



6 QUART PRESSURE COOKER

Instruction Manual



PLEASE READ THIS INSTRUCTION MANUAL CAREFULLY.
MAKE SURE THAT YOU ARE FAMILIAR WITH THE OPERATION OF
THE PRODUCT BEFORE USING IT.



MONTEL WILLIAMS

Living Well Products, LLC promotes Montel Williams' message of living well physically, emotionally, and spiritually. Our goal is to make healthy living simple, convenient, and accessible to everyone by offering quality products at a great value. We strive to make "Living Well" a simple, easy, and affordable daily choice for our family of consumers.

PRODUCT SPECIFICATIONS

ITEM	Living Well with Montel™ 6 Quart Pressure Cooker
ACCESSORIES	Ladle, Measuring Cup and Condensation Collector Cup, Steam/Canning Tray, Recipe Book
PRODUCT MATERIAL	ALUMINUM, STAINLESS STEEL, PP



1. Lid

2. Pressure Cooker Unit

3. Accessories

4. Steam/Canning Tray

5. Inner Pot

6. AC Power Cord

Introduction

Congratulations on taking the first step to delicious, easy to make meals. From soup to pot roast, you can make it all!

Safety Attention and Warnings

- When using electrical appliances, basic precautions should always be followed, including the following:
- Read all instructions.
- Keep appliance out of reach of children.
- Close supervision is required when appliance is used in presence of children.
- Do not touch hot surfaces. Use handles or knobs. It is recommended to use oven mitts or potholders.
- To protect against fire, electric shock, and injury to persons, do not immerse cords or plugs in water or other liquid.
- Always unplug appliance when not in use and before cleaning. Allow to cool before putting on or taking off parts, and before cleaning pressure cooker.
- To unplug, grip the plug handle. Never unplug by pulling the power cord.
- Do not operate any appliance with a damaged cord or plug.
- Do not operate appliance after appliance malfunctions or has been damaged in any manner. Return appliance to the nearest authorized service facility for examinations, repair, or adjustments.
- Do not use any accessories or attachments not recommended or supplied by manufacturer to avoid fire, electric shock, or personal injury.
- Do not use outdoors.
- Do not allow cord to hang over edge of table or counter, or touch hot surface.
- Do not place on or near a hot gas or electric burner, or in a heated oven.
- Extreme caution must be used when moving any appliance with hot oil or other hot liquids.
- Do not use pressure cooker for other than intended use.
- Never fill Inner Pot above MAX LINE. Overfilling may cause clogging, allowing excess pressure to develop. When using foods that expand during cooking such as rice or dried beans, follow the recipe for "pressure cooking" those products, and do not fill the unit above the "halfway" point. Over filling may cause clogging, allowing excess pressure to develop.
- Before use, always check pressure release valve for clogs.
- Never use this appliance with an extension cord. Always plug power cord directly into the wall outlet.

- Use a 3 prong, grounded, 120V electrical outlet only. Do not use any other electrical outlet.
- The 6 Quart Pressure Cooker creates extreme heat and steam in its operation. Take all required precautions to avoid fire, burns, and other personal injury.
- Do not operate appliance on an unstable surface, near water, or any flammable materials such as curtains, dish towels, paper towels, etc. Always allow sufficient air space on all sides of appliance.
- If appliance malfunctions during use, immediately unplug the power cord. Never attempt to repair appliance.
- Unplug appliance immediately if unit falls or accidentally becomes immersed in water.
- Always check unit is properly closed before operating to avoid scalding injury from pressure generated by the unit.
- Never force appliance open. Properly release building pressure before opening lid.
- Always open the lid away from you to avoid burns or injury from any remaining heat or steam.
- Always attach plug to appliance first, then plug cord into the wall outlet. To disconnect, set all controls to "Off", then remove plug from wall outlet.
- Be aware that certain foods, such as applesauce, cranberries, pearl barley, oatmeal or other cereals, split peas, noodles, macaroni, rhubarb, and spaghetti can foam, froth, sputter, and clog the pressure release device (steam vent). Recipes using these items must be followed carefully to avoid problems.
- Do not open the Pressure Cooker until the unit has cooled and all internal pressure has been released. If the unit is difficult to open, this indicates that the cooker is still pressurized – do not force it open. Any pressure in the cooker can be hazardous.
- Do not use this pressure cooker for pressure frying with oil.
- When in operation the Pressure Cooker requires sufficient air space on all sides including top and bottom. Never operate the unit near any flammable materials such as dish towels, paper towels, curtains, paper plates, etc.
- Always plug the electrical cord directly into the wall outlet. Never use this unit with an extension cord of any kind.
- If this unit falls or accidentally becomes immersed in water, unplug it from the wall outlet immediately. Do not reach into the water!
- CAUTION-HOT SURFACE. This pressure cooker generates heat and escaping steam during use. Take proper measures to prevent injury, burn or fire.
- SHORT CORD INSTRUCTIONS: A short power-supply cord is provided to reduce the risk resulting from becoming entangled in or tripping over a longer cord. Do not use an extension cord with this product.

- **CAUTION:** To prevent Plasticizers from migrating from the finish of the counter top, table top, or other furniture, place NON-PLASTIC coasters or place mats between the appliance and the finish of the counter top or table top. Failure to do so may cause the finish to darken, permanent blemishes may occur, or stains can appear.
- **WARNING:** To reduce risk of electric shock, cook only in removable container provided by manufacturer. Always clean bottom of Inner Pot and surface of the heater plate before each use. Failure to do so may cause damage to the unit and prevent proper operation.

NEVER FORCE OPEN THE 6 QUART PRESSURE COOKER. If you need to open the Pressure Cooker, press the “KEEP WARM/CANCEL” button and carefully slide the Pressure Release Button to the Release position to fully release the building pressure inside the cooker. Make sure that all the steam has dissipated from the cooker and the Pressure Valve is fully settled back into the lid. Carefully turn the handle counter clockwise. Always open the lid away from you to avoid skin contact with any remaining heat or steam.

**SAVE THESE INSTRUCTIONS.
FOR HOUSEHOLD USE ONLY.**

Special Features

- Digital display offers multiple cooking options for soups, stews, steaming, and much more.
- Option to manually adjust Cooking Time for personal preference.
- Automatically preserves heat levels when cooking time is completed.
- The 6 Quart Pressure Cooker utilizes temperatures up to 239°F (115°C), generating a healthier and cleaner environment when compared to traditional cooking methods.
- The Pressure Release feature allows you to lower pressure quickly and completely. To do so, carefully slide the Pressure Release Switch forward in short bursts at first. After initial short bursts, leave the button in the full forward position until all pressure has escaped.
- The STEAM mode heats cooking liquid in the Inner Pot to a boil in a matter of minutes, for steaming and cooking an endless variety of foods.
- The KEEP WARM mode holds and keeps cooked food warm for an unlimited period of time. Foods kept on KEEP WARM mode for periods beyond 4 hours may lose their good flavor and texture.
- Power Surge Protection Feature: The 6 Quart Pressure Cooker has a back-up feature to prevent malfunction in the event of a power surge. In the event of a system shut down caused by a power surge, unplug the cooker allow it to “clear” for 1 hour before plugging it back into the outlet.

CAUTION: During this process protect your skin from any contact with escaping steam.

Built-In Safety Features

- Lid Safety Device: Ensures lid is closed properly and prevents lid from opening until all pressure has been released.
- Pressure/Temperature Control: Maintain even pressure and temperature while appliance is in use by activating or deactivating power supply when necessary.
- “Back-up” Safety Valve: If temperature and pressure controls malfunction, built up pressure will automatically be released by “Back-up” system.
- “Anti-Clogging” Device: Prevents food from physically blocking steam release valve.
- Safety Pressure Release: Should safety features previously stated malfunction, Inner Pot will automatically disengage from lid, releasing pressure and steam.
- “Over” Temperature Device: If unit malfunctions and internal temperature rises above the appropriate temperature, appliance will automatically cut off the power supply.

Before First Use

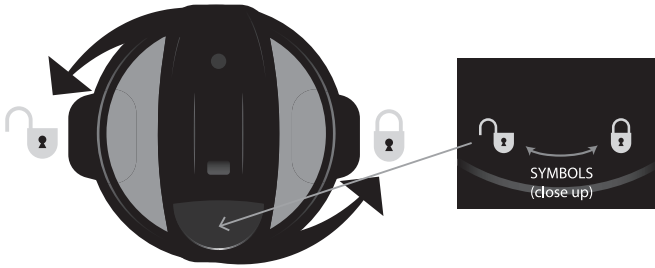
- For best results, always check that the Pressure Valve and Pressure Release Button are in good working order and that there are no foreign particles blocking the Valve openings on the underside of the Lid.
- Turn lid counterclockwise to open and remove all packing material and Inner Pot. Wash parts per Cleaning Instructions (see Cleaning and Maintenance).

General Operating Instructions

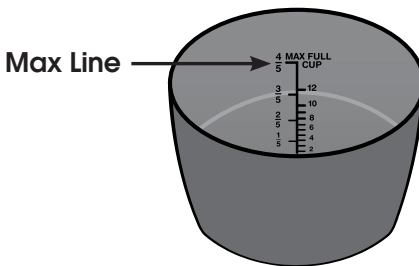
- Do not plug in or turn 6 Quart Pressure Cooker on until ready to start cooking
- Remove Lid:
 - The 6 Quart Pressure Cooker has a Lock and Unlock position (see How to Use Lid diagram).
 - To remove Lid/Unlock Lid:
 - Press down gently on Lid and turn clockwise until Lid meets resistance. Lift carefully and place aside.
 - If removing Lid after cooking cycle is complete avoid personal injury resulting from hot unit surfaces, escaping steam, and dripping liquids by not exposing your face, skin, or flammable objects.

- To apply Lid/Lock Lid:
 - Place Lid onto 6 Quart Pressure Cooker with Handle and Pressure Valve facing "1:00" position.
 - Once in place, gently turn Lid counterclockwise until Lid meets resistance.
 - Always check that Lid is properly closed before starting to cook.

HOW TO USE LID

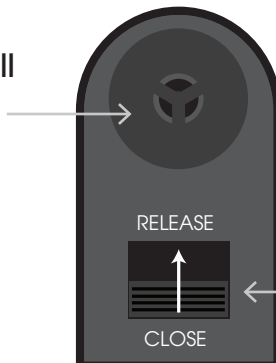


- Remove Inner Pot. Place food and water inside Inner Pot.
- NOTE: Do not fill Inner Pot past Max Line to avoid overfilling, which may damage the unit (see Max Line Diagram)



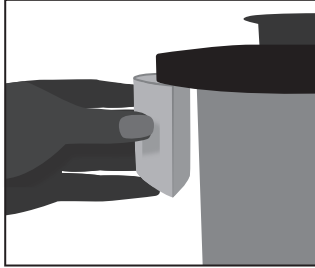
- Place Lid back on pot into proper locking position.
- Ensure Pressure Release Switch is in the Close position (see Pressure Release Switch and Pressure Valve diagram below).

Pressure Valve will pop up when in release position



Slide switch forward to release

- Put the Condensation Collector cup in place (see How To Install the Condensation Collector Cup diagram)
 - Line the Condensation Collector cup with the two grooves on the back of the 6 Quart Pressure Cooker. Empty the cup and clean after each use.



- Plug unit in.
- Place Inner Pot back in unit, rotating Inner Pot to ensure secure contact with hot plate.
- Place Lid back on pot, rotating about 30° to properly lock into place. (see How To Use Lid diagram)
- Move Pressure Valve Switch to the Close position. (see Pressure Release Switch and Pressure Valve diagram)
 - If steam is coming out of the sides and the Pressure Valve when in locked position, then the Lid is on incorrectly. Try pushing down slightly on the Lid. If this does not help, press Cancel button and try putting the Lid on again. Be careful of steam and moisture when opening. Use oven mitts or potholders and do not stand with face or exposed skin over the unit.
- Plug unit in and choose desired cooking program or manually enter (see below Choose The Desired Cooking Program).
 - Any function can be stopped immediately by pressing the Cancel button.
- When cooking cycle is complete, carefully switch Pressure Release from Close to Release.

WARNING: Never put face, skin, or flammable object over the Pressure Valve.

Digital Control Panel



Choosing The Desired Cooking Program

PROGRAM	DEFAULT TIME	QUICK TIME	MEDIUM TIME	WELL TIME	MANUAL TIME ADJUSTMENT RANGE	TEMPERATURE	PRESSURE kPa PSI
Soup/Stew	10 mins	10 mins	30 mins	60 mins	10-60 mins	109°	<50
Slow Cook	2 hrs	2 hrs	6 hrs	12 hrs	2-12 hrs	79-93°	30
Rice/Risotto	12 mins	12 mins	18 mins	25 mins	12-25 mins	109°	50-60
Beans/Lentils	5 mins	5 mins	15 mins	30 mins	5-30 mins	109°	50-60
Fish/Vegetables Steam	2 mins	2 mins	4 mins	10 mins	2-10 mins	109°	50-60
Chicken/Meat	15 mins	15 mins	40 mins	60 mins	15-60 mins	109°	50-60

- Once Inner Pot has desired ingredients inside, Lid is secured, Condensation Cup Collector attached, and unit is plugged in, the LED Display will show 0000.
- Select the desired Cooking Program or Manually Adjust: (reference your 6 Quart Pressure Cooker or the Digital Control Panel diagram)
 - Cooking Program:
 - Select the Cooking Program based on the meal you are making. See above chart for reference.

- Once selected, the time displayed will be for the Quick (or White Rice) setting.
- To switch to Medium (or Brown Rice) press the Cooking Program you selected a second time.
- To switch to Well (or Wild Rice) press the Cooking Program you selected a third time.
- If you press the Cooking Program you selected a fourth time it will go back to the Quick (or White Rice) setting.
- Manual Cooking Selection:
 - Press Time Adjustment button.
 - You can adjust the time from 10 minutes to 60 minutes
 - Adjust the time by pressing the Time Adjustment button until desired time is reached. Time will automatically begin after 3 seconds.
 - NOTE: When cooking cycle is complete, carefully switch Pressure Release Switch from Close to Release.
 - WARNING: Never put face, skin, or flammable object over the Pressure Valve.

NOTE: You may override preprogrammed time by using the Time Adjustment button.

- Delay Timer can be set to delay the start of the unit by 0-24 hours.
- Once Cooking Program is selected the --- will start to move in a wave motion. This indicates that the unit is starting to build pressure. It can take up to 17 minutes to reach full pressure.
- Once desired pressure is reached, the LED Display will begin the cooking time count down.
- When the cooking time is completed, your unit will beep.
- Unit will automatically switch to Keep Warm mode until canceled.

NOTE: Any function can be stopped immediately by selecting Cancel button.

Pressure Cooking Charts

MEATS	LIQUID/CUPS	APPROXIMATE MINUTES
Beef/Veal, Roast, or Brisket	3-4	35-40
Beef Meatloaf, 2lbs	1	10-15
Beef, Corned	4	50-60
Pork, Roast	1	40-45
Pork, ribs, 2lbs	3	20
Leg of Lamb	2-4	35-40
Chicken, whole, 2-3lbs	3-4	20
Chicken, pieces, 2-3lbs	3-4	15-20
Cornish Hens, 2	1	15
Meat/Poultry, Soup/Stock	4-6	15-20

VEGETABLES	LIQUID/CUPS	APPROXIMATE MINUTES
Asparagus, thin whole	1	1-2
Beans, fava	1	4
Beans, green	1	2-3
Beans, lima	1	2
Beets, medium	1	10
Broccoli, pieces	1	2
Brussel sprouts, whole	1	4
Carrots, 1-inch pieces	1	4
Corn, on the cob	1	3
Pearl onions, whole	1	2
Potatoes, 1 1/2 inch cubes	1	6
Potatoes, whole, medium	1	10-11
Squash, acorn, halved	1	7
Squash, summer, zucchini	1	4

Pressure Canning Instructions

NOTE: Do not experiment with times or ingredients when canning. This can cause the nutrients and flavors to be destroyed and harmful bacteria, molds, and enzymes to occur.

NOTE: Pressure Canning requires a temperature of 240°F to be reached to prevent harmful bacteria, molds, and enzymes.

Pressure Canning How-To

You will need:

- 16oz canning jars with self-sealing lids (not included)
 - The 6 Quart Pressure Cooker can fit four 16oz wide-mouth jars.
- Canning tongs (not included)
- Steaming/Canning Rack

Cleaning your Canning Jars:

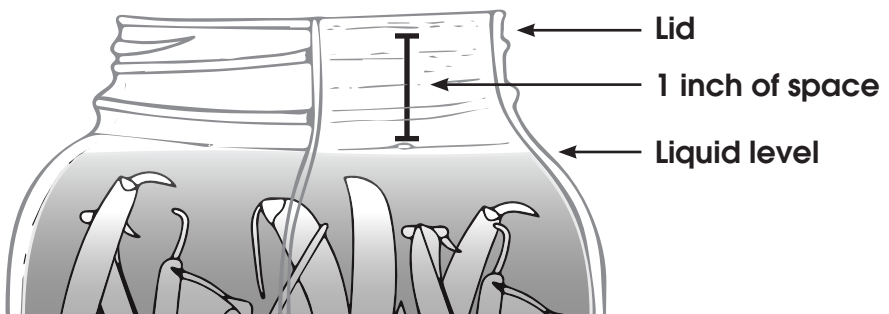
- Follow the manufacturer's direction on how to prepare the lids for use and ensure that lids are not damaged in any way.
- Wash empty jars with hot water and mild soap by hand or in the dishwasher.
 - Rinse jars thoroughly with water
 - If scale or hard water film is present on your jars it must be removed before canning.
- Soak jars for several hours in 1 cup of vinegar per 1 gallon of water

Things to Note:

- Pressure Canning requires a temperature of 240°F to be reached to prevent harmful bacteria, molds and enzymes.
- Raw packing is the process of canning fresh food that has not been heated. Raw packing may cause the food to lose color over time but is preferred in some recipes.
- Hot packing is the process of canning food that has been pre-cooked. This reduces the air in the food.
- Any liquid used in canning should be heated to a boiling point to remove excess air.
- Do not use over-ripe fruits and vegetables. They should be at their peak ripeness.
- Do not over-season with spices. Spices may be high in bacteria which will cause the canned foods to be unsafe for consumption.
- Adding butter or any type of fat may cause increased spoilage.
- Do not use flour, starch, pasta, rice, or barley. If you need to thicken your recipe, use the USDA recommended Clear Jel® recipe.
- Adding acidic ingredients, such as vinegar or lemon juice, when directed is acceptable. You can also balance the tartness by adding sugar.

Getting Started:

- Select a pretested pressure canning recipe and prepare ingredients as instructed.
- Fill the 16oz canning jar to the level shown below, leaving a space of approximately 1 inch.



- Gently press down the food to remove any trapped air using a spatula.
- Securely close the jar with a self-sealing lid. Hand tighten the lid as much as possible.

- If lid is too loose, liquid can escape causing the canning jars to not seal properly.
- If lid is too tight, air cannot vent properly which can cause food discoloration, lid to buckle, and jars to break.
- Place Inner Pot into unit.
- Place Steaming/Canning Tray into Inner Pot.
- Place up to four 16oz canning jars, filled and sealed with lid, into Inner Pot directly on the Steaming/Canning Tray.
- Pour hot water into Inner Pot, over jars. Fill water to about $\frac{1}{4}$ of the way up the sides of the canning jars.
- Put the Lid on the unit and secure it in place.
- Plug into wall and select Canning button.
- Unit will default to 80 kPa. Set Cook Time per recipe.
- When Canning process is complete, select Cancel.
- Unplug the unit and open the Pressure Valve to release the steam.
- Carefully remove the lid.
- Using Canning Tongs, remove the hot jars and place on a heat resistant surface.
- Allow canning jars to cool to room temperature.
 - Do not re-tighten lids after canning process is completed.
 - Remove screw bands after canning process is completed and jar is completely cooled. This will allow you to reuse the screw band and prevent rusting.
- To ensure your jars have been properly sealed, press the center of the lid. The lid should not give or spring back when you press the center. If they do, the jars are not ready for storage. You must reprocess them immediately or refrigerate and use contents within a few days.
- Properly processed jars can be stored in a cool, clean, dry place. These jars will last for months and through seasons if stored properly.
- Jars and lids are reusable if cared for properly

Processing Time for 80kPa Pressure with 16oz Canning Jars

FOOD ITEM	PACK TYPE	TIME (minutes)
Asparagus	Hot and Raw	30
Beans, green	Hot and Raw	20
Beans, lima, pinto, butter, soy	Hot and Raw	40
Beets	Hot	30
Carrots	Hot and Raw	25
Corn	Hot and Raw	55
Greens	Hot	70
Okra	Hot	25
Peas	Hot and Raw	40
Potatoes, white	Hot	35
Meat strips, cubes or chunks	Hot and Raw	75
Ground or chopped meat	Hot and Raw	75
Poultry, without bones	Hot and Raw	75
Poultry, with bones	Hot and Raw	65

Cleaning and Maintenance

- Before cleaning, unplug the pressure cooker and allow it to cool down completely

NOTE: The pressure cooker is still very hot. It will take quite a while to cool down. DO NOT POUR COLD WATER INTO A HOT INNER POT OR 6 QUART PRESSURE COOKER.

- Wash Inner Pot, Lid, Condensation Collector, and any accessories using warm soapy water. Rinse with water and dry thoroughly.
- THE PRESSURE VALVE: To remove the Pressure Valve, simply pull up and valve will release from its lock mechanism. Apply mild detergent and wash it under warm running water. If blockage can be seen in the Pressure Valve, use a pin or other device to remove. This is recommended to be done after each use. Do not stick pin or other device into Pressure Valve when in use or when unit is plugged in.
- After cleaning, check to see that the interior part moves freely when switching the Release Button from Release to Close. Put the Pressure Valve back in place by pushing it down onto the internal mechanism. This appliance requires little maintenance. It contains no user serviceable parts. Do not try to repair it yourself. Contact customer service for qualified repair information.
- Wipe base of unit with clean cloth.

ATTENTION:

- Do not immerse the appliance in water or any other liquid
- Do not use harsh or abrasive cleanser

- Do not use scouring pads

STORAGE:

- Before storing the 6 Quart Pressure Cooker, make sure the appliance is cooled, cleaned, and dried thoroughly.
- Place Lid on unit
- Store the 6 Quart Pressure Cooker in a cool, dry area.

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6 QUART PRESSURE COOKER

Living Well Products, LLC warrants this product to be free of manufacturing defects. Should any such defect develop or become evident within one year from the date of purchase, Living Well Products, LLC will replace the entire product or, at its option, repair or replace the defective part(s) without charge.

Contact Living Well Products, LLC customer service at 888.784.2835 to determine whether it is necessary to return the unit. To return, securely pack the entire unit. Be sure carton clearly identifies sender by name and address. Attach a letter or card describing defect and original sales receipt, along with your contact information. Mail prepaid to the address shown below.

Returns: **LIVING WELL PRODUCTS, LLC, ATTN: RETURNS DEPT., 6011 Century Oaks Dr. Chattanooga, TN 37416**

This warranty is void if damage or malfunction is due to abuse or failure to operate product in accordance with instructions and on recommended electrical current.

This warranty gives you specific legal rights and you may also have other rights which vary from state to state.

If you have any questions, or would like to learn more about Living Well Products, LLC, please contact us at 888.784.2835 or visit livingwellwithmontel.com

Model No. MWPC01

REV- 082516

PATENT PENDING

For customer service call 888.784.2835 (+1.423.402.9010 for outside the United States) or visit us online at livingwellwithmontel.com

Pour le service à la clientèle appelez le 888.784.2835 (+1.423.402.9010 à l'extérieur des États-Unis) ou visitez livingwellwithmontel.com

Para servicio al consumidor llame al 888.784.2835 (fuera de Estados Unidos marque +1.423.402.9010) o visite livingwellwithmontel.com



**Read Instructions
Before Operating**

**MADE IN
CHINA**



DO NOT DISPOSE OF BATTERIES IN FIRE. ALWAYS DISPOSE OF BATTERIES PER LOCAL & FEDERAL GUIDELINES

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