the pressure cooker should be taken to the nearest Authorised Technical Service to have all safety systems checked.

## WORKING VALVE POSITIONS

**Steam release position:** When the valve is in this position, the pressure cooker will automatically release steam from the pan. Once the steam has been released, the lid may be opened. As an additional safety system, the lid will not open if the internal pressure exceeds the recommended level. You will be allowed to open it when reaching the appropriate levels.

It is highly recommended to protect your hands while operating with the working valve as this part could be too hot due to steam release.

● **Pressure cooking:** The pressure level of this pressure cooker is 11.6 psi (80 Kpa for Europe). The working valve will keep steady pressure in the pan.



## ADDITIONAL FEATURES

1. The tri-layer thermo-diffuser bottom, impact-bonded bottom, is especially designed for extra strength and heat uniform distribution.
2. The base thickness is greater than that of common units, providing extra heat absorption.
3. No continuous steam release is required. It just has to use the required heat to preserve pressure and let the pressure cooker work on its own.

THIS PRESSURE COOKER IS MADE OF HIGH QUALITY STAINLESS STEEL WITH A THERMO-DIFFUSER BOTTOM. YOUR PRESSURE COOKER IS SUITABLE FOR ALL COOKING SURFACES (GAS, COOKTOP, ELECTRICAL, INDUCTION HOBS...)



## 6. GUIDELINES FOR PROPER USAGE

This product is intended for household use only. Do not use this pressure cooker for other than its intended purpose.

MAGEFESA pressure cookers are ideal to prepare foods that require longer cooking times such as:

- Soups, meats (stews and goulash), vegetables, potatoes, some cereals and desserts.

Depending on the pressure cooker model you have, it may be used to prepare canning food. In order to do that, special accessories are required. This product cooks under pressure. Although this pressure cooker is characterized by its quality and safety, damage may not be dismissed as a result of mistreatment or improper use. Due to this reason, read carefully the instruction manual.

## 7. FIRST USAGE GUIDELINES

Prior to using the pressure cooker for the first time, wash the pan, lid and silicone gasket with hot soapy water. To get rid of any residues or stains, boiling water in the pressure cooker pot one-half full (1/2) with the lid off is recommended. After that, wash the pot with hot water and dish soap and add some oil drops into the bottom previous to first use. Clean it after using kitchen paper.

When cooking on electric stoves, the diameter of the pressure cooker base should match with that one of the hotplate. If you are using a gas stove, never allow flames to exceed beyond the base of the pot. If this occurs, the outside surface will become discoloured and the helper handles could become damaged.

Therefore, make sure flames never exceed the base of the product.



## 8. FILLING THE PRESSURE COOKER

1. Do not fill the cooker more than two-thirds ( $\frac{2}{3}$ ) of its capacity or exceed the recommended "MAX" fill level engraved in the inner side of your pressure cooker pot. This includes both the liquids and food contents added to the pressure cooker. (FIG. A1)
2. When preparing foods that expand during the cooking process, such as rice, cereals...do not fill the pot over the recommended one-half ( $\frac{1}{2}$ ) fill level engraved in the inner side of your pressure cooker pot. (FIG. A2)
3. ALWAYS add liquid to the pressure cooker pot. When using the unit to prepare foods, except for steaming, use at least 250 ml of liquid (0,26 Qts). This way you will avoid dry cooking, preventing burnt and stuck on food. Remember that using less liquid than the recommended amount will result in damages to the pressure cooker due to overheating. (FIG. A3)
4. For steaming purposes, add at least three-fourths ( $\frac{3}{4}$ ) liter of stock or water (0.79 Qts). Place the ingredients in the steamer (sold separately). (FIG. A4)
5. Note that certain foods such as barley, fruits and pasta may produce foam and block pressure release systems. These foods should not be cooked in the pressure cooker.
6. To prevent damage to the stainless steel surface it is important to add the salt once the contents inside the pot start boiling, as this will help it dissolve completely. Once cooking time has elapsed, avoid keeping your food inside the pressure cooker for too long, as the acidic elements and salt in food can cause corrosion and pitting when in contact with the stainless steel for prolonged periods of time.

### Maximum quantity



### Minimum quantity



## 9. VALVE CHECKING

Valves are the most important safety devices of your pressure cooker. Before using your pressure cooker always check the valves for clogging, as this can impair their function.

- 1. Pressure sensor:** Remove the lid and turn the opening knob (4) counterclockwise. In this position, the lid would be well closed. Let the pressure sensor slide upwards and downwards (2) to make sure that it is moving freely. It is pretty important as this safety device will be blocking the opening system, if there is minimum pressure in the pot.
- 2. Safety valve:** It is located inside the pressure sensor (7). It is a valve spring. To check that it is not blocked, it should be pressed softly on the core of it. You will feel small resistance due to the spring it contains, but it should be easily moved. Should you think the piece is blocked, do not use the pressure cooker, clean it or replace the safety valve before using it again.
- 3. Working valve:** Move the working valve away and, from the internal part of the lid, move away the top that covers the bottom part of the steam pipe, where the working valve is placed. Check that both the working valve and the steam pipe are completely clean and free from any element that could obstruct them.



If the valves malfunction or become inoperable, take the pressure cooker to an official MAGEFESA Technical Center. It will be necessary to check the above safety devices.



**ATTENTION: DO NOT USE THIS PRESSURE COOKER FOR PRESSURE FRYING WITH OIL. ALWAYS USE AT LEAST 250ML (0, 26 QTS) OF WATER WHEN COOKING.**

**ATTENTION: IF THE PRESSURE COOKER HAS BEEN HEATED WITHOUT ANY CONTENTS, SEEK ADVICE FROM THE NEAREST AUTHORISED TECHNICIAN BEFORE USING IT AGAIN.**

## 10. PRESSURE COOKER CLOSING

1. Place the silicone gasket carefully, make sure that it is properly fitted into the lid, on the top upper part into its internal compartment.
2. Place foods and the recommended water quantity into the unit.
3. Rotate the opening knob (4) clockwise so that the locks of the lid separate from the lid itself.
4. Place the lid (1) on the body (11).
5. Rotate the opening knob (4) counterclockwise, by pressing lightly on the lid, making sure the lid locks hold the same to the body.
6. To generate pressure, turn the working valve to ● position. If the working valve is kept on ○ position, any pressure will be generated in the pressure cooker.



## 11. PRESSURE COOKING

Place the pressure cooker well closed on a source of heat with the same size as the pot's base. Heat it high-heat; take into account that the working valve will start steaming immediately because of high heat exposure. This indicates heat intensity should be reduced.

The air that may remain in the pressure cooker will be released through the pressure sensor (2) just when food and water start boiling and pressure starts to be generated in the pot. During this initial process, we recommend high-heating until the working valve (3) starts to release steam. From this moment onwards, the cooking time starts and heat intensity should be adjusted. Take note:

- Time cooking starts when the chosen pressure level is reached.
- When the working valve (3) starts steam releasing it is recommended to reduce heat intensity.
- To avoid damages to your pressure cooker, always cook with the minimum amount of water recommended.

- Never leave an empty pressure cooker on a hot burner.
- Should you notice any problem while cooking, remove the pressure cooker from the heat source and allow it to cool down completely. See *Section 14* from the instruction manual to learn problem solving, recommendations and practical solutions.
- Open the pressure cooker with caution. Never open the pressure cooker towards your face, since there could be dreadfully hot steam in.
- For your safety, try the lid's safety window is not directed to you while the unit is working.
- Should you handle the working valve (3) while cooking, protect your hands with a cloth or a pair of heat-resistant gloves since such valve may be too hot due to steam features.
- Make sure food you are preparing is suitable for pressure cooking.
- Do not use the unit for pressure frying with oil.

## 12. PRESSURE COOKER STEAM RELEASE AND OPENING

Thanks to safety devices, the unit will only be able to be opened when there is no pressure in. Pressure can be reduced as follows:

- **Natural Pressure Release:** Remove the pressure cooker from the heating element and allow it to cool. Depending on the amount of food and liquid in the pressure cooker, this method may take around 10 to 15 minutes.

Once cooled, place the working valve (3) in the steam release position (ⓘ) and check that the pressure sensor (2) has lowered to open the unit safely.

- **Automatic Release:** Move the pressure cooker away from the heat source; place the working valve (3) in the steam release position (ⓘ) so that steam goes completely out to remove the lid safely.



- **Fast Pressure Reduction:** Transfer the pressure cooker to the sink. Run cold water over the lid, take extra care not to allow any water into the unit.

This method is used to release pressure as quickly as possible. It is primarily used when preparing vegetables, fish or other tender foods that cook easily.

In order to use this method, run cool water over the lid until steam dissipates completely and the pressure sensor (2) goes down. When you place the pressure cooker in the sink, bend it so that water can run better.

As long as the pressure sensor (2) is in the lowest position, there will not be pressure in the pressure cooker. Once pressure has been released, open the pot by rotating the opening knob (4) clockwise until lid locks have completely separated from the lid itself. Never open the pressure cooker towards your face, although you may think that all the steam has already been released, since it still may contain some.



Once all pressure inside the pot has been released, gently shake the pot before removing the lid, especially if cooking grains, purees and foods with high-fat content or sauces. This will prevent food ejection. Do not force the lid open.

### WHAT PRESSURE RELEASE SYSTEM DO WE USE WITH CERTAIN FOODS?

- *Foods that require short cooking time:* Use the fast pressure release method when preparing rice or vegetables, since such foods can easily overcook.
- *Dried pulses and vegetables that require long cooking time, soups, meat stews, potatoes and cereals:* Use the natural pressure release method. Do not use water to cool the pot. Foods like potatoes may, as a result, fall apart.
- *Meat, vegetables, fruits, fresh vegetables/ dehydrated products (except for legumes):* Use the normal or fast pressure release method. For pre-cooked foods, it is advisable to remove the pressure cooker from the heating source for a minute before reducing pressure.
- *Fish and risotto:* Use the fast pressure release method.
- *Foods with a high fat content or purees:* Use the natural pressure release method. Gently shake the pressure cooker prior to opening to prevent splashing. Meats with skin (e.g. ox tongue) may swell when cooking under pressure. Do not pierce meat while the skin is swollen as this may result in scalding injury.



**ATTENTION: DO NOT PLACE OR USE THE PRESSURE COOKER IN THE OVEN.**

**ATTENTION: DO NOT OPEN THE PRESSURE COOKER TOWARDS YOUR FACE SINCE IT MAY CONTAIN VERY HOT STEAM IN.**

## 13. CLEANING AND MAINTENANCE

To maintain your pressure cooker in its original state follow the instructions set out below. Wash in warm water using mild dish soap and a non-abrasive cleaning pad or sponge. Rinse thoroughly and dry.

Do not place the pressure cooker or any of its components in the dishwasher. The stainless steel surface may become damaged and discolored after several hot water washings cycles and exposure to salt.

### LID

To remove food remains that may be placed on the lid, clean the pressure sensor and working and safety valves by applying a stream of tap water on them. Do not place the pressure cooker lid in a dishwasher as this may result in damages to the safety features.

### BODY

1. Over time, the use of certain ingredients or food additives, and the exposure to water lime content may cause the appearance of bluish or yellowish stains on the bottom of the pressure cooker or even get darker. To remove such stains or any other discoloration, add one-half (1/2) cup of lemon juice and 1 to 2 cups of water to the pot. Cook the liquid contents at high pressure for 15 minutes, and remove the pot to cool completely. Once cooled, release the steam using the quick release method and wash the pot according to the instructions provided.
2. Do not use corrosive detergents like bleach, or diluted solutions, to clean the pressure cooker not even foods with high salty water acids for a long time.

### SILICONE GASKET

1. The gasket is of long length. Wash the gasket with warm, soapy water after use, take it out from the lid, rinse it, dry it with a cloth, apply a light layer of cooking oil and place the gasket back into its place. Follow this procedure every time you clean it to make sure the proper future of the gasket.
2. Do not lock the lid in place when storing the pressure cooker. Instead, place the lid facing upside-down on the pot, so stress is not placed on the silicone gasket.





## WORKING AND SAFETY VALVES

Valves are the most important safety devices of your pressure cooker. They should always be revised to make sure they are not obstructed.

**Working valve:** Remove the working valve (3) and the cap that covers the bottom part of the steam pipe in the interior part of the lid and wash them applying a tepid stream of tap water and mild soap. You can be helped by a fine bar to make sure parts do not store food remains.

**Safety Valve:** check the correct functioning of the valve (7) by pressing it with a fine bar from the internal part of the lid. If you observe the valve blocks, wash it with tepid water and mild soap.

Do not use in any way whatsoever the pressure cooker if it does not work properly after washing valves; take it to an Authorized Technical Service.



**ATTENTION:** THE SILICONE GASKET IS CONSIDERED TO BE WORN OUT WHEN THE PRESSURE COOKER BEGINS TO LOSE STEAM AND DOES NOT MAINTAIN PRESSURE. THE SILICONE GASKET SHOULD BE REPLACED APPROXIMATELY EVERY TWO YEARS, TO ENSURE PROPER FUNCTIONING OF THE PRESSURE COOKER.

**ATTENTION:** DO NOT CLEAN THE PRESSURE COOKER OR ITS PARTS IN A DISHWASHER.

**ATTENTION:** DO NOT USE CORROSIVE AGENTS SUCH AS BLEACH (NOT EVEN WATER DILUDED) OR ANY KIND OF ACID TO CLEAN THE UNIT.

Do not remove stains or baked-in marks with abrasive tools such as knives and stainless steel scourers. Instead, leave it to soak into hot water with a bit of washing-up liquid to gently remove stains using a soft brush, sponge or cloth. Do not use corrosive agents like bleach (or diluted forms) for cleaning. Remove tough stains using drops of vinegar or lemon juice. If it becomes difficult to close the pressure cooker lid, apply a light layer of cooking oil to the silicone gasket.

Do not lock the lid in place when storing the pressure cooker. Instead, place the lid facing upside-down in the pot, so stress is not placed on the silicone gasket and gasket deformation will be avoided.

## 14. PROBLEM SOLVING

Before using the pressure cooker it is important you carefully read this detailed instruction manual and make sure you understand how to use the appliance. If you have any concerns on its functioning or on its safety systems, do not use it and contact your local retailer or MAGEFESA for assistance. Below, you will find some practical tips and common solutions to minor problems you may experience when using this appliance.

### PROBLEM: PRESSURE DOES NOT BUILD UP

REASONS:	SUGGESTIONS:
<ol style="list-style-type: none"><li>1. The pressure cooker is not properly closed.</li><li>2. The silicone gasket is not in place, dirty or worn out.</li><li>3. Not enough liquid in the pressure cooker.</li></ol>	<ol style="list-style-type: none"><li>1. Reopen the pressure cooker and close it properly.</li><li>2. Check the silicone gasket is clean and properly fitted into the place. Make sure it is not worn out. We recommend replacing it every two years.</li><li>3. Add water or any other liquid to the pot up to the recommended minimum amount.</li></ol>

### PROBLEM: STEAM ESCAPING FROM THE WORKING VALVE

REASONS:	SUGGESTIONS:
<ol style="list-style-type: none"><li>1. Heat level is too high</li><li>2. The working valve is not clean.</li><li>3. The working valve must be replaced.</li><li>4. The working valve is in the steam release position (▷).</li></ol>	<ol style="list-style-type: none"><li>1. Turn the heat down. If it is an electric stove with residual heating, it should be enough for cooking.</li><li>2. Check the working valve and clean it according to instructions (<i>section 13</i>).</li><li>3. Confirm the working valve is in the right position (●).</li><li>4. If after cleaning and checking the working valve is not obstructed and the malfunctioning persists, proceed to substitute it at your point of sale or through our websites: <a href="http://www.magefesausa.com">www.magefesausa.com</a> or <a href="http://www.magefesa.com">www.magefesa.com</a></li></ol>

### PROBLEM: STEAM ESCAPING FROM THE LID

REASONS:	SUGGESTIONS:
<ol style="list-style-type: none"><li>1. The unit lid might not be well fitted onto the body</li><li>2. Silicone gasket is out of place, dirty or worn.</li><li>3. The pressure cooker is overfilled.</li></ol>	<ol style="list-style-type: none"><li>1. Reopen the pressure cooker and close it properly.</li><li>2. Make sure the silicone gasket is clean, properly fitted into place and not worn out. We recommend replacing the gasket every two years.</li><li>3. Do not fill the pressure cooker more than two-thirds (2/3) full. For foods with a tendency to foam, only fill one-half (1/2) of the pressure cooker. For more details, see <i>Section 8</i>.</li></ol>

### PROBLEM: EFFORT IS REQUIRED TO OPEN OR CLOSE THE LID

REASONS:	SUGGESTIONS:
<ol style="list-style-type: none"><li>1. Pressure may remain inside the unit.</li><li>2. Silicone gasket is out of place, dirty or worn out.</li><li>3. Opening knob is not properly fitted in the suitable position.</li></ol>	<ol style="list-style-type: none"><li>1. Proceed with one of the pressure release methods found in <i>Section 12</i>.</li><li>2. Make sure the pressure sensor is placed in its lowest position.</li><li>3. Make sure the silicone gasket is in good condition. If it is not worn out, oil it with a bit of cooking or vegetable oil.</li><li>4. Check the opening knob is in the opening position.</li><li>5. Apply pressure with the hand on the lid to ease the closing of the unit.</li></ol>

## 15. TECHNICAL SUPPORT AND REPAIR

Do not modify the pressure cooker, its parts or safety features in any way.

The use of spare parts made by different manufacturers can affect the operating safety of your pressure cooker. MAGEFESA cannot guarantee all the available accessories of the market. Use authentic replacement parts manufactured and distributed by MAGEFESA only. When contacting our Customer Service Department through the contact section on our website, please have the information about your pressure cooker model and spare part you require at hand. You can check the pressure cooker at the end of this manual.

For technical support, replacement parts purchasing or any further information you may require, please contact your local retailer or an Authorized Magefesa Service Centre in your area.

## 16. ENVIRONMENTAL DISPOSITIONS

Products, accessories and packing should be ecologically recycled. Please, comply with national and regional regulations.

## 17. COOKING TIMES CHART

The cooking system of this pressure cooker reduces cooking times when compared to conventional cooking methods, helping you save energy. As both the amount of water used during cooking and cooking times are reduced, pressure cooking preserves a greater amount of the food's nutrients, vitamins and minerals, improving also its natural flavor and texture. The operating pressure of this pressure cooker is 11.6 psi (80 kPa)

Cooking times should be counted from the moment the steam starts coming out the working valve. At this point the heat should be reduced to a minimum to maintain the pressure inside the cooker. They should be taken as guidance, as they may vary according to food, cut, water used and personal taste of the user.

Minimum amount of liquid required for pressure cooking 0.26 Qts (8 oz / 250 ml)

Minimum amount of liquid required for steaming 0.79 Qts (25 oz / 750 ml)

FOOD	COOKING TIME (min)	LIQUID ADDED
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### STOCKS, SOUPS AND CREAMS

Fish stock	10 / 12 min	Maximum level.
Poultry stock	20 / 25 min	Maximum level.
Meat stock	25 / 30 min	Maximum level.
Vegetable stock	14 / 16 min	Maximum level.
Stock from Galicia	16 / 18 min	Until covered.*
Onion soup	4 / 6 min	When necessary.*
Minestrone soup	4 / 6 min	When necessary.*
Oxtail soup	30 / 35 min	When necessary.*
Clam soup	4 / 6 min	When necessary.*
Tomato soup	4 / 6 min	When necessary.*
Pumpkin cream	6 / 8 min	Until covered.*
Vichyssoise cream	3 / 4 min	Until covered.*
Asparagus cream	3 / 4 min	Until covered.*
Pea cream	3 / 4 min	Until covered.*
Hummus, chickpea puree	25 / 30 min	Until covered.*

### RICE

Bahia, basmati, bomba, jasmine, senia rice	6 / 8 min	According to recipe *
Brown rice	12 / 15 min	According to recipe *
Wild rice	10 / 12 min	According to recipe *
Venere rice	14 / 16 min	According to recipe *
Risotto	3 / 4 min	According to recipe *
Cuban style rice	7 min	According to recipe *
Marinière rice	6 / 8 min	According to recipe *

\* At least 250 ml (8 oz.)

FOOD	COOKING TIME (min)	LIQUID ADDED
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### VEGETABLES & POTATOES

Swiss chards, leaves	1 / 2 min	8 oz. / 250 ml.
Swiss chards, main ribs	4 / 6 min	8 oz. / 250 ml.
Medium artichokes	6 / 8 min	8 oz. / 250 ml.
Celery	2 / 4 min	8 oz. / 250 ml.
Sweet potato	6 / 8 min	8 oz. / 250 ml.
Broccoli (quarters)	2 / 4 min	8 oz. / 250 ml.
Chopped pumpkin	6 / 8 min	8 oz. / 250 ml.
Courgette	2 / 3 min	8 oz. / 250 ml.
Thistle	20 / 22 min	Until covered.*
Onion	4 / 6 min	8 oz. / 250 ml.
Brussels sprouts	3 / 4 min	8 oz. / 250 ml.
Chopped cauliflower	2 / 4 min	8 oz. / 250 ml.
Asparagus	4 / 6 min	Medium level.
Fresh spinach	1 / 2 min	8 oz. / 250 ml.
Endives	1 / 2 min	8 oz. / 250 ml.
Peas	2 / 3 min	8 oz. / 250 ml.
Fennel	2 / 4 min	8 oz. / 250 ml.
Green beans	4 / 6 min	8 oz. / 250 ml.
Lombardy	6 / 8 min	Medium level.
Corn cob	6 / 8 min	Medium level.
Ladyfinger	3 / 4 min	8 oz. / 250 ml.
Whole potatoes	10 / 12 min	Medium level.
Chopped potatoes	4 / 6 min	Until covered.*
Leeks	4 / 6 min	8 oz. / 250 ml.
Whole beetroot	20 / 25 min	Medium level.
Salsify	8 / 10 min	Medium level.
Snow peas	4 / 6 min	8 oz. / 250 ml.
Whole tomato	3 / 4 min	8 oz. / 250 ml.
Whole carrot	6 / 8 min	Medium level.
Chopped carrot	3 / 4 min	8 oz. / 250 ml.

### LEGUMES

Beans, green beans	15 / 20 min	Until covered.*
Beans, green beans, verdina beans	16 / 18 min	Until covered.*
Beans, green beans, pinto beans	16 / 18 min	Until covered.*
Beans, green beans, Asturian beans	18 / 22 min	Until covered.*
Soft broad beans	5 / 6 min	According to recipe*
Lentils (without soaking)	8 / 10 min	Until covered.*
Chickpeas	25 / 30 min	According to recipe*
Pigeon pea	12 / 15 min	According to recipe*
Soya bean	8 / 10 min	According to recipe*

\* At least 250 ml (8 oz.)

FOOD	COOKING TIME (min)	LIQUID ADDED
<b>MEAT, GAME AND POULTRY</b>		
Cow or ox, stewed	22 / 25 min	According to recipe *
Cow or ox, chopped meat	8 / 12 min	According to recipe *
Cow or ox, tongue	30 / 35 min	According to recipe *
Cow or ox, sliced Osso buco	15 / 20 min	According to recipe *
Beef, stewed	18 / 22 min	According to recipe *
Beef, chopped meat	8 / 10 min	According to recipe *
Beef, tongue	25 / 30 min	According to recipe *
Beef, tripe	28 / 32 min	According to recipe *
Pork, stewed	14 / 16 min	According to recipe *
Pork, rib	12 / 14 min	According to recipe *
Pork, knuckle	25 / 30 min	According to recipe *
Lamb, stewed	12 / 16 min	According to recipe *
Lamb, hands	18 / 22 min	According to recipe *
Chicken, roasted	16 / 18 min	According to recipe *
Chicken, stewed	8 / 10 min	According to recipe *
Hen, chopped	20 / 25 min	According to recipe *
Pheasant, stewed	16 / 18 min	According to recipe *
Rabbit, stewed	18 / 20 min	According to recipe *
Venison, stewed	25 / 30 min	According to recipe *
<b>FISH AND SEAFOOD</b>		
Clams	1 / 3 min	8 oz. / 250 ml.
Sliced tuna	2 / 4 min	8 oz. / 250 ml.
Squids	6 / 8 min	According to recipe *
Steamed mussels	2 / 3 min	8 oz. / 250 ml.
Fish loins	3 / 4 min	According to recipe *
Sliced fish	4 / 5 min	According to recipe *
Prawns	1 / 3 min	According to recipe *
<b>FRUITS AND DESSERTS</b>		
Apricots, peaches		
Plums, cherries, etc.	2 / 4 min	According to recipe *
Pears, apples	3 / 6 min	According to recipe *
Quince	8 / 10 min	According to recipe *
Crème caramel	8 / 10 min	Cover 3/4 parts of the jelly mold

\* At least 250 ml (8 oz.)



## 18. RECIPES



**30** MIN

### INGREDIENTS

650 gr. Beef or cow bones  
400 gr. Meat, (wastes)  
1 Medium onion  
2 Carrots  
1 Leak  
1 Celery spring (optional)  
80 gr. Chickpeas  
3 lt. Cold water.

### BASIC BEEF STOCK

Clean and peel the onion, carrots, leak and celery.

Wash the meat and bones under cold running water to remove remaining blood. Place all the ingredients into our Magefesa Super fast Pressure Cooker over medium heat and bring it to a boil.

Remove the froth and pollutants which come up to the surface.

Close the pressure cooker and rise heat to maximum.

When the working valve (3) starts releasing steam, lower heat intensity to minimum. Let it cook for 25 or 30 minutes.

Once time has elapsed, remove the pressure cooker from the heating source and let pressure release completely before opening the lid. Natural pressure release method.

Strain it with a fine strainer and adjust salt and pepper depending on the use of the stock.

To make this broth, knee bones will be used, as well as meat waste that we may make the most of it.

This stock is used for pale colored meat sauces, soups, rice and stews. If we want to remove great part of the fat, let the strained broth chill and when the fat curdles on the surface, remove it with a spatula or skimmer.



**12** MIN

### INGREDIENTS

600 gr. Small potatoes  
2 Garlic cloves  
Salt  
Black pepper  
Parsley  
Rosemary or thyme  
50 gr. butter  
Mild olive oil  
Water or poultry stock.

### ROASTED POTATOES FOR GARNISH

Grind the butter, which will be at room temperature, together with a bit of salt and parsley in a Magefesa liquidizer. Keep in the fridge.

Wash and scrub the potatoes under running cold water and drain.

Heat some mild olive oil in a Magefesa pressure cooker; add the garlic cloves, unpeeled, only with a slight knife blow.

When they start getting brown, add potatoes and stir from time to time until uniformly brown.

Add thyme or oregano to taste. Pour the minimum quantity of broth or water recommended by the instruction manual of the pressure cooker.

Close the pot and raise heat to maximum.

When the working valve (3) starts releasing steam, lower heat intensity to minimum. Let it cook for 10 or 12 minutes.

Once time has elapsed, remove the pressure cooker from the heating source and let pressure release completely before opening the lid. Natural pressure release method. Drain the cooking liquid well.

Place well dried potatoes in a Magefesa Wok or Sauté Pan; add diced butter, thick salt and black pepper to taste.

Serve it hot to accompany meat, fish or poultry makings.



**12** MIN

#### INGREDIENTS

650 gr. Fish remains  
(bones, skins, heads)  
1 Medium onion  
1 Leaks  
2 Carrots  
4 Parsley springs  
2 lt. Water

### BASIC FISH FUMET

Peel and chop the onions into quarters, clean the leak and peel carrots. Wash the fish under running cold water.

Place all the ingredients into our Magefesa Super Fast Pressure Cooker over medium heat and bring it to a boil.

Remove the froth and pollutants which come up to the surface.

Close the pressure cooker and rise heat to maximum.

When the working valve (3) starts releasing steam, lower heat intensity to minimum. Let it cook for 10 or 12 minutes.

Once time has elapsed, remove the pressure cooker from the heating source and let pressure release completely before opening the lid. Natural pressure release method.

Strain it with a fine strainer and adjust salt and pepper depending on the use of the stock.

When fish stocks are cooked over the advised cooking time, they may be a bit bitter and turbid.

This stock can be used for fish sauces, rice and fish stews.

Rockfish is convenient as it always has a more pronounced flavor.

Salt is not usually added or it may be added at the very end, since it is a stock based on other makings.



**25** MIN

#### INGREDIENTS

800 gr. Poultry bones  
(chicken, hen, duck, etc)  
1 Medium onion  
1 Leak  
2 Carrots  
2 Celery stalks, (optional)  
80 gr. Chickpeas  
2,5 lt. Cold water

### BASIC POULTRY STOCK

Clean and peel the onion, carrots, leak and celery.

Wash the meat and bones under cold running water to remove remaining blood. Place all the ingredients into our Magefesa Super fast Pressure Cooker over medium heat and bring it to a boil.

Remove the froth and pollutants which come up to the surface.

Close the pressure cooker and rise heat to maximum.

When the working valve (3) starts releasing steam, lower heat intensity to minimum. Let it cook for 25 or 30 minutes.

Once time has elapsed, remove the pressure cooker from the heating source and let pressure release completely before opening the lid. Natural pressure release method.

Strain it with a fine strainer and adjust salt and pepper depending on the use of the stock.

To make this broth, knee bones will be used, as well as meat waste that we may make the most of it.

This stock is used for pale colored meat sauces, soups, rice and stews. In order to get a clean and transparent stock it is convenient that it does not bubble and that we remove well the froth that is formed at the beginning of the boiling process.

It is also important that the poultry remains that we use are clean, without blood or entrails, to prevent the broth from being colored.

If we have time, it is convenient to chill the stock for some hours so that the fat gathered on the surface can be easily removed.


**28** MIN

## SOUTHWESTERN BEEF STEW

### INGREDIENTS

600 gr. Chuck meat,  
 Certified Angus Beef  
 200 gr. Cooked pinto beans  
 2 Jalapeño chilies  
 2 Onions.  
 3 Celery stalks  
 2 Ripe tomatoes  
 3 Garlic cloves  
 1 Green pepper  
 Mild olive oil  
 Salt  
 Black pepper  
 Spicy paprika  
 Fresh chopped coriander  
 Oregano, thyme

Chop the onion, pepper, celery and garlic into fine brunoise. Peel and dice tomatoes.

Dice the meat into 2, 5 cm. size dices.

Heat some oil in a Magefesa Super Fast Pressure Cooker. When hot, brown the meat dices slowly so that they remain well sealed and browned. Remove. Poach the onion and pepper for 3 or 4 minutes in the same oil where we have browned the meat.

Add the celery and garlic and continue poaching until soft.

Add the meat, season to taste and scent with oregano and a tablespoon of spicy paprika.

Cover with water or meat stock, close the pot and rise heat to maximum power. When the working valve (3) starts releasing steam, lower heat intensity to minimum. Let it cook for 24 or 28 minutes.

Once time has elapsed, remove the pressure cooker from the heating source and let pressure release completely before opening the lid. Natural pressure release method.

Add the cooked beans, chopped jalapeños and grain corn (optional), bring to the boil to unify flavors and let it rest some minutes before serving.


**35** MIN

## VENISON STEW

### INGREDIENTS

1 kg. venison  
 Salt and black pepper  
 2 Onions  
 Thyme  
 2 Carrots  
 Laurel  
 1 Celery stalk  
 Basil  
 2 Garlic cloves  
 1 tbs. spicy paprika  
 1 Ripe tomato  
 Parsley  
 300 ml. Aging red wine  
 Corn starch  
 Meat dark stock  
 Mild olive oil

Dice the meat into 2, 5 cm. size dices. Season to taste.

Chop the onion, carrots, celery and cloves into fine brunoise. Grate the tomatoes and remove the peel from them.

Heat some oil over medium heat in a Magefesa Super Rapid Pressure cooker. When hot, add the meat and brown stirring from time to time until well browned and sealed. Remove and keep.

Poach the onion, in the same oil, for about 3 or 4 minutes. Add the carrot, garlic and celery and continue cooking until soft and until the onion is transparent. Return the meat to the pot.

Add the grated tomato, herbs, spices and sauté the whole for about 5 minutes. Moist with red wine, let the alcohol evaporate and cover with the meat stock. Close the pressure cooker and rise heat to maximum power.

When the working valve (3) starts releasing steam, lower to minimum heat and let it cook for 30 or 35 min.

Once time has elapsed, remove the pressure cooker from the heating source and let pressure release completely before opening the lid. Natural pressure release method.

Check if meat is done to perfection and adjust salt and pepper.

Thicken the sauce with a tablespoon of corn starch dissolved in a bit of water. Let it rest for about 30 minutes before serving.

Powder chopped parsley on top and accompany with roasted or boiled potatoes, white rice, steamed vegetables, etc.



**20** MIN

#### INGREDIENTS

400 gr. Pinto or white beans  
50 gr. Brown sugar  
20 gr. Molasses  
300 gr. Bacon  
1 Onion  
1 Carrot  
2 Garlic cloves  
100 ml. Tomato sauce  
Mild olive oil, 0,4°  
1 tbs. mustard  
3 Scented cloves  
Salt  
Water

### BOSTON STYLE BAKED BEANS

Leave the beans to soak into cold water the night before for 8 hours.

Chop the onion, carrot and cloves into fine brunoise.

Pour some olive oil in a Magefesa Super Fast Pressure Cooker and poach the onion, carrot and cloves.

When the vegetables are well poached, add the diced bacon, sauté until slightly brown and add the tomato sauce. Let it cook over low heat for 5 minutes. Dissolve the sugar with molasses in a bit tepid water; add the onion with the lightly fried vegetables and the beans, previously drained.

Cover with cold water and add a tablespoon of mustard and scented cloves. Close the pressure cooker and rise heat to maximum power.

When the working valve (3) starts releasing steam, lower to minimum heat and let it cook for 15 or 20 min.

Once time has elapsed, remove the pressure cooker from the heating source and let pressure release completely before opening the lid. Natural pressure release method.

Check if the beans are done to perfection and adjust seasoning.

Serve it hot.

If we want a spicy touch; we just have to add some chilies or spicy paprika to the stir fried vegetables.



**6** MIN

#### INGREDIENTS

800 gr. Ripe tomatoes  
16 Mussels  
1 Onion  
1 Leak  
1 Celery stalk  
2 Garlic cloves  
100 ml. Cream 18 % fat  
30 ml. White wine  
1 Parsley spring  
Salt, White pepper  
Extra virgin olive oil  
Fresh basil (to taste)  
Vegetable stock  
1 tbs. sugar  
2 sliced bread

### TOMATO SOUP WITH MUSSELS

Dice the bread into small dices and fry them into olive oil until brown, keep them on an absorbent kitchen paper.

Pour the white wine, spring of parsley and clove of garlic in a Magefesa Sauté Pan. Add the mussels and let them open over high heat covered with a lid. Remove mussels from the shells and keep them in their drained cooking juice. Heat some extra virgin olive oil in a Magefesa Super Fast Pressure Cooker. When hot, add the onion and let it poach over medium heat for 5 min.

Add the leak, celery and garlic (all chopped), season and continue poaching until soft and transparent.

Add chopped tomatoes, a sugar tablespoon and fry lightly for some minutes. Moist with the vegetable broth and the drained juice of mussels until tomatoes are covered. Scent with basil.

Close the pressure cooker and rise heat to maximum power.

When the working valve (3) starts releasing steam, lower to minimum heat and let it cook for 4 or 6 min.

Once time has elapsed, remove the pressure cooker from the heating source and let pressure release completely before opening the lid. Natural pressure release method.

Grind it in a Magefesa Liquidizer until we get a fine and uniform texture. Add the cream and adjust seasoning.

Serve the soup accompanied by the mussels, bread croutons and a little bit of celery chopped into fine dices.


**10** MIN

## COBB SALAD

### INGREDIENTS

For the salad:

1 Iceberg lettuce

1 Oak leaf lettuce

2 Chicken breasts

200 gr. Bacon (4 slices)

1 Chives

2 Ripe tomatoes

2 Boiled eggs

1 Avocado

12 Chive springs

For the dressing:

100 ml. Mild olive oil, 0.4°

25 ml. Wine vinegar

1 tbs. Dijon mustard

Salt and white pepper

1 tbs. Muscovado sugar

3 tbs. Worcestershire sauce

50 gr. Roquefort cheese

Season the chicken breasts and place them in a Magefesa Super Fast Pressure cooker. Cover with water or stock and close the pot.

Rise temperature to maximum and when the working valve (3) starts releasing steam, lower heat intensity to minimum. Let it cook for 8 or 10 min.

Once time has elapsed, remove the pressure cooker from the heating source and let pressure release completely before opening the lid. Natural pressure release method. Let the chicken breasts cool down.

Sauté the bacon slices in a Magefesa Non stick skillet until well brown and crunchy. Remove and keep.

Once cooled, slice them and julienne the bacon.

Chop the avocado into halves lengthwise, remove the pit and chop the halves into thick slices.

Julienne chives and slice tomatoes into thick half moons.

Wash, chop, mix and place the lettuces on a platter. Place the rest of the ingredients on the lettuce mix in a way that colors create contrast.

To prepare the vinaigrette, place all the ingredients, but oil, in a Magefesa Liquidizer. Process by adding a trickle of oil slowly until we get a homogeneous and dense emulsion.

Season the salad with the vinaigrette and powder chopped chives on top.


**20** MIN

## BRUNSWICK STYLE CHICKEN

### INGREDIENTS

4 Chopped chicken thighs

200 gr. Ripe tomatoes

1 Medium onion

1 Red pepper

100 gr. Corn

100 gr. White beans,

(boiled)

50 gr. Bacon

500 ml. Poultry broth

1 Celery spring

2 Bay leaves

1 Cayenne pepper

2 Tbs. wine vinegar

Sunflower oil

Chop the onion, celery and red pepper into fine brunoise. Chop bacon the same size and cut the tomatoes concassé.

Heat some olive oil in a Super Fast Pressure Cooker and brown the chicken, previously seasoned. Once browned, remove and keep.

Sauté the bacon in the same pot until browned, then remove and keep.

Poach the onion and pepper taking advantage of the fat we got when frying the chicken, add the celery and cayenne pepper when half poached.

When the slightly fried vegetables are done to perfection, add the tomato concassé and sauté the whole for 5 minutes.

Replace the chicken and bacon in the pot. Cover with poultry stock and let it cook medium heat for some minutes.

Close the pressure cooker and rise heat to maximum.

When the working valve (3) starts releasing steam, lower heat intensity to minimum. Let it cook for 10 or 12 minutes.

Once time has elapsed, remove the pressure cooker from the heating source and let pressure release completely before opening the lid. Natural pressure release method.

Add the corn and beans. Adjust salt and pepper and add a couple of vinegar tablespoons. Let it rest for about 20 minutes before serving.


**8**

MIN

**INGREDIENTS**

700 gr. Clams  
 4 Medium potatoes  
 2 Chives  
 2 Leaks  
 1 Celery spring  
 150 gr. bacon  
 100 ml. White wine  
 500 ml. Cream 18 % fat  
 500 ml. Fish broth  
 1 chive spring  
 Butter  
 Salt  
 White pepper  
 Thyme, cayenne

**CLAM SOUP NEW ENGLAND**

Leave the clams to soak into water with salt for 20 min. so that the sand they may still contain is removed.

Chop the chive, leaks and celery into fine brunoise. Julienne the bacon.

Peel and dice potatoes into 0, 5 x 0, 5 cm dices.

Place clams with some water in a Magefesa Saut  Pan over medium heat until open. Keep them together with the drained broth.

Saut  the bacon with a bit butter until brown in a Magefesa Super Fast Pressure Cooker, add the chives, leak and celery and poach the whole lightly. Add the potatoes and white wine, let alcohol evaporate and add the clams' broth, spices, salt and pepper to taste. If we run out of broth to reach the minimum required, complete with water or fish stock.

Close the pressure cooker and rise heat to maximum power.

When the working valve (3) starts releasing steam, lower to minimum heat and let it cook for 6 or 8 min.

Once time has elapsed, remove the pressure cooker from the heating source and let pressure release completely before opening the lid. Natural pressure release method.

Add the cream and let it reduce for some minutes. Grind the cream with a Magefesa Liquidizer.

Add the clams without shells and adjust salt and pepper. Cook for two minutes and serve with chopped chive powdered on top.

Accompany with soda cookies.


**25**

MIN

**INGREDIENTS**

800 gr. Pork  
 meat, shoulder of pork.  
 2 BVig onions  
 4 Garlic cloves  
 Chipotle chili, to taste  
 125 ml White wine  
 100 ml. Cider vinegar  
 250 ml. Meat broth  
 Mild olive oil  
 Salt  
 Black pepper

**SPICY PULLED PORK**

Season and paint the meat with old style mustard.

Heat some mild olive oil in a Magefesa Super Fast Pressure Cooker. When hot, brown the piece of meat on all sides until well browned.

Add the onion and garlic cloves to the oil where the meat has been browned; poach over medium heat for 5 or 6 min.

Return the meat to the pot, add chipotle chili to taste, White wine and the cider vinegar, let it cook for some seconds until alcohol evaporates and moist with the meat broth.

Close the pressure cooker and rise heat to maximum power.

When the working valve (3) starts releasing steam, lower to minimum heat and let it cook for 20 or 25 min.

Once time has elapsed, remove the pressure cooker from the heating source and let pressure release completely before opening the lid. Natural pressure release method.

Take the meat out of the pot and let it cool down.

Grind the sauce with the help of a Magefesa mixer or a Liquidizer. Adjust salt.

When the meat may be handled, shred and add it to the sauce.

This meat is very versatile in relation to its presentation, hamburgers, sandwiches, pies, tacos, etc.


**5** MIN

**INGREDIENTS**

*8 Pippin apples or similar*  
*200 gr. Sugar*  
*100 gr. Brown sugar*  
*250 ml. Water*  
*1 Cinnamon stick*  
*1 Lemon juice*

**APPLE COMPOTE**

Heat the water with cinnamon and sugar in a Super Fast Pressure Cooker. While water is boiling, peel the apples, remove the cores and chop them irregularly. Mientras calienta el agua, pelamos las manzanas, retiramos el corazón y troceamos de forma irregular.

Add the fruits and half lemon juice to the pot, wait until boiling and remove the emerging froth.

Close the pressure cooker and rise heat to maximum power.

When the working valve (3) starts releasing steam, lower to minimum heat and let it cook for 3 or 5 min.

Once time has elapsed, remove the pressure cooker from the heating source and let pressure release completely before opening the lid. Natural pressure release method.

Once the cooking time has elapsed, remove the pressure cooker from the heating source; turn the working valve (3) to the steam release position, automatic pressure release method.

The sugar quantity is optional so, it will depend on our personal taste, the acidity of the apple and the purpose of the compote, if it will be used as garnish or as a dessert.

To intensify the Apple scent, substitute water by natural cider.


**10** MIN

**INGREDIENTS**

*400 ml. milk*  
*100 ml. Cream 18% fat*  
*125 gr. Toasted and*  
*peeled almonds*  
*4 eggs*  
*100 gr. Brown sugar*  
*50 gr. Rosemary honey*  
*Hazelnut liqueur (optional)*  
*75 gr. Sugar*  
*Water*

**ALMOND CRÈME CARAMEL**

Heat the milk, cream and almonds over medium heat in a Magefesa Casserole. It is not necessary bring it to a boil and it may be scented with cinnamon stick or a lemon crust optionally. Remove from the stove and let it infuse for 15 minutes.

Pour 75 gr. sugar in a Magefesa Non stick Skillet, moist with half glass of water and heat over medium heat. Let water evaporate and sugar brown. Remove from the heating source carefully and pour into the mould. Share well on the base and walls.

Grind all the ingredients with the help of a Magefesa Liquidizer until well grinded. The liqueur is used to enhance nuts' flavor. An alcohol free drink may be used.

Pour the mix into the caramelized jelly mould.

Place the jelly mould covered in a Super Fast Pressure Cooker, pour water until 3 out of 4 parts of the pot are covered.

Close the pressure cooker and rise heat to maximum power.

When the working valve (3) starts releasing steam, lower to minimum heat and let it cook for 10 or 12 min.

Once time has elapsed, remove the pressure cooker from the heating source and let pressure release completely before opening the lid. Natural pressure release method.

When the jelly mould is cooled down, keep it in the fridge and wait until well cold before removing from its mould.



## 19. NOTES