

# PRESSURE COOKER

## INSTRUCTIONS

 **CELAR**<sup>®</sup>

— SINCE 1978 —

*A friend in the kitchen!*

[www.celar.pt](http://www.celar.pt)



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NR.	PARTS	MATERIALS	
		ALUMINIUM PAN	STAINLESS STEEL PAN
01	Locking screw	Stainless steel	Stainless steel
02	Steam vent	Bakelite	Bakelite
03	Bar	Stainless steel	Stainless steel
04	Pressure regulator (upper part)	Brass + Bakelite	Brass + Bakelite
05	Pressure regulator (lower part)	Brass	Brass
06	Lid	Aluminium	Stainless steel
07	Central axis	Stainless steel + Nylon + Brass	Stainless steel + Nylon + Brass
08	Safety valve	Brass	Brass
09	Sealing ring	Rubber for food contact	Rubber for food contact
10	Basket	Aluminium	*
11	Brackets	Aluminium	Stainless steel
12	Handles	Bakelite	Bakelite
13	Locking screws	Stainless steel	Stainless steel
14	Body	Aluminium	Stainless steel

NOTES: Maximum power on heat source - 3kW • Regulating pressure – 50kPa – Tolerance ( $\pm 10$ )

AVAILABLE CAPACITIES: Ref. 140 – 4,5L / 6L / 8L • Ref. 142 – 8L / 10L / 12L

BOILING TEMPERATURES: 111 / 113°C

(\*) Basket (10): Except stainless steel pressure cookers

**DIAMETERS:**

(X) ALUMINIUM PAN: A) 170mm (Ref. 140) - B) 185mm (Ref. 142)

(X) STAINLESS STEEL PAN: A) 180mm (Ref. 150.04 / 150.06) - B) 197mm (Ref. 150.08 / 150.10)

## warranty



**CELAR** pressure cookers are warranted for 5 years against manufacturing defects for normal use. This warranty does not cover damages caused by misuse or accidents, or normal wear and tear of the sealing ring, which shall usually last for 1 year.

You can claim your warranty against a defective part and the sales receipt.

**Important:** Never leave an empty pressure cooker over a heat source. In order to save energy, do not use the maximum power of the heat source after the pressure regulator (upper part) starts to spin.

Stick here the label located on the lid  
– Except Stainless Steel Cookers

Before using your **CELAR** cooker, read carefully the instructions for use and practical advice.  
Then, you will improve your **CELAR** cooker performance and save a lot of energy.

The following accessories of your **CELAR** aluminium pressure cooker are for sale at some Super and/or Hyper Markets (see figure), or upon request to manufacturer:

<b>PART Nr.</b>	<b>DESCRIPTION</b>
1 and 2	Locking screw and steam vent
7	Central axis (central screw + bushing + o-ring + nylon o-ring + female washer M10)
4	Pressure regulator (upper part)
9	Sealing ring
12 and 13	Handles and screws

For the accessories of your **CELAR** stainless steel pressure cooker, mainly the sealing ring and handles, you must contact the manufacturer:

**Alumínios Cesar, S. A.** Apartado 2018 • 370-906 Cesar • Portugal  
T. +351 256 850 350 • F. +351 256 850 359 • [celar@celar.pt](mailto:celar@celar.pt) • [www.celar.pt](http://www.celar.pt)

## safety instructions

- a)** Read all the instructions.
- b)** Children should not be near when a pressure cooker is being used.
- c)** Never put a pressure cooker into a heat oven.
- d)** Handle the pressure cooker with maximum care. Do not touch hot surfaces. Use the bakelite handles. Wear gloves.
- e)** Do not use your pressure cooker for any purpose other than cooking food.
- f)** This is a pressure cooker. Incorrect use may lead to burns. Make sure that the cooker is properly closed before heating it up. Read the *Instructions for Use*.
- g)** Never force the opening of a pressure cooker. Do not open it before making sure steam has been fully let off. See *Instructions for Use*.
- h)** Never use your pressure cooker without putting water in it, otherwise you will seriously damage it.

## safety instructions



- i) Do not fill the pressure cooker in more than  $\frac{2}{3}$  (\*) of its height. For foods that dilate during cooking, such as rice, dehydrated vegetables and jams, do not fill the cooker in more than  $\frac{1}{3}$ .
- j) Use heating source(s) according to the *Instructions for Use*.
- k) After cooking meat with a superficial skin (e.g. beef tongue), that is in danger of swelling under pressure, do not chop the meat while the skin appears swollen; you may get burned.
- l) In the case of pasty foods (e.g. jams), the pressure cooker should be slightly shaken before opening the lid, so that these foods do not splash out.
- m) Check if the valves are not obstructed before each use. See *Instructions for Use*.
- n) Never use a pressure cooker to fry food.
- o) Never intervene with safety systems beyond the maintenance recommendations mentioned in the *Maintenance and Cleaning* part.
- p) Only use **CELAR** cookers in accordance with the corresponding model.
- q) Keep this instruction manual and receipt for 5 years.

(\*) Pressure cooker working capacity

# instructions for use



## BEFORE THE FIRST USE

- 1) Screw the handles into the brackets **11**. Make sure the handles are securely fastened.
- 2) According to the material of **CELAR** pressure cooker, follow these indications and it will be ready for use:
  - a) Aluminium - put a mixture of water and milk to the limit of 2/3 of its height (1 part water to 2 parts milk), put the lid and bring it to boil, until it is poured through the pressure regulator (upper part). This procedure is intended to prevent the inside of the pan from becoming dark. Let steam off (*see points 10 and 11*) and **wash immediately** with warm water and washing liquid.
  - b) Stainless steel – wash it with water and washing liquid. Dry with a soft cloth.
  - c) Non-stick coated – wash it with hot water and little washing liquid. Dry it and rub a bit of vegetable oil. Remove excess oil with a soft cloth.
- 3) To use the **CELAR** pressure cooker place the food, ingredients and water. **Never fill the pan more than 2/3 (\*) of its height** and in some cases (foaming foods - such as dried peas, grains, pasta, rice, etc.) do not exceed 1/3 of the height. If this is not done, the water may flow through the pressure regulator (upper part).



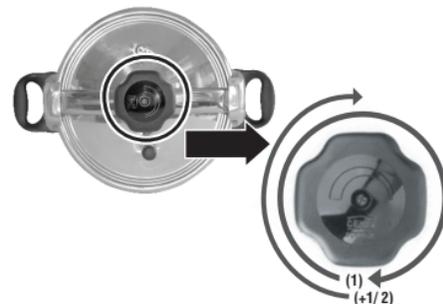
(\*) Pressure cooker working capacity

## instructions for use



### BEFORE EACH USE

- 4) Check if the **pressure regulator** (consisting by the upper and lower part, which purpose is to keep the pressure inside the pan) **is not obstructed**, by looking through the lower part before removing the pressure regulator (upper part). Remove any food remains and check if the black part of the pressure regulator is properly tightened. **If not, tighten it.** Check if the sealing ring is fitted properly (*page 11.1.1 point I*).
- 5) Check if the safety valve is in good condition by pressing the bolt on the inside of the lid. A small pressure should be enough to make it move. Remove any remains from food that accumulates at the base of the valve. This valve only actuates in case the pressure regulator does not function correctly. If for any reason the **safety valve** dismantles, contact the manufacturer - Alumínios Cesar, S.A.
- 6) To close the pan, place the lid by sliding it over the edge of the pan, with the ends of the lid crossbar, toward the holders. After sensing the flap attachment on the edge, turn the catch knob to the right until the flap is secured to the brackets. **After this stop, in order to obtain a good seal, you must make at least one and a half rotation.**



## instructions for use

- 7) Set the pressure regulator (upper part) in the sealing position by pressing it slightly vertically and downwards, which allows to keep the pressure regulator (upper part) in the lid.



### WHILE USING IT

- 8) Place the pressure cooker on a heat source (gas, electric stove, ceramic hob or induction). If, during operation, steam escapes between the pan and the lid, remove the pan from the heat source, fully reduce the pressure by lifting the pressure regulator (upper part) to the discharge position (without removing it from the pivot), check that the pan is tightly closed and tighten the lid's locking mechanism. In order to seal it, it must not exceed a complete rotation of the locking knob in addition to the initial one (*point 6*).

This situation may occur if the sealing ring is not fitted properly.

Repeat the instructions in (*point 7*).



## instructions for use



- 9) When the steam starts to come out the pressure regulator (upper part), making it spin or oscillate, the necessary pressure is reached. From this moment that you must count the indicated cooking time (*see page 14.1.1*). You should reduce the heat to minimum or reduce the electrical power. Even if the pressure regulator (upper part) stops spinning continuously, the internal pressure of the pan will be sufficient for cooking.

### AT THE END OF USE

- 10) After the cooking time has elapsed, **remove the pan from the heat source** and pull the pressure regulator (upper part) up, without removing it from the pivot. **Wait for all steam to come out.** Do not try to open before this happens, as you may get burned. If you are in a hurry or want to avoid the steam jet, cool the pan with cold water.
- 11) When there is no steam coming out, check if there is no pressure inside by removing the pressure regulator (upper part). Only then can you remove the lid by turning the locking device to the left.



## instructions for use

- 12) Once the cooking is finished and the heat source is turned off, open the pressure cooker, **don't forget to let steam off**, pulling the pressure regulator (upper part) up. To handle the pressure cooker, hold its bakelite handles.
  
- 13) You may not be able to open the pressure cooker after it is cold. Turn on the heat source again until the pressure regulator (upper part) starts to spin. Then, repeat (*points 10 and 11*).
  
- 14) It is normal that some steam is let off the safety valve. But if the steam comes out violently, you shall proceed as if the cooking time had ended (*points 10 and 11*).  
Check if the pressure regulator hole - lower part, is obstructed with some food remains (*page 12.1.1, point II, item b*).  
Restart the process from (*point 6*).
  
- 15) Follow these instructions. Incorrect use may lead to physical and/or material damages.

## maintenance and cleaning

### l) Sealing rings:

#### a) Normal use:

If used normally, the sealing ring lasts for one year, if you always wash and only with hot water and a brush, even without removing it from the lid.

In case of stainless steel pressure cookers, pay special attention to the inner part, washing and drying it properly.

The sealing ring must be replaced, when it no longer fits the lid or its sealing properties are faulty.

#### b) Replacement:

##### **ALUMINUM PRESSURE COOKERS**

Soak the sealing ring in cold or warm water for some minutes.

Place it on the lid. Stretch it with your thumbs around the lid.

##### **STAINLESS STEEL PRESSURE COOKERS**

Place the sealing ring on the lid, adjusting the thicker edges on the lid. Stretch it with your thumbs around the lid.

**NOTE:** In both cases, in order for the sealing ring to be well placed, press it with the handle of a wooden spoon, for example. Finally, in order for it to be perfectly fitted, place the lid on the pressure cooker body and screw the steam vent until the sealing ring is fitted.

NEVER USE SHARP OBJECTS. THEY MAY DAMAGE THE SEALING RINGS.

## maintenance and cleaning

### II) After using the cooker:

**a)** Wash it with water and washing liquid. Dry it so that there are no washing liquid residues. Washing liquids have been designed to ensure a quick cleaning action through their high corrosive power, being slightly aggressive.

**NOTE:** If you wash aluminum pressure cookers (non-stick coated or not), in the dishwasher, they can get stained/dark, due to the quality of the water or washing liquid. That will not alter their technical features, nor their efficiency. In case of non-stick coated cookers, you should rub oil on the inside.

**b)** Clean the lower part of the pressure regulator with a wire and a strong water jet to fully clear it.

**c)** Clean the safety valve base on the inside of the lid. Check if it is working properly. By pressing it, it should move easily.

**d)** If you are not using the cooker, place the lid upside down in order to let fresh air in.

### III) Recommendations for no-stick coated pressure cookers:

Cook in simmer, in order to preserve the product qualities.

Never heat an empty cooker.

Never use metal objects.

Never use brillo pads nor abrasive substances.

### IV) **IMPORTANT:**

Your pressure cooker is a device to cook and not a container to store food, before or after being seasoned.

Therefore, avoid keeping them inside your pressure cooker when you are not cooking anything, because some of the spices used may alter its aspect, without however, altering its functions.

EVENT	CAUSE	SOLUTION
Steam escaping between the lid and the pressure cooker body	Insufficiently tightened	Page 7.1.1, point 6
	Warped and/or punctured body or lid	Contact point of sale or company, for repair
	Sealing ring needs replacement	l) maintenance & cleaning (page 11.1.1)
Steam escaping through the safety valve	Pressure regulator blocked	Proceed as if cooking time has ended (page 9.1.1, points 10 and 11)
Pressure regulator does not work properly	Obstruction	Page 7.1.1, point 4
	Loosened washer	
Pressure cooker cannot be opened	Vacuum	Page 10.1.1, point 13
	Damaged thread of the central axis, overly tightened	Contact point of sale or company, for repair

average cooking times for several foods  
(from the moment the pressure regulator starts to spin)

**VEGETABLES**

Pumpkin	2 / 4 min.
Rice	8 / 10 min.
Potatoes	5 / 7 min.
Beetroot (sliced)	3 / 4 min.
Carrot (sliced)	8 / 10 min.
Kale (chopped)	3 / 4 min.
Cauliflower	3 / 4 min.
Green peas	3 / 4 min.
Spinach	3 / 4 min.
Beans (soaked in water)	15 / 25 min.
Green beans	4 / 5 min.
Grains (soaked in water)	20 / 30 min.
Rapini	2 / 3 min.
Pasta	6 / 8 min.
Tumips (sliced)	4 / 6 min.
Cabbage	3 / 6 min.

**OTHERS**

**Chicken**

In general 20 / 30 min.

**Fish**

In general 8 / 10 min.

Codfish 5 / min.

Squid 10 / 15 min.

**Meat**

In general 20 / 30 min.

Lamb 15 / 20 min.

Ribs 9 / 11 min.

Beef 20 / 25 min.

Veal 15 / 20 min.

## STATEMENT OF COMPLIANCE

We declare that **CELAR** pressure cookers comply with the provisions of Directive 2014/68/EU and applicable standardization, in particular EN 12778. As well as with Regulation EC 1935/2004, ensuring that all food compatibility requirements are met.

### Manufacturer:

Alumínios Cesar, S.A. - Zona Industrial - Ap. 2018 - 3701-906 CESAR - PORTUGAL

BRAND	MATERIAL	CAPACITY (litres)	Nr. CERTIF. EC Exam
	Aluminium and aluminium with stainless steel disc embedded	3,5 / 4,5 / 5,5 / 6 / 7,5 / 8 / 10 / 12	464 BO 3 Ren1 EXT1
	Stainless steel	4,5 - 6 / 8- 10	464 CQ 12 / 464 CQ 13

### Compliance Assessment:

Module B "EC Exam"

Module E "Quality Assurance of the products"

SGS ICS, Serviços Internacionais de Certificação, Lda.

Pólo Tecnológico de Lisboa, Lote 6, piso 0 e 1, Lisboa - Portugal

### Notified Organisations:

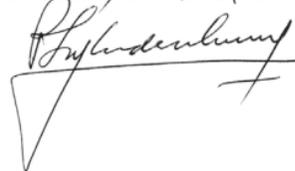
CATIM – Centro de Apoio Tecnológico à Industria Metalomecânica n.º 0464

Rua dos Plátanos, 197 Porto - Portugal

04-2018

### Signature

Pedro Cordeiro e Cunha (Admin.)



**MADE IN PORTUGAL**

• **POST SALES ASSISTANCE** •

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