

## Pressure Cooker FAQs

Q: Does my pressure cooker require any maintenance?

A: Only the Gasket which is subject to natural wear and tear and very easy to replace. Gaskets have to be replaced after approximately 400 applications or every two years.

Q: How do I find parts for my pressure cooker?

A: The manual of your pressure cooker will provide you with information of all parts that are available for your pressure cooker. Parts are available on either this b2b website, or through [FisslerConcierge@Lapineinc.com](mailto:FisslerConcierge@Lapineinc.com).

Q: What type of stove is suitable for my new Fissler Pressure Cooker?

A: Fissler pressure cookers are suitable for all types of cooker, including induction cookers.

Q: What can a Fissler pressure cooker do that a normal pot can not do?

A: The higher temperature in the Fissler pressure cooker reduces cooking times compared to standard cooking by up to 70%. This saves up to 50% of energy. Thanks to the removal of the atmospheric oxygen and the short cooking times, food is cooked very gently. Vitamins, minerals and flavorings are preserved better, colors remain fresh and natural flavors intensive.

Q: How do I clean my new Vitaquick Pressure Cooker?

A: Fissler Vitaquick pressure cookers are fully dishwasher safe including the lid. We just recommend taking the gasket out and place it in the upper compartment of your dishwasher or wash by hand.

Q: When do I start measuring the cooking time with my Fissler Pressure Cooker?

A: The indicated cooking time begins as soon as the setting you have selected has been reached.

Q: How do I know what type of food to cook at what setting and for how long?

A: In general, vegetables and fish are cooked at Setting I, and meat, potatoes, soups and similar food at Setting II. Normal cooking times are approximately cut in half with Setting I, and to one-third at Setting II. However, the exact cooking time always depends on the size and quality of the food, too. The manual booklet for your new Fissler pressure cooker will have all cooking times included!

Q: Why has my Fissler pressure cooker 2 different settings?

A: The gentle setting with its relatively low temperature is ideal for all sensitive foods such as fish or vegetables. The speed setting has a higher temperature and is intended for meat dishes, stews and similar types of food.

Q: What kind of accessories are available for my Fissler pressure cooker?

A: There is an extensive range of accessories available allowing you to take full advantage of your new Fissler Pressure Cooker- they are available on this b2b site, or contact [FisslerConcierge@Lapineinc.com](mailto:FisslerConcierge@Lapineinc.com)

Q: Why does my Fissler pressure cooker have 2 different settings?

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Q: What is the best pressure cooker size for me?

A: That of course depends on your personal preferences and also how much you like to cook in advance but here are some general guidelines:

2-3 people: 5qt

3-4 people: 6qt

4-5 people: 8qt

5+ people: 10qt

Use the 2qt and 4qt sizes for singles, side dishes, etc.

Q: Are there any type of food that should not be prepared in a pressure cooker?

A: Apple sauce and compotes do not work in a pressure cooker.

Q: Can I deep-fry under pressure?

A: NO. DO NOT deep-fry under pressure. Foods can ONLY be deep-fried in the pressure cooker WITHOUT the lid!

If you decide to deep-fry in the cooker without the lid make sure that the pot you use is high enough to prevent burns caused by foaming or spattering oil.

Some helpful fry tips are:

Fill the cooker at most half full (1/2 marking) with fat

Heat the fat at medium. Do not overheat it

The right temperature for deep-frying has been reached if bubbles immediately form around the handle form around the handle of a wooden spoon when it is dipped in the hot fat

NEVER cover the cooker while deep frying

Q: Is it possible to prepare dishes other than stews or potato on a Fissler pressure cooker?

A: Generally speaking, nearly all cooking methods are possible with a pressure cooker. You can cook or stew, steam (with inset), sauté and fry (without lid) but also defrost, boil down or strain (with insets).

Q: I have stains on my pressure cooker. What happened and what can I do?

A: These are generally discolorations which result from substances in the water being absorbed into the passive film of the stainless steel. Cleansers which contain a large amount of basic silicates and phosphates can also produce such discolorations in stainless steel. Adding salt to water which has not yet come to the boil can also produce deposits of salt crystals on the bottom of the pot. The salt then reacts with the stainless steel, forming little white spots on the bottom of the pot. Discolorations can also be produced if stainless steel cookware is placed on a burner that is already very hot. The discolorations can easily be removed with Stainless Steel Cleanser.