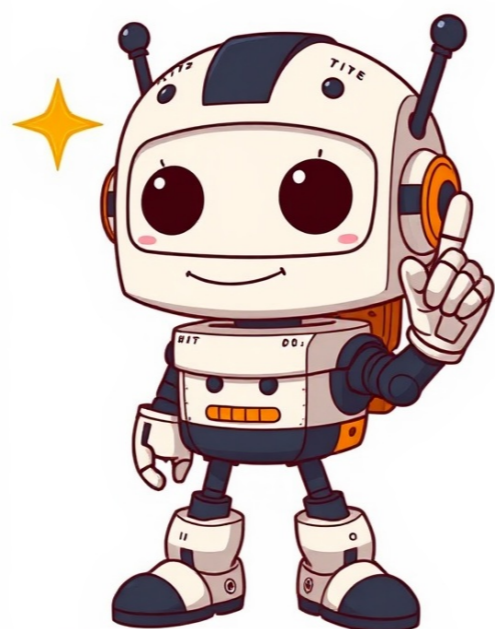


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paraphrased text here###ENDARTICLELorsquun autocuiseur est utilis, certaines mesures de scurit doivent toujours tre respectes, y compris les suivantes : Lisez toutes les instructions avant dutiliser le produit. Chaque appareil utilis proximit des enfants ncessite la surveillance dun adulte Lorsque la pression de fonctionnement normale est atteinte, diminuez lintensit de la source de chaleur. Ne placez aucun objet sur le pot lorsque le couvercle est ferm, lorsquil est utilis ou lorsquil est stock. Soyez extrmement prudent avec de la vapeur lorsque vous ouvrez le couvercle.EN SAVOIR PLUS SUR VOTRE AUTOCUISEUR Le produit peut diffrer lgrement de celui illustr. Consultez la page 17 pour plus dinformations. Valve de scurit Tmoin de verrouillage Poigne du couvercle Poigne du pot de cuisson Couvercle Joint en silicone Rgulateur de pression Chemine de ventilation Bouchon de chemine de ventilation AUTOCUISEUR/OLLA DE PRESIN MANUEL DINSTRUCTION/MANUAL DE INSTRUCCIONES... AVANT DUTILISER POUR LA PREMIERE FOIS Enlevez tout le matriel demballage et les autocollants attachs au produit et conservez le manuel dinstructions. Avertissement : Percez tous les sacs en plastique car ils peuvent presenter un risque pour les enfants. Page 20 2. Enfoncez et tournez le couvercle vers la droite jusqu ce que la poigne du couvercle soit aligne sur la poigne du pot. Placez le rgulateur de pression dans le chemine de ventilation. Remarque: le rgulateur de pression se loge librement sur la chemine de ventilation, il ne touche pas le haut du couvercle Page 21 Mthode de libration de pression avec de leau froide. (mthode pour rduire la pres- sion rapidement) : Refroidissez lautocuisseur sous un robinet deau et versez de leau froide dessus ou placez-le dans un bol deau froide jusqu ce que la pression soit compltement rduite. Remarque: Ne placez pas le pot chaud dans un vier avec des surfaces sensibles ... GUIDE DE CUISSON SUGGR Temps de cuisson Riz sauvage 22-25 minutes GRAINS Riz intrgal 15-20 minutes (1 VERRE) Riz grain long 15 minutes Riz Basmati 5-7 minutes Haricots Noirs 10 minutes HARCOTS Haricots Rouges 15 minutes Haricots Pintos 20 minutes ... COMMENT TIRER LE MEILLEUR PARTI DE VOTRE AUTOCUISEUR Haricots secs, autres lgumineuses et crales Avertissement: Ne remplissez jamais lautocuisseur plus un tiers de sa capacit en grains et lgumineu- ses, car ces aliments ont une tendance se dilater et gnrer de la mousse pendant la cuisson. Page 24 couvercle jusqu ce quils soient prts. Ajoutez de leau si ncessaire. Fruits de mer et poisson Nettoyez le poisson et lintestin. Retirez tous les os visibles. Lavez et rincez les fruits de mer dans leau froide. Faire tremper les palourdes et les moules dans un bol avec de leau froide avec le jus dun citron, pendant une heure, pour enlever le sable. SOIN ET NETTOYAGE Laissez toujours le pot refroidir compltement avant de le nettoyer. Ne pas utiliser de produits chlors ou abrasifs. Toutes les parties de lautocuisseur, y compris le joint et le rgulateur de pression, sont compltement immersibles pour faciliter le nettoyage. Page 38 Remplacez le joint en silicone tous les deux ans ou sil est endommag. Utilisez toujours le joint en silicone vritable IMUSA qui correspond au modle de lautocuisseur. Rangez lautocuisseur dans un endroit sec. Par exemple sur la table, le comptoir ou sur une tagre dans le placard.###ARTICLETo ensure optimal performance, always calibrate the ollas de presin by attaching the tampos to the product and consulting the user manual. Warning: Crush all plastic bags as they may pose a risk to children. Page 33 Push downwards and turn the tap to the right until the handle of the tap is on top of the handle of the pot. Place the pressure regulator in the ventilation tube. Note: The pressure regulator adjusts freely in the ventilation tube, never touching the top part of the lid. Page 34 When cooking time is complete, switch off the stove. If using an electric stove, remove the pot from the element. Warning: Lift the pot carefully when removing it from the element to avoid leaving stains on cookware. Guideline for Cooking Suggested Cooking Times Rice Wild Grain 22-25 minutes Brown Rice 15-20 minutes Legumes Frijoles Negros 10 minutes Frijoles Rojos 15 minutes Frijoles Pintos 20 minutes Frijoles Enanos 10 minutes Garbanzos... Maximizing Your Ollas de Presin Use dried legumes, other legumes, and grains as recommended. Warning: Never fill the pressure cooker more than one-third of its capacity with grains and legumes, as these foods tend to expand during cooking and produce foam. If cooking time is expected to be over 10 minutes, use two cups of water. Never fill the pressure cooker beyond two-thirds of its capacity. When cooking frozen vegetables, extend total cooking time by 1-2 minutes. Carne y Aves de Corral Remove all visible fat from meat or poultry. Note: Meat and poultry should be cut into small pieces to cook faster. To achieve better results, brown the meat or chicken with 2-3 tablespoons of vegetable oil or olive oil in the pressure cooker without the lid before adding the rest of the ingredients. Safety Precautions Allow the ollas de presin to cool completely before cleaning it. Always wash the pressure cooker after use with warm water and mild soap using a nylon sponge. Rinse thoroughly and dry completely. Replace the silicone gasket every two years or if damaged. Always use the genuine IMUSA silicone gasket that matches your pressure cooker model. Store the ollas de presin in a dry place, such as on the table, countertop, or in an armchair drawer. Need Help? For service, repairs, or questions related to this product, call the number located at the back of this manual. Please do not return the product to the manufacturer. Additionally, you can consult our website mentioned at the back of this manual. 1 YEAR LIMITED WARRANTY What... Page 42 If you have any questions, please contact us at: Si vous avez des questions, veuillez nous contacter : Pour plus dinformations, vous pouvez nous contacter : Para mayor informacin puede contactarnos a: IMUSA USA, LLC Doral, FL 33178 1-800-850-2501 customerserviceimusa@groupeseb.com www.imusausa.com... If you're looking for an efficient way to cook a delicious stew in half the time, pressure cookers are your solution. These devices can heat up soups or goulash three times faster than regular cooking methods! Given that you own an IMUSA brand pressure cooker, this video with Chef George Duran will help you master its use. Using an IMUSA pressure cooker is a quick, energy-efficient way to make dinner for your family while retaining nutrients and flavors. Cook meats, vegetables, beans, and more in about a third of the time! Pressure cooking has transformed how we prepare meals, making them faster, healthier, and tastier. The IMUSA pressure cooker stands out due to its reliable performance and user-friendly design among various brands available. In this article, we'll explore the features, benefits, and step-by-step guide for using your IMUSA pressure cooker effectively. Understanding Your IMUSA Pressure Cooker Before starting, it's essential to understand what makes the IMUSA pressure cooker a valuable addition to your kitchen. What is a Pressure Cooker? A pressure cooker is a sealed pot that cooks food under high pressure, which allows it to cook faster than traditional methods. The steam inside increases internal pressure, leading to higher boiling points for liquids and quicker cooking times while preserving nutrients. Benefits of Using an IMUSA Pressure Cooker The IMUSA pressure cooker offers several benefits: Time Efficiency: Meals that would typically take hours can be prepared in under an hour. Nutrient Retention: The sealed cooking environment preserves vitamins and minerals in your food. Getting Familiar with Your IMUSA Pressure Cooker Understanding the parts and functions of your pressure cooker is crucial for effective use. Main Components of the IMUSA Pressure Cooker A typical IMUSA pressure cooker includes: Body: The main pot where food is placed. Lid: Seals the pot, ###Using an Imusa Pressure Cooker: A Comprehensive Guide###ENDARTICLEUsing your Imusa Pressure Cooker: A Guide to Safe and Effective CookingTo get the most out of your Imusa Pressure Cooker, it's essential to understand how it works and use it correctly.The safety valve and locking lid ensure no steam escapes during cooking, making it safe to use.Always read the manufacturer's manual for specific instructions on pressure settings, cooking times, and safety features.Check the sealing ring and safety valve for any signs of wear or damage before each use.Never overfill the pot, as this can lead to a dangerous build-up of pressur.Always allow natural steam release whenever possible, and only perform a quick release when specified by a recipe.You can cook many types of dishes in your Imusa Pressure Cooker, including meats, vegetables, grains, and legumes.The high-pressure environment helps tenderize tougher cuts of meat and infuse flavors more effectively than other cooking methods.Use it for meal prep by cooking bulk portions of grains or beans, which can be stored for later use.Cleaning and maintaining your Imusa Pressure Cooker is vital for its longevity and effective performance.After each use, make sure the cooker has cooled down, then remove the gasket, safety valve, and any other removable parts.These components can typically be washed in warm, soapy water: Avoid using abrasive cleaners, as they can scratch the surface of the pot.For the main pot, simply wipe it down with a damp cloth or sponge, and ensure it's fully dried before storing.Pressure cooking with an Imusa Pressure Cooker has several benefits, including significantly reduced cooking times and preserved nutrients.The sealed environment allows for faster cooking without sacrificing the quality or taste of the food.This is especially beneficial for tougher cuts of meat and whole grains, which often require lengthy cooking periods.Additionally, pressure cooking helps preserve the nutrients in food since the cooking time is shorter and less water is used.However, it's not recommended to use your Imusa Pressure Cooker for canning without proper knowledge and equipment.Canning requires precise temperature and pressure control to ensure food safety, and not all pressure cookers can meet these stringent requirements.If you are interested in canning, consider investing in a pressure canner, which is specifically designed for this process.

Pressure cooker imusa. Imusa pressure cooker recipes. Is it safe to cook in aluminum pressure cooker. Pressure cooker how to use. Pressure cooker instructions.

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