

nuwave[®]
— LIVE WELL FOR LESS —



NuWave Nutri-Pot[®] 13Q Digital Pressure Cooker



Owner's Manual & Complete Recipe Book

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NuWave Brio® 6Q Digital Air Fryer



NuWave Oven® Pro Plus



NuWave Brio® 6Q Digital Air Fryer

Super-heated air cooks your food to crispy, tender perfection. The digital touch screen gives you precise temperature control.

NuWave Oven® Pro Plus

Cook healthier meals faster and more efficiently with Triple Combo Cooking Power.

NuWave PIC (Precision Induction Cooktop)

Cook faster, safer, and more efficiently than you ever could on your gas or electric stovetop.

For more about our innovative products, visit:

**NuWave Nutri-Pot® 6Q
Digital Pressure Cooker**



**NuWave Medley®
Digital Skillet**



NuWave PIC

**NuWave Nutri-Pot® 6Q
Digital Pressure Cooker**

Easily cook rice, poultry, vegetables and more all with the press of a button! The Nutri-Pot's safety release valve and hinged lid make for convenient and safe operation.

**NuWave Medley®
12"x12" Digital Skillet**

Coated with Duralon® Healthy Ceramic Non-Stick coating for easy cleanup. Includes a premium vented tempered glass lid.

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NuWave Flavor-Lockers® with Vacuum-Seal Technology



NuWave Flavor-Lockers® with Vacuum-Seal Technology

Keep food fresh for up to 21 days!
Slow the growth of mold by removing
trapped oxygen with a few easy pumps.

NuWave Duralon® Healthy Ceramic Non-Stick Cookware

Coated with Duralon Healthy
Ceramic Non-Stick coating for
easy cleanup, this versatile
cookware is perfect for use in
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even induction cooktops.

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Nutri-Master® Slow Juicer

**NuWave Duralon® Healthy Ceramic
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NuWave Nutri-Master® Slow Juicer

The Nutri-Master, with a low 48 RPM, is both incredibly quiet and powerful enough to extract juice from nuts and hard vegetables.

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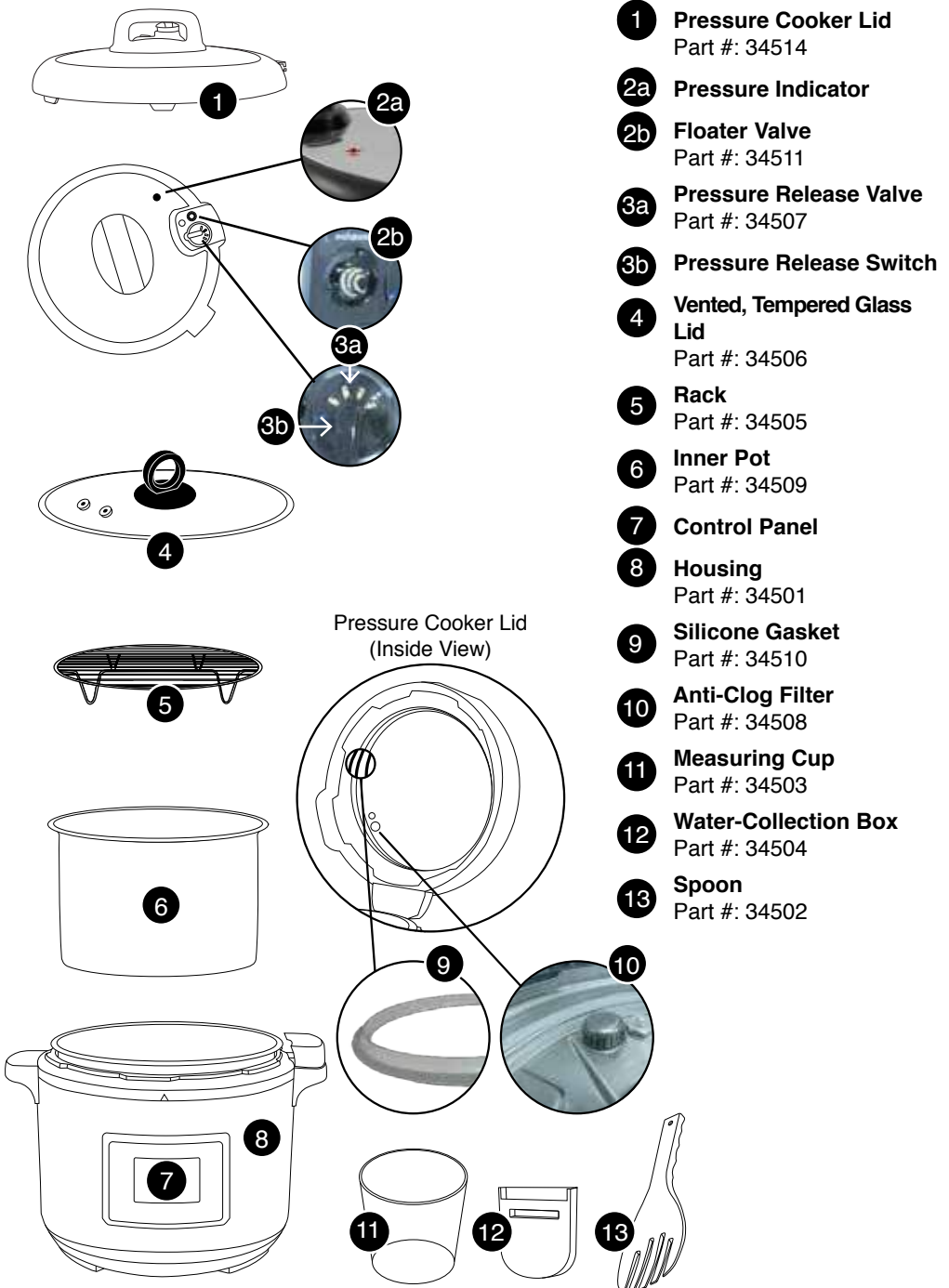
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PARTS DESCRIPTION



- 1** Pressure Cooker Lid
Part #: 34514
- 2a** Pressure Indicator
- 2b** Floater Valve
Part #: 34511
- 3a** Pressure Release Valve
Part #: 34507
- 3b** Pressure Release Switch
- 4** Vented, Tempered Glass Lid
Part #: 34506
- 5** Rack
Part #: 34505
- 6** Inner Pot
Part #: 34509
- 7** Control Panel
- 8** Housing
Part #: 34501
- 9** Silicone Gasket
Part #: 34510
- 10** Anti-Clog Filter
Part #: 34508
- 11** Measuring Cup
Part #: 34503
- 12** Water-Collection Box
Part #: 34504
- 13** Spoon
Part #: 34502

IMPORTANT SAFEGUARDS

READ ALL INSTRUCTIONS

When using electrical appliances, basic safety precautions should always be followed, including the following:

1. **DO NOT TOUCH HOT SURFACES.**
2. To protect against electrical shock, do not immerse cord, plugs, or the unit in water or other liquid.
3. Close supervision is necessary when using the appliance near children.
4. Unplug from outlet when not in use and allow unit to cool before cleaning.
5. Do not operate if the appliance malfunctions or is damaged in any way. Instead contact **Customer Service by phone at 1-877-689-2838 or by email at help@nuwavenow.com.**
6. Do not use accessories that are not intended to be used with this appliance.
7. **THIS APPLIANCE IS NOT INTENDED FOR OUTDOOR USE.**
8. Do not let cord hang over edge of table or counter, or touch hot surfaces.
9. Do not place on or near a hot gas or electric burner or in a heated oven.
10. Use caution when moving a pressure cooker containing hot oil or liquid.
11. Ensure the pressure release devices are clear of clogging before use.
12. **DO NOT COVER THE PRESSURE RELEASE VALVE.**
13. **DO NOT USE THE PRESSURE COOKER FOR OTHER THAN INTENDED USE.**

ADDITIONAL SAFEGUARDS

1. If you cook meat with skin, such as sausage, swelling can occur when cooked under pressure. Piercing skin after cooking can lead to bursts of hot liquid.
2. Do not lean over the pressure cooker at any time while cooking.
3. The Silicone Gasket creates a pressure seal between the Lid and Base. Keep the Gasket completely clean and free of cracks or deterioration.
4. Fill the pressure cooker with liquid prior to use. Never cook without liquid.
5. Make sure all parts of the pressure regulator and ventilated pipe are clean.
6. Do not alter the safety mechanisms or attempt to repair pressure cooker as this will void the warranty. Please adhere to the Maintenance Instructions and other instructions contained in this manual.
7. Do not place near flammable materials, heating units, or wet environments.
8. Do not overfill the pressure cooker.
9. Clean the Food Blocking Cap and Pressure Release Valve regularly to prevent clogging.
10. Do not attempt to open the Lid when the Floater Valve is raised.
11. Do not cover the Pressure Release Valve.
12. The bottom of the Inner Pot and heating plate should be kept clean. Do not put the Inner Pot on other heat sources. Do not replace the Inner Pot with other containers.
13. Use wood or plastic utensils to prevent damaging the Inner Pot's non-stick coating.
14. Do not move the pressure cooker while in use. Only after the pressure cooker cools down completely should it be moved. Move the pressure cooker by using the Base handles not the Lid handle.
15. Make sure pressure steam is fully released before attempting to open the Lid.
16. It is normal for some smoke to escape the appliance during the first few uses. If the pressure cooker continues emitting smoke, please contact Customer Service.

PRODUCT FEATURES

Benefits

The NuWave Nutri-Pot Digital Pressure Cooker seals steam inside during use, creating pressure and raising the internal temperature above the boiling point of water. The result is an expedited cooking process and healthier meals.

Easy to Clean

The Inner Pot is non-stick so it's easy to clean. The stainless steel Lid is durable and detachable for easy cleaning.

Innovative Design

The NuWave Nutri-Pot Digital Pressure Cooker features a user-friendly design that releases any excess steam away from the unit, ensuring peace of mind.

Faster Cooking

Pressure cooking prepares food faster than traditional cooking methods.

Tastier Meals

Pressure cooking allows food to retain its full flavor by cooking quickly and efficiently. With the natural flavor intact, less seasoning is required, enabling you to craft your meals precisely to your taste.

Healthier Results

More vitamins and minerals are retained in food prepared with the NuWave Nutri-Pot Digital Pressure Cooker compared to conventional stovetop cooking. In addition, pressure cooking utilizes water instead of unhealthy oils or fat.

Multifunctional

The NuWave Nutri-Pot Digital Pressure Cooker can be used for steaming, simmering and stewing fresh or even frozen foods. You can even use it for canning and baking. Prepare everything from delicate soups and desserts to hearty meat dishes.

MULTIPLE SAFETY DEVICES

Lid Safety Device

If the Lid does not fasten properly pressure will not build.

Pressure Control

If pressure exceeds the maximum level, the pressure cooker automatically releases pressure and shuts off to prevent any additional steam from building.

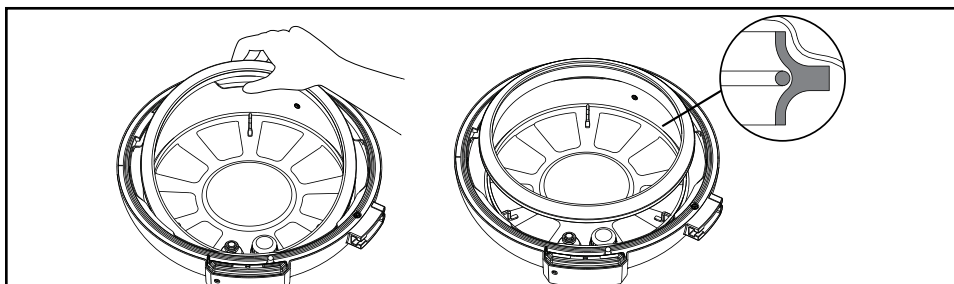
CARE & MAINTENANCE

- Unplug the NuWave Nutri-Pot® Digital Pressure Cooker and let it cool before cleaning.
- Wipe the Base and inside of the Base, if necessary, with a clean cloth. Do not immerse the Base in water or spray any water in it.



- Remove and clean the Water Collection Box. Wipe with a wet cloth and return to the pressure cooker.
- The Lid can be detached from the Base. All parts inside the Lid can be hand-washed separately with water and should always be checked to make sure they are not damaged or cracked.
- Use a sponge or non-metallic soft brush to clean the Inner Pot, then wipe the surface with a clean cloth.

SILICONE GASKET INSTALLATION



MAKE SURE THE SILICONE GASKET HAS NO CRACKS OR IS IN ANYWAY DAMAGED.

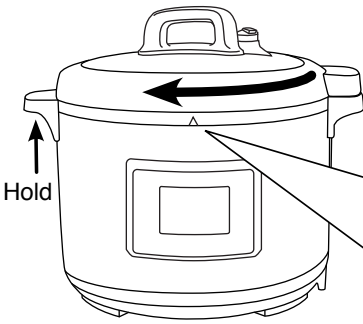
Removing the Silicone Gasket

- Open the Lid.
- With one hand holding the inner Lid down, gently pull the Silicone Gasket up.

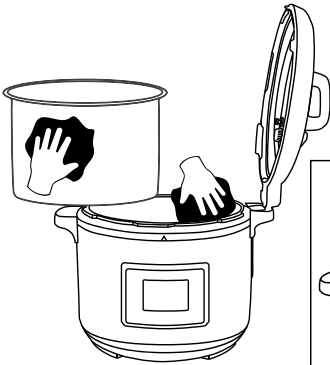
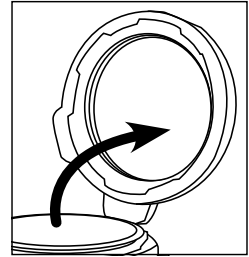
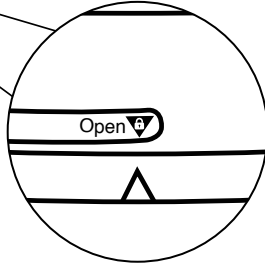
Installing the Silicone Gasket

- Line up the Silicone Gasket on top of the metal ring.
- Gently push the Silicone Gasket down, making sure the metal ring is inside the Silicone Gasket's groove.

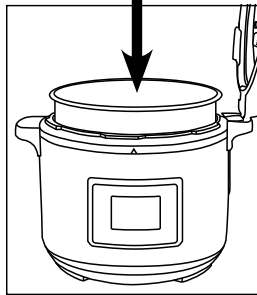
OPERATING INSTRUCTIONS



- 1** **Open Lid:** Hold the left handle. Turn the Lid clockwise to “Open” position and lift.



- 2** Clean the outside of the Inner Pot and the inside of the Base. Place the Inner Pot in the Base.



- 3** Place ingredients and water in the Inner Pot. (See below). For rice, beans, and grains, do not fill more than half full. For soups, sauces, and broths, do not fill more than $\frac{3}{4}$ full.

Rice, Beans, & Grains



Soups, Sauces & Broths

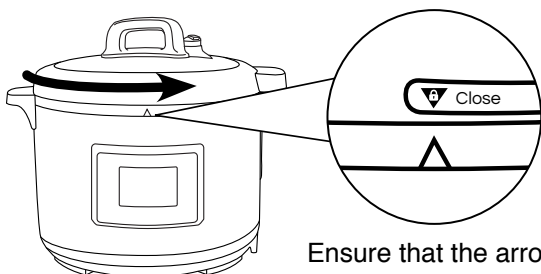
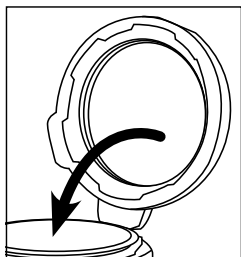


Overfilling may risk clogging the vent pipes and developing excess pressure. This could also cause spillage and may damage the unit. The total amount of food and water should NEVER exceed the maximum level marking of the Inner Pot. Please refer to the max fill lines in the Inner Pot.

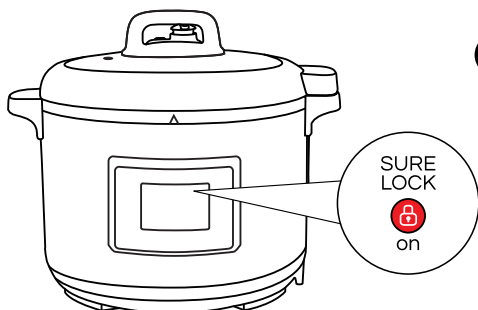
OPERATING INSTRUCTIONS (Continued)

4 Closing Lid:

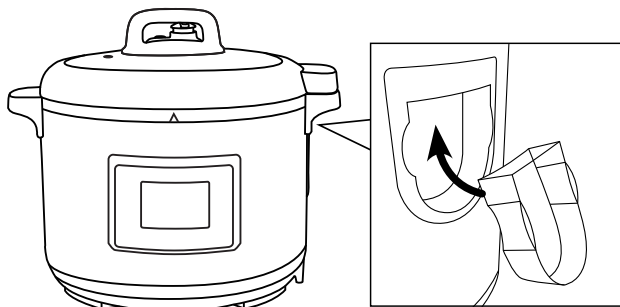
- Check that the Silicone Gasket is secure before closing.
- Holding the Lid by the handle, lower the Lid and turn counterclockwise to close. When the Lid has been closed properly you will hear a “click” sound.



Ensure that the arrows are properly aligned.



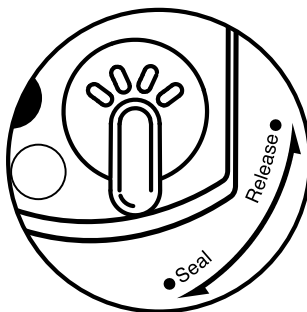
- ### 5 Sure Lock™:
- Once the lid is properly locked in place, the LED panel will display that the Sure Lock™ Safety Feature for pressure is activated. Sure Lock ensures your pressure cooker is ready to cook under pressure. This would not be used for Sear or Slow Cook.



Slide the Water-Collection Box into place.

OPERATING INSTRUCTIONS (Continued)

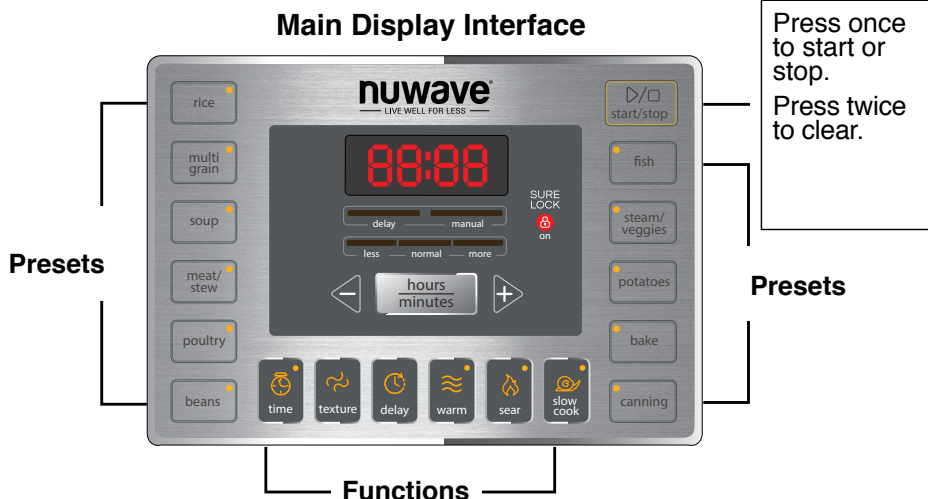
- Once the Lid is locked, turn the Pressure Release Switch to “Seal”.
- Plug the NuWave Nutri-Pot Digital Pressure Cooker into an electric power supply. The LCD display will show “--:--” and the unit will go into standby mode.








Releasing the Pressure

Gently turn the Pressure Release Switch to “Release” to release pressure. **Do not cover the opening where steam is released. Always use caution when releasing steam.**

CONTROL PANEL



PRESETS

Default Time		Texture (minutes)			Time (minutes & hours)	
Presets & Functions	Hrs:Min	Less	Normal	More	Min.*	Max
Rice	00:10	00:07	00:10	00:13	00:01	02:00
Multi Grain	00:30	00:27	00:30	00:32	00:01	02:00
Soup	00:20	00:15	00:20	00:25	00:01	02:00
Meat/Stew	02:00	01:30	02:00	02:30	00:01	03:00
Poultry	00:40	00:35	00:40	00:45	00:01	02:00
Beans	00:20	00:15	00:20	00:25	00:01	02:00
Fish	00:10	00:08	00:10	00:12	00:01	02:00
Steam/Veggies	00:10	00:08	00:10	00:12	00:01	02:00
Potatoes	00:10	00:08	00:10	00:12	00:01	02:00
Bake	00:40	00:30	00:40	00:50	00:01	02:00
Canning	00:20	/	00:20	/	00:01	02:00
Delay 	/	/	/	/	00:05	24:00
Warm 	04:00	/	/	/	01:00	24:00
Sear 	00:10	/	/	/	00:01	00:30
Slow Cook 	04:00	/	/	/	02:00	09:00
Time 	00:01	/	/	/	00:01	01:40
					*Minimum Time	
*Only operable in one texture mode.						

- 1 Select desired preset.
- 2 Adjust texture, if necessary. The default texture is “normal”. For instructions on changing texture see page 17.
- 3 Close Lid and lock.
- 4 Begin by pressing “**start/stop**”.

For all Presets:

- Pressing the “-” or “+” buttons will switch to “**manual**” mode.
- Press “**start/stop**” twice to clear.
- The pressure cooker will clear in 30 seconds if “**start/stop**” is not pressed.

PRESETS (Continued)

hours/minutes

Press the “**hours/minutes**” button to set the time when using the “**time**” function or to increase or decrease the cooking duration when cooking in “**manual**” mode. The blinking digits reflect whether hours or minutes are selected. Pressing “**+**” and “**-**” will increase or decrease the cooking time.



Preheating: While the unit reaches the appropriate temperature for the function selected, the display will show “**PH**”, indicating that it is preheating. Once the unit reaches the appropriate pressure, it will shift from preheating to the selected preset cooking time. Once pressure has built inside the pressure cooker, “**PH**” will display and change to “**P**”, followed by the amount of time it will remain under pressure.


Pressure: The function selected will determine the amount of pressure time. For example, if the display shows “**P0:10**” (pressure time) the colon or “**:**” will flash to indicate that the pressure cooker is under pressure and the timer is counting down.

Auto Warm Feature: When cooking is complete, the pressure cooker automatically switches to the warm function. Default warm time changes depending on the Preset used.

Auto Warm Feature			
Presets	Indefinitely*	Auto Shutoff	Time (Hours: Minutes)
Rice	☑	▨	unlimited
Multi Grain	☑	▨	unlimited
Soup	▨	▨	04:00
Meat/Stew	▨	▨	02:00
Poultry	▨	▨	01:00
Beans	▨	▨	04:00
Fish	▨	☑	00:30
Steam/Veggies	▨	☑	00:30
Potatoes	▨	▨	01:00
Bake	▨	☑	▨
Canning	▨	☑	▨
Time	▨	▨	04:00
Slow Cook	▨	▨	04:00
*End by pressing “ start/stop ”.			

FUNCTIONS

Texture: This is a function to help change the consistency of your foods.

 “less”, “normal”, and “more” are selected guides that increase or decrease the cooking time while under pressure.

Directions:

- 1 Press a desired preset button. The display will default to “normal” time. (Ex: Press “rice” and the display will show “00:10”).
- 2 To change the consistency of the food (**less, normal, more**), simply press “texture”. The appropriate light will display, indicating that the time has been changed. The time in the display will automatically adjust accordingly. (Ex: For the “rice” function, “less” is 7 minutes, “normal” is 10 minutes, and “more” is 13 minutes).
- 3 Close the Lid and lock. Press “start/stop”.

Delay: This function allows you to delay the cooking start time.




Directions:

- 1 Press “delay”. The delay bar will light up and the first set of “00”s will be blinking.
- 2 Press “+” or “-” to increase or decrease the hours.
- 3 To change minutes, press “hours/minutes”. The second set of “00”s will be blinking. This indicates that you can change the minutes.
- 4 Press “+” or “-” to increase or decrease the minutes.
- 5 Press the desired function button to continue your program based on your recipe.
- 6 Close the Lid and lock. Press “start/stop”.

Note:

- The maximum amount of time to delay your pressure cooker is 24 hours.
- The delay function will not work while the pressure cooker is in operation.

Warm: This function lets you manually adjust the time you would like to keep  your food warm.

Directions:


- 1 Press “warm” and the display will show “04:00”.
- 2 Press “+” or “-” to increase or decrease the time. See “hours/minutes” section for instructions on adjusting the time.
- 3 Press “start/stop” to start.

Note:

- The default time for the warm function is 4 hours.
- Warm function can be used when Lid is open, closed, or closed and locked into place.

*The pressure cooker will automatically go to this warm function when a desired preset has completed. Refer to the **Auto Warm Feature** chart on page 16 for default warm times.*

FUNCTIONS (continued)

Sear: This function lets you sear food before slow-cooking or cooking  under pressure.

Directions:

- 1 Press “**sear**”. Display will show “00:05”.
- 2 Press “**start/stop**” to begin.
- 3 See the “**hours/minutes**” section for instructions on manually adjusting the time.

Note:

- Do not close the Lid and lock when using “**sear**” function.
- When complete, the display will show “**End**”.

Slow Cook: This function lets you cook slowly at low temperatures.



Directions:

- 1 Press “**slow**”. The display will show “04:00”.
- 2 Press “**start/stop**” to begin.
- 3 See “**hours/minutes**” section for instructions on manually adjusting the time.

Note:

- Do not close the Lid and lock when using slow cook function.
- Use the optional glass Lid when using the slow cook function.
- When complete, the display will show “**End**”.

TROUBLESHOOTING

Contact Customer Service if the pressure cooker displays any of these error codes:

Code	E1	E2	E3	E4
Error	Sensor circuit is broken	Circuit short	Overheat	Signal switch is broken



WARNING

Please immediately unplug and contact Customer Service Department if you experience other problems.

1-877-689-2838 or help@nuwavenow.com

PRESSURE CANNING



Canning

Foods with lower acid content have a greater potential for spoilage and contamination than high-acidity foods. Proper pressure canning minimizes the chances of spoilage and contamination.

High-Acid Foods		Low-Acid Foods	
Apples	Oranges	Asparagus	Mushrooms
Applesauce	Peaches	Beans	Okra
Apricots	Pears	Beets	Peas
Berries	Pickled Beets	Carrots	Potatoes
Cherries	Pineapples	Corn	Seafood
Cranberries	Plums	Hominy	Spinach
Fruit Juices	Rhubarb	Meat	Winter Squash

Never alter cooking times, temperatures, or ingredients when pressure canning. Doing so can be extremely dangerous as there is no room for experimentation. Following the exact cooking times, temperatures, and ingredients listed in the recipe will ensure that your food is protected from harmful enzymes, bacteria, and mold. Altering the cooking time may destroy the food's nutrients and flavor.

Enzymes found in food may promote growth of yeast and mold, which in turn causes food to spoil. These enzymes can be killed at temperatures 212°F and higher. Other contaminants, such as salmonella, staphylococcus aureus, and clostridium botulinum, can only be killed at temperatures of 240°F or higher. These higher temperatures can only be achieved by pressure canning.

Before pressure canning in the NuWave Nutri-Pot Digital Pressure Cooker, consult an instructional book written specifically for pressure canning. The NuWave Nutri-Pot Digital Pressure Cooker can be used for basic pressure canning, along with the water bath method. Both low- and high-acid fruits and vegetables are recommended. **MEAT AND SEAFOOD ARE NOT RECOMMENDED TO BE PRESSURE CANNED.**

PRESSURE CANNING (Continued)

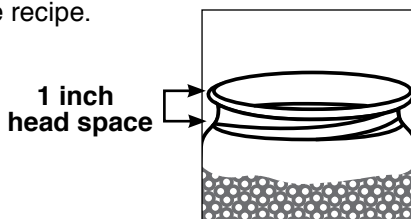
Safe Canning Tips:

1. Do not use overripe fruit. Bad quality degrades with storage.
2. Do not add more low-acid ingredients (onions, celery, peppers, garlic, etc.) than specified in the written recipe. This may lead to an unsafe end result.
3. Don't use too many spices. Many spices tend to contain high levels of bacteria, which may result in unsafe canned goods.
4. Do not add butter or fat to the recipe. Fats do not store well and may cause premature spoilage. Never use thickeners such as flour, starch, pasta, rice or barley.
5. Use only USDA-recommended tools and accessories.
6. Do add acid (lemon juice, vinegar, or citric acid), especially to tomato products when directed in the recipe. If necessary, you can balance the tart taste by adding sugar.

The NuWave Nutri-Pot® Digital Pressure Canning Process

Though your exact experience may vary depending on the specific recipe you are following, most recipes can be prepared by following this guide.

1. Only follow recipes that have been tested for pressure canning. Prepare the necessary ingredients as instructed in the recipe.
2. Fill clean, 16-ounce mason jars to the level. Do not allow ingredients to exceed the level. Always leave no less than 1 inch of head space.
3. Gently remove any lingering air bubbles by pressing a flexible, nonporous spatula between the ingredients and the jar itself.
4. Place a clean lid onto each jar, then add a screw band. Turn the lid clockwise and tighten in place.



NOTE: Never retighten lids after pressurizing

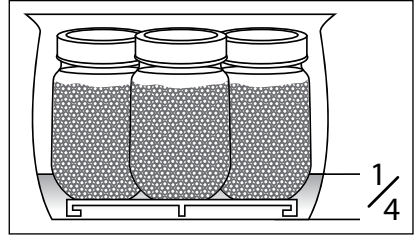
the jars. As the jars cool, the contents will contract, pulling the lid firmly against the jar to form a high vacuum and create a seal.

If the screw bands are too loose, liquid may escape from the jars during this process, causing the seals to fail. If the screw bands are too tight, air cannot vent during this process, causing food to discolor while in storage. Tightening the lids too much may also cause the lids to buckle and the jars to break. Screw bands are not needed on stored jars.

Remove after jars have cooled. When removed, washed, dried and stored, screw bands may be used many times. If left on stored jars, they become difficult to remove, often rust, and may not work properly again.

PRESSURE CANNING (Continued)

- Place the Inner Pot in the base unit.
Then put the Rack in the bottom of the Inner Pot. Place filled, sealed jars on Rack. Unit will hold up to four individual 16-oz. jars (maximum).



- Pour hot water over the jars and into the Inner Pot until the water level reaches $\frac{1}{4}$ of the way up the sides of the jars, for four individual 16-oz cans. This would be about 6 cups of water. When processing fewer jars, more water would be needed.
- After reading the Owner's Manual, put the Lid on the base and lock in place. Plug the unit into the wall outlet.
- Press "**canning**", and the pressure cooker will default to 20 minutes. To change pressure time, press "**time**" then adjust accordingly.
- When the canning process is complete, the unit will shut off. Turn the Pressure Release Switch to "Release" to release the pressure. Once all the steam has escaped, carefully open and remove the lid.
- Using canning tongs, remove the hot jars and place them on a heat-resistant surface and allow to cool to room temperature.
- When jars are thoroughly cool, remove the screw bands. The lids should be tightly sealed to the jars, and when pressed in the center, they should not have any "give" or springing motion. If they do, you cannot safely store this food for future use. It must be reprocessed immediately or refrigerated and used within a few days.
- Place the finished jars on shelves in a cool, clean, dry atmosphere. Properly processed food will last for months and seasons. Jars, lids, and screw bands are reusable. Check all carefully for damage before reuse.

IMPORTANT: It is not recommended to use the NuWave Nutri-Pot Digital Pressure Cooker as a canning device at altitudes of 2,000 feet above sea level or higher.

NOTES & TIPS:

- While the jars are cooling, you will hear the lids emit a faint clicking sound. This sound indicates that the lids have properly sealed.
- You can check the seal on flat lids by pressing down with your thumb after they have cooled for 1 hour or more. If the lid remains stiff with no movement, then the lids have properly sealed.
- If the lids have not properly sealed after 2 hours of cooling, the pressure canning process did not work. Should this happen, refrigerate or freeze the ingredients and use within the standard use-by dates.
- Always use supplies specifically manufactured for the purpose of canning. For best results, use mason jars that are no larger than 16 ounces. When pressure canning, never stack the jars. Use chart on page 22. The canning function goes to a default of 20 minutes.

PRESSURE CANNING (Continued)

Food	Packing Conditions		Pressure 70kPa
	Type	Size (Jar)	Time (hrs:min)
Asparagus	Hot & Raw	Pints	00:30
Beans (green)	Hot & Raw	Pints	00:20
Beans (lima, pinto, butter, or soy)	Hot & Raw	Pints	00:40
Beets	Hot	Pints	00:30
Carrots	Hot & Raw	Pints	00:25
Corn, whole kernel	Hot & Raw	Pints	00:55
Greens	Hot	Pints	01:10
Okra	Hot	Pints	00:25
Peas, Green or English	Hot & Raw	Pints	00:40
Potatoes, White	Hot	Pints	00:35

LIMITED WARRANTY

The NuWave Nutri-Pot® Digital Pressure Cooker

THE MANUFACTURER WARRANTIES

The NuWave Nutri-Pot Digital Pressure Cooker, including the Base, the Lid, the Pressure Release Valve/Switch, the Rack, the Inner Pot, the Silicone Gasket, the Food Blocking Cap, and the Water-Collection Box are to be free from manufacturer defects. All electrical components are warranted for 1 year from the date of purchase, under normal household use, and when operated in accordance with the Manufacturer's written instructions.

The Manufacturer will provide the necessary parts and labor to repair any part of the NuWave Nutri-Pot Digital Pressure Cooker at NuWave, LLC's Service Department. After the expiration of the warranty, the cost of the labor and parts will be the responsibility of the owner.

THE WARRANTY DOES NOT COVER

The Limited Warranty is voided if repairs are made by an unauthorized dealer and/or the serial number data plate is removed and/or defaced. Normal deterioration of finish due to use or exposure is not covered by this Warranty. This Limited Warranty does not cover failure, damages, or inadequate performance due to accident, acts of God (such as lightning), fluctuations in electric power, alterations, abuse, misuse, misapplications, corrosive-type atmospheres, improper installation, failure to operate in accordance with the Manufacturer's written instructions, abnormal use or commercial use. NuWave, LLC reserves the right to void the Limited Warranty, where allowable by law, for products purchased from an unauthorized dealer.

LIMITED WARRANTY (Continued)

TO OBTAIN SERVICE

The owner shall have the obligation and responsibility to: pay for all services and parts not covered by the warranty; prepay the freight to and from Service Department for any part or system returned under this warranty; and carefully package the product using adequate padding material to prevent damage in transit. The original container is ideal for this purpose. Include in the package the owner's name, address, daytime telephone number, a detailed description of the problem, and your "RGA number." **Call 1-877-689-2838 or email help@nuwavenow.com** to obtain the RGA number (Return Goods Authorization number). Provide the cooking system model & serial number and proof of date of purchase (a copy of the receipt) when making claims under this warranty.

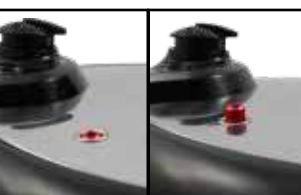
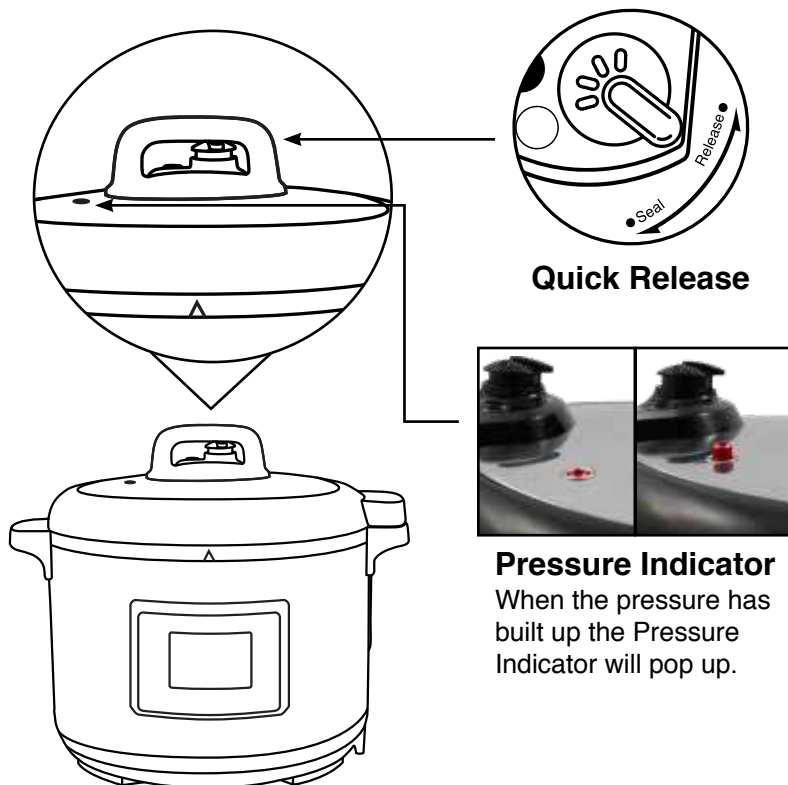
MANUFACTURER'S OBLIGATION

The Manufacturer's obligation under this Limited Warranty is limited, to the extent allowable by law, to repairing or replacing any part covered by this Limited Warranty which upon examination is found to be defective under normal use. The Limited Warranty is applicable only within the continental United States and only to the original purchaser of the manufacturer's authorized channels of distribution. **THE LIMITED WARRANTY MAY NOT BE ALTERED, VARIED OR EXTENDED EXCEPT BY A WRITTEN INSTRUMENT EXECUTED BY THE MANUFACTURER. THE REMEDY OF REPAIR OR REPLACEMENT AS PROVIDED UNDER THIS LIMITED WARRANTY IS EXCLUSIVE. IN NO EVENT SHALL THE MANUFACTURER BE LIABLE FOR ANY CONSEQUENTIAL OR INCIDENTAL DAMAGES TO ANY PERSON, WHETHER OR NOT OCCASIONED BY NEGLIGENCE OF THE MANUFACTURER, INCLUDING WITHOUT LIMITATION, DAMAGES FOR LOSS OF USE, COSTS OF SUBSTITUTION, PROPERTY DAMAGE, OR OTHER MONEY LOSS.**

Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation exclusions may not apply. This Limited Warranty gives specific legal rights, and there may also be other rights which vary from state to state. **EXCEPT AS OTHERWISE EXPRESSLY PROVIDED ABOVE, THE MANUFACTURER MAKES NO WARRANTIES EXPRESSED OR IMPLIED ARISING BY LAW OR OTHERWISE, INCLUDING WITHOUT LIMITATION, THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE TO ANY OTHER PERSON. READ YOUR OWNER'S MANUAL. IF YOU STILL HAVE ANY QUESTIONS ABOUT OPERATION OR WARRANTY OF THE PRODUCT, PLEASE CONTACT NUWAVE, LLC.**

READ YOUR OWNER'S MANUAL: If you still have any questions about operation or warranty of the product, please contact **NuWave, LLC at: 1-877-689-2838 or email help@nuwavenow.com.**

NATURAL & QUICK RELEASE

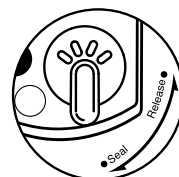


Pressure Indicator
When the pressure has built up the Pressure Indicator will pop up.

What is quick release? To quickly release the pressure, simply turn the “Pressure Release Switch” to “Release”. The switch will stay and steam will be rapidly released. When the Floater Valve next to the Pressure Release Valve, as well as the Pressure Indicator has dropped, indicating pressure has been properly released, you can then safely open the pressure cooker.

What is natural release? To naturally release the pressure, simply wait for the Floater Valve and the Pressure Indicator to drop. Doing so will allow the pressure cooker to naturally release steam as it slowly cools. This allows you to finish the cooking process as the pressure cooker gradually releases steam. The natural release method can take up to 48 minutes. **If any pressure remains in the pressure cooker, simply turn the “Pressure Release Switch” to “Release” for a quick release of any remaining pressure and follow the remaining steps for “quick release.”**

Resuming Pressure: When you are ready to cook under pressure, turn Pressure Release Switch to “Seal” to resume pressure. If set to “Release” pressure cannot build.



NATURAL & QUICK RELEASE

ALWAYS PERFORM A QUICK RELEASE AFTER THE COMPLETION OF A NATURAL RELEASE AND DO SO UNTIL ALL STEAM/PRESSURE IS OUT. DO NOT ATTEMPT TO OPEN the pressure cooker if there is any resistance or if the Floater Valve is still up, indicating that there is still steam/pressure remaining inside the unit. Also, do not overfill the Inner Pot past the maximum fill line, as food expanding while cooking can clog the Pressure Release Valve, resulting in excess pressure or incorrect pressure readings.

For rice, beans, and grains, do not fill more than half full.

For soups, sauces, and broths do not fill more than $\frac{3}{4}$ full.

Please refer to the max fill lines in the Inner Pot.

Once the Nutri-Pot® has finished cooking, the unit beeps to let you know the current cooking cycle is finished. Then, you will need to release pressure, either by performing a quick release or a natural release and quick release combination (allowing the pressure cooker to release pressure naturally first and then using a quick release to allow all remaining pressure and steam to escape before opening).

When performing a natural release, it is recommended to unplug the unit. The time necessary to naturally release pressure can vary depending on the model, ingredients, and quantity of ingredients used.

The average times for allowing the Nutri-Pot Pressure Cookers to naturally release pressure are as follows:

For the 6-quart Nutri-Pot: 35 minutes*

For the 8-quart Nutri-Pot: 40 minutes*

For the 13-quart Nutri-Pot: 48 minutes*

* These times can vary depending on the model, ingredients, and quantity of ingredients used. Always perform a quick release on the Nutri-Pot Pressure Cooker **AFTER** performing a natural release.



Andouille Sausage and Cabbage Soup Serves: 8-12

Ingredients:

- | | |
|-----------------------------------|----------------------------------|
| 6 tablespoons olive oil | 1 teaspoon caraway seeds |
| 2 pounds andouille sausage, diced | 2 teaspoons fennel seeds |
| 2 small onions, diced | 1 teaspoon mustard powder |
| 4 carrots, chopped | 2 tablespoons tomato paste |
| 4 ribs celery, chopped | 12 cups low-sodium chicken stock |
| 1 head green cabbage, chopped | Salt and black pepper to taste |
| 1 head Napa cabbage, chopped | 1 cup chopped fresh parsley |
| 6 cloves garlic, minced | |

Directions:

1. Press **“sear”**, set to 6 minutes, and then press **“start/stop”**.
2. Add olive oil and sausage to the Pressure Cooker and brown sausage.
3. Add onions, carrots, celery, cabbage, and garlic and sauté Mix well.
4. Add seasonings and toss to coat well.
5. Add stock and tomato paste and mix well.
6. Season with salt and pepper.
7. Close lid and lock.
8. Press **“soup”**, and adjust for 20 minutes, and then press **“start/stop”**.
9. When done, the pressure cooker will automatically go to the **“warm”** feature and the pressure will release naturally. Turn the Pressure Release Switch to **“Release”** until all pressure is released.
10. Once pressure is released, carefully open lid, stir in fresh parsley, season with salt and pepper to taste, and serve.



Barley Beef Soup Serves: 8-12

Ingredients:

6 tablespoons olive oil, divided	4 cloves garlic, chopped
3 pounds beef, cubed	2 teaspoons dried rosemary
Salt and black pepper	4 tablespoons tomato paste
2 onions, medium dice	2 cups red wine
4 carrots, medium dice	2 cups uncooked pearl barley
8 ribs celery, medium dice	12 cups low-sodium beef broth
4 medium parsnips, chopped	2 teaspoons chopped fresh thyme
16 ounces cremini mushrooms, chopped	

Directions:

1. Press **“sear”**, set to 15 minutes, and then press **“start/stop”**.
2. Rub 1 tablespoon oil onto the beef and season with salt and pepper.
3. Working in small batches, brown beef on all sides in pressure cooker, adding additional oil between batches.
4. Transfer browned beef to a paper towel-lined dish; set aside.
5. Add onions, carrots, celery, parsnips, mushrooms, garlic, and rosemary to pressure cooker and sauté for 8-10 minutes.
6. Stir in tomato paste, wine, pearl barley, and broth and return beef to Pressure Cooker.
7. Close lid and lock. Press **“soup”** adjust for 20 minutes.
8. Then press **“start/stop”**.
9. When done, the pressure cooker will automatically go to the **“warm”** feature and the pressure will release naturally. Turn the Pressure Release Switch to **“Release”** until all pressure is released.
10. Carefully open the lid, stir in fresh thyme, season with salt and pepper to taste, and serve.

Tip: Use beef stock in place of red wine.



Chicken and Rice Soup Serves: 12-16

Ingredients:

2 tablespoons olive oil	2 cups long-grain rice
6 boneless skinless chicken breasts, diced small	8 cups chicken stock
2 onions, finely chopped	2 (28-ounce) cans diced tomatoes
6 carrots, peeled, sliced	3 teaspoons salt
4 ribs celery, sliced	Freshly ground black pepper to taste
6 cloves garlic, minced	½ cup chopped fresh parsley
2 teaspoons dried thyme	

Directions:

1. Press **“sear”**, set to 14 minutes, and then press **“start/stop”**.
2. Add olive oil and chicken to and brown chicken for about 8-10 minutes.
3. Add onions, carrots, celery, garlic, and thyme, and sauté for 4 minutes.
4. Add rice, chicken stock, and tomatoes and season with salt and pepper.
5. Close lid and lock.
6. Press **“soup”** and adjust for 12 minutes, and then press **“start/stop”**.
7. When done, the pressure cooker will automatically go to the **“warm”** feature and the pressure will release naturally. Turn the Pressure Release Switch to **“Release”** until all pressure is released.
8. Season with salt and pepper, then garnish with celery before serving.



Lentil Soup Serves: 6

Ingredients:

1 cup red lentils, sorted, rinsed
1 cup green or brown lentils, sorted, rinsed
1 medium onion, chopped
3 cloves garlic, minced
2 teaspoons cumin
1½ teaspoons smoked paprika
1 teaspoon salt

½ cup carrots, finely diced
2 celery stalks, diced (optional)
1 pound Yukon Gold or red bliss potatoes
1 bunch rainbow chard or similar greens (spinach, etc.), chopped
8 cups water
Salt and pepper to taste

Directions:

1. Press **“sear”**, set to 5 minutes, and then press **“start/stop”**.
2. Add onions, garlic, spices, carrots, celery, and potatoes and sauté for 3-5 minutes, or until onions begin to soften.
3. Add lentils. Stir to combine.
4. Add water to cover.
5. Close lid and lock.
6. Press **“soup”** and adjust for 3 minutes, and then press **“start/stop”**.
7. When done, turn the Pressure Release Switch to **“Release”** until all pressure has been Released.
8. Carefully open lid.
9. Stir in the chard, season with salt and pepper, and serve.

POULTRY



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Cassoulet Chicken Serves: 8-12

Ingredients:

12-16 chicken legs or thighs	2 cup carrots
Salt and black pepper to taste	2 tablespoons Dijon mustard
6 tablespoons olive oil	2 clove garlic, chopped
1 pound pancetta, diced	4 cups low-sodium chicken stock
2 cups white wine	4 (15-ounce) cans navy beans, drained
1 onion, chopped	2 teaspoons fresh thyme, chopped
½ cup celery	

Directions:

1. Press **“sear”**, set to 15 minutes, and then press **“start/stop”**.
2. Place chicken in, and coat with olive oil. Season with salt and pepper.
3. Brown chicken on both sides in Pressure Cooker and set chicken aside on a covered plate.
4. Add pancetta and wine to deglaze chicken pieces stuck to bottom of cooker.
5. Return chicken to cooker, add all remaining ingredients, and continue to cook for 3 minutes.
6. Close lid and lock.
7. Press **“poultry”**, press **“texture”** twice for 35 minutes, and then press **“start/stop”**.
8. Once finished, the pressure cooker will automatically go to the **“warm”** feature and the pressure will release naturally. Turn the Pressure Release Switch to **“Release”** until all pressure is released.
9. Season with salt and pepper to taste and serve.

Tip: Use chicken stock in place of white wine.



Chicken à la King Serves: 12

Ingredients:

2 tablespoons olive oil	3 cups rice
6 shallots, chopped	4 tablespoons parsley
6 carrots, diced	4 teaspoons salt
6 ribs celery, diced	2 teaspoons white pepper
2 tablespoons chopped garlic	2 tablespoons butter
2 cups mushrooms	6 tablespoons flour
3 teaspoons fresh thyme	32 ounces frozen peas
12 boneless skinless chicken breasts	2 cups half and half
4 cups low-sodium chicken stock	

Directions:

1. Press **“sear”** and press **“start/stop”**, and add olive oil.
2. When oil is hot, add shallots, carrots, celery, and garlic to pressure cooker, and sauté for 8 minutes.
3. Add mushrooms, thyme, chicken, chicken stock, rice, parsley, salt and pepper to pressure cooker and mix until combined.
4. Close lid and lock.
5. Press **“poultry”** and adjust for 25 minutes, and then press **“start/stop”**.
6. Once finished, the pressure cooker will automatically go to the **“warm”** feature and the pressure will release naturally. Turn the Pressure Release Switch to **“Release”** until all pressure is released.
7. Remove the chicken, press **“sear”**, and set to 8 minutes. Add butter, flour, peas, and half and half and stir until sauce begins to thicken.
8. Season with salt and pepper to taste. Serve chicken with rice mixture.



Salsa Chicken and Rice Serves: 8

Ingredients:

4 teaspoons olive oil	2 (10-ounce) cans diced tomatoes
2 (4-pound) chickens, cut into 8 pieces	2 (10-ounce) cans green chilies
2 cups basmati rice	2 tablespoons chili powder
4 cups chicken stock	4 cloves garlic, chopped
1 cup dry white wine	Salt and pepper to taste
2 (8-ounce) jars prepared salsa	1 cup cilantro, chopped (optional)

Directions:

1. Press **“sear”**, set to 20 minutes, and press **“start/stop”**.
2. Add oil and place chicken in. Brown on all sides.
3. Transfer browned chicken to dish lined with paper towels; set aside.
4. Add all remaining ingredients, except cilantro, and stir well.
5. Return all chicken to cooker.
6. Close lid and lock.
7. Press **“poultry”**, press **“texture”** and adjust for 35 minutes, and then press **“start/stop”**.
8. When done, the pressure cooker will automatically go to the **“warm”** feature and the pressure will release naturally. Turn the Pressure Release Switch to **“Release”** until all pressure is released.
9. Season with salt and pepper and garnish with cilantro before serving.

Tip: Use chicken stock in place of white wine.

BEEF



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Beef Mac and Cheese Serves: 12-16

Ingredients:

2 tablespoons olive oil	Freshly ground black pepper to taste
2 pounds lean ground beef	2 (28-ounce) cans diced tomatoes, in juice
2 onions, finely chopped	2 cups beef stock
2 green peppers, diced small	½ cup ketchup
2 red pepper, diced small	1 pound dried elbow macaroni
3 teaspoons dried oregano	3 cups grated Parmesan or cheddar cheese
3 teaspoons dried basil	
2 teaspoons salt	
2 teaspoons paprika	

Directions:

1. Press **“sear”**, set to 16 minutes, and then press **“start/stop”**.
2. Add olive oil and ground beef to cooker.
3. Break beef into large chunks and brown.
4. Add onions, peppers, and seasonings. Cook until fragrant, stirring well.
5. Add tomatoes, stock, ketchup, and macaroni.
6. Close lid and lock.
7. Press **“time”** and adjust for 5 minutes, and press **“start/stop”**.
8. When done, the pressure cooker will automatically go to the **“warm”** feature and the pressure will release naturally. Turn the Pressure Release Switch to **“Release”** until all pressure is released.
9. Stir in grated cheese and season with salt and pepper before serving.



Beef Short Ribs Serves: 8-12

Ingredients:

4 tablespoons olive oil	6 sprigs fresh thyme
8 pounds beef short ribs	2 bay leaves
Salt and freshly ground black pepper to taste	1 cup white wine
2 onions, chopped	3 cups orange juice
2 ribs celery, chopped	4 tablespoons soy sauce
4 cloves garlic, minced	4 tablespoons chopped fresh chives

Directions:

1. Press **“sear”**, set for 20 minutes, and press **“start/stop”**.
2. Add olive oil.
3. Season ribs with salt and pepper. Place in cooker.
4. Sear ribs for about 5 minutes per side. Transfer to covered dish, set aside.
5. Add onions, celery, garlic, thyme, and bay leaf and sauté for 6-8 minutes.
6. Pour wine in and deglaze any brown bits from the bottom. Continue to simmer.
7. Add orange juice, soy sauce, and ribs.
8. Close lid and lock.
9. Press **“meat/stew”**, set to 50 minutes, and press **“start/stop”**.
10. Once finished, the pressure cooker will automatically go to the **“warm”** feature and the pressure will release naturally. Turn the Pressure Release Switch to **“Release”** until all pressure is released.
11. Carefully remove lid and transfer ribs to a platter.
12. Press **“sear”**, then press **“start/stop”** to thicken gravy.
13. Once gravy has thickened, return ribs to pressure cooker and toss to coat well.
14. Press **“start/stop”** and garnish ribs with chives before serving.

Tip: Use chicken stock in place of white wine.



Spicy Beef and Cabbage Serves: 8-12

Ingredients:

2 tablespoons olive oil	2 tablespoons brown sugar
2 pounds lean ground beef	4 cups beef stock
2 onions, diced small	2 (28-ounce) cans whole, peeled tomatoes,
2 cloves garlic, sliced	2 (14-ounce) cans crushed tomatoes
2 teaspoons salt	2 cups basmati rice
2 teaspoons dried oregano	2 medium heads green cabbage, coarsely chopped
2 teaspoons red pepper flakes	½ cup fresh parsley, chopped
2 tablespoons Worcestershire sauce	
2 tablespoons red wine vinegar	
2 tablespoons tomato paste	

Directions:

1. Press **“sear”**, set to 12 minutes, and press **“start/stop”**. Add oil.
2. When oil is hot, add beef and brown, stirring constantly.
3. Transfer beef to paper towel-lined dish to drain, reserving 2 tablespoons beef fat in the cooker.
4. Add onions, garlic, and seasonings to Pressure Cooker and stir to combine.
5. Pour in Worcestershire sauce, vinegar, tomato paste and add brown sugar and beef stock.
6. Return beef to pot and stir in tomatoes, rice, and cabbage.
7. Close lid and lock.
8. Press **“time”** and adjust for 7 minutes, and press **“start/stop”**.
9. When done, the cooker will automatically go to the **“warm”** feature and the pressure will release naturally. Turn the Pressure Release Switch to **“Release”** until all pressure is released.
10. Open lid and stir in fresh parsley. Serve.

BBQ & MEATS

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Baby Back Ribs Serves: 8-12

Ingredients:

4 tablespoons olive oil, divided
2 yellow onions, medium dice
8 cloves garlic, minced
2 racks baby back ribs (about 3-4 pounds)
2 teaspoons smoked paprika
2 teaspoons dark chili powder

2 teaspoons light brown sugar
4 teaspoons kosher salt
2 teaspoons pepper
2 teaspoons apple cider vinegar
4 cups ketchup
4 tablespoons tomato paste
1 cup water

Directions:

1. Press **“sear”**, set to 8 minutes, and press **“start/stop”**.
2. Add 1 tablespoon olive oil, onion, and garlic to Pressure Cooker and cook for 6-8 minutes.
3. Cut rack of ribs in half and coat in remaining olive oil.
4. Combine paprika, chili powder, brown sugar, salt, and pepper in a bowl. Rub onto ribs.
5. Add remaining ingredients.
6. Place ribs in and shingle the meat when layering on the bottom.
7. Close lid and lock.
8. Press **“meat/stew”**, set to 40 minutes, and press **“start/stop”**.
9. Once finished, the pressure cooker will automatically go to the **“warm”** feature and the pressure will release naturally. Turn the Pressure Release Switch to **“Release”** until all pressure is released.
10. Open lid, then remove ribs. Serve immediately.



BBQ Pulled Pork Serves: 16-20

Ingredients:

12 slices bacon, chopped	½ teaspoon cayenne pepper
2 (4- to 5-pound) pork shoulder roasts	2 cups ketchup
2 red onions, finely chopped	2 tablespoons tomato paste
8 garlic cloves, minced	4 tablespoons brown sugar
1 teaspoon dry mustard powder	½ cup apple cider vinegar
1 teaspoon smoked paprika	2 teaspoons salt
1 teaspoon ancho chili powder	1 cup low-sodium chicken or beef stock

Directions:

1. Press **“sear”**, set for 25 minutes, and press **“start/stop”**.
2. Add bacon and cook until crispy.
3. Transfer bacon to paper towels to remove grease; set aside.
4. Season pork with salt and pepper. Place into Cooker and then brown in bacon fat for about 8 minutes per side.
5. Remove pork; set aside.
6. Add onions and garlic.
7. Add remaining spices to cooker.
8. Add remaining ingredients and stir to combine.
9. Return pork and bacon to cooker.
10. Close lid and lock.
11. Press **“meat/stew”**, set for 1 hour and 30 minutes, and press **“start/stop”**.
12. When done, the pressure cooker will automatically go to the **“warm”** feature and the pressure will release naturally. Turn the Pressure Release Switch to **“Release”** until all pressure is released.
13. Open and remove pork and let it rest for 10-15 minutes.
14. Shred pork and return to cooker. Toss with the sauce until thoroughly coated.



Honey BBQ Meatloaf Serves: 8-12

Meatloaf Ingredients:

1½ pounds of ground beef
1 pound pork
1½ pounds veal
2 onions, diced
2 cloves garlic, minced
1 teaspoon dried thyme
½ cup panko breadcrumbs
4 tablespoons tomato ketchup
1 cup BBQ sauce
4 egg yolks, lightly beaten
Salt and pepper to taste

Sauce Ingredients:

1 cup chicken stock
2 (14½-ounce) cans crushed tomatoes
1 cup BBQ sauce
2 tablespoons honey

Directions:

1. In a large bowl, combine all “meatloaf” ingredients and mix until combined.
2. Shape meat into a loaf and place in cooker.
3. In a small dish, combine sauce ingredients. Mix well.
4. Pour half of the sauce mixture over meatloaf in cooker; reserve remaining sauce aside.
5. Close lid and lock.
6. Press **“poultry”** and adjust for 40 minutes, and then press **“start/stop”**.
7. Once finished, the Pressure Cooker will automatically go to the **“warm”** feature and the pressure will release naturally. Turn the Pressure Release Switch to “Release” until all pressure is released.
8. Open lid and transfer meatloaf to a serving platter.
9. Brush meatloaf with remaining sauce and serve.



Pork Shoulder with Sauerkraut Serves: 12

Ingredients:

6 pounds boneless pork butt, cut into 8 even chunks	2 cups chardonnay wine
Salt and pepper to taste	32 ounces sauerkraut
8 tablespoons olive oil	4 cups low-sodium beef stock
½ pound smoked bacon, chopped or diced	6 garlic cloves, smashed
4 carrots, chopped	2 tablespoons apple sauce
2 medium white onions, chopped	4 apples, cored, chopped
6 ribs celery, chopped	4 teaspoons dried oregano
	4 teaspoons fennel seed
	2 teaspoons brown sugar

Directions:

1. Press **“sear”**, set to 20 minutes, and press **“start/stop”**.
2. Add oil to cooker, season pork with salt and pepper, and place pork in. Sear for about 6 minutes per side; set browned pork aside.
3. Add bacon and cook until crispy, stirring occasionally.
4. Add carrots, onions, and celery to Pressure Cooker.
5. Pour wine to deglaze any bits stuck to bottom.
6. Add sauerkraut and cook for 8 minutes, stirring occasionally.
7. Add all remaining Ingredients. Return pork to Pressure Cooker.
8. Close lid and lock.
9. Press **“meat/stew”**, set for 1 hour and 10 minutes, and press **“start/stop”**.
10. When done, the pressure cooker will automatically go to the **“warm”** feature and the pressure will release naturally. Turn the Pressure Release Switch to **“Release”** until all pressure is released.
11. Carefully remove lid and transfer pork and vegetables to a serving tray, reserving sauce in pressure cooker.
12. Press **“sear”** and then press **“start/stop”** to reduce sauce.
13. Pour sauce over pork and serve.

Tip: Use chicken stock in place of white wine.



Pot Roast Serves: 12-16

Ingredients:

2 (3½- to 4-pound) boneless chuck roasts	2 teaspoons dried oregano
Salt and freshly ground black pepper to taste	2 teaspoons dried sage
4 tablespoons olive oil, divided	2 cups red wine
2 onions, chopped	2 (28-ounce) cans crushed tomatoes
6 carrots, chopped	2 bay leaves
4 ribs celery, chopped	8 large red potatoes, skin on, roughly chopped
6 cloves garlic, minced	½ cup fresh basil, chopped
1 teaspoon dried rosemary	

Directions:

1. Rub 2 tablespoons olive oil onto each roast and coat with salt and pepper.
2. Press **“sear”**, set to 20 minutes, and press **“start/stop”**.
3. Add remaining oil to Pressure Cooker and brown roast on all sides for about 6 minutes total. Once meat is browned, transfer to plate and set aside.
4. Add onions, carrots, celery, and garlic; sauté for 8 minutes.
5. Add rosemary, oregano, and sage and stir for 2 minutes.
6. Add red wine and tomatoes and stir well.
7. Add bay leaves and return each roast to cooker.
8. Close lid and lock.
9. Press **“meat/stew”**, set to 1 hour and 10 minutes, and press **“start/stop”**.
10. When done, turn the Pressure Release Switch to “Release” until all pressure has been released. Carefully remove lid.
11. Transfer roast to serving platter and cover with foil to keep warm.
12. Add potatoes and close lid and lock.
13. Press **“time”**, and set for 12 minutes.
14. Press **“start/stop”**.
15. When done, the pressure cooker will automatically go to the **“warm”** feature and the pressure will release naturally. Turn the Pressure Release Switch to “Release” until all pressure is released.
16. Return roast to pressure cooker and stir until coated with sauce.
17. Season with salt and pepper and stir in basil. Serve.

Tip: Use beef stock in place of red wine.



Swiss Steak Serves: 8-12

Ingredients:

2 pounds beef top round, cut into
½-inch chunks
6 tablespoons olive oil, divided
Salt and freshly ground black pepper
to taste.
1½ cups beef broth, divided
6 ribs celery, julienned
6 medium carrots, julienned

2 medium onions, julienned
2 cloves garlic, minced
2 teaspoons prepared horseradish
2 (8-ounce) cans tomato sauce
2 bay leaves
½ cup flour
½ cup chopped fresh parsley

Directions:

1. Coat beef with 2 tablespoons olive oil and season with salt and pepper.
2. Press **“sear”**, set to 15 minutes, and press **“start/stop”**.
3. Add remaining oil, add beef, and brown on all sides.
4. Pour 1 cup broth and add celery, carrots, onions, garlic, horseradish, tomato sauce, and bay leaves.
5. Close lid and lock.
6. Press **“meat/stew”**, set to 50 minutes, and press **“start/stop”**.
7. When done, the pressure cooker will automatically go to the **“warm”** feature and the pressure will release naturally. Turn the Pressure Release Switch to **“Release”** until all pressure is released.
8. Carefully open lid and transfer meat to a covered dish and set aside.
9. Press **“sear”**, set to 20 minutes, and press **“start/stop”** to simmer sauce.
10. In a small dish, combine remaining oil and flour to make slurry.
11. Add slurry to simmering sauce and stir until thickened.
12. Return meat to cooker and heat for 4 minutes, spooning gravy over meat.
13. Serve meat over egg noodles or rice and garnish with fresh parsley.



Braised Lamb Shanks Serves: 8-12

Ingredients:

12 lamb shanks	6 tablespoons tomato paste
Salt and freshly ground black pepper to taste	4 cups red wine
1 cup flour	3 cups beef stock
8 tablespoons olive oil	4 bay leaves
2 yellow onions, chopped	2 teaspoons dried thyme
2 ribs celery, diced small	1 teaspoon dried oregano
2 medium carrots, diced small	2 oranges, juiced and zested
4 cloves garlic, smashed	2 lemons, juiced and zested
	fresh parsley, chopped

Directions:

1. Place flour in a shallow, wide dish.
2. Season lamb with salt and pepper and dredge in flour to coat well.
3. Press **“sear”**, set to 20 minutes, and press **“start/stop”**.
4. Add olive oil to cooker. Working in batches, sear lamb on all sides until dark brown; set aside in covered dish.
5. Add carrots, celery, onions, garlic, and tomato paste and sauté.
6. Add red wine to Pressure Cooker and deglaze any bits off the bottom.
7. Add stock, juices, zests, bay leaves, spices, and lamb.
8. Close lid and lock.
9. Press **“meat/stew”**, set to 1 hour and 10 minutes, and press **“start/stop”**.
10. When done, the pressure cooker will automatically go to the **“warm”** feature and the pressure will release naturally. Turn the Pressure Release Switch to **“Release”** until all pressure is released.
11. Carefully open lid, season lamb, remove the meat and set aside.
12. Press **“sear”**, set to 10 minutes, and press **“start/stop”** to thicken sauce.
13. Once sauce has thickened, pour over lamb and garnish with parsley.

Tip: Use beef stock in place of red wine.



Sailor's Mussels Serves: 12-16

Ingredients:

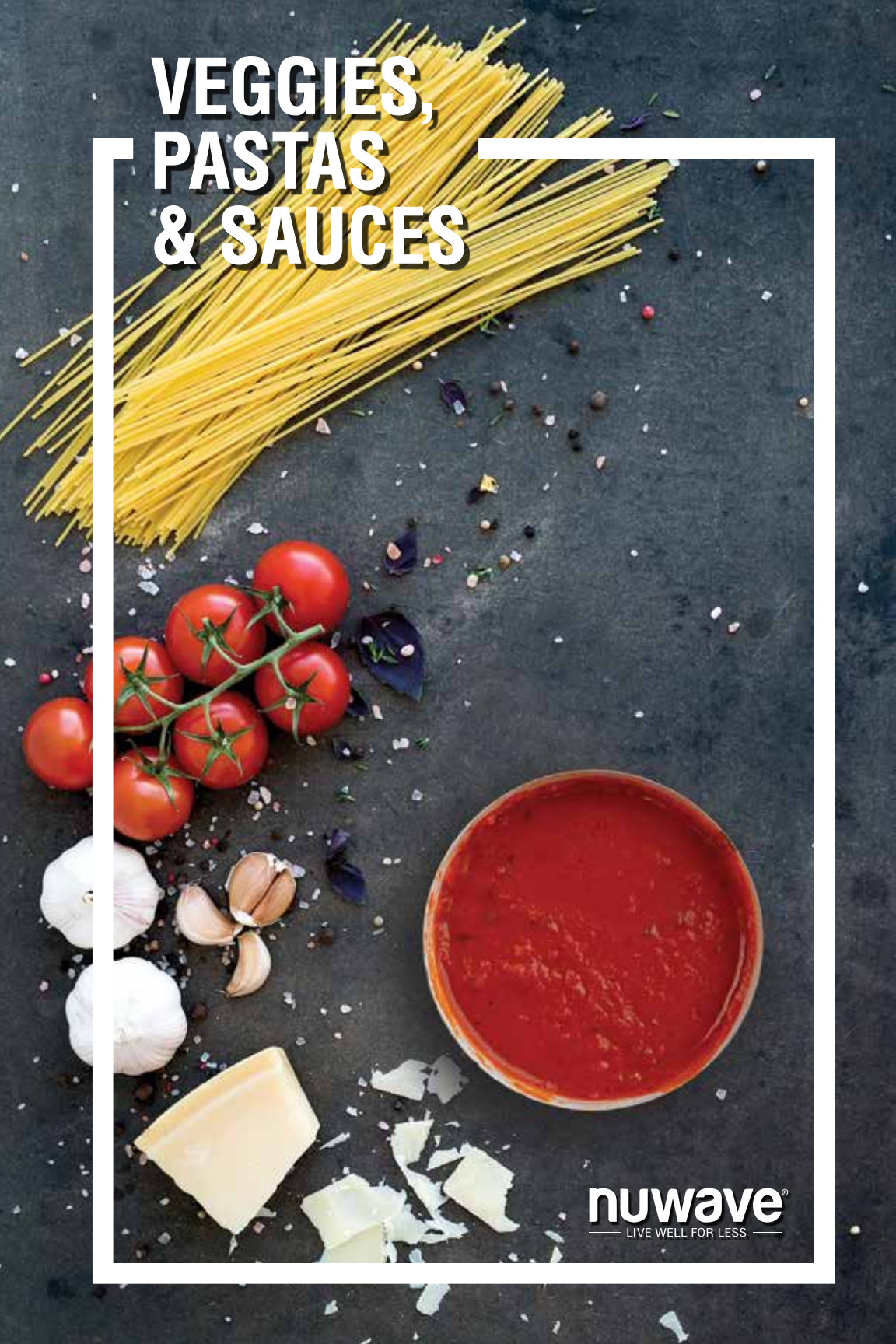
8 pounds mussels	2 bay leaves
6 tablespoons butter, divided	3 cups white wine
2 large shallots, finely chopped	½ cup parsley, minced
4 cloves garlic, minced	1 cup heavy whipping cream
4 sprigs fresh thyme	Pinch ground black pepper

Directions:

1. Scrub mussels and run under running water to clean. Remove beard protruding from shell and throw away any mussels that are cracked or already opened.
2. Press **“sear”**, set to 18 minutes, and press **“start/stop”**.
3. Melt butter in pressure cooker and add shallots, garlic, thyme, and bay leaves and cook 4-6 minutes.
4. Add white wine and mussels.
5. Close lid and lock.
6. Press **“fish”** and adjust for 4 minutes, and press **“start/stop”**.
7. When done, the pressure cooker will automatically go to the **“warm”** feature and the pressure will release naturally. Turn the Pressure Release Switch to **“Release”** until all pressure is released.
8. Transfer mussels to serving dish, reserving liquid in Pressure Cooker. Discard any mussels that did not open.
9. Press **“sear”**, set to 14 minutes, and press **“start/stop”**.
10. Bring liquid up to a simmer. Stir in parsley and heavy cream and season with black pepper.
11. Pour sauce over mussels and serve immediately.

Tip: Use chicken stock in place of white wine.

VEGGIES, PASTAS & SAUCES



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Blistered Cherry Tomato Stuffed Peppers Serves: 10

Ingredients:

2 tablespoons olive oil	4 teaspoons parsley
1 onion, diced	2 teaspoons marjoram
2 cups cherry tomatoes, halved	2 teaspoons fresh basil
2 (14-ounce) cans diced tomatoes	2 teaspoons salt
2 (14-ounce) cans tomato puree	2 teaspoons black pepper
2 cloves garlic	10 large green peppers, tops removed, seeded
2 pounds ground chicken	1 cup provolone cheese
3 cups cooked rice	

Directions:

1. Press **“sear”**, set to 16 minutes, and press **“start/stop”**.
2. Add oil, onions, tomatoes, diced tomatoes, garlic cloves, and tomato puree. Cook until tomatoes have blistered.
3. In a separate bowl, add ground chicken, cooked rice, parsley, marjoram, basil, salt, and pepper. Mix until combined.
4. Spoon chicken mixture into each pepper.
5. Place Rack on bottom of cooker and place peppers on the Rack.*
6. Close lid and lock.
7. Press **“poultry”**, set to 20 minutes, and press **“start/stop”**.
8. When done, the pressure cooker will automatically go to the **“warm”** feature and the pressure will release naturally. Turn the Pressure Release Switch to **“Release”** until all pressure is released.
9. Carefully remove lid and add shredded provolone onto each pepper.
10. Place Tempered Glass Lid on pressure cooker and let peppers sit for 2 minutes until cheese melts.
11. Transfer peppers to serving platter, remove Rack, and top peppers with sauce.

***Note:** Tomato sauce can touch Rack.



Stuffed Squash Serves: 8

Ingredients:

4 cups water	½ teaspoon ground cloves
4 small acorn squashes, cut in half, seeded	4 tablespoons brown sugar
Kosher salt and freshly ground black pepper to taste	4 green apples, peeled, chopped
2 teaspoons ground cinnamon	1 cup dried cranberries
½ teaspoon ground nutmeg	½ cup maple syrup
	4 tablespoons butter, divided into 4 cubes

Directions:

1. Pour water into cooker and place Rack on the bottom.
2. Place squash on Rack, cut-side up, and season with salt, and pepper.
3. In a medium bowl, combine seasonings and sugar. Mix well.
4. Toss apples and cranberries in seasonings until coated.
5. Divide fruit mixture evenly into each squash.
6. Top each squash with 1 butter cube and drizzle maple syrup over each squash.
7. Close lid and lock.
8. Press **“steam/veggies”** and adjust for 6 minutes, and press **“start/stop”**.
9. When done, the pressure cooker will automatically go to the **“warm”** feature and the pressure will release naturally. Turn the Pressure Release Switch to **“Release”** until all pressure is released.
10. Remove squash with tongs and serve warm.



Classic Chili Serves: 12-16

Ingredients:

- | | |
|--|--|
| 2 tablespoons chili powder | 2 medium white onions, diced small |
| 2 teaspoons dried oregano | 6 cloves garlic, minced |
| 1 teaspoon ground, dried cumin | 5-6 chipotle peppers in adobo sauce, chopped |
| 1 teaspoon smoked paprika | 2 (28-ounce) cans chopped tomatoes |
| 6 tablespoons olive oil | 2 cups low-sodium beef stock |
| 8 pounds boneless chuck or round roast, cut into cubes | ½ cup chopped fresh cilantro, chopped |
| Salt and freshly ground pepper to taste | |

Directions:

1. In a shallow dish, combine all seasonings.
2. Rub cubed beef with olive oil, coat with seasonings, and toss to coat well.
3. Press **“sear”**, set to 20 minutes, and press **“start/stop”**.
4. Add remaining oil. Working in batches, place beef in and sear on all sides. Transfer to covered dish.
5. Add onions, garlic, chipotle peppers, tomatoes, and beef stock. Return all browned meat to cooker.
6. Close lid and lock.
7. Press **“meat/stew”**, press **“texture”** twice for 1 hour and 30 minutes, then press **“start/stop”**.
8. When done, the pressure cooker will automatically go to the **“warm”** feature and the pressure will release naturally. Turn the Pressure Release Switch to **“Release”** until all pressure is released.
9. Carefully open lid and season chili with salt and pepper to taste.
10. Garnish with cilantro and serve.



Risotto with Italian Sausage & Parmesan Serves: 8-12

Ingredients:

2 tablespoons olive oil	1 cup white wine
2 pounds sweet Italian sausage, sliced	7 cups low-sodium chicken stock
1 cup shallots, chopped	2 teaspoons salt
4 cloves garlic, minced	Freshly ground black pepper to taste
1 cup sliced sundried tomatoes	1 cup grated Parmesan cheese
3 cups Arborio rice	½ chopped fresh basil, chopped

Directions:

1. Press **“sear”**, and press **“start/stop”**.
2. Add olive oil and sausage. Brown sausage on all sides.
3. Add shallots and garlic. Continue to cook for 4-6 minutes.
4. Stir in rice, tomatoes, chicken stock, and wine.
5. Season with salt and pepper.
6. Close lid and lock.
7. Press **“rice”**, press **“texture”** twice for 7 minutes, and press **“start/stop”**.
8. When done, the pressure cooker will automatically go to the **“warm”** feature and the pressure will release naturally. Turn the Pressure Release Switch to **“Release”** until all pressure is released.
9. Stir in cheese, top with basil, and serve.

Tip: Use chicken stock in place of white wine.



Jambalaya Serves: 8-12

Ingredients:

- | | |
|--|---|
| 4 tablespoons olive oil | 2 bay leaves |
| 4 boneless, skinless chicken breasts, cut into ½-inch pieces | 3 cups long-grain rice |
| 2 pounds andouille sausage, cut into medium chunks | 4 cups low-sodium chicken stock |
| 2 white onions, finely chopped | 2 (14-ounce) cans chopped tomatoes |
| 6 ribs celery, finely chopped | 2 tablespoons tomato paste |
| 2 green peppers, finely chopped | 16 ounces smoked ham, medium dice |
| 1 teaspoon dried thyme | 4 teaspoons Worcestershire sauce |
| 1 teaspoon dried oregano | 2 teaspoons kosher salt |
| 1 teaspoon dried cayenne pepper | 24 raw shrimp (16/20), peeled, deveined |
| 2 teaspoons dried smoked paprika | 10 scallions, sliced |
| 8 cloves garlic, minced | |

Directions:

1. Press **“sear”**, set to 25 minutes, and press **“start/stop”**. Add olive oil.
2. Working in batches, add brown sausage, and chicken and brown. Set meats aside once browned.
3. Add onion, celery, green pepper, and garlic and cook for 6-8 minutes.
4. Stir in spices, add rice, and cook for 2 minutes, stirring constantly.
5. Add chicken stock, tomato paste, tomatoes, ham, Worcestershire sauce, salt, and browned meat.
6. Close lid and lock.
7. Press **“time”**, set to 8 minutes, and press **“start/stop”**.
8. When done, the pressure cooker will automatically go to the **“warm”** feature and the pressure will release naturally. Turn the Pressure Release Switch to **“Release”** until all pressure is released.
9. Open. Add shrimp and close lid.
10. Let jambalaya sit for 8-10 minutes until shrimp is cooked through.
11. When done, open, garnish with scallions, and serve.



Garlic Cheddar Mashed Potatoes Serves: 12-16

Ingredients:

12 russet potatoes, washed, peeled,
and diced into 1-inch cubes
8 whole cloves garlic, peeled water
1 cup half and half

6 tablespoons butter, melted
2 cups cheddar cheese, shredded
Kosher salt and fresh black pepper to taste
10 scallions, sliced (optional)

Directions:

1. Place potatoes and garlic in cooker. Add just enough water to cover potatoes.
2. Close lid and lock.
3. Press **“potatoes”**, set to 10 minutes, and press **“start/stop”**.
4. Once finished, press **“start/stop”** and wait 15-20 minutes for pressure to naturally release.
5. Carefully remove lid and remove pot from cooker; Drain the liquid.
6. Return pot and mash potatoes to cooker.
7. Add butter and half and half and continue to mash until creamy.
8. Fold in cheddar cheese and season with salt and pepper to taste.
9. Once potatoes are warmed through, press **“start/stop”** and transfer to a serving dish.
10. Garnish with scallions and serve.



Marinara Sauce Serves: 12

Ingredients:

6 tablespoons olive oil	2 teaspoons salt
8 cloves garlic, finely chopped	Freshly ground black pepper to taste
½ teaspoon crushed red pepper flakes	1 teaspoon sugar
4 (28-ounce) cans crushed herb tomatoes	½ cup chopped fresh basil, chopped

Directions:

1. Press **“sear”**, set for 10 minutes, and press **“start/stop”**.
2. Add olive oil, garlic, and red pepper flakes and cook until fragrant.
3. Add tomatoes, salt, pepper, and sugar.
4. Close lid and lock.
5. Press **“time”** and set to 8 minutes, and press **“start/stop”**.
6. When done, the pressure cooker will automatically go to the **“warm”** feature and the pressure will release naturally. Turn the Pressure Release Switch to **“Release”** until all pressure is released.
7. Carefully remove lid and stir in basil, season with salt and pepper to taste, and serve.



Rice and Beans Serves: 16-20

Ingredients:

2 cups dried pinto beans

Water

2 tablespoons vegetable oil

2 red onions, finely chopped

2 green peppers, finely chopped

2 jalapeños, finely chopped

6 cloves garlic, minced

4 cups long-grain rice

2 teaspoons ground cumin

2 teaspoons chili power

2 (14-ounce) cans diced tomatoes

4 cups chicken stock

2 teaspoons salt

Black pepper to taste

½ cup fresh cilantro, chopped

6 scallions, chopped

Directions:

1. Pour pinto beans into cooker and cover with 1 inch of water.
2. Close lid and lock.
3. Press “time”, set for 5 minutes, and press “**start/stop**”.
4. When done, press “**start/stop**”, and wait 15-20 minutes for pressure to naturally release.
5. Carefully drain beans; set aside.
6. Press “**sear**”, and press “**start/stop**”.
7. Add oil, onions, peppers, jalapeño, and garlic and cook for 6-8 minutes.
8. Add rice and seasonings; Stir to combine.
9. Stir in tomatoes and chicken stock.
10. Return beans to cooker and mix well.
11. Season with salt and pepper to taste.
12. Close lid and lock.
13. Press “**time**”, set for 8 minutes, and press “**start/stop**”.
14. When done, the pressure cooker will automatically go to the “**warm**” feature and the pressure will release naturally. Turn the Pressure Release Switch to “Release” until all pressure is released. Carefully remove lid.
15. Stir in cilantro and garnish with scallions before serving.



Tortellini Serves: 8-12

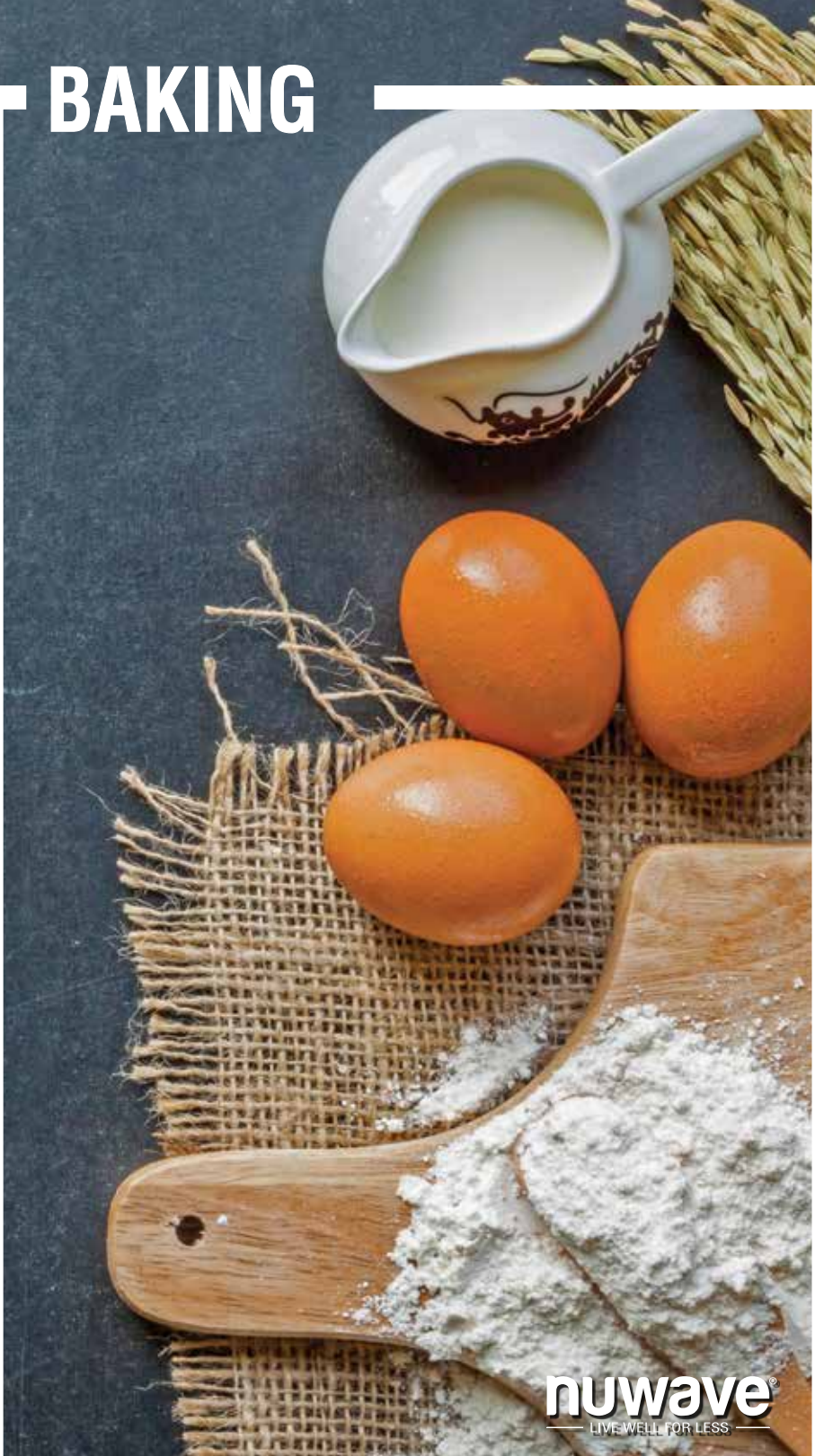
Ingredients:

- | | |
|--|---|
| 2 tablespoons olive oil | 2 (28-ounce) cans diced tomatoes with juice |
| 2 onions, diced small | 2 tablespoons tomato paste |
| 2 cloves garlic, minced | 2 bay leaves |
| 2 red peppers, diced small | 4 medium carrots, thinly sliced |
| 2 (8-ounce) packages cremini mushrooms | 4 medium zucchini, thinly sliced |
| 2 teaspoons dried oregano | 2 pounds ground hot Italian sausage |
| 2 teaspoons dried basil | 1½ pounds frozen cheese tortellini |
| 2 teaspoons salt | ½ cup fresh parsley, chopped |
| 4 cups low-sodium chicken stock | |

Directions:

1. Press **“sear”**, set for 10 minutes, then press **“start/stop”**.
2. Add olive oil, onions, garlic, red pepper, mushrooms, oregano, and basil, and sauté.
3. Add stock, tomatoes, tomato paste, salt, and bay leaves.
4. Stir in carrots, zucchini, sausage, and tortellini.
5. Close lid and lock.
6. Press **“time”**, set to 5 minutes, and press **“start/stop”**.
7. When done, the pressure cooker will automatically go to the **“warm”** feature and the pressure will release naturally. Turn the Pressure Release Switch to **“Release”** until all pressure is released.
8. Carefully open lid, stir tortellini, and top with fresh parsley.

BAKING



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Box Cake Mix Serves: 8

Ingredients:

- 4 cups water
- 2 boxes cake mix

Directions:

1. Prepare cake batter according to package directions.
2. Butter bottom and sides of 9-inch baking pan that will fit inside pressure cooker.
3. Pour half of prepared batter into baking pan and wrap with foil, ensuring the foil is airtight.
4. Place Rack on the bottom of cooker and pour in water.
5. Carefully place baking pan on rack.
6. Close lid and lock.
7. Press “**bake**” and adjust for 25 minutes, and press “**start/stop**”.
8. When done, the pressure cooker will shut off. Wait 15-20 minutes for pressure to naturally release. Turn the Pressure Release Switch to “Release” until all pressure is released.
9. Carefully open lid and lift cake pan out of cooker using foil sling. Transfer to a cooling rack.



Orange Cheesecake Yields 1 (9-inch) cheesecake

Ingredients:

- 1½ cups graham cracker crumbs
- 2½ tablespoons melted butter
- 1½ tablespoons orange zest

Filling Ingredients:

- 4 (8-ounce) packages cream cheese
- 1½ cups granulated sugar
- 4 tablespoons all-purpose flour
- 2 tablespoons confectioners' sugar
- Juice from 1 orange
- 4 eggs
- 2 teaspoons vanilla extract

Directions:

1. Cut parchment paper to fit a 9-inch springform pan or pie plate.
2. Butter bottom and sides of pan and parchment paper; set aside.
3. In a medium bowl, mix melted butter, graham cracker crumbs, and orange zest.
4. Press crumb mixture into prepared pan. Cover and refrigerate until ready to use.
5. In a large bowl, blend cream cheese with electric mixer until smooth.
6. Gradually add sugar, flour, and confectioner's sugar. Mix until combined.
7. Add eggs one at a time and mix until smooth.
8. Add vanilla and orange juice. Mix until smooth.
9. Pour mixture into prepared crust.
10. Add Rack to bottom of cooker. Add enough water to cover the bottom by 1 inch. Carefully lower cheesecake onto Rack.
11. Close lid and lock.
12. Press **"bake"** and adjust for 22 minutes, and press **"start/stop"**.
13. When done, the pressure cooker will shut off. Wait 15-20 minutes for pressure to naturally release. Afterward, turn the Pressure Release Switch to **"Release"** to ensure all pressure is released.
14. Let cheesecake sit in the pressure cooker for 1 hour.
15. Carefully open lid and lift cheesecake out. Transfer to cooling a rack.
16. Once cheesecake comes to room temperature, cover and refrigerate for at least 4 hours, or overnight.



Brownies Serves 8-10

Ingredients:

$\frac{3}{4}$ cup all-purpose flour	2½ eggs
$\frac{3}{8}$ cup unsweetened cocoa powder	8½ tablespoons butter, melted
$\frac{3}{4}$ cup granulated sugar	1 teaspoon vanilla extract
1½ teaspoon confectioners' sugar	1 cup chopped walnuts
1 teaspoon baking powder	2½ cups water
$\frac{1}{3}$ teaspoon salt	

Directions:

1. Butter bottom and sides of 9-inch baking pan that will fit inside pressure cooker; set aside.
2. In a large bowl, mix together flour, cocoa powder, granulated sugar, confectioners' sugar, baking powder, and salt; set aside.
3. In a small dish, combine eggs, vanilla, and melted butter.
4. Gradually add wet ingredients to dry ingredients and mix just until combined. Mixture will be slightly lumpy.
5. Fold nuts into batter.
6. Pour batter into prepared baking pan and wrap with foil, ensuring the foil is airtight.
7. Place Rack in pressure cooker and pour in water.
8. Carefully place baking pan on Rack.
9. Close lid and lock.
10. Press **“bake”**, set to 40 minutes, and press **“start/stop”**.
11. When done, the pressure cooker will shut off. Wait 15-20 minutes for pressure to naturally release. Turn the Pressure Release Switch to **“Release”** until all pressure is released.
12. Carefully open lid and lift cake pan out of cooker using foil sling. Transfer to a cooling rack.

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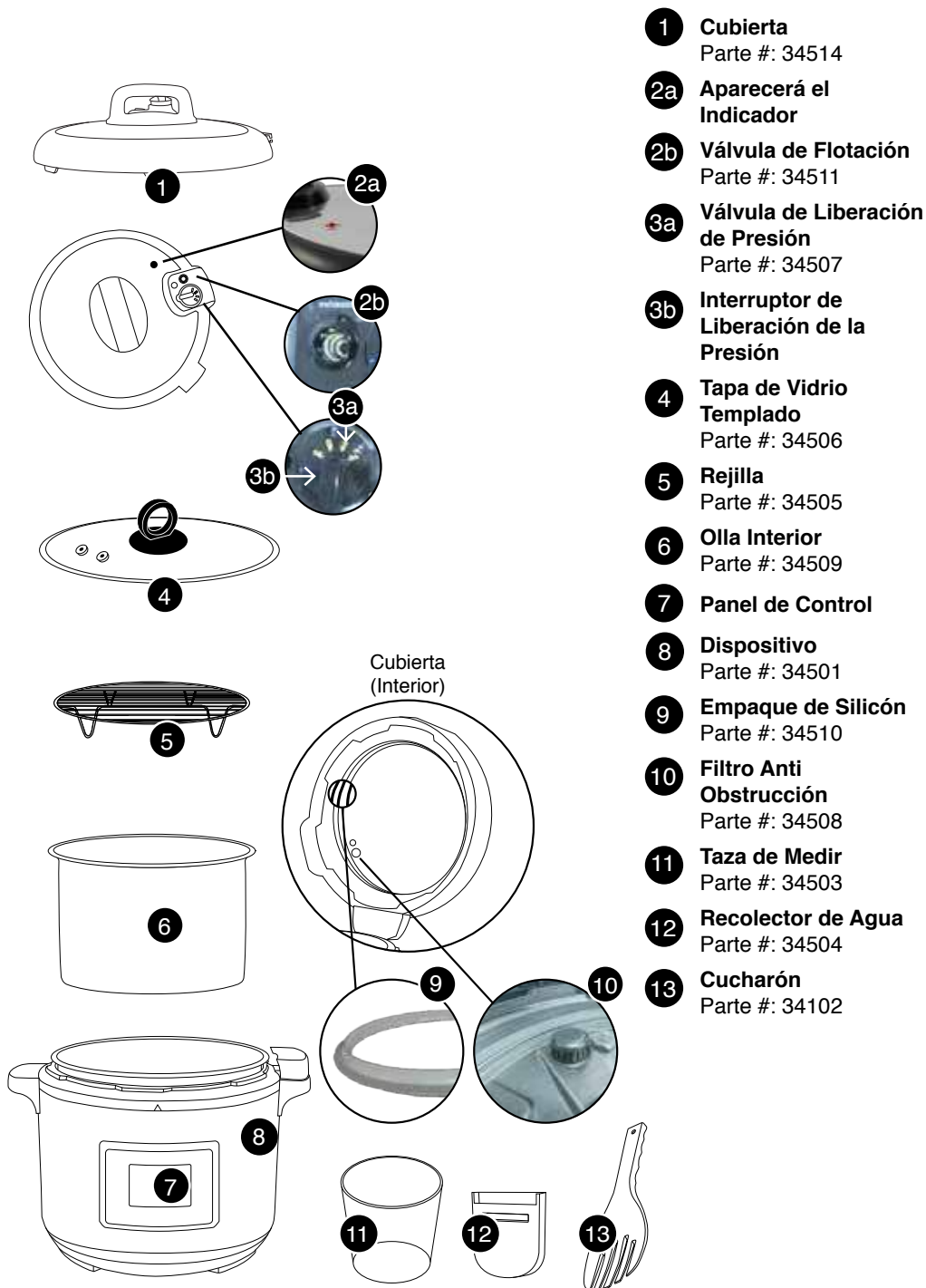
NuWave Nutri-Pot[®] 13Q

Olla de Presión Digital



Manual del Usuario

DESCRIPCIÓN DE LAS PARTES



IMPORTANTES MEDIDAS DE SEGURIDAD

LEA TODAS LAS INSTRUCCIONES

Cuando utilice aparatos eléctricos, siempre se deben seguir las precauciones básicas de seguridad, incluyendo las siguientes:

1. **NO TOQUE SUPERFICIES CALIENTES.**
2. Para protegerse contra descargas eléctricas, no sumerja el cable, los enchufes o la unidad en agua u otro líquido.
3. Mantenga supervisión cuidadosa cuando se utiliza el aparato cerca de niños.
4. Desenchufe el aparato de la toma de corriente cuando no esté en uso y deje que la unidad se enfríe antes de limpiarla.
5. No opere si el aparato funciona mal o está dañado de alguna manera.
Comuníquese con el Servicio al Cliente por teléfono al 1-877-689-2838 o por correo electrónico a help@nuwavenow.com.
6. No utilice accesorios que no estén destinados a utilizarse con este aparato.
7. **ESTE APARATO NO ESTÁ DESTINADO PARA USO AL AIRE LIBRE.**
8. No deje que el cable cuelgue sobre el borde de la mesa o mostrador, ni toque superficies calientes.
9. No coloque sobre o cerca de un quemador de gas o eléctrico o en un horno caliente.
10. Tenga cuidado al mover una olla a presión que contenga aceite o líquido caliente.
11. Asegúrese de que los dispositivos de liberación de presión estén libres de obstrucción antes de usarlos.
12. **NO CUBRA LA VÁLVULA DE LIBERACIÓN DE PRESIÓN.**
13. **NO UTILICE LA OLLA ELÉCTRICA A PRESIÓN PARA OTRAS QUE USO PREVISTO.**

SALVAGUARDIAS ADICIONALES

1. Si cocina carne con piel, como salchichas, se podría hinchar al cocinarse a presión. Pinchar la piel después de cocinar podría despedir líquidos calientes.
2. No incline la Olla Eléctrica a Presión NuWave Nutri-Pot en ningún momento mientras esté cocinando.
3. El Empaque de Silicón crea un sello a presión entre la tapa y la olla. Mantenga el empaque completamente limpio y libre de cualquier grieta o deterioro.
4. Llene la olla a presión con líquido antes de usarla. Nunca cocine sin líquido.
5. Asegúrese de que todas las partes del regulador de presión y la tubería de ventilación estén limpias y bien ensambladas.
6. No modifique los mecanismos de seguridad ni intente reparar la Olla a Presión pues podría invalidar la garantía. Obedezca las Instrucciones de Mantenimiento específicas para el uso.
7. No coloque el aparato cerca de materiales inflamables ni unidades de calor o en ambientes húmedos.
8. No llene excesivamente la olla a presión.
9. Limpie la tapa de bloqueo de alimentos y la válvula de liberación de presión con regularidad para evitar obstrucciones.
10. No intente abrir la tapa cuando se eleva la válvula flotante.
11. No cubra la válvula de liberación de presión.
12. El fondo de la olla interna y la placa de calentamiento deben mantenerse limpios. No ponga la Olla Interior en otras fuentes de calor. No reemplace el Olla Interior con otros recipientes.
13. Utilice utensilios de madera o plástico para evitar que se dañe el revestimiento antiadherente de la Olla Interior.
14. No mueva la olla a presión mientras esté en uso. Sólo después de que la olla a presión se enfríe por completo. Mueva la olla a presión utilizando las empuñaduras Base y no el mango de la tapa.
15. Asegúrese de que la presión se libera completamente antes de intentar abrir la tapa.
16. Es normal que algún humo escape del aparato durante los primeros usos. Si la olla a presión sigue emitiendo humo, póngase en contacto con el servicio de atención al cliente.

CARACTERÍSTICAS DEL PRODUCTO

Beneficios

La Olla de Presión Digital NuWave Nutri-Pot sella el vapor durante el uso, creando presión y elevando la temperatura interna por encima del punto de ebullición del agua. El resultado es un proceso de cocción acelerado y comidas saludables.

Fácil de limpiar

La Olla Interior es antiadherente, por lo que es fácil de limpiar. La tapa del acero inoxidable es durable y desmontable para la limpieza fácil.

Diseño innovador

La Olla de Presión NuWave Nutri-Pot Digital presenta un diseño fácil de usar que libera cualquier exceso de vapor de la unidad, garantizando.

Cocción Rápida

La cocción a presión prepara los alimentos más rápido que los métodos tradicionales de cocción.

Comidas sabrosas

La cocción a presión permite que los alimentos retengan todo su sabor cocinando rápido y eficientemente. Con el sabor natural intacto, menos condimento es necesario, lo que le permite elaborar sus comidas a su gusto.

Resultados más saludables

Más vitaminas y minerales se conservan en los alimentos preparados con la NuWave Nutri-Pot Olla de Presión Digital en comparación con la cocción de cocina superior convencional. Además, la cocción a presión utiliza agua en lugar de aceites no saludables o grasa.

Multifuncional

La Olla de Presión NuWave Nutri-Pot Digital puede utilizarse para cocinar al vapor, cocinar a fuego lento y cocinar alimentos frescos o incluso congelados. Usted puede incluso utilizarlo para enlatar y hornear. Preparar todo, desde sopas delicadas y postres hasta platos de carne.

DIVERSOS RECURSOS DE SEGURIDAD

Tapa Segura

Si la tapa no se ajusta a la base, no se creará la presión. Si todavía hay presión dentro de la olla, la tapa no podrá abrirse.

Control de Presión

Durante el funcionamiento, si la presión excede la automática, la Olla se apagará automáticamente para prevenir cualquier fuga.

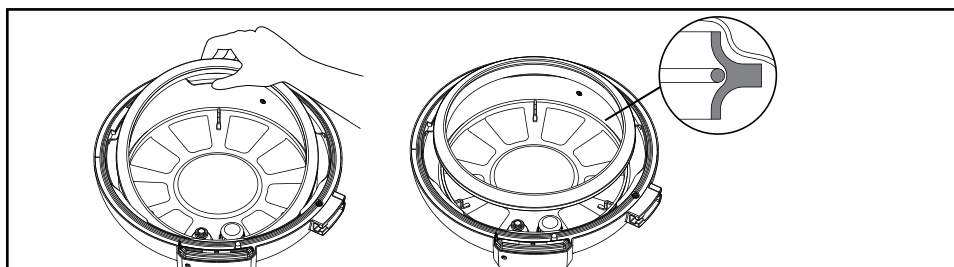
CUIDADO Y MANTENIMIENTO

- Desconecte la Olla a Presión antes de limpiarla.
- Limpie la base y su parte interior, si fuera necesario, con un trapo limpio. No sumerja la base en agua ni la rocíe con agua tampoco.



- Retire y limpie el recolector de agua con una toalla húmeda e insértelo de nuevo en el cuerpo de la Olla a Presión.
- La tapa puede ser separada de la base de la Olla a Presión. Vea la imagen de la página 76 en el paso 1 para instrucciones de la separación.
- Utilice una esponja o un cepillo no-metálico suave para limpiar la olla interior, luego limpie la superficie con un trapo limpio.

INSTALACIÓN DEL EMPAQUE DE SILICÓN



ASEGÚRESE DE QUE LA JUNTA DE SILICONA NO TIENE grietas O ESTÁ DAÑADA DE NINGÚN MODO.

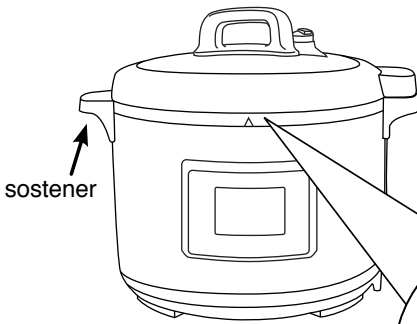
Extracción de la junta de silicona

- Abra la tapa.
- Con una mano sosteniendo la tapa interna hacia abajo, tire suavemente de la junta de silicona hacia arriba.

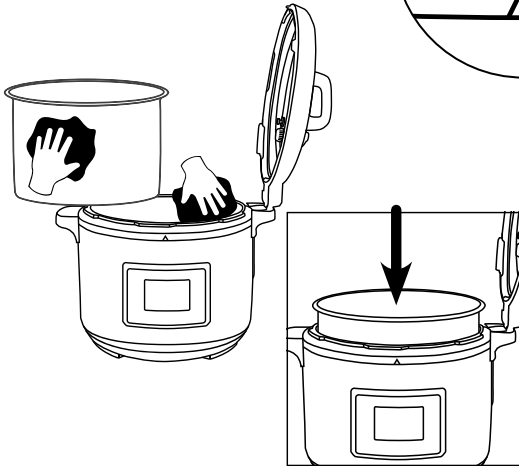
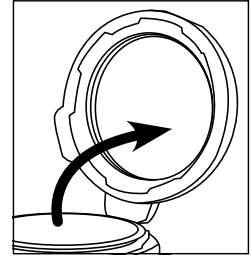
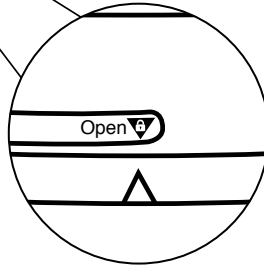
Extracción de la junta de silicona

- Alinee la junta de silicona en la parte superior del anillo de metal.
- Empuje suavemente la junta de silicona hacia abajo, asegurándose de que el anillo de metal está dentro la ranura de la junta de silicona.

INSTRUCCIONES DE OPERACIÓN



- 1 Abra la tapa:**
Sujete el mango del lado izquierdo. Gire la tapa hacia la izquierda para abrir la posición y levantar.



- 2 Limpie el exterior de la Olla Interior y el interior de la Base. Coloque La Olla Interior en la base.**

Arroz, Frijoles y Granos



Sopas, Salsas y Caldos



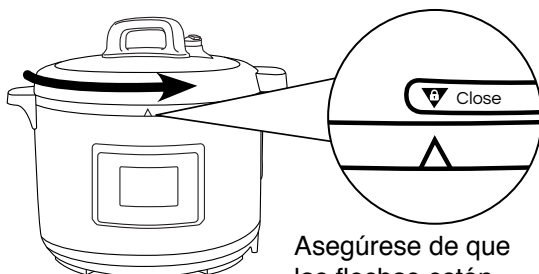
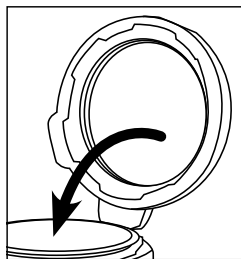
- 3 Coloque los ingredientes y el agua en la olla interior. (Vea abajo).**
Para arroz, frijoles y granos, no llene más de la mitad.
Para sopas, salsas y caldos no llene más de $\frac{3}{4}$ lleno.

El exceso de llenado puede provocar el taponamiento de las tuberías de ventilación y el desarrollo de una presión excesiva. Esto también podría causar derrames y dañar la unidad. La cantidad total de comida y agua NUNCA debe exceder la marca de nivel máximo de la olla interior. Consulte las líneas de llenado máximo en el recipiente interior.

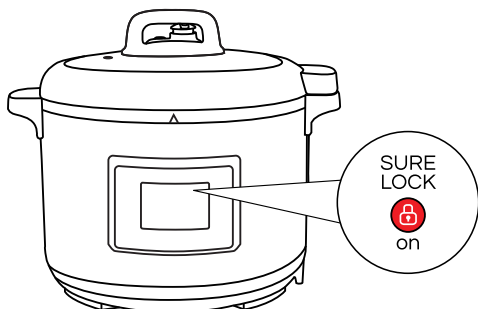
INSTRUCCIONES DE OPERACIÓN (Continuación)

4 Cierrando la tapa:

- Compruebe que la junta de silicona esté segura antes de cerrar.
- Sujete la tapa por el mango, baje la tapa y gírela en sentido horario para cerrar. Cuando la tapa ha sido cerrada correctamente, escuchará un sonido de “clic”.

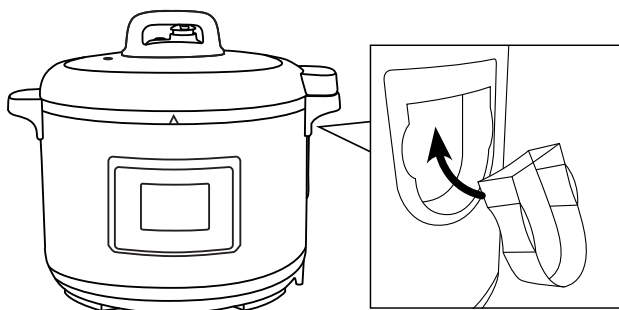


Asegúrese de que las flechas estén correctamente alineadas.



5 Sure Lock™:

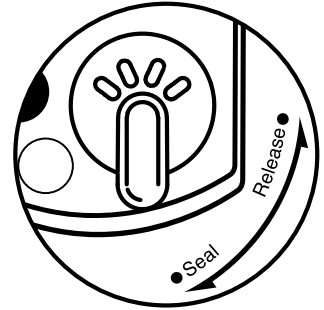
Una vez que la tapa este cerrada correctamente en su lugar, la pantalla LED mostrará que la función de seguridad Sure Lock™ esta activada.



Deslice el colector de agua en su lugar.

INSTRUCCIONES DE OPERACIÓN (Continuación)

- Una vez que la tapa está bloqueada en su lugar, gire el interruptor de liberación de presión a la posición cerrada.
- Enchufe la Olla de Presión NuWave Nutri-Pot Digital a una fuente eléctrica. La pantalla LCD mostrará “-: -” y la unidad pasará al modo de espera.



Liberar la presión






Gire suavemente el Interruptor de Liberación de Presión a la posición abierta para liberar la presión. **No cubra la abertura donde se libera el vapor. Siempre tenga cuidado al soltar vapor.**

PANEL DE CONTROL

Interfaz de pantalla principal



PRESETS

Tiempo Predeterminado		Texture (Horas: Minutos)			Time (Horas: Minutos)	
Funciones & Preajustes	Hrs:Min	Less	Normal	More	Min.*	Max
Arroz	00:10	00:07	00:10	00:13	00:01	02:00
Mul	00:30	00:27	00:30	00:32	00:01	02:00
Sopa	00:20	00:15	00:20	00:25	00:01	02:00
Carne/Estofado	02:00	01:30	02:00	02:30	00:01	03:00
Aves	00:40	00:35	00:40	00:45	00:01	02:00
Frijoles	00:20	00:15	00:20	00:25	00:01	02:00
Pescado	00:10	00:08	00:10	00:12	00:01	02:00
Al Vapor/Verd	00:10	00:08	00:10	00:12	00:01	02:00
Papas	00:10	00:08	00:10	00:12	00:01	02:00
Hornear	00:40	00:30	00:40	00:50	00:01	02:00
Conservas*	00:20		00:20		00:01	02:00
Demora 					00:05	24:00
Mantener Caliente* 	04:00				01:00	24:00
Sellar* 	00:10				00:01	00:30
Cocción Lenta* 	04:00				02:00	09:00
Hora 	00:01				00:01	01:40
					*Tiempo Mínimo	
*Solo operable en un modo de textura.						

- 1 Seleccione el preset deseado.
- 2 Ajuste la textura si es necesario. La textura predeterminada es normal. Para obtener instrucciones sobre cómo cambiar la textura, consulte la página 62.
- 3 Cierre la tapa.
- 4 Comience pulsando el botón “start/stop”.

Para todos los Presets:

- Presionando los botones “-” o “+” se cambiará al modo “manual”.
- Pulse “start/stop” dos veces para borrar.
- La olla a presión desaparecerá en 30 segundos si no se presiona el botón “start/stop”.

PRESETS (Continuación)

horas/minutes

Presione el botón “hours/minutes” para ajustar la hora cuando se utiliza la función “time” o para aumentar o disminuir la duración de cocción cuando se cocina en modo “manual”. Los dígitos parpadeantes reflejan si se seleccionan horas o minutos. Al presionar los botones “+” y “-” se aumenta o disminuye el tiempo de cocción.



Pre calentamiento: Mientras la unidad alcance la temperatura adecuada para la función seleccionada, la pantalla mostrará “PH” indicando que se está pre calentando. Una vez que la unidad alcanza la presión apropiada, cambiará del pre calentamiento al tiempo de cocción pre establecido seleccionado. Una vez que la presión se ha construido dentro de la olla a presión, la pantalla “PH” cambiará a “P”, seguido por la cantidad de tiempo que permanecerá bajo presión.

Presión: La función seleccionada determinará la cantidad de tiempo de presión. En este ejemplo, la pantalla mostrará “P0: 10” (tiempo de presión). Los puntos o “:” parpadearán para indicar que la olla a presión está bajo presión y el temporizador está contando hacia abajo.

Función Automática de Mantener Caliente: Al finalizar la cocción, la olla a presión cambia automáticamente a la función de calentamiento. El tiempo de calentamiento predeterminado cambia dependiendo del preset utilizado.

FUNCIONES

Función Automática de Mantener Caliente

Preajustes	Indefinidamente*	Apagado Automático	Tiempo (Horas: Minutos)
Arroz	✔	▨	ilimitado
Multigrano	✔	▨	ilimitado
Sopa	▨	▨	04:00
Carne/Estofado	▨	▨	02:00
Aves	▨	▨	01:00
Frijoles	▨	▨	04:00
Pescado	▨	✔	00:30
Al Vapor/Verduras	▨	✔	00:30
Papas	▨	▨	01:00
Hornear	▨	✔	▨
Conservas	▨	✔	▨
Tiempo (Función)	▨	▨	04:00
Cocción lenta	▨	▨	04:00
*Finalizar pulsando “start/stop.”			

Texture: Esta es una función para ayudar a cambiar la consistencia de sus alimentos. “**less**”, “**normal**” y “**more**” son guías seleccionadas que aumentan o disminuir el tiempo de cocción bajo presión.

Direcciones:

- ❶ Presione el botón de presintonización deseado. La pantalla cambiará por defecto al tiempo “normal”. (Ex: Presione “**rice**” y la pantalla mostrará 00:10).
- ❷ Para cambiar la consistencia del alimento (**menos, normal, más**), simplemente presione “**texture**”. Aparecerá la luz apropiada, indicando que se ha cambiado la hora. La hora en la pantalla se ajustará automáticamente en consecuencia. (Ej: Para la función “**rice**”, “**more**” es de 7 minutos, “**normal**” es de 10 minutos y “**more**” es de 21 minutos).
- ❸ Cierre la tapa y presione el botón “**start/stop**”.

FUNCIONES (Continuación)

Delay: Esta función le permite retrasar la hora de inicio de la cocción.



Direcciones:

- 1 Presione el botón **“delay”**. La barra de retardo se encenderá y el primer juego de **“00”**s parpadeará.
- 2 Presione el botón **“+”** o **“-”** para aumentar o disminuir las horas.
- 3 Para cambiar los minutos, presione el botón **“hours/minutes”**. El segundo set de **“00”**s van a parpadear. Esto indica que puede cambiar los minutos.
- 4 Presione el botón **“+”** o **“-”** para aumentar o disminuir los minutos.
- 5 Presione el botón de función deseado para continuar su programa basado en su receta.
- 6 Cierre la tapa y presione el botón **“start/stop”**.

Nota:

- La cantidad máxima de tiempo para retrasar su olla a presión es de 24 horas.
- La función Delay no funcionará mientras la olla a presión esté en funcionamiento.

Warm: Esta función le permitirá ajustar manualmente el tiempo que desea mantener su comida caliente.



Direcciones:

- 1 Presione el botón **“warm”**, la pantalla mostrará **“04:00”**.
- 2 Pulse el botón **“+”** o **“-”** para aumentar o disminuir el tiempo. *Consulte la sección **“hours/minutes”** para obtener instrucciones sobre cómo ajustar la hora.*
- 3 Cierre la tapa y presione el botón **“start/stop”**.

Nota:

- El tiempo predeterminado para la función caliente es de 4 horas.

La olla a presión pasará automáticamente a esta función caliente cuando se haya completado el preset deseado.

FUNCIONES (Continuación)

Sear: Esta función le permite cocer los alimentos antes de cocinar o cocinar lentamente bajo presión.

Direcciones:

- 1 Pulse el botón “**sear**”. La pantalla mostrará 00:05.
Presione el botón “**start/stop**” para comenzar.
- 3 Consulte la sección “**hours/minutes**” para obtener instrucciones sobre cómo ajustar manualmente la hora.

Nota:

- No cierre la tapa cuando utilice la función “**Sear**”.
- Cuando termine, la pantalla mostrará “**End**”.

SOLUCIÓN DE PROBLEMAS

Póngase en contacto con el Servicio de Atención al Cliente si la olla a presión cualquiera de estos códigos de error.

Código de error	E1	E2	E3	E4
	El circuito del sensor está roto	Corto Circuito	Sobrecalentar	El interruptor de señal está roto



ADVERTENCIA

Desenchufe inmediatamente y comuníquese con el Departamento de Servicio al Cliente si experimenta otros problemas.

1-877-689-2838 o @nuwavenow.com

CONSERVAS A PRESIÓN

Conservas

Nunca altere los tiempos de cocción, las temperaturas ni los ingredientes cuando prepare conservas. El hacerlo podría ser extremadamente peligroso, ya que no hay margen para experimentar. Al seguir los tiempos exactos, las temperaturas y los ingredientes se asegura de que sus alimentos se protejan de enzimas dañinas, bacterias y moho. Al alterar los tiempos de cocción podría destruir los nutrientes de los alimentos y su sabor.

Alimentos altos en ácidos		Alimentos bajos en ácidos	
Manzanas	Naranjas	Espárragos	Champiñones
Salsa de Manzana	Duraznos	Frijoles	Quimbobo
Chabacanos	Peras	Remolacha	Chícharos
Bayas	Betabel Escabeche	Zanahorias	Papas
Cerezas	Piñas	Elote	Mariscos
Arándanos	Ciruelas	Maíz Molido	Espinaca
Jugos de Frutas	Ruibarbos	Carne	Calabaza

Las enzimas encontradas en los alimentos podrían promover el crecimiento de levadura y moho, lo cual puede hacer que la comida se eche a perder. Estas enzimas pueden exterminarse a temperaturas de 212°F o más. Otros contaminantes, como la salmonela, el staphylococcus aureus y el clostridium botulinum, sólo pueden exterminarse a temperaturas de 240°F. Estas altas temperaturas sólo pueden alcanzarse en las conservas a presión.

Antes de conservar en la Olla Eléctrica a Presión NuWave Nutri-Pot™, consulte algún libro de enseñanza escrito específicamente para conservas a presión. La Olla Eléctrica a Presión NuWave Nutri-Pot™. Nutri-Pot™ puede ser usada para conservas a presión sencillas junto con el método de baño María. Se recomienda para frutas y verduras, tanto altas como bajas en ácidos. **NO SE RECOMIENDA LA CONSERVA DE CARNES NI MARISCOS.**

CONSERVAS A PRESIÓN (Continúa)

Consejos para Conservas Seguras:

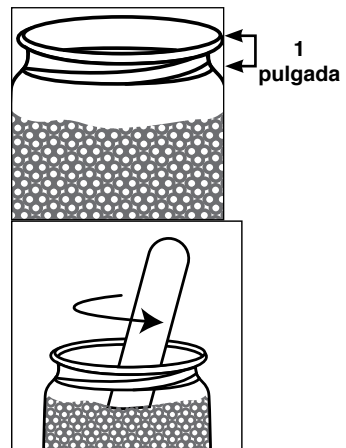
1. No utilice fruta muy madura. La mala calidad se deteriora al guardarse.
2. No agregue más ingredientes ácidos (cebolla, apio, pimiento, ajo, etc.) de los que se especifican en la receta escrita. Eso podría llevar a un mal resultado final.
3. No utilice demasiados condimentos. Muchos condimentos tienden a contener altos niveles de bacterias, lo cual podría provocar productos en conserva no seguros.
4. No agregue mantequilla o grasa a la receta. Las grasas no se guardan bien y pueden provocar ranciedad prematura. Nunca utilice espesadores como harina, almidón, pasta, arroz o cebada.
5. Utilice únicamente herramientas y accesorios recomendados por el USDA (Dep. de Agricultura de los Estados Unidos).
6. Puede agregar ácidos (jugo de limón, vinagre o ácido cítrico), especialmente a los productos de tomate, cuando lo diga la receta. Si fuera necesario, puede equilibrar el sabor ácido agregando azúcar.

El Proceso de Conserva a Presión Eléctrica de NuWave Nutri-Pot

Aunque la experiencia exacta puede variar dependiendo de la receta específica que esté siguiendo, la mayoría de las recetas pueden prepararse siguiendo esta guía.

1. Sólo siga recetas que han sido probadas en conservas a presión. Prepare los ingredientes necesarios como se indica en la receta.
2. Llene frascos de conserva limpios de 16 onzas. No permita que los ingredientes excedan el nivel. Nunca deje menos de 1 pulgada de espacio arriba.
3. Retire con cuidado cualquier burbuja permanente de aire presionando con una espátula, flexible y no permeable, entre los ingredientes y el frasco.
4. Coloque una tapa limpia a cada frasco y luego ponga una rosca. Gire la tapa en sentido de las manecillas del reloj y apriétela.

NOTA: Nunca reutilice tapas después de presurizar los frascos, ya que al enfriarse, el contenido se contraerá jalando la tapa fuertemente hacia el frasco para formar un alto vacío y crear un sello.



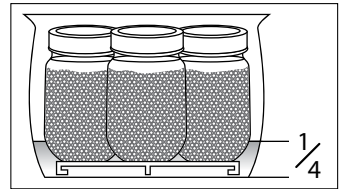
Si la rosca está muy floja, el líquido se puede salir del frasco durante el proceso, provocando que el sellado falle. En cambio,

CONSERVAS A PRESIÓN (Continúa)

si está muy apretada, el aire no podrá ventilarse, provocando que los alimentos se decoloren. Apretar las tapas demasiado también puede provocar que se doblen y el frasco se rompa. Las roscas no son necesarias en frascos guardados. Retírelas cuando los frascos se enfríen. Las roscas pueden utilizarse muchas veces cuando se quitan, lavan, secan y guardan. Si las deja en frascos guardados, se vuelve difícil quitarlas, a menudo se deterioran y no sirven bien otra vez.

5. Coloque la Olla Interior en la base del aparato, luego coloque la Rejilla en el fondo de la Olla Interior. Coloque los frascos llenos y sellados en la Rejilla. En la Olla caben hasta 9 frascos de 16 onzas (máximo).

6. Vierta agua caliente sobre los frascos en la Olla Interior hasta que el nivel del agua alcance $\frac{1}{4}$ parte del lado de los frascos. Para 9 de 16 oz será alrededor de 6 tazas de agua. Cuando procese pocos frascos, se necesitará más agua.



7. Después de leer el Manual del Usuario coloque la tapa en la base y asegúrela. Conecte el aparato al contacto.
8. Presione el botón **“canning”**, la Olla a Presión marcará automáticamente 20 minutos. Para cambiar el tiempo presione el botón **“time”** y ajústelo.
9. La olla se apagará cuando se termine el proceso de conserva. Presione el Botón de Liberación de Presión para dejar escapar la presión. Una vez que todo el vapor se haya salido, retire la tapa cuidadosamente.
10. Saque los frascos calientes, utilizando unas pinzas, y colóquelos en una superficie resistente al calor. Permita que se enfríen a temperatura ambiente.
11. Cuando los frascos se hayan enfriado completamente, retire las roscas. Las tapas deberán estar selladas firmemente a los frascos y si se les presionara en el centro, no deberían tener ningún rastro de movimiento. Si así fuera, no podrá guardar esos alimentos de forma segura para su futuro uso.
12. Coloque los frascos terminados sobre repisas en un ambiente fresco, limpio y seco. Los alimentos procesados adecuadamente durarán por meses y temporadas. Los frascos, las tapas y las roscas son reusables. Revise todos ellos antes de usarlos.

IMPORTANTE: No se recomienda utilizar la Olla Eléctrica a Presión NuWave Nutri-Pot como un aparato de conservas en altitudes de 2,000 pies, o más, sobre el nivel del mar.

NOTAS & CONSEJOS:

- Mientras los frascos se enfrían, escuchará que las tapas emiten un ligero crujido, este sonido indica que las tapas se han sellado adecuadamente.

CONSERVAS A PRESIÓN (Continúa)

- Puede revisar el sellado en las tapas planas presionándolas con el pulgar después de haberlas enfriado por una hora o más. Si la tapa permanece rígida, sin movimiento, entonces ha sido sellada adecuadamente.
- Si las tapas no han sellado adecuadamente después de 2 horas de enfriamiento, el proceso de conserva a presión no funcionó. Si eso pasara, refrigere o congele los alimentos y utilícelos en su duración regular.
- Siempre utilice suministros especialmente fabricados para conservas. Utilice frascos para conservas que no sean de más de 16 onzas para mejores resultados. Cuando prepare conservas nunca apile los frascos.

Use la siguiente tabla. La función de conservas usa automáticamente 20 minutos.

Alimento	Condiciones de Empaque		Presión 70kPa
	Tipo	Tamaño (Jaro)	Time (hrs:min)
Espárragos	Caliente & Crudo	Pintas	00:30
Ejotes	Caliente & Crudo	Pintas	00:20
Frojoles (lima, pinto, mantequilla o soya)	Caliente & Crudo	Pintas	00:40
Remolacha	Caliente	Pintas	00:30
Zanahorias	Caliente & Crudo	Pintas	00:25
Elote Desgranado	Caliente & Crudo	Pintas	00:55
Verduras de Hojas	Caliente	Pintas	01:10
Quimbobo	Caliente	Pintas	00:25
Chícharos, Verdes o Ingleses	Caliente & Crudo	Pintas	00:40
Papa Blanca	Caliente	Pintas	00:35

GARANTÍA LIMITADA (Continuación)

NuWave Nutri-Pot® 13Q Olla de Presión Digital

LAS GARANTÍAS DEL FABRICANTE

The NuWave Nutri-Pot Digital Pressure Cooker, incluyendo la Base, la Tapa, la Válvula de Liberación de Presión/Interruptor, el Estante, la Olla Interior, la Junta de Silicona, la Tapa de Bloqueo de Alimentos y el Colector de Agua are to be free from manufacturer defects. All electrical components are warranted for 1 year from the date of purchase, under normal household use, and when operated in accordance with the Manufacturer's written instructions.

El fabricante proporcionará las piezas y mano de obra necesarias para reparar cualquier parte de la Freidora de Aire Digital en el Departamento de Servicio de NuWave, LLC. Después de la expiración de la garantía, el costo de la mano de obra y las piezas serán responsabilidad del propietario.

LO QUE LA GARANTÍA NO CUBRE

La Garantía Limitada se invalida si hay una reparación hecha por un distribuidor no autorizado o si se retira o maltrata la placa del número de serie. El deterioro normal del acabado, por uso o exposición, no está cubierto por esta Garantía. Esta Garantía Limitada tampoco cubre fallas, daños o desempeño inadecuado por accidentes, desastres naturales (como relámpagos), variaciones en la potencia eléctrica, alteraciones, abuso, mal uso, ambientes corrosivos, instalación inadecuada, o falla en la operación de acuerdo con las instrucciones escritas por el Fabricante, uso no normal o comercial.

PARA OBTENER SERVICIO

El propietario tendrá la obligación y responsabilidad de: Pagar por todos los servicios y partes no cubiertas por la garantía; Prepagar el envío al y desde el Departamento de Servicio para cualquier parte o sistema devuelto bajo esta garantía; Empacar cuidadosamente el producto utilizando el material de relleno adecuado para prevenir cualquier daño durante el tránsito. El empaque original es ideal para este propósito. Incluya en el empaque el nombre del propietario, dirección, teléfono durante el día, una descripción detallada del problema y su “**número RGA**” escriba a **help@nuwavenow.com** para obtener el **RGA** (Número de Autorización de Devolución del Producto). Proporcione el modelo del producto, el número de serie y comprobante de la fecha de compra (una copia del recibo) cuando reclame su garantía.

OBLIGACIONES DEL FABRICANTE

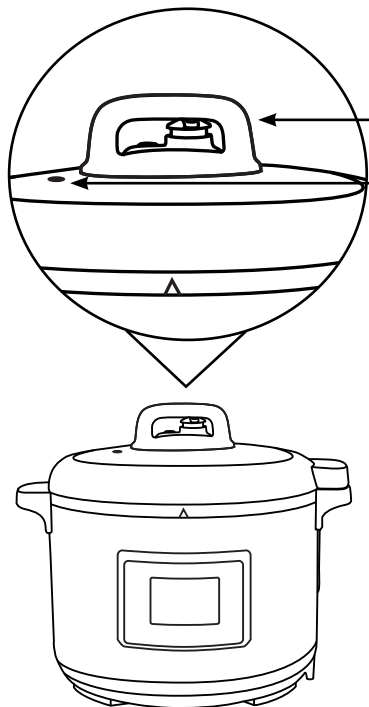
Las obligaciones del Fabricante bajo esta Garantía Limitada están restringidas a la reparación o reemplazo de cualquier parte cubierta por esta Garantía Limitada que sea encontrada defectuosa, una vez revisada, bajo un uso normal. La Garantía Limitada aplica únicamente en los Estados Unidos y sólo para el comprador original en los canales de distribución autorizados por el fabricante. LA GARANTÍA LIMITADA NO PUEDE SER ALTERADA, CAMBIADA O EXTENDIDA EXCEPTO POR UN INSTRUMENTO POR ESCRITO REALIZADO POR EL FABRICANTE. LA SOLUCIÓN DE REPARACIÓN O REEMPLAZO INCLUIDA EN ESTA GARANTÍA ES EXCLUSIVA. EN NINGÚN CASO EL FABRICANTE SERÁ RESPONSABLE DE NINGÚN DAÑO RELEVANTE O FORTUITO A ALGUNA PERSONA, SEA O NO OCASIONADO POR LA NEGLIGENCIA DEL FABRICANTE, INCLUYENDO SIN LÍMITE DAÑOS POR PÉRDIDA POR USO, COSTO DE REEMPLAZO, DAÑO A LA PROPIEDAD, U OTRAS PÉRDIDAS MONETARIAS.

Algunos estados no permiten la exclusión o limitación de daños relevantes o fortuitos, así que la exclusión mencionada podría no aplicar. Esta Garantía Limitada proporciona derechos legales específicos y podrían haber otros derechos que varíen entre estado y estado. EXCEPTO POR LO QUE YA SE EXPRESÓ DE FORMA DIFERENTE, EL FABRICANTE NO GARANTIZA EXPRESA O IMPLÍCITAMENTE POR LEY U OTRAS, INCLUYENDO SIN LIMITACIONES, LAS GARANTÍAS IMPLÍCITAS DE COMERCIALIZACIÓN Y EJERCICIO PARA UN PROPÓSITO PARTICULAR A CUALQUIER OTRA PERSONA. LEA EL MANUAL DEL USUARIO. SI TUVIERA ALGUNA DUDA SOBRE EL FUNCIONAMIENTO O LA GARANTÍA DEL PRODUCTO, CONTACTE A NUWAVE, LLC.

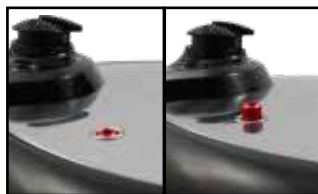
LEA EL MANUAL DEL PROPIETARIO: Si aún tiene alguna pregunta sobre el funcionamiento o la garantía del producto, comuníquese con NuWave, LLC al:

1-877-689-2838 o por correo electrónico help@nuwavenow.com.

LIBERACIÓN NATURAL Y LANZAMIENTO RÁPIDO



Lanzamiento Rápido



Aparecerá el Indicador

Cuando la presión se haya acumulado, aparecerá el indicador de presión.

¿Qué es un lanzamiento rápido?

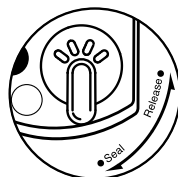
Para liberar rápidamente la presión, simplemente presione hacia abajo el "Botón de liberación de presión". El botón permanecerá abajo y el vapor se liberará rápidamente. Cuando la válvula flotante al lado de la válvula de liberación de presión, así como el indicador de presión ha caído, indicando que la presión se ha liberado correctamente, puede abrir la olla a presión con seguridad.

¿Qué es la liberación natural?

Para liberar la presión de forma natural, simplemente espere a que la válvula flotante y el indicador de presión caigan. Hacerlo permitirá que la olla a presión libere naturalmente vapor a medida que se enfría lentamente esto le permite terminar el proceso de cocción como el olla a presión libera gradualmente vapor. El método de liberación natural puede tomar hasta 48 minutos. **Si queda alguna presión en la olla a presión, simplemente presione Botón d "liberación de presión" para una liberación rápida de cualquier presión restante y siga los pasos restantes para "liberación rápida".**

Reanudar la presión:

Cuando esté listo para cocinar bajo presión, gire el interruptor de liberación de presión a "Seal" para reanudar la presión. Si se el interruptor de liberación esta en "Release" la presión no se puede construir.



LIBERACIÓN NATURAL Y LANZAMIENTO RÁPIDO

SIEMPRE REALICE UNA LIBERACIÓN RÁPIDA DESPUÉS DE COMPLETAR UNA LIBERACIÓN NATURAL Y HÁGALO HASTA QUE TODA LA PRESIÓN/VAPOR ESTÉ HACIA FUERA. NO INTENTE ABRIR la olla a presión si hay resistencia o si la Válvula Flotante aún está alta, lo que indica que aún queda vapor/presión dentro de la unidad. Además, no llene demasiado la olla interior más allá de la línea máxima, ya que la expansión de alimentos durante la cocción puede obstruir la válvula de liberación de presión, lo que da como resultado un exceso de presión o lecturas de presión incorrectas.

Para arroz, frijoles y granos, no llene más de la mitad.

Para sopas, salsas y caldos no llene más de $\frac{3}{4}$ lleno.

Consulte las líneas de llenado máximo en el recipiente interior.

Una vez que Nutri-Pot ha terminado de cocinarse, la unidad emite un sonido para avisarle que el ciclo de cocción actual ha finalizado. Luego, deberá liberar la presión, ya sea a liberación rápida o una combinación de liberación natural y liberación rápida (permitiendo que la olla a presión libere presión naturalmente y luego use una liberación rápida para permitir que escape la presión restante y el vapor antes de abrir).

Al realizar una liberación natural, se recomienda desenchufar la unidad. El tiempo necesario para liberar la presión de forma natural puede variar según el modelo, los ingredientes y la cantidad de ingredientes utilizados.

Los tiempos promedio para permitir que las ollas a presión Nutri-Pot liberen presión de manera natural son las siguientes:

Para el Nutri-Pot de 6 cuartos: 35 minutos *

Para el Nutri-Pot de 8 cuartos: 40 minutos *

Para el Nutri-Pot de 13 cuartos: 48 minutos *

* Estos tiempos pueden variar según el modelo, los ingredientes y la cantidad de ingredientes utilizados. Siempre realice una liberación rápida en la olla a presión Nutri-Pot DESPUÉS de realizar una liberación natural.



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