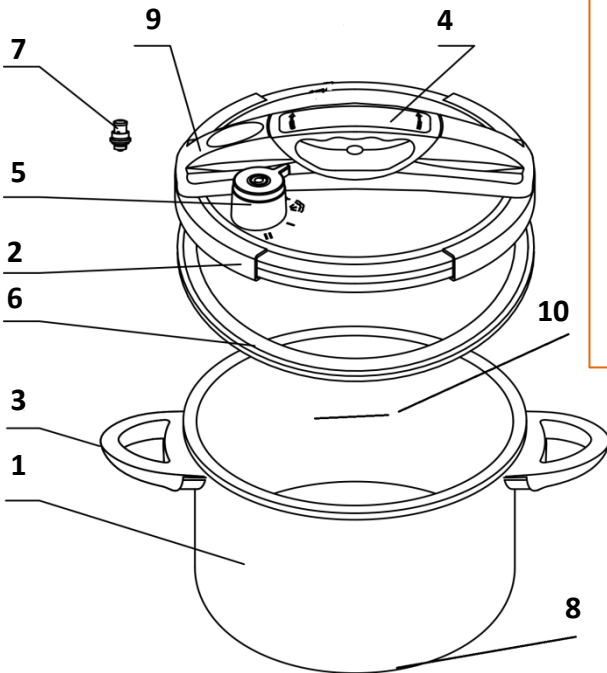


FAGOR Helix Pressure Cooker Quick Guide

Before using this Quick Guide, please ensure that you have reviewed the Important Safeguards and Manufacturer Recommendations in the user manual provided.

Parts of a Pressure Cooker



1. Pressure Cooker Pot
2. Lid
3. Pot Handles
4. Lid Handle
5. Operating Valve
6. Silicone Gasket
7. Safety Valve
8. Thermal Conductive Base
9. Pressure Indicator
10. Max 2/3 Line

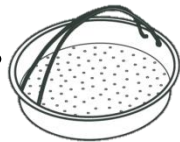
Tips & Tricks

1. Use at least a ½ cup of cooking liquid when cooking for 10 minutes or less. Use 2 cups of cooking liquid when cooking for more than 10 minutes.
2. Never fill the pot more than 2/3 full with food. Never fill the pot more than ½ full when cooking foods that expand such as rice.
3. It's always better to undercook than overcook. If food needs to be cooked longer, do so in 1-5 minute intervals under pressure.
4. The lid will not open if the pressure indicator is up and there is pressure in the pot. Wait until the pressure is fully released from the pot and the lock should unlock.
5. Automatic release is when you move the pressure valve to the steam position. Natural release is when you let the pressure dissipate on its own by removing the pressure cooker from the stove (this can take up to 30 minutes).
6. To adapt conventional recipes for a pressure cooker, reduce cooking time by at least 40-70% and use enough liquid.
7. The pot is dishwasher safe. Wash the lid and gasket with soapy, warm water and dry well.
8. Store your pressure cooker with the lid upside down on top of the pot.

Accessories

Steamer Basket

Adds versatility allowing you to steam vegetables, fish and more



Trivet

Supports the steamer basket or a rack



Warnings: Please make sure to read the complete list of warnings in the manual

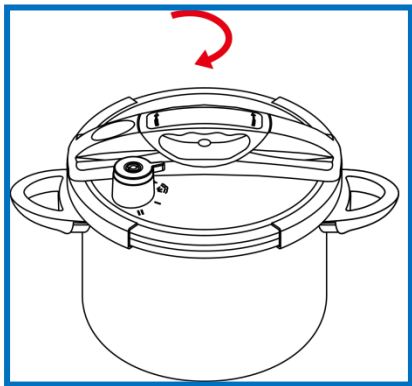
- Fagor Pressure Cookers are intended only for household use – not commercial use.
- Fagor Pressure Cookers are not oven safe.
- When opening the lid after pressure cooking, the steam will be very hot so make sure to open the lid facing away from you.



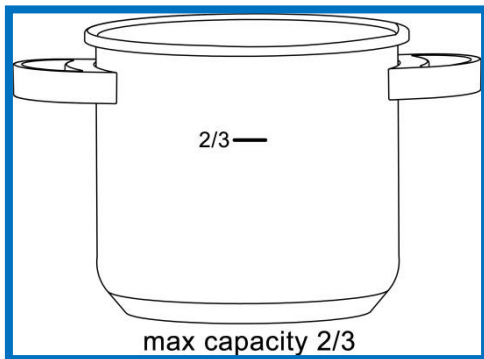
Helix Quick Guide: Pressure Cook in 1, 2, 3!

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1. Unlock the pressure cooker by turning the the knob to the right (clockwise).



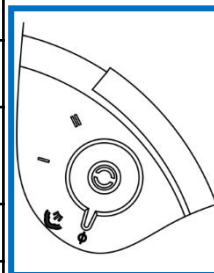
To close the lid, place the lid anywhere on the pressure cooker pot, press the lid down lightly if needed, turn the handle to the left (counterclockwise).



Place all the ingredients in the pot, do not to fill the pot more than 2/3 full.

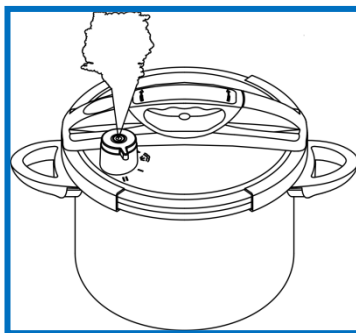
2. Set your pressure valve to the desired pressure setting and turn your heat to high to build pressure.

Position	Pounds of Pressure Per Square Inch (PSI)	Description
∅	0	Cleaning Position
☁☁☁	0	Steam Release
I	8	Low Pressure
II	15	High Pressure



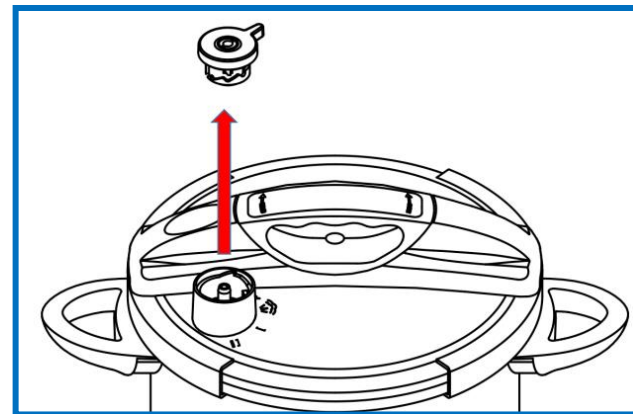
Once the pressure indicator rises and steam starts to come out of the top handle, pressure has been reached. Lower the heat to medium to maintain pressure and start your timer.

NOTE: For electric stove users, start on medium heat burner and once pressure has been achieved, you can carefully move the pressure cooker to the low heat burner and start timing your recipe.



3. After the cooking time is done, release pressure using the automatic release (turn the valve to the steam position (☁☁☁) while keeping a safe distance) or natural release (allow the pressure inside the cooker to dissipate). After the pressure indicator goes down and all the pressure is released from the cooker, you can carefully unlock the lid and open away from you.

To clean the Pressure Cooker, remove the pressure valve by turning it to the clean icon (∅) and lift. Hand wash the gasket and lid. The pot is dishwasher safe.



Shop online for replacement parts and accessories
www.fagoramerica.com