

KENT SS PRESSURE COOKERS



Switch to healthy cooking

User Manual



304
STAINLESS
STEEL

18/8
PREMIUM
QUALITY



INDUCTION
FRIENDLY

4.6
MM

HEAVY
CAPSULATED
BOTTOM



18/8
STAINLESS
STEEL

IS : 2347



CM/L - 7200198913



Welcome to KENT

Dear Customer,

At the outset, allow us to thank you for your trust in **KENT Healthy Cookware Appliances**. At **KENT**, we take pride in our quality products and industry-proven performance. We are certain that your decision to own a **KENT SS Pressure Cooker** will go a long way towards cooking healthy, delicious food in minutes and keeping you and your family in good health. We are confident that you will be satisfied with its performance, and it will serve your need for healthier food and preservation of the nutritional value of your food, without any compromise.

This guide will help you in getting the best out of your cookware. Please go through the manual to familiarize yourself with its operation, maintenance, and cleaning.

With its robust built and quality, you can look forward to years of trouble-free service.

In case you require any further information, please contact your nearest **KENT** dealer or branch.

Happy Cooking!

KENT Healthy Cookware

ABOUT PRESSURE COOKING

Generally, when food is cooked in a regular pot, water boils at 100°C (212°F). But when you cook food in a tightly sealed vessel like a pressure cooker, pressure increases and by an additional 15 psi to 30 psi. This increased pressure raises the boiling point of water to 121°C (250°F), allowing the food to be cooked faster. The steam produced permeates through the food, preserve its nutrients, color, texture and makes cooking much faster.

BENEFITS OF KENT SS PRESSURE COOKER

KENT pressure cooker allows you to cook delicious, healthy and nutritious food hygienically, quickly and easily within minutes.

Makes Cooking Faster	This cooker reduces the normal cooking time by as much as half. Certain foods such as legumes (lentils, dried peas, and beans) and tougher cuts of meat gets prepared in a fraction of the normal time as compared to cooking in an aluminium pressure cooker.
Healthy Food	Scientific research indicates that a pressure cooker can retain certain nutritive elements such as proteins and vitamins better by pressure cooking in a stainless steel pressure cooker.
Saves Fuel	Since cooking in pressure cooker takes less time, you save fuel and therefore, money.
Better Taste	When food is being cooked in a super-heated steam, it evokes the natural flavors of the food and makes your food more delicious.
Versatile Appliance	You can cook a variety of foods in minutes.

ADVANTAGES OF KENT SS PRESSURE COOKER

- Pressure-locked Safety Lid: The lid of the cooker gets pressure-locked when there is pressure inside the cooker and can't be opened until the pressure falls to a safe level.
- Lead Free Valve: When operates, deflects the steam and food, safely downwards.
- Automatic Air Vent: Allows you to cook your food in pure steam by expelling air automatically before cooking.
- 18/8 Stainless Steel: Ensures premium quality.
- Heavy capsulated bottom made for sturdy, durable and convenient cookware.
- Induction-friendly base makes it a versatile kitchen aid.

PRODUCT INFORMATION



Product Technical Specifications Table

BODY AND LID	Food Grade Stainless Steel
RUBBER GASKET	Heat resistant, non-toxic rubber compound
HANDLES AND KNOBS	Impact resistant and non-flammable bakelite
PRESSURE REGULATING DEVICE	Set to operate around 1.0 kg/cm ²
SAFETY FUSIBLE VALVE	Set to fuse below 3.0 kg/cm ²

Models	Capacity in Ltrs.
Outer Lid	2, 3, 5
Inner Lid	2, 3, 5

SAFETY PRECAUTIONS

Please go through these safety precautions while using your **KENT SS Pressure Cooker**:

1. Read all instructions carefully before using the pressure cooker.
2. Avoid touching hot surfaces, use handles or knobs.
3. Be careful while using your pressure cooker when children are around.
4. Stay vigilant while moving a pressure cooker containing hot liquids.
5. This appliance cooks under pressure. Any improper usage may result in scalding injury.
6. Ensure proper cleaning of steam vent immediately before closing the lid for pressure cooking.

7. Avoid filling the pressure cooker over 2/3 full capacity. For foods such as rice or dried vegetables that expands while cooking, do not fill the cooker over 1/2 full capacity. For cooking dal/pulses which sprout, fill the cooker up to 1/3 full capacity. Over-filling the unit may clog the steam vent and lead to excess pressure.
8. Certain foods such as pearl barley, oatmeal, cranberries, apple sauce, or other cereals, noodles, pasta, or spaghetti can foam, froth and sputter and may clog the steam vent. Avoid cooking such foods in the pressure cooker.
9. When the cooker reaches the desired pressure, turn the heat down so that all the liquid, which creates steam, does not evaporate.
10. Don't use your pressure cooker for pressure frying with oil. In case of deep frying or light frying or as an oven for dry heating or baking, don't use it for more than 20 minutes at a time, since the metal strength may decrease to a dangerous level.

THINGS TO DO

- Always fill your pressure cooker with required quantity of water.
- Ensure that the vent tube is properly cleaned and free of any obstruction before closing the lid. Keep it tightened and cleaned on regular basis.
- When steam starts releasing from the vent tube, place the Dead Weight Valve on the vent tube. Be careful while handling the main body and lid while cleaning, otherwise it may not remain leakproof.
- Once cooking is done, remove the Dead Weight Valve and the lid from the main body of the cooker. Keep the rubber gasket clean and away from direct source of heat.

THINGS NOT TO DO

- Do not fill the cooker with more than 2/3 of its capacity when cooking solid foods and keep it at 1/2 of its capacity in case of liquids.
- Never overfill your pressure cooker and don't place a dry/empty pressure cooker directly on a heat source. Don't try to force open the pressure cooker until it has cooled and internal pressure has been released.
- Never attempt to make any changes to the automatic safety valve.
- Repairs other than the replacement of gasket, plastic handles and safety valve must be done only by an authorised service centre/representative and parts must be replaced with genuine spare parts.

OPERATING INSTRUCTIONS

- Fill the pressure cooker with the required quantity of water for cooking food.
- Place the pressure cooker on high flame and allow water to boil and then add your food items.
- Ensure that the lid is closed properly, and make sure the lid handle is above the body handle in the closed position.
- Put dead weight valve onto the vent tube and press it when steam starts releasing steadily.
- Dead weight valve will start whistling when cooking pressure reaches the required pressure.
- Turn down the heat and allow food to be cooked. Once food is cooked, remove the cooker from source of heat and allow it to cool down.

- Put the dead weight valve down when there is no pressure inside the cooker
- Remove the lid and remove cooked food carefully.
- For proper cleaning of body/lid, add a small ball of tamarind or a slice of fresh lime in the water & bring it to boil. Later, clean the body with cleaning agent.

CARE AND CLEANING GUIDE

Body and Lid

- Remove adhesive labels from the cooker then wash, rinse and dry it before use. You may use any baby oil or vegetable oil to remove any adhesive.
- Never knock the rim of the cooker body with a ladle, spoon or any other object to ensure that the edge of the lid remains free from dents, otherwise it may disturb the sealing.
- Do not leave cooker with food or water for more than 8 hours. Never leave salted liquid, vinegar, lemon juice, mayonnaise or mustard either.
- Don't keep the cooker with dirty dishes for long as chemicals and natural salts in the water may degrade the quality of the cooker.
- Decomposing food can cause pitting of the metal.

Handles

- Do not mishandle handles of your pressure cooker as plastic handles are liable to break under a sharp or forceful blow.

Rubber Gasket

- Do not attempt to stretch the gasket. If you do, especially when it is hot, it may distort.
- Consider replacing the gasket when it becomes hard, doesn't seal, or cracked. In case of not getting sealed, before replacing it please check if the gasket is sitting flush in the lid curl and that the lid is properly centered. With proper care, the gasket should last several years.

General Cleaning

- After washing, always dry every surface of the cooker and don't leave food within as it can corrode the metal over a period of time.
- Use mild soap or detergent and a dishcloth or sponge for washing your pressure cooker. Rinse and wipe dry.
- Remove the gasket carefully while washing the lid, wash and rinse it gently without stretching.
- Ensure that the vent tube is clear after rinsing. If it is clogged, rinse it with running water. In case of clogging, you may use a needle to remove food from the steam vent.
- Clean the Dead Weight Valve and its gasket thoroughly and ensure that no food particles remain inside.

Baked-on Stains

- When a thin layer of food remains in the cooker and is heated next time while cooking, it becomes "baked-on" and is very difficult to remove. Ensure that your cooker is properly washed and does not have any fat or gravy on the cooker base before placing on heat source.
- To remove stuck food on the cooker, use a plastic scrubber and a non-abrasive cleanser.

Ways to Prevent Unnecessary Fusing of the Safety Valve

- Ensure that the vent tube is thoroughly cleared by looking through it.
- Do not overfill the cooker more than 2/3 full capacity (for liquid foods, don't overfill ½ full capacity)
- Never put your pressure cooker on an industrial stove, use only on a domestic stove.
- Once cooking is done, take the pressure cooker off the stove.

Replaceable Parts

- Always use genuine spare and replacement parts for enhanced safety and durability of your pressure cooker.



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