

LAGOSTINA®

TICINO®

**18/10 STAINLESS STEEL
PRESSURE COOKER**



Please read these instructions carefully before using your pressure cooker.

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LAGOSTINA®

TICINO 18/10 STAINLESS STEEL PRESSURE COOKER



Congratulations on the purchase of your Lagostina Ticino pressure cooker. This pressure cooker has been carefully engineered with top quality materials in order to provide you with one of the safest, most energy-efficient pressure cookers available today.

Your Lagostina pressure cooker cooks food faster, while using less energy and preserving important vitamins and minerals than conventional cooking methods. This pressure cooker is made from durable, corrosion-resistant 18/10 stainless steel, with a super heat-radiating base for excellent heat conductivity.

- Food cooks in about one third of the time.
- Reduces energy consumption and cost.
- Preserves nutrients for healthier cooking results.
- Preserves the natural, distinctive flavours in food.
- Suitable for all cooktops, including induction cooktops.
- Multiple safety features for worry-free operation.
- Easy to read pressure indicator.
- Capacity marks indicate food fill levels.
- Doubles as a regular cooking utensil by substituting the pressure cooker cover with a regular stainless steel or tempered glass cover.

IMPORTANT SAFEGUARDS

Please take the time to read all instructions and refer to the "Operating instructions"

- Do not touch the hot surfaces. Always use handles or knobs.
- Close supervision is necessary when the pressure cooker is used near children. Ensure children do not have access to, or be able to reach the pressure cooker while in use.
- It is essential to add a minimum of **¼ litre (1 cup) of water or some other liquid** to the pressure cooker in order that steam can be produced.
- Do not fill the pressure cooker **over 2/3 full**. Refer to capacity marks located on the inside of the pressure cooker body.
- Do not fill the pressure cooker over ½ full when cooking foods that expand during cooking, such as rice or dried vegetables. Doing so may clog the vent pipe and develop excess pressure. See "Operating Instructions" for more details.
- **Do not cook foods such as applesauce, cranberries, pearl barley, oatmeal or other cereals, split peas, noodles, macaroni, rhubarb, or spaghetti using the pressure cooker. These foods tend to foam, froth, and sputter, and may clog the pressure release valve.**
- **Do not cool the pressure cooker by placing under tap water when cooking sticky foods, such as rice or dried vegetables, as doing so may allow some liquid to pressure out of the cooker and cause hazardous situations.**
- Ensure that the pressure cooker has been properly closed before cooking. The handles should be aligned and the lid should glide easily back and forth. If the lid is not closed and locked securely in place, the pressure cooker will not build pressure. See "Operating Instructions" for more details.
- Never use the pressure cooker with a worn or torn gasket. Inspect the gasket before each use to ensure it is pliable and does not have any cracks or tears. Do not use the pressure cooker with a worn or damaged gasket. New gaskets can be purchased at www.lagostina.ca or call our customer satisfaction hotline number 1-800-263-4067.
- While cooking with the pressure cooker, make sure the safety window points towards the back of the stove and away from you. This will reduce the risk of burns in the event the safety window is triggered to release excess pressure.

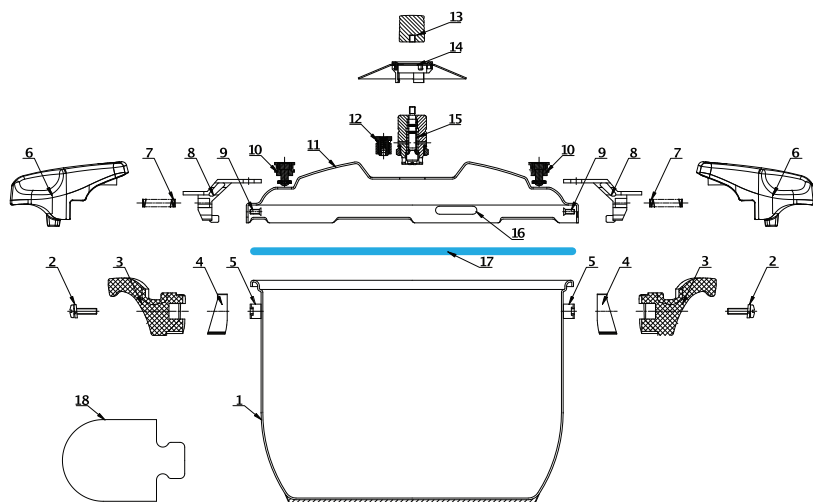
SAVE THESE INSTRUCTIONS

IMPORTANT SAFEGUARDS – CONTINUED

- This pressure cooker cooks under pressure. Improper use may result in scalding injury. Make certain unit is properly closed before operating. See section "Operating Instructions" for more detailed instructions.
- Always check the pressure release valve and the locking valves are not dirty or clogged with food before each use.
- Do not open the pressure cooker until the unit has cooled and all internal pressure has been released. If the handles are difficult to push apart, this indicates that the cooker is still pressurized – DO NOT FORCE IT OPEN. Any pressure in the cooker can be hazardous. See "Operating Instructions" for more detailed instructions.
- Use extreme caution when moving a pressure cooker containing hot liquids.
- Do not use your pressure cooker for any task other than its intended use.
- Do not place your pressure cooker in a heated oven.
- Do not use the pressure cooker for pressure frying with oil.
- When the normal operating pressure is reached, reduce the burner heat so all the liquid, which creates the steam, does not evaporate.
- Pressure cookers are not to be used for medical purposes, such as sterilizers, as pressure cookers are not designed to reach the temperatures necessary for complete sterilization.
- Do not allow anyone who is not familiar with these instructions to use this pressure cooker.
- Caution: Do not use the pressure cooker on outdoor gas burners or commercial stoves. This pressure cooker is for household use ONLY.
- After use, do not store the pressure cooker with the lid closed.

SAVE THESE INSTRUCTIONS

COMPONENTS OF YOUR LAGOSTINA TICINO PRESSURE COOKER



- | | |
|-------------------------------|--|
| 1. PRESSURE COOKER BODY | 10. AUTO-LOCK VALVE |
| 2. SCREW FOR LOWER HANDLE | 11. COVER |
| 3. BASE HANDLE | 12. SAFETY VALVE |
| 4. FINGER GUARD FOR HANDLE | 13. KNOB |
| 5. BRACKET - BODY | 14. VALVE COVER |
| 6. COVER HANDLE | 15. PRESSURE RELEASE BODY,
SPRING & VALVE |
| 7. SPRING FOR AUTO-LOCK VALVE | 16. SAFETY WINDOW |
| 8. LOCKING PLATE | 17. GASKET |
| 9. SCREW FOR COVER HANDLE | 18. SPANNER KEY |



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SAFETY FEATURES

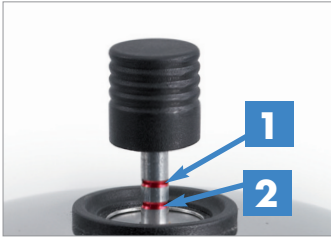
Your LAGOSTINA pressure cooker has four safety systems to ensure perfectly safe cooking.



Two Auto-lock Valves

If the cover is correctly closed and the pressure is above 5 kPa (0.73 psi), the two auto-lock valves will rise and ensure that the cover cannot be opened.

If the cover is not properly closed, the two auto-lock valves will prevent the build-up of pressure and will not rise.



Pressure Release Valve

The pressure release valve controls pressure cooking to either level 1 (LOW) or level 2 (HIGH).

Level 1 should be used for delicate food such as vegetables or fish.

Level 2 should be used for denser food requiring longer cooking such as meat, poultry or stews. See "Operating Instructions" for more details.



Safety Valve

The safety valve releases pressure should the pressure release valve fail.



Safety Window

The safety window on the cover (with the gasket in the correct position) releases pressure if the other safety features fail. This is an emergency pressure release mechanism that should never become operational under normal use. If it does become operational, the gasket itself will push through the safety window to release pressure.

Always place the pressure cooker on the burner in a manner that the safety window does not point towards the user as excess steam escaping through the window will be very hot and can cause serious injury.

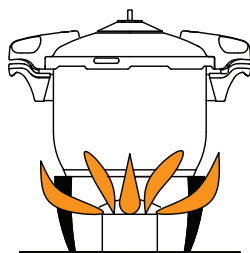
SAVE THESE INSTRUCTIONS

OPERATING INSTRUCTIONS

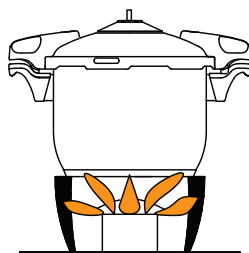
Your LAGOSTINA pressure cooker is compatible with all cooktops, including electric, gas, ceramic, and induction.

Always select a burner closest to the utensil's diameter.

When cooking with gas, never allow the flame to come up around the sides of the pressure cooker.



INCORRECT



CORRECT

If using a ceramic stovetop, **lift** the pressure cooker rather than sliding it across the glass plate to avoid any damage to the cooking surface or to the pressure cooker.

Add salt to water only **after** it has come to a boil. When salt grains are deposited directly onto steel when cold, they will attack the steel as the heat causes them to melt.

Never heat the pressure cooker when it is empty. Always ensure the presence of liquid or food items within the pressure cooker before placing it on the burner.

Do not leave the pressure cooker unattended when in use.

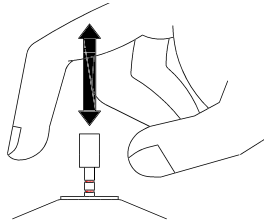
SAVE THESE INSTRUCTIONS

Getting Started

IMPORTANT SAFEGUARD—This pressure cooker cooks under pressure. Improper use may result in scalding injury. Make certain unit is properly closed before operating.

Before using your pressure cooker for the first time, wash all parts thoroughly in hot, soapy water, rinse and dry.

1. **PRESSURE RELEASE VALVE:** The pressure release valve rises and lowers to indicate the cooking level in your pressure cooker and it is also an important safety device. Before each use, check the pressure release valve to ensure it is clean and working properly.
 - Be sure the knob is screwed tightly onto the pressure release valve stem.
 - Gently pull up on the knob.
 - The pressure release valve stem should move freely up and down. If it does not, do not use the pressure cooker (see Troubleshooting).



2. **GASKET:** Lubricate the gasket with a light coating of cooking oil each time the pressure cooker is to be used, then insert it evenly into the groove of the cover as shown below.



INCORRECTLY INSERTED



CORRECTLY INSERTED

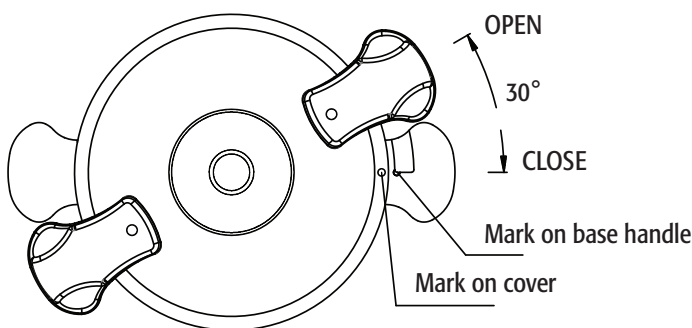
*Never use the pressure cooker without properly positioning the gasket.
Do not use the pressure cooker with a worn or damaged gasket.*

SAVE THESE INSTRUCTIONS

- 3. STEAMER BASKET:** The 18/10 stainless steel steamer basket is used for steaming food under pressure without placing them directly in the cooking liquid. It should be placed on the stand inside the pressure cooker if using this method to cook.



- 4. FILLING THE PRESSURE COOKER:** Fill the pressure cooker no more than $\frac{2}{3}$ full of food, including any added liquid. **When preparing foods that expand during cooking, such as rice or dried vegetables, do not fill more than $\frac{1}{2}$ full.** (Refer to the $\frac{1}{2}$ and $\frac{2}{3}$ capacity marks located on the inside of the pressure cooker body).
- 5. CLOSING THE PRESSURE COOKER:** Place the cover on the pressure cooker body as shown below. Line up the positioning circle (stamped on top of the cover) with the center of one of the base handles. Push down and turn the cover in a clockwise direction until the cover handles line up with the base handles. To open the cover, turn the cover handles counter-clockwise relative to the base handle. Lift off the cover.



- 6. OPENING THE PRESSURE COOKER:** To open the cover, turn the cover handles counter-clockwise relative to the base handle. Lift off the cover.

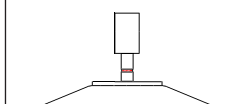
SAVE THESE INSTRUCTIONS

Food Preparation

- 1) Add food and liquid into the pressure cooker. Close cover (as shown above) and begin cooking over low-medium heat. Lower heat settings help to prevent food from sticking within the cooker body.
- 2) The auto-lock valves are the red rods, located on each of the top handles. As the pressure cooker heats and pressure builds, the auto-lock valves rise automatically. Once the auto-lock valves are raised, there is pressure inside the cooker and the pressure cooker cover cannot be opened. If the auto-lock valves are not raised, there is no pressure inside the pressure cooker and you can safely open the lid.
- 3) As the food begins to heat, air in the pressure cooker will escape through the pressure release valve causing the valve knob to rise. The release of the steam will create a low hissing sound, which is normal.
- 4) When the auto-lock valves and the pressure release valve start working, it is natural that a little steam comes out from them.
- 5) Continue to cook until the first red ring becomes visible on the pressure release valve stem. At this point, lower the temperature if level 1 (45-55 kPa or 6.5-8 psi) is the recommended cooking level for the food you are cooking. If the recommended cooking level is level 2 (72-88 kPa or 10.4-13 psi), allow the food to continue to cook over medium heat until the second red ring becomes visible on the pressure release valve stem.

Cooking level 1 is reached when the first red ring is visible on the pressure release valve stem. Level 1 cooks foods gently at a low cooking pressure. This position should be used for cooking delicate foods such as fish or vegetables.

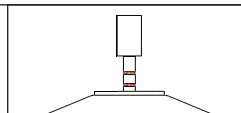
Cooking level 1
(LOW)



45-55 kPa
(6.5-8 psi)

Cooking level 2 is reached when the 2nd red ring becomes visible on the pressure release valve stem. Level 2 cooks at a high cooking pressure. This position should be used for cooking recipes such as stews, soups, meat, etc.

Cooking level 2
(HIGH)



72-88 kPa
(10.4-13psi)

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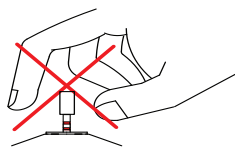
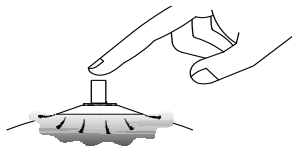
- 6) Once the desired cooking level is reached, lower the heat in order to maintain the desired cooking level. You may need to adjust the heat during the cooking process to maintain the desired cooking level. At this point, refer to the cooking times given in the section "Table of cooking times".
- 7) If the pressure release valve stops releasing steam completely during the cooking process, turn the heat higher on the stove. If the pressure release valve releases steam too strongly, turn down the heat on the stove.
- 8) If the pressure release valve releases strong and forceful steam, reduce the burner heat. Turn the heat down and/or remove the pressure cooker from the heat source for a short time until the second ring is just visible. Use caution only if there is a lot of water gushing out of the pressure release valve. See section "Troubleshooting" for more detailed instructions.

Reducing the Pressure

IMPORTANT SAFEGUARD—Do not open the pressure cooker until the unit has cooled and all internal pressure has been released. The internal pressure has been released when the pressure release valve knob and the two auto-lock valves have lowered. If the handles are difficult to push apart, this indicates that the cooker is still pressurized – DO NOT FORCE OPEN. Any pressure in the cooker can be hazardous.

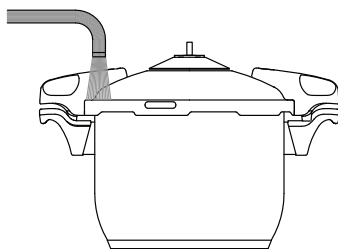
The pressure cooker can only be opened when the normal operating pressure has been released. Always depressurize the pressure cooker before attempting to remove the cover. Always open the cover away from you to allow steam to escape.

1. After the food has been cooked for the recommended time, turn the heat off and remove the pressure cooker from the heat source. Be sure to place it on a heatproof surface.
2. Release the pressure using one of the following methods:
 - **Slow pressure release** – Remove the pressure cooker from the heat source and allow it to cool.
 - **Normal pressure release** – Use your finger or a wooden spoon to push down lightly on the knob. Hold it down until no more steam comes out.



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- **Fast pressure release** – Place the pressure cooker over the sink and run warm water around the outer edge **ONLY** of the cover. **Note: Only wet the outer edge to prevent water from being drawn into the pressure cooker.**



NEVER SUBMERGE THE PRESSURE COOKER IN WATER

3. The pressure has been released when:

- a) The pressure release valve knob lowers completely to the top of the valve cover;
- b) Lifting the pressure release valve knob does not release any pressure;
- c) The two auto-lock valves have lowered; and
- d) The cover can be turned to the open position.

CAUTION:

Before opening the lid, shake the cooker slightly to remove possible hot spots or depressions created within the pressure cooker during cooking. This is recommended when cooking soups such as cream of lentil, etc. or vegetables such as chickpeas, etc.

Do not attempt to open the pressure cooker while it is hot or there is still steam releasing from the pressure release valve.

Always avoid total evaporation of liquid within the pressure cooker.

When preparing sauces, make sure the contents are not too thick as they may stick onto the cover.

SAVE THESE INSTRUCTIONS

CLEANING AND MAINTENANCE

Never wash the cover, valve assemblies, or gasket in the dishwasher.
Do not use abrasive detergents or scouring pads.

1. Thoroughly clean the pressure cooker base, cover, and gasket (removed from the cover) after each use by washing them in warm soapy water, then rinse, and dry completely. Do not allow fats and salts to remain within your pressure cooker overnight.
2. If the pressure release valve becomes clogged with food particles, follow the instructions for pressure release valve maintenance and cleaning in the following section.
3. If food becomes stuck in the base or cover, soak in hot soapy water until the food loosens, wash and dry completely. The use of steel wool, a steel brush or scratchy cleaner on the polished surface is not recommended.
4. If the pressure cooker base becomes discoloured, use Lagostina's stainless steel cleaner to remove the stains.
5. Do not pour cold water into the pressure cooker when it is hot. Sudden changes of temperature may cause any metal to warp, resulting in an uneven bottom. Instead, let it cool in lukewarm, soapy water.

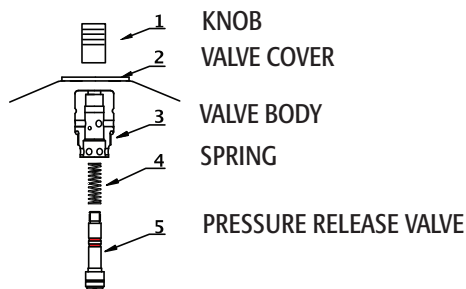
Pressure Release Valve Maintenance and Cleaning

With normal use, the pressure release valve is self-cleaning. If, however, food particles have passed through the valve, you will need to disassemble it and clean as follows:

1. Invert the cover. Hold the knob with one hand and unscrew the screw attached to the pressure release valve stem by turning it in a counter-clockwise direction with the supplied spanner key until the knob comes off the valve stem.
2. Pull out the valve stem and spring, remove the valve cover, and clean the parts in warm soapy water. Remove any food particles from inside the pressure release valve.

SAVE THESE INSTRUCTIONS

3. Reassemble the cover. Reinsert the pressure release valve and spring and replace the valve cover. Reattach the knob to the valve stem by tightening the screw with the supplied spanner key in a clockwise direction. Be sure the knob is securely fastened to the pressure release valve stem.



Note: It is normal that there is a gap between the valve cover and the cover of the pressure cooker to allow steam to escape.

Gasket Cleaning and Maintenance

It is recommended to replace the gasket at least once every 12 months, depending on the frequency of use.

- Remove the gasket from the cover after each use and wash it by hand in warm, soapy water. **NEVER WASH THE GASKET IN A DISHWASHER.**
- If food gets stuck to the gasket, do not scrub with abrasive cleaners or attempt to scrape off the food using any tools or even fingernails as this could tear the gasket material. Instead, soak the gasket in warm, soapy water until the food loosens easily. After cleaning, dry thoroughly.
- Before each use, and before storing the gasket in the cover, apply a thin coating of vegetable oil onto the gasket with your thumb and finger.
- Before cooking, ensure that the gasket is not twisted and is secured evenly in the groove around the entire circumference of the cover. Never use force to close the cover if it is difficult to slide closed. Instead, remove the cover, remove the gasket, and lightly re-lubricate it with vegetable oil. Reinsert the gasket in the cover and try again.
- To store, place the gasket in the cover and place the cover upside-down on the pressure cooker body in order to avoid damaging the gasket.

SAVE THESE INSTRUCTIONS

TROUBLE SHOOTING

To ensure best results when using the Lagostina pressure cooker, be certain to read all of the instructions and safety tips contained in this manual. The following are practical tips and solutions to some common problems you may experience when using your pressure cooker.

If you have any questions or are unsure how to operate your LAGOSTINA pressure cooker, call the customer satisfaction hotline number 1-800-263-4067.

PROBLEM	POSSIBLE CAUSES	SOLUTIONS
The pressure cooker does not close properly.	1. The gasket might not be properly inserted in the cover. 2. The gasket might need lubrication. 3. The gasket is worn or damaged.	1. Re-insert the gasket as shown on page 7. 2. Lubricate the gasket lightly with cooking oil or moisten with a little water. 3. A new gasket can be purchased by going to www.lagostina.ca or calling 1-800-263-4067.
Effort is required to open or close the cover, even after the gasket has been lubricated with cooking oil.	The pressure cooker cover or body may have been damaged.	DO NOT ATTEMPT TO USE THE PRESSURE COOKER. Please call our customer satisfaction hotline number at 1-800-263-4067.
The pressure release valve stem does not move freely.	The pressure release valve assembly may be clogged or dirty.	Clean the pressure release valve as shown in the "pressure release valve maintenance and cleaning" section.
The safety valve (secondary pressure release valve) releases steam while cooking.	1. The main pressure release valve may not be functioning properly. 2. The main pressure release valve assembly may be clogged or dirty.	1. The safety valve must be replaced. Do not continue using your pressure cooker until the safety valve has been replaced. Please go to www.lagostina.ca or telephone 1-800-263-4067 for the replacement part. 2. The safety valve must be replaced. Do not continue using your pressure cooker until the safety valve has been replaced. Please go to www.lagostina.ca or telephone 1-800-263-4067 for the replacement part. Clean the pressure release valve as shown in the "pressure release valve maintenance and cleaning" section.
Pressure does not build up inside the pressure cooker i.e. either the pressure release valve and/or the two auto-lock valves do not rise.	1. The cover is not properly closed. 2. Gasket is not properly inserted in the cover. 3. The pressure release valve is not properly assembled. 4. The pressure release valve is dirty or blocked.	1. Follow the instructions for opening & closing the cover. 2. Remove and reinsert the gasket; re-lubricate if required. 3. Check the pressure release valve for correct assembly. 4. Clean the pressure release valve regularly as it may become dirty while cooking foods such as dried beans which have a tendency to foam.
There is excessive pressure releasing from the pressure release valve.	Inside pressure is too high.	Either remove the pressure cooker from the heat source or reduce heat.
The pressure release valve is unstable.	The heating source is unstable.	Please check the heating source.

PROBLEM	POSSIBLE CAUSES	SOLUTIONS
Strong and forceful steam comes out from the pressure release valve with or without drops of water condensation.	1. The burner heat is too high. 2. The pressure release valve is dirty or clogged. 3. The pressure release valve is malfunctioning.	1. Reduce the burner heat to maintain a gentle and steady stream of steam. 2. Clean the pressure release valve following "Pressure Release Valve Maintenance and Cleaning" instructions. 3. Replace the pressure release valve.
Steam comes out from the edge of the lid.	1. The pressure cooker is too full. 2. The pressure cooker is not closed properly. 3. The gasket is dirty, worn or not in the correct position.	1. Never fill the pressure cooker more than 2/3 full or 1/2 full when cooking liquids or food that froth and expand during cooking. 2. Close the pressure cooker so that a tight seal is created between the cooker body and the lid. 3. Clean the gasket and re-insert it in the correct position. Inspect and replace the gasket if required.
There is leakage through the gasket.	1. Gasket is not properly positioned in the cover. 2. Gasket is worn or old.	1. Reposition the gasket as shown in "OPERATING INSTRUCTIONS (2) GASKET". 2. Replace with a new gasket by going to www.lagostina.ca or telephoning 1-800-263-4067.
The cover does not open after cooling.	There is water on top of one or both of the auto-lock valves.	Gently tap the top of the auto-lock valves in order to make them descend.
The pressure cooker cannot be opened after cooking.	Pressure within the cooker is not released fully.	Use normal or fast pressure release methods to cool the pressure cooker and release all remaining pressure. Now try to open the pressure cooker.
Food is under-cooked.	1. Cooking time is too short. 2. Pressure is quickly released from the pressure cooker using the fast pressure release method while cooking items such as meat, etc.	1. Allow the food to cook for appropriate cooking time. (See section "Table of Cooking Times" for more detailed instructions). If food is still under-cooked, extend cooking time by approximately 1-2 minutes and cook under pressure, or simmer without lid until desired results are achieved. 2. Allow the cooker to cool and release the pressure automatically using the slow pressure release method.
Food is over-cooked.	1. Cooking time is too long. 2. Pressure within the pressure cooker is released using the slow release method while preparing items such as seafood, etc. 3. The slow pressure release method was inadequately used to release the pressure.	1. Always check the cooking times in the recipe. 2. Shorten the cooking time by at least 1-2 minutes. 3. Use the normal or fast pressure release method so that pressure drops immediately.
The pressure cooker boils dry.	1. There is leakage through the gasket. 2. Cooking time is too long and/or cooking level is too high. 3. Insufficient water.	1. Always ensure gasket is properly inserted. 2. Please refer to Table of Cooking Times. 3. Always ensure that there is a minimum of 1/4 litre (1 cup) of water or some other liquid in the pressure cooker in order that steam can be produced.

CAUTION: ONLY USE AUTHENTIC LAGOSTINA TICINO PRESSURE COOKER REPLACEMENT PARTS FOR THIS PRESSURE COOKER. THE USE OF ANY UNAUTHORIZED PARTS MAY CAUSE UNIT FAILURE AND/OR INJURY AND WILL VOID THE WARRANTY.

FOR LAGOSTINA REPLACEMENT PARTS
PLEASE CALL OUR CUSTOMER SATISFACTION HOTLINE
1-800-263-4067 or visit www.lagostina.ca

TABLE OF COOKING TIMES

(Start timing once internal pressure has been reached)

FRUIT - VEGETABLES				
	Quantity	Water (in ml)	Cooking level 1 (LOW) Time in minutes	Cooking level 2 (HIGH) Time in minutes
Apples (fresh)	1/2 kg	237 ml	5	
Apricots (dried)	200 g	118 ml	6	
Apricots (fresh)	1/2 kg	237 ml	2	
Artichokes (whole)	1 kg	355 ml	22	
Asparagus (fresh, whole)	1 kg	355 ml	4	
Beans (dried)	1/2 kg	711 ml		20
Beans (fresh)	1 kg	355 ml		10
Beets (whole)	1 kg	355 ml		15
Broccoli	1 kg	237 ml	10	
Cabbage	1 kg	355 ml	12	
Carrots (chopped)	1 kg	237 ml	6	
Carrots (whole)	1 kg	355 ml	6	
Cauliflower (chopped)	1 kg	237 ml	4	
Cauliflower (whole)	1 kg	355 ml	6	
Chestnuts	1/2 kg	592 ml		35
Chick peas (dried)	1/2 kg	711 ml		25
Chicory	1 kg	237 ml	4	
Eggplant	1 kg	237 ml	8	
Figs (dried)	200 g	177 ml	6	
Leeks	1 kg	355 ml	6	
Lentils (dried)	300 g	711 ml		15
Mushrooms	1 kg	237 ml	5	
Onions (chopped)	1 kg	237 ml	8	
Onions (whole)	1 kg	355 ml	10	
Peaches (dried)	200 g	118 ml	6	
Peaches (fresh)	1/2 kg	118 ml	2	
Pears (fresh)	1/2 kg	118 ml	3	
Peas (dried)	1/2 kg	592 ml		15
Peas (fresh)	1 kg	355 ml	3	
Plums (dried)	200 g	118 ml	10	
Potatoes (chopped)	1 kg	237 ml	6	
Potatoes (whole)	1 kg	355 ml		10
Pumpkin (chopped)	1 kg	355 ml	4	
Savoy	1 kg	237 ml	5	
Spinach	1 kg	177 ml	4	
Strawberries (fresh)	1/2 kg	177 ml	2	
Tomatoes	1 kg	118 ml	3	
Turnip (chopped)	1 kg	237 ml		10
Turnip (whole)	1 kg	355 ml		12
Zucchini	1 k	177 ml	3	

MEAT				
	Quantity	Water (in ml)	Cooking level 1 (LOW) Time in minutes	Cooking level 2 (HIGH) Time in minutes
Beef (boiled)	1/2 kg	1.18 L		35
Beef (roast)	1/2 kg	118 ml		30
Beef (stewed)	1/2 kg	118 ml		30
Beef's tongue	1 kg	1.7 L		40
Calf's tongue	800 g	1.18 L		40
Chicken (boiled)	1/2 kg	1.18 L		18
Chicken (roast)	1/2 kg	118 ml	15	
Chicken (stewed)	1/2 kg	118 ml		15
Lamb (roast)	1/2 kg	118 ml	15	
Lamb (stewed)	1/2 kg	118 ml	15	
Pork (roast)	1/2 kg	118 ml		20
Veal (boiled)	1/2 kg	1.18 L		25
Veal (roast)	1/2 kg	118 ml		22
Veal (stewed)	1/2 kg	118 ml		25

SEAFOOD				
	Quantity	Water (in ml)	Cooking level 1 (LOW) Time in minutes	Cooking level 2 (HIGH) Time in minutes
Cod	1/2 kg	237 ml	15	
Lobster	1 kg	355 ml	10	
Mussels	1 kg	355 ml	10	
Perch	1 kg	355 ml	8	
Scampi	1/2 kg	355 ml	5	
Shrimp	1/2 kg	355 ml	6	
Trout	1 kg	355 ml	10	

CONVERSION CHART

1/8 cup	=	30 ml
1/4 cup	=	59 ml
1/3 cup	=	79 ml
1/2 cup	=	118 ml
2/3 cup	=	158 ml
3/4 cup	=	177 ml
1 cup	=	237 ml

CANADIAN 25 YEAR WARRANTY

1. Read use and care instructions carefully before using your Lagostina pressure cooker.
2. Lagostina pressure cookers are warranted to be free from defects in material and workmanship under normal household use for 25 years from the date of purchase. All pressure cooker parts are warranted for 1 year from the date of purchase.
3. If any defects should occur, simply return the product to Canadian Tire with your sales receipt or other proof of purchase date. The new item shall then be warranted to be free from defects in material and workmanship for the unexpired term of the original warranty.
4. This warranty does not apply to any damage resulting from misuse, abuse, negligence, accidents, improper repair, commercial use or dishwasher. Damage such as markings or discolouration caused by overheating or by pitting, are not protected by this warranty. Incidental or consequential damages are definitely excluded by this warranty. Certain provinces do not permit the exclusion or limitation of incidental or consequential damages. Accordingly, the aforementioned limitation or exclusion may not apply in your area. This warranty grants you definite legal rights and you may have additional rights which vary from province to province.
5. Please call customer service at 1-800-263-4067 if you have any questions about this warranty.

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CUSTOMER SATISFACTION LINE :
1-800-263-4067