

# cookworks

## Pressure Cooker

Model No. MY-CS6007WP



## Care & Instruction Manual

For household and indoor use only

Please read these instructions before use and retain for future reference



## Electrical safety

- You should only plug the appliance into a 220V-240V AC, 50Hz supply. Connecting it to other power sources may damage the appliance and will invalidate the guarantee.
- Switch off and unplug when not in use and before cleaning or moving the appliance.
- This appliance shall not be used by children. Keep the appliance and its cord out of reach of children.
- This appliance can be used by persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.
- Children shall not play with the appliance.
- Keep the pressure cooker housing, cable and plug dry and away from areas where it is likely to get splashed. Never immerse in water.
- Do not pull on the cable to disconnect from mains supply.
- Do not operate the appliance if damaged or after it malfunctions. In the event the supply cord is damaged, in order to avoid a hazard it must only be replaced by a qualified service engineer, with a suitably approved part.
- This appliance must be positioned so that the plug is accessible and the plug socket is within easy reach of the power cord.
- The appliance is not intended to be operated by means of an external timer or a separate remote-control system.
- This appliance must be plugged into an earthed socket outlet.

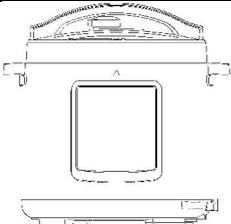
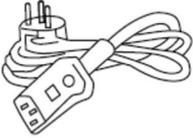
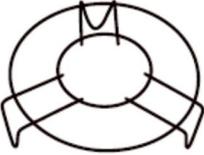
## **Warning!**

- This appliance is intended exclusively for use in domestic households. It is not suitable for commercial use.
- Do not attempt to remove the lid when the pressure cooker is operating or when it is still under pressure (float valve raised).
- Do not cover or block exhaust valve during operation and allow it to cool fully before storing.
- The internal and external surfaces of the pressure cooker will become hot during use and will have residual heat after cooking. Do not touch and always use oven gloves when handling.
- Do not use the pressure cooker near or under surfaces that are heat sensitive or those that may be damaged by steam.
- Do not overfill the pressure cooker and do not fill above half way when cooking foods that expand.
- Only use with the parts provided and to cook food. This appliance can cause personal injury if misused.
- To prevent burns, remove lid slowly and with the underside of cover angled away from you to allow the steam to escape gradually. Do not reach over the pressure cooker.

## **Food safety**

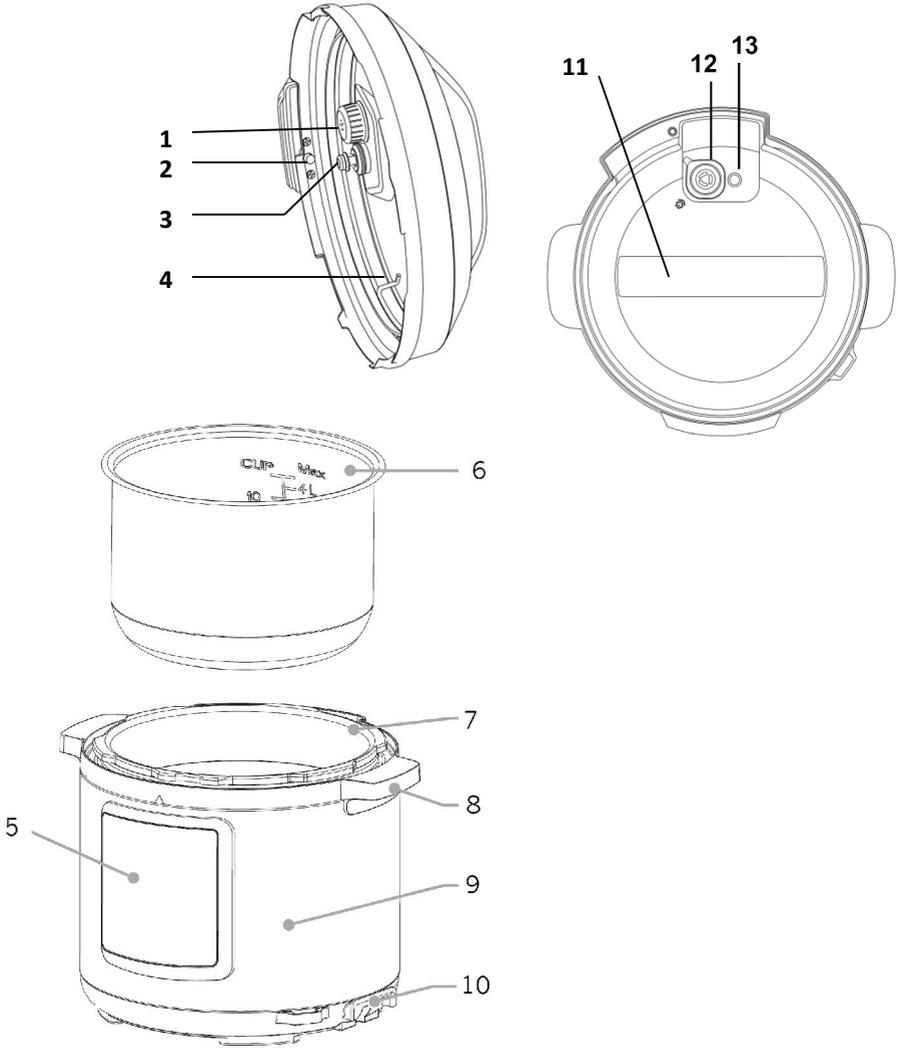
- Thoroughly defrost frozen meat, poultry, fish and seafood in the refrigerator before cooking. Keep raw meat and poultry separate from cooked foods.
- Always wash hands after handling raw meat and poultry, before handling any ready to eat foods.
- Wipe and disinfect surfaces that have been in contact with raw meat and poultry.
- Use separate utensils for handling raw meat/poultry and cooked food or wash them thoroughly between uses.
- To check whether meat, particularly poultry, is cooked, pierce the flesh with a skewer or fork; the juices should run clear. Ensure the product is piping hot throughout.
- Fish is cooked when it appears opaque and can be flaked easily.

# Contents

Pressure cooker	Power lead	Steam trivet
		

Condensate cup	Small ladle	Rice spoon	Measuring cup
			

# Parts



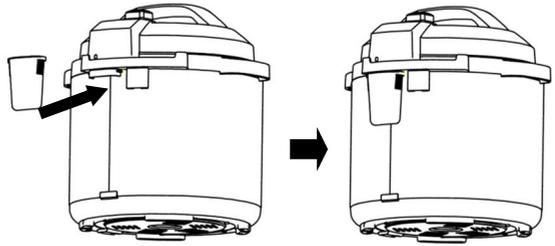
- 1. Exhaust valve cover (removable)
- 2. Push rod
- 3. Float valve gasket (removable)
- 4. Seal (removable)
- 5. Control panel
- 6. Bowl (removable)
- 7. Inner bowl
- 8. Pressure cooker handles
- 9. Pressure cooker housing
- 10. Power cable socket
- 11. Lid handle
- 12. Exhaust valve (removable)
- 13. Float valve (removable)

## Control Panel



## Fitting the condensate cup

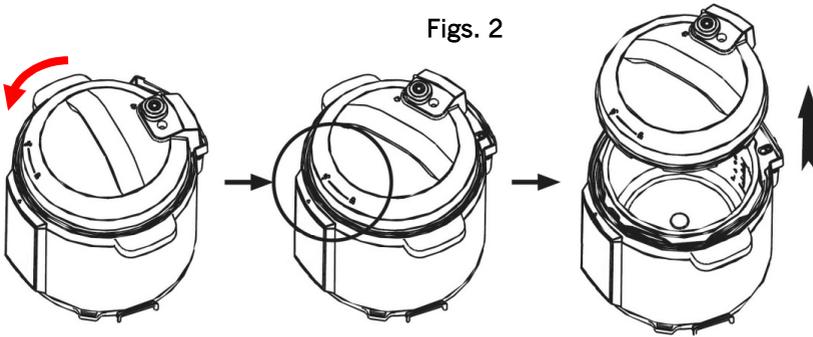
Slide the condensate cup into position at the reverse of the pressure cooker as shown (figs. 1)



Figs. 1

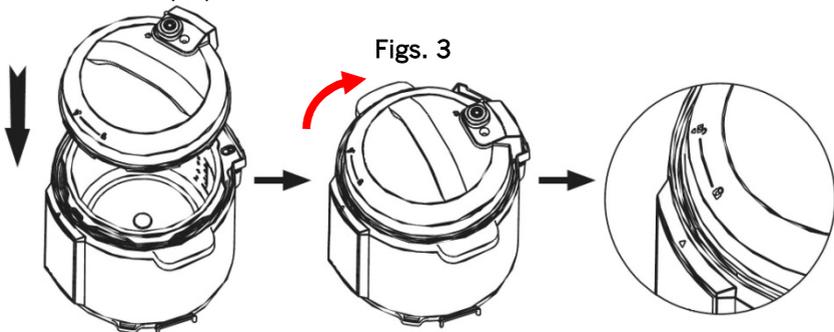
## Removing and fitting the lid

To remove the lid (figs. 2) - hold the lid by the handle and turn the lid anticlockwise until the alignment mark (▲) on the rim of the pressure cooker housing is aligned with the 'unlocked' padlock symbol on the lid. Lift off the lid.



Figs. 2

To fit the lid (figs. 3)- Position the lid above the pressure cooker and align the 'unlocked' padlock symbol on the lid with the alignment mark (▲) on the rim of the pressure cooker housing. Turn the lid clockwise until the 'locked' padlock symbol is aligned with the alignment mark (▲).



Figs. 3

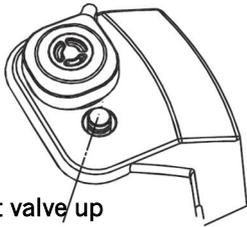
## Using the pressure cooker – manual mode

1. Use utensils suitable for non stick pans when using this item.
2. Wash all removable parts before first use and dry thoroughly.
3. Place the pressure cooker housing on a stable, flat, heat resistant surface and away from surfaces that may be damaged by steam.
4. Fit the condensate cup and remove the lid.
5. Unwind the cable and plug into the pressure cooker housing and then plug into the mains supply. The display will illuminate. For safety do not allow the cable to dangle over the edge of units.
6. Place the ingredients to be cooked into the bowl. Do not fill past the MAX (10) mark and ensure approximately 2 cm of liquid is in the bowl.
7. Check that the seal is fitted into the lid and close fully ensuring that the 'locked' padlock symbol is aligned with the alignment mark (▲). A series of ascending notes will be heard and locked indicator on the control panel will extinguish.
8. Turn the exhaust valve to the pressure position   
(figs.4 & 5).
9. To manually set the cooking time, press the MANUAL button and the default cooking time of 30 minutes (0:30) will be shown in the display and the cook indicator above the start button will flash.
10. When cooking foods there is a great deal of personal preference on how tender or what texture food should have after cooking. Adjust the cooking time using the + /- buttons and press the START button to start operation. Three beeps will be heard, the cook indicator will stop flashing and all buttons except the cancel button will be inoperative.
11. The pressure cooker will now start to build pressure. The time required to build the pressure will depend on the volume of food and liquid in the cooker and ranges from 5 minutes (minimum quantity to 25 minutes when the cooker is filled to maximum.

Fig. 4

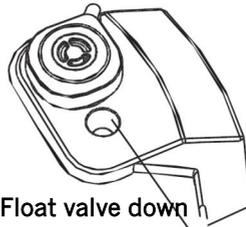
12. When the cooker is up to pressure, the display will start to count down the cooking time, the float valve will pop up (fig. 5) and some hissing and a small amount of steam is normal just before the float valve pops up.

Fig. 5



Float valve up

Fig. 6



Float valve down

13. After the cooking time has finished, ten bleeps will be heard and the pressure cooker will switch to warming mode automatically, the cook indicator will extinguish and the display will show 'L0:00'.
14. When the pressure cooker is in warming mode the pressure will slowly normalise and the float valve will drop (fig. 6) but the display will count up (e.g. L0:01, L0:02 etc.) to show the length of time the food has been kept in warming mode. Never keep food warm for longer than 2 hours.
15. If cooking more delicate foodstuffs (e.g. fish, chicken and vegetables), use the quick pressure release method to prevent overcooking. To release the internal pressure more quickly, use an oven glove and turn the exhaust valve **slowly** to the exhaust position (fig. 7). **Do not reach over the pressure cooker.** If the steam escape is too fast, close the valve and then try again.
16. When the pressure has normalised, remove lid slowly with the underside angled away from you to allow steam to escape.
17. To stop the cooking process, switch off at the mains and allow any built up pressure to normalise.



Fig. 7

## Using the pressure cooker – programmed mode

1. Follow steps 1 – 8 above for manual mode.
2. Press the programmed button corresponding to the food being cooked and the default cooking time (see table 1) will be shown in the display, the ‘medium’ indicator will illuminate and the cook indicator above the start button will flash.

	Default (medium)	Low	High	Adjustment range (hr:min)
Rice	18	n/a	n/a	0 - 0:36
Multigrain	35	20	50	0 - 1:40
Soup	30	20	40	0 - 1:20
Meat / Stew	35	25	45	0 - 1:30
Poultry	20	10	30	0 - 1:00
Fish	5	3	8	0 - 0:16
Steam	15	5	25	0 - 0:50
Beans/ Chilli	35	30	40	0 - 1:20
Quinoa	40	30	50	0 - 1:40
Cake	20	10	30	0 - 1:00

**Table 1**

3. When cooking foods there is a great deal of personal preference on how tender or what texture food should have after cooking. The cooking time can be reduced or extended as before using the + /- buttons (adjustment range shown in table 1).
4. The length of time that the pressure cooker stays at pressure / cooking temperature can be reduced or extended using the ADJUST button. Press the button to scroll between low, medium and high and the indicator above each option will illuminate to show the option selected.
5. Press the START button to start operation. Three beeps will be heard, the cook indicator will stop flashing and all buttons except the cancel button will be inoperative.
6. Follow steps 11 – 17 above for manual mode.

## **Pressure cooker - general cooking advice**

Pressure cooking is great for casseroles, stews and for cooking cheaper cuts of meat. Many dried pulses and beans can be added to the recipe without the need for overnight soaking. Favourite recipes can be adapted and prepared in a fraction of the time as food cooks in about a third to one half of the time that they would by conventional methods and some typical recipes have been added at the end of this manual to show how to use the pressure cooker. For pressure cooker recipes, techniques and specific cooking times consult a specialist recipe book. Some general advice follows.

- Never pressure cook anything without approximately 2cm of liquid in the bottom of the bowl.
- For a pressure cooker to work, space is needed at the top of the bowl for the steam to build. Do not fill past the maximum level (10) shown on the bowl.
- If cooking foods that expand, do not fill past the half way level to allow for expansion.
- When following pressure cooker recipes all cooking times should be from the point that the cooker becomes pressurized and the float valve pops up. Note: If using the programmed modes this pressure cooker starts the countdown timer when at pressure
- The time required to build the pressure will depend on the volume of food and liquid in the cooker.
- Adding hot liquid or stock to the pressure cooker will allow the pressure cooker get to pressure more quickly and cooking times can be shortened.
- Cooking liquid does not reduce, so it may be necessary to add less liquid to a favorite recipe or to simmer and reduce the liquid using the sauté function after pressure cooking.
- Thicken sauces and gravies only after cooking.
- If you prefer vegetables in a recipe to have a little bite, depressurize 5 – 10 minutes before the end of the cooking cycle, add the vegetable and then bring the cooker back up to pressure to complete the cycle.
- Trim excess fat from meat, as the cooking method does not allow the fat to drain away.
- Unless a pressure cooker recipe advises otherwise, if adding fresh milk, cream or yoghurt this should be done after the pressure cooking cycle has been completed.

## Outline cooking times

### Meats

	Weight / quantity	Pressure cooking time
Chicken breasts, boneless	450	8-10
Chicken thighs, boneless	8 x 85g	20
Whole chicken	1.4 – 1.8kg	20-30
Beef stew (inc potatoes and veg)	700	15 – 20
Short ribs (5cm)	1.8kg	45-60
Brisket / skirt	1.4kg	30
Pot roast, topside / chuck	900-1.4kg	30
Lamb shanks	3 x 225g	15-20
Lamb shoulder (boneless)	1.4kg	20-30
Pork chops (2.5cm thick)	2 x 280g	8-10
Pork spareribs	1.4kg	30
Pork shoulder (boneless)	1.4kg	20-30
Ham	1.4kg	30

### Beans and Pulses

When cooking beans and pulses, DO NOT fill past half way mark as they will expand during cooking. Always use enough water to cover the beans / pulses and to allow for absorption.

	Pressure cooking time	
	Soaked overnight	Unsoaked
Black beans	20-25 minutes	28-30 minutes
Cannellini	18-22 minutes	33 to 38 minutes
Chickpeas	35 minutes	50 minutes
Great northern	30 minutes	40 minutes
Lentils	N.A.	8-10 minutes
Pinto beans	20-25 minutes	30-35 minutes
Red beans	22-25 minutes	30-35 minutes
Soy beans	26-33 minutes	33-40 minutes

### Vegetables (cooked by steaming method)

- Add approximately 1 cup of liquid into the bowl of the pressure cooker and then place the trivet into the base of the bowl.
- Unless told otherwise, place the vegetables to be cooked onto a plate and place the plate onto the trivet.
- Fit the lid and set the time to the time shown in the table. If you like vegetables with a little bite, use shortest time shown.
- At completion of the cooking cycle, use the quick pressure release method to prevent overcooking.

	Weight / quantity	Cooking time
Courgette, sliced	1 medium	1-3
Green beans, whole	225g	2
Carrots, 1cm slice	2 cups	2-3
Carrots, whole	4-6	4-5
Sweetcorn (placed directly onto the trivet)	3 cobs	8-10
Broccoli, florets	3 cobs	1-3
Fresh beets, quartered	3 cups	20-25
Brussel sprouts, whole	1 cup	0-2
Squashes (e.g. butternut) peeled and cubed	1lb	3-5
Baby potatoes, whole	8 medium	8-10
New potatoes, whole	6 medium	10-12
Sweet potatoes, cubed	2 cups	4-6
Potatoes, cubed	2 cups	5-7

### Rice

- To cook rice, add the number of cups of rice into the bowl and season to taste.
- Unless the advice on the rice packet advises a different quantity, fill the bowl to the corresponding mark on the inside of the bowl with water.
- For example if cooking 3 cups of rice, add the rice into the bowl and then add water up to the 3 mark on the bowl.
- Set the time to the time below.

Cup quantity	1	2	3	4	5
Timer setting	18	20	23	25	28

## Using the sear/ saute function

1. Use utensils suitable for non stick pans when using this item.
2. Wash the removable bowl and lid before first use and dry thoroughly.
3. Place the pressure cooker on a stable, flat, heat resistant surface and away from surfaces that may be damaged by steam.
4. Unwind the cable and plug in to the pressure cooker housing and then plug into the mains supply. The display will illuminate. For safety do not allow the cable to dangle over the edge of units.
5. Remove the lid and descending series of notes will be heard.
6. Press the SEAR button and the cook indicator above the start button will flash.
7. Press the start button and the default cooking time of 30 minutes (0:30) will be shown in the display, the cook indicator will stop flashing and sear function will start to operate. Allow the bowl to heat and sauté food as you would normally. DO NOT fit the lid and please note the length of the cooking time cannot be adjusted.
8. When cooking is complete, press the cancel button to switch off the sear function.

## Using the slow cook function

1. Use utensils suitable for non stick pans when using this item.
2. Wash all removable parts before first use and dry thoroughly.
3. Place the pressure cooker housing on a stable, flat, heat resistant surface and away from surfaces that may be damaged by steam.
4. Fit the condensate cup and remove the lid.
5. Unwind the cable and plug into the pressure cooker housing and then plug into the mains supply. The display will illuminate. For safety do not allow the cable to dangle over the edge of units.
6. Place the ingredients to be cooked into the bowl. Do not fill past the MAX (10) mark on the bowl.
7. Check that the seal is fitted into the lid and close fully ensuring that the 'locked' padlock symbol is aligned with the alignment mark (▲). A series of ascending notes will be heard and locked indicator on the control panel will extinguish.
8. Turn the exhaust valve to the exhaust position (fig.6).
9. Press the SLOW COOK button and the default cooking time of 4 hours (4:00) will be shown in the display and the cook indicator above the start button will flash.
10. Adjust the cooking time (2 – 12 hours) using the + /- buttons and press the START button to start operation. Three bleeps will be heard, the cook indicator will stop flashing and all buttons except the cancel button will be inoperative.
11. After the cooking time has finished, ten bleeps will be heard and the pressure cooker will switch to warming mode automatically, the cook indicator will extinguish and the display will show 'L0:00'.
12. The display will then count up (e.g. L0:01, L0:02 etc.) to show the length of time the food has been kept in warming mode. Never keep food warm for longer than 2 hours.



Fig. 6

## **Slow cook function - general cooking advice**

- All ingredients must be fully thawed before cooking.
- Vegetables such as carrots, potatoes and turnips require longer cooking than many types of meat and should be cut into the smallest sizes practical. Place in the bottom or the sides of the bowl and cover with liquid.
- Dried pulses need to be soaked overnight before adding to the slow cooker and in some instances (e.g. red kidney beans) require boiling for a minimum of ten minutes to ensure that they are safe to eat. Follow 'on pack' guidance when using dried pulses.
- Trim excess fat from meat, as the cooking method does not allow the fat to drain away.
- Avoid removing the lid during the cooking process as this breaks the seal formed around the lid and adds time to the cooking process.
- If adding fresh milk or yoghurt, this should be done in the final two hours of cooking. Evaporated milk may be added at the start of cooking.
- When adding liquid or stock to the slow cooker use hot liquid to reduce the cooking time.
- Part cooking or sautéing vegetables and browning meats before they are added to the slow cooker can reduce cooking times.
- Rice, noodles and pasta are not recommended for long cooking periods. Cook them separately and then add to the slow cooker during the final 30 minutes.

## Using the delay start function

1. Follow the usual directions outlined above for assembling and setting the pressure cooker but DO NOT press the START button.
2. Press the DELAY button and the display will show a default delay time of 2 hours.
3. Adjust the delay interval (10 seconds or 1 - 24hours) using the + /- buttons and now press the START button to complete the program. Three beeps will be heard, the cook indicator will stop flashing and all buttons except the cancel button will be inoperative.
4. The display will count down to show the length of time remaining before the pressure cooker will start to operate.
5. When the display reaches zero, the pressure cooker will start to operate and the display will now show the cooking time remaining.
6. When the display reaches zero, the pressure cooker will switch to warming mode as indicated under manual operation.

### Note:

- **Please note that the delay start function is not available for slow cooking, searing and keep warm mode.**

## Cleaning

1. Clean all parts before first use and after each use.
2. Switch off, unplug and allow the pressure cooker to cool fully.
3. Remove the condensate collector, seal, exhaust valve, exhaust value cover, float valve gasket and float valve and wash separately.
4. The lid, removable bowl, utensils and the removable parts listed above may be washed in hot water with a little washing up liquid. Rinse and wipe dry. Not suitable for use in dishwashers.
5. Wipe the surfaces of the pressure cooker housing with a damp cloth; do not use detergent or abrasives as these may scratch the surface. Never immerse the motor housing, cable or plug in water.
6. Refit all parts after washing.

## Troubleshooting

Observation	Possible cause	Action to take
Difficult to close lid	Seal not installed correctly.	Refit the seal
	Float valve is catching on the push rod.	Gently push the rod to release.
Lid won't open	Cooker still pressurized and float valve still raised.	Allow pressure to normalize.
Steam leaks from lid	Seal ring incorrectly fitted or not installed.	Fit / refit the seal
	Seal ring damaged	Replace seal
	Lid not closed correctly	Refit lid
Steam leaks from float valve	Food debris on float gasket	Clean around gasket
	Float valve damaged	Replace gasket
Steam coming out of exhaust valve	Exhaust valve not in pressure position.	Turn exhaust valve to  position
Float valve not rising	Too little food / water in bowl	Add liquid
POWER indicator not illuminated	Damaged power cable	Replace cable
	Is there a power cut?	

## Demonstration recipe ideas

### Cooking a gammon joint

- 1.25kg Gammon joint
- 2 tbsp whole grain mustard
- ¼ cup brown sugar or honey
- 10 black peppercorns
- 2 bay leaves

1. Prepare all ingredients.
2. Place the bowl into the pressure cooker housing, plug in and switch on.
3. Place the gammon into the bowl and add enough water to come half way up the sides of the joint.
4. Add the remaining ingredients.
5. Fit the lid, select 'manual' cooking mode and set the time to 45 minutes. If using a larger joint, extend the cooking time.
6. When the cooking cycle is completed, allow the pressure to normalise naturally and when the float valve drops remove the lid.
7. Lift out the gammon and allow to cool.

## Lamb shanks in port and garlic sauce

2 lamb shanks  
1 tbsp vegetable oil  
10 garlic cloves, peeled and whole  
½ cup of lamb stock  
½ cup port  
1 tbsp tomato puree  
2 tsp rosemary, fresh and finely chopped  
15g butter, salted  
2 tsp balsamic vinegar  
Salt and pepper, to taste

1. Prepare all ingredients.
2. Place the bowl into the pressure cooker housing, plug in and switch on.
3. Select the sauté function, add the vegetable oil into the bowl and allow it to heat a short while before adding and browning the lamb shanks. Remove the lamb shanks and set to one side.
4. Now sauté the garlic cloves until light golden in colour.
5. Place the lamb shanks back into the pot and add all ingredients EXCEPT the butter and the vinegar.
6. Fit the lid, press the 'cancel' button to stop the sauté function. Then select 'manual' cooking mode and set the time to 35 minutes.
7. When the cooking cycle is completed, allow the pressure to normalise naturally and when the float valve drops remove the lid.
8. Remove the lamb shanks, place into a serving dish and allow to rest in a warm location.
9. Select the sauté function again, allow the sauce to boil and reduce to approximately half volume.
10. Stir in the butter, balsamic vinegar and season to taste quantity.
11. Switch off the cooker and ladle the sauce over the lamb shanks.

### Beef stew with a horseradish twist

450g beef braising steak, cut into roughly 3cm pieces

1 tbsp plain flour

1 tbsp vegetable oil

1 onion, finely chopped

1 carrot, chopped

250g closed cup chestnut mushrooms, sliced

390g tin chopped tomatoes

300ml beef stock, made with 1 stock cube

1 bay leaf

2 tbsp horseradish sauce

15g bunch fresh flat-leaf parsley, washed and chopped

1. Prepare all ingredients.
2. Place the bowl into the pressure cooker housing, plug in and switch on.
3. Coat the pieces of beef in the flour.
4. Select the sauté function, heat the oil in the bowl and brown the meat until browned all over. Remove from the bowl, then add the onion and carrot and cook for 6-8 minutes until softened and golden, stirring regularly and scraping the bottom of the pot to release the flavour.
5. Add the mushrooms and cook for 3-4 minutes until softened.
6. Return the beef to the pot then add the chopped tomatoes, beef stock and bay leaf. Season to taste.
7. Fit the lid, press the 'cancel' button to stop sauté function. Then select 'manual' cooking mode and set the time to 40 minutes.
8. When the cooking cycle is completed, allow the pressure to normalise naturally and when the float valve drops remove the lid.
9. Select the sauté function again, allow the sauce to simmer until the sauce has thickened.
10. Switch off the cooker, lift out the bowl, remove the bay leaf then stir through the horseradish sauce and the parsley.

## Technical specification

Rated voltage	220-240V AC 50/60Hz
Power consumption	1000W
Max. capacity	6 litres
Working pressure	70kPa
Class rating	I (earthed)
BS 1362 fuse	13A



## Plug / Wiring advice

The wires in this mains lead are coloured in accordance with the following UK electrical code:

BLUE = NEUTRAL

BROWN = LIVE

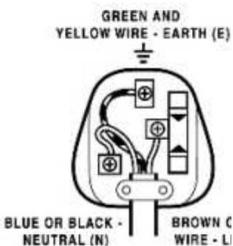
GREEN + YELLOW = EARTH

### Non-rewireable plug

This appliance may be fitted with a “non-rewireable” plug. If you need to change the fuse in a “non-rewireable” plug, the fuse cover must be refitted. If the fuse cover is lost or damaged, the appliance must not be used.

### Rewireable plug

The colours of the wires in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in a rewireable plug. **Rewireable plugs should only be replaced by a suitably competent person. If in doubt, consult a qualified electrician.**



The BLUE wire must be connected to the terminal marked with the letter N

The BROWN wire must be connected to the terminal marked with the letter L

The GREEN & YELLOW wire must be connecting to the terminal marked with the letter E or the earth symbol (⊕).

## Recycling electrical products



This marking indicates that this product should not be disposed with other household wastes throughout the EU. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material resources. To return your used device, please use the return and collection systems or contact the retailer where the product was purchased. They can take this product for environmental safe recycling.

If you encounter any problems with this product please call our customer care team on 0345 640 30 30

Produced in China for Argos Limited,  
489 – 499 Avebury Boulevard  
Central Milton Keynes  
MK9 2NW. UK.



## PRODUCT GUARANTEE

This product is guaranteed against manufacturing defects for a period of



Year

This product is guaranteed for twelve months from the date of original purchase.

Any defect that arises due to faulty materials or workmanship will either be replaced, refunded or repaired free of charge where possible during this period by the dealer from whom you purchased the unit.

The guarantee is subject to the following provisions:

- The guarantee does not cover accidental damage, misuse, cabinet parts, knobs or consumable items.
- The product must be correctly installed and operated in accordance with the instructions contained in this manual. A replacement copy of this instruction manual can be obtained from [www.argos-support.co.uk](http://www.argos-support.co.uk)
- It must be used solely for domestic purpose.
- The guarantee will be rendered invalid if the product is re-sold or has been damaged by inexpert repair.
- Specifications are subject to change without notice.
- The manufacturer disclaims any liability for the incidental or consequential damages.
- The guarantee is in addition to, and does not diminish your statutory or legal rights.

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