

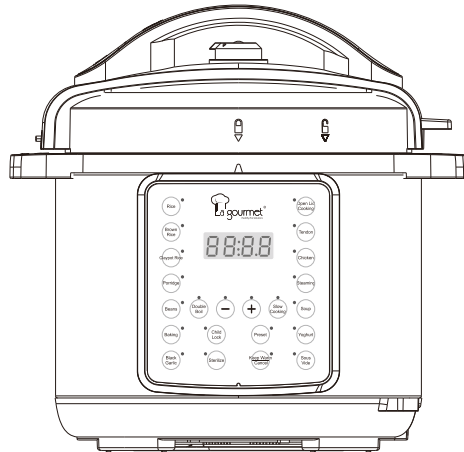


Healthy Multi-functional Electric Pressure Cooker 4L

多功能电压力锅4公升

Model No : PC40

INSTRUCTION MANUAL 产品用户手册



IMPORTANT

PLEASE READ AND ADHERE ALL INSTRUCTIONS TO ENSURE SAFE AND EFFECTIVE USE OF THIS APPLIANCE. FOR HOUSEHOLD USE ONLY.

DO NOT USE La gourmet PRESSURE COOKER UNTIL YOU HAVE READ AND UNDERSTAND ALL INSTRUCTIONS.

A slight burning odour may be emitted during the first use. This is normal as the appliance is burning off the excess lubricants and will not cause any harm to you.

注意

为了使您能正确使用本产品，敬请在使用前详阅用户手册。本产品只供家庭使用。

您阅读和理解之前，请不要使用La gourmet电压力锅。

第一次使用时可能会散发出轻微的燃烧气味。这是正常的，因为器具会烧掉多余的润滑剂，不会对您造成任何危害。

Sole Distributor代理商
Katrin BJ

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

使用电器时，应始终遵循基本的安全预防措施，包括以下内容：

1. Read this important information carefully before you use the appliance and keep it for future reference.
在使用设备之前，请仔细阅读此重要信息，并将其保存以备将来参考。
2. **DO NOT** touch hot surfaces. Please use handles or knob.
请勿触摸高温表面。使用手柄或旋钮。
3. To prevent electrical shock, **DO NOT** immerse cord, plug, appliance in water or any other liquid. If the unit accidentally falls or gets immersed in water, unplug it from the wall outlet immediately.
为避免电击，请勿将电源线，插头，设备浸入水中或任何其他液体中。如果本机意外跌落或浸入水中，请立即将其从墙壁插座上拔下。
4. Close supervision is necessary when any appliance is used near children.
在儿童附近使用任何设备时，必须进行严密监督。
5. This pressure cooker is not intended for use by children.
此多功能压力锅不适合儿童使用。
6. Unplug from electrical outlet when not in use and before cleaning. Allow cooling before putting on or taking off parts. If the pressure cooker begins to malfunction during use, immediately unplug the cord. Do not use or attempt to repair it.
使用时和清洁前，请从电源插座上拔下电源插头。装上或脱下零件之前先冷却。如果多功能锅在使用过程中发生故障，请立即拔下电源线。请勿使用或尝试修理它。
7. **DO NOT** operate any appliance with a damaged cord or plug or after appliance malfunctions or after it has been damaged in any manner. Return appliance to the nearest authorised service centre for examination, repair, or adjustment.
请勿在电源线或插头损坏，设备发生故障或以任何方式损坏之后操作任何设备。将压力锅送返到最近的授权服务中心进行检查，修理或调整。
8. The use of accessories and or attachments not recommended by the appliance manufacturer may cause injuries.
勿使用不是制造商推荐的附件，不符合附件可能导致火灾，触电或受伤的风险。
9. Always operate this appliance on a stable surface.
请在稳定的桌子面操作本功能压力锅。
10. **DO NOT** use outdoors. **HOUSEHOLD USE ONLY.**
请勿在户外使用。仅供家庭使用。
11. **DO NOT** let the cord hang over the edge of a table or counter or touch hot surfaces.
请勿让电源线悬挂在桌子或柜台边缘或触摸任何高温表面以防止意外发生。
12. **DO NOT** place on or near a hot gas or electric burner, or in a heated oven.
请勿将功能压力锅放在导热气体或电子燃烧器上或附近，或放在加热的烤箱中。
13. Extreme caution must be exercised when moving an appliance containing hot oil or any other hot liquid.
移动装有热油或其他热液体的多功能压力锅时，必须格外小心。

14. Never immerse the housing or base in water.
切勿将外壳或底座浸入水中。
15. To disconnect, press Cancel button, then switch off the plug and unplug the plug from the wall outlet.
要关闭电源，请先关闭所有控件，然后从墙壁插座上拔下插头。
16. **DO NOT** use the appliance for other purpose than its intended use.
请勿将功能压力锅用于其预定用途以外的其他用途。
17. This appliance cooks under pressure. Improper use may result in scalding injury. Make sure that unit is properly closed before operating.
多功能压力锅在压力下烹饪。使用不当可能会导致烫伤。在操作之前，请确保已正确锁上锅盖。
18. When cooking food that expands during cooking such as rice, beans, or dried vegetables, do not fill unit over 1/2 (half) full. Overfilling the pressure cooker may cause clogging, which builds up excess pressure inside and may be dangerous.
当烹饪易膨胀食物时，例如米饭，豆类或脱水蔬菜时，总量不可超过1/2（一半）。注满压力锅可能导致堵塞，并在内部积聚过多压力，而导致意外发生。
19. It is not recommended to cook food such as apple sauce, cranberries, pearl barley, oatmeal or other cereals, split peas, noodles, macaroni, rhubarb or spaghetti with a closed lid. These foods tend to foam, froth and sputter and may block the pressure release device (exhaust vent). Recipes that use any of these ingredients must be carefully followed to avoid problems.
苹果酱，小红莓，大麦米，燕麦片或其他谷物，豌豆，面条，通心粉，大黄或意大利面都属于不建议密闭锅盖烹饪的食材。这些食物容易起泡和飞溅，并可能阻塞压力释放装置（排气口）。使用任何这些成分的食谱都必须认真遵循，以免出现意外。
20. Always check the pressure release device for clogging before use. Always make sure that the exhaust valve is installed correctly before use. Incorrect assembly may prevent the pressure cooker from building up pressure or allowing steam to come out from the sides of the lid.
使用前，请务必检查压力释放装置是否堵塞。也务必确保正确安装了排气阀。不正确的组装可能会阻止压力锅积聚气压或使蒸汽从锅盖的侧面流出。
21. **DO NOT** open the pressure cooker until it has cooled off and all internal pressure has been released. If the pressure cooker is difficult to open, this indicates that the Pressure Cooker is still pressurised.
请勿在多功能压力锅冷却下来并且释放所有内部气压之前打开多功能压力锅。如果压力锅难以打开，则表明此锅仍处于高压状态。
22. Never force the pressure cooker open. Any pressure built up in the cooker can be hazardous. If you need to open the lid, refer to the instructions in section “**Open the Lid**” and follow them carefully. It is important to always protect your skin and face from any contact with escaping steam when you follow the quick pressure release method. Once all the pressure has been released, lift lid carefully away from you to avoid skin contact with the remaining heat or steam.

切勿强行打开多功能压力锅。锅内积聚的任何气压都可能是危险的。如果您需要打开盖子，请参阅“打开安全盖”部分中的说明，并认真遵循说明。最重要的是，如果您遵循快速的压力释放方法，确保保护您的皮肤防止其与逸出的蒸汽接触。释放所有压力后，请小心地将盖子提离您，以免皮肤与残留的热量或蒸汽接触。

23. This electric pressure cooker generates heat and escaping steam during use.

CAUTION - HOT SURFACE: All necessary precautions should be followed to avoid fire, burns, or other personal injury during its operation. Never use or place the unit near flammable materials such as dish towels, paper plates, napkins, curtains, paper towels, etc. Allow sufficient space around all sides of the unit, including top and bottom, to ensure proper airflow.

该多功能压力锅在使用过程中会产生热量并逸出蒸汽。**警告- 热表面:** 操作过程中应遵循所有必要的预防措施，以避免火灾，灼伤或其他人身伤害。切勿在洗碗布，纸碟，餐巾，窗帘，纸巾等易燃材料附近使用或放置本机。在压力锅的所有侧面（包括顶部和底部）周围留出足够的空间，以确保适当的空气流通。

24. This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they are under the supervision of a responsible person or have been given proper instruction in using the appliance. This appliance is not intended for use by children. Children should be supervised to ensure that they do not play with the appliance. Any person who has not fully read and understood all operating and safety instructions contained in this instruction manual is not qualified to operate or clean this electric pressure cooker.

警告: 除非在有监督或正确指导下，否则此产品不适合用于低智商者，缺乏经验者孩童。

25. Never use your pressure cooker without adding water into inner pot, this would seriously damage it.

请勿在没有水分的情况之下操作，以避免干烧内锅而损坏。

26. The heating element surface is subject to residual heat after use.

使用后加热元件表面会残留热量。

27. The appliance is not intended to be operated by means of an external timer or a separate remote-control system.

此压力锅不应通过外部计时器或个别远程控制系统来操作设备。

28. **DO NOT** spill any liquid on the connector or any other electronic parts of the device.

请勿将任何液体洒在连接器或设备电子部件上

29. Always wipe the surfaces with a dry towel. Do not use cleaning liquids on the product. 务必用干毛巾擦拭表面。请勿在产品上使用清洁剂。

30. **WARNING:** Serious injuries can happen from misuse of the product.

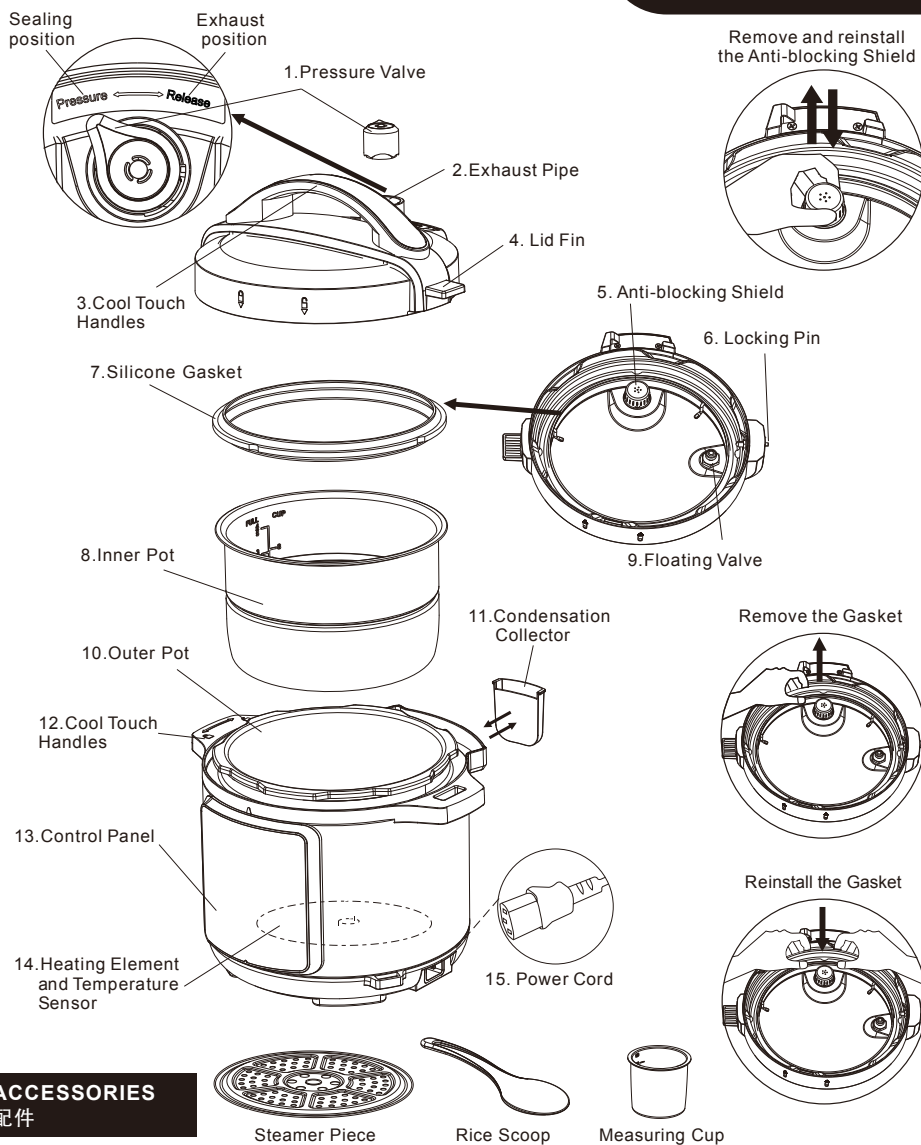
警告: 错误使用此多功能压力锅可导致意外发生。

31. If the supply cord or power cord is damaged, it must be replaced with a new cord. Please contact the customer service.

如果电源线/电源线损坏，则必须用特殊的电源线进行更换。请联系客服。

Part Descriptions

配件介绍



ACCESSORIES

配件

SPECIFICATIONS

技术指标

Model No 型号	PC40
Power 功率	800W
Volume 容量	4L
Working Pressure 工作气压	0 -70kpa

1 & 2) Pressure Valve, Exhaust Pipe 排气阀与排气管:

The pressure valve regulates the amount of pressure inside the cooker by releasing excess pressure when necessary. Ensure the pressure valve is properly placed on the exhaust pipe and turned to the "Pressure" position when cooking under pressure or using any pressure-cooking function. Turn the valve to the "Release" position to release pressure after cooking.

排气阀通过释放多余的压力来调节锅内的压力。请将排气阀正确安装在排气管上，并在使用压力烹饪功能或加压烹饪时，将阀门旋转至“Pressure”位置。烹饪完成后，将阀门旋转至“Release”位置以释放压力。

3 & 12) Cool-Touch Handles 防烫手柄:

The cool-touch handles of the Pressure Cooker allow for safe handling and easy opening of the lid. The handles feature a cut-out center, designed to conveniently rest the lid after cooking.

压力锅的防烫手柄可确保安全拿取并轻松打开锅盖。手柄中间设有镂空设计，方便在烹饪后将锅盖稳妥放置。

4) Lid Fin 锅盖卡槽翼片:

The fin on the side of the pressure cooker lid can be inserted into the cut-out on the outer pot's handle to securely hold the lid after cooking.

压力锅盖侧面的翼片可插入外锅手柄的镂空槽内，在烹饪后稳固地支撑锅盖。

5) Anti-Block Shield 防堵罩:

The anti-block shield is located on the underside of your pressure cooker lid. This metal shield is a critical safety component—it prevents food particles from entering the steam release valve and vent pipe.

防堵罩位于压力锅盖的内侧底部，是非常重要的安全部件。这个金属罩可防止食物颗粒进入排气阀和排气管。

Cooking without the anti-block shield is dangerous! Without it, food can accumulate around the steam release valve and clog the vent pipe, which may cause the pressure cooker to malfunction or become unsafe to use.

没有安装防堵罩进行烹饪是非常危险的！若缺少此部件，食物可能堆积在排气阀周围，堵塞排气管，导致压力锅无法正常或安全运行。

To Remove for cleaning: Press your thumb firmly against the side of the anti-block shield (toward the side of the lid), then pull upward until it pops off the prongs underneath.

清洁时的拆卸方法：用拇指用力按压防堵罩侧面（朝锅盖边缘方向），然后向上拉，直到防堵罩从底部卡扣处弹出为止。

To reinstall: Place the anti-block shield over the prongs and press down firmly until it snaps into place.

重新安装方法：将防堵罩对准卡扣位置放置，然后用力按压，直到其“卡嗒”一声固定就位。

Note: Do not attempt to operate the pressure cooker without the anti-block shield installed.

注意：严禁在未安装防堵罩的情况下使用压力锅。

6) Locking Pin 锁销装置:

The lid automatically locks when it is properly aligned and closed. During pressure cooking, the lid cannot be opened until all pressure has been safely released.

当锅盖正确对齐并关闭时，会自动锁定。在使用压力功能烹饪时，必须等压力完全释放后才能打开锅盖。

7) Silicone Gasket 硅胶密封圈:

The silicone gasket sits on the underside of the lid and creates an airtight seal necessary for pressure to build up inside the cooker. Always check the gasket for any tears or cracks before using any pressure-cooking function.

硅胶密封圈位于锅盖内侧，用于形成密封环境，使锅内能够建立压力。每次使用压力烹饪功能前，请检查密封圈是否有破损或裂痕。

To remove: Grip the edge of the silicone gasket and gently pull the sealing ring out and upward, section by section, from behind the sealing ring rack. Once the sealing ring is removed, inspect the steel rack to ensure it is secure, not bent, and maintains an even height around the entire lid.

拆卸方法: 握住硅胶密封圈的边缘，从密封圈支架后方逐段向外向上拉出密封圈。拆下密封圈后，检查不锈钢支架是否固定牢靠、无弯曲，且高度在锅盖四周保持一致。

To reinstall: Place the sealing ring over the sealing ring rack and press it into place, section by section. Press down firmly to prevent puckering. When properly installed, the sealing ring should fit snugly behind the sealing ring rack and should not fall out when the lid is turned upside down.

重新安装方法: 密封圈对准密封圈支架，逐段按压固定。请用力按压，避免出现褶皱。正确安装后，密封圈应紧贴支架，不会在锅盖翻转时脱落。

Note: Failure to follow these instructions may result in food discharge, which could cause personal injury and/or property damage.

注意：未按照说明操作可能导致食物喷出，进而造成人身伤害和/或财产损失。

8) Inner Pot 内锅:

Features a ceramic non-stick coated inner pot. It is recommended to wash using a soft sponge to preserve the coating.

采用陶瓷不粘涂层内锅。建议使用软海绵清洗，以保护涂层。

9) Floating Valve 浮子阀:

When the pressure inside the cooker reaches a certain level, the float rises, blocking the locking pin and preventing the lid from being opened. Once the pressure is reduced to a safe level, the float drops, and the lid can be opened.

当锅内压力达到一定程度时，浮子会上升，阻挡锁销，防止锅盖被打开。当压力降至安全水平时，浮子下降，锅盖即可打开。

10) Outer Pot 外锅:

This pot should NEVER be used for cooking. Before cooking, always ensure that the inner pot is placed inside the outer pot. All ingredients must be placed only into the inner pot. 外锅严禁直接用于烹饪。在开始烹饪前，必须先将可内锅放入外锅内。所有食材应仅放入内锅中。

11) Condensation Collector 冷凝水收集器:

Collects excess condensation during cooking. If there is any liquid in the collector after cooking, empty it.

用于收集烹饪过程中产生的多余冷凝水。烹饪结束后，如收集器中有液体，请及时倒掉。

13) Control Panel 控制面板:

The easy-to-use control panel allows you to select various cooking programs with just the touch of a finger.

操作简便的控制面板可让您只需轻触按键，即可选择多种烹饪程序。

14) Heating Element and Temperature Sensor 加热元件与温度传感器:

These components work together to regulate the cooking temperature inside the pot. 这两个部件协同工作，以调节锅内的烹饪温度。

15) Power Cord 电源线:

The power cord is detached from the base of the outer pot and must be fully inserted to ensure the pressure cooker is properly powered. To insert the power cord, hold the plug firmly and push it into the base of the cooker until it is fully seated and no longer visible. 电源线与外锅底座分离，需要完全插入才能确保压力锅正常通电。插入电源线时，请牢牢握住插头，将其推入锅底座，直到完全插入且不再可见。

CONTROL PANEL 控制面板

Cooking Programs 烹饪程序:

Press to select your desired cooking function. Press the menu button to light up the indicator, and the default cooking time for this function will be displayed on the LED. The pressure cooker will start cooking after 5 seconds.

按下按钮选择您想要的烹饪功能。按下菜单按钮后，指示灯会亮起，并在LED显示屏上显示该功能的默认烹饪时间。电压力锅将在5秒后开始烹饪。



Keep Warm/Cancel 保温/取消:

Some menu features automatically switch to the Keep Warm function for up to 24 hours after the cooking time ends.

某些菜单功能在烹饪结束后会自动切换到保温功能，最长可持续24小时。

Note: Keeping food warm for a long time is not recommended, as it may negatively affect the texture or taste of the food.

注意：不建议长时间保温，因为可能会影响食物的口感和味道。

In standby mode, the Keep Warm function can be started by pressing the [Keep Warm/ Cancel] button.

在待机模式下，按下 [Keep Warm/ Cancel] 按钮可启动保温功能。

Press the [Keep Warm/ Cancel] button during cooking to cancel the cooking program.

在烹饪过程中按下 [Keep Warm/ Cancel] 按钮可取消烹饪程序

+ / - Button 按钮:

Select the desired cooking function; the time display will flash. Press the [+] or [-] button to adjust the time. The timer will start counting down after 5 seconds.

选择所需的烹饪功能后，时间显示屏会闪烁。按下 [+] 或 [-] 按钮调整时间。定时器将在5秒后开始倒计时。

Preset 预约:

After selecting a cooking function, you can use the preset timer to delay the cooking process by up to 24 hours.

选择烹饪功能后，可以使用预约定时器将烹饪过程延迟最多24小时。

Note: Do not set the delay timer for more than 1–2 hours when cooking perishable foods such as meat, poultry, seafood, cheese, and dairy products, as these foods can spoil easily if left at room temperature for too long.

注意：在烹饪肉类、家禽、海鲜、奶酪和乳制品等易腐食物时，请不要将延迟时间设置超过1–2小时，因为这些食物在室温下放置过久容易变质。

Child Lock 童锁:

Press the Child Lock button; the indicator light will turn on. Other buttons will no longer respond, and the Child Lock indicator will flash as a reminder. To unlock, press and hold the Child Lock button for 3 seconds.

按下童锁按钮，指示灯会亮起，其他按钮将不再响应，童锁指示灯会闪烁提示。要解锁，请长按童锁按钮3秒

Lid Position Detection Function 盖子位置检测功能:

If the lid is not properly placed after selecting a menu function, the pressure cooker will beep and display a "Lid" prompt and will not start cooking. At this point, place the lid in the correct position; the prompt will disappear, and the pressure cooker will return to its normal state.

如果在选择菜单功能后盖子未正确放置，多功能锅会发出蜂鸣声并显示“Lid”提示，并且不会开始烹饪。此时，请将盖子正确放置，提示会消失，多功能锅恢复正常状态。

Before use 使用前

1. Remove all packing materials and literature from inside the pressure cooker. Lift out the inner pot and remove any paper from underneath it. Peel off the plastic protection from the control panel. 取出电压力锅内部的所有包装材料和说明书。拿出内锅，并移除其下方的任何纸张。撕掉控制面板上的保护膜。
2. Wash all removable parts in warm, soapy water. Rinse and dry all parts thoroughly. Wipe the outer housing with a clean, damp cloth. NEVER submerge the stainless-steel outer housing in water or any other liquid. 用温肥皂水清洗所有可拆卸部件，冲洗干净并彻底擦干。用干净的湿布擦拭外壳。切勿将不锈钢外壳浸入水或其他液体中。
3. To clean the pressure valve, gently lift it up and out of the lid. Check the holes in the pressure valve to ensure nothing is blocking them, then clean the valve with warm, soapy water, allowing water to run through it to remove all particles. 清洁压力阀时，请轻轻将其从锅盖上提起。检查压力阀的孔是否有堵塞，然后用温肥皂水清洗，让水流通过压力阀以清除所有杂质。
4. Reattach the pressure valve onto the lid. 将压力阀重新装回锅盖上。
5. Ensure the silicone gasket is properly seated inside the lid; otherwise, the cooker will not function correctly. 确保硅胶密封圈正确安装在锅盖内，否则电压力锅将无法正常工作。
6. After everything is thoroughly dried, place the removable cooking pot back into the multi-cooker before cooking. 所有部件彻底风干后，将可拆卸内锅放回多功能锅中，即可开始烹饪。

Using 使用时

It is recommended to boil water as the first usage of the product to get a better understanding on how the pressure cooker works.

建议您在首次使用产品之前先将水烧开，以更好地了解压力锅的工作原理与程序。

1. Before each use, make sure the silicone gasket and the pressure valve are clean and correctly positioned on the lid. 每次使用前，请确保硅胶密封圈和压力阀干净且正确安装在锅盖上。
2. Make sure the inner pot is at the right position. 确保内锅位于多功能锅中。
3. Place the inner pot into the cooker and add the ingredients according to the recipe. When cooking under pressure, at least 1 cup (8 oz.) of liquid is required. 将内锅放入锅中，并按照食谱加入食材。压力烹饪时，至少需要加入1杯（8盎司）的液体。

NOTE: Do not fill the pot more than 2/3 full of food and liquid. Do not fill the unit more than 1/2 full when cooking foods that expand during cooking.

注意：食材和液体总量请勿超过内锅的2/3。烹饪过程中会膨胀的食材请勿超过内锅的1/2。

NOTE: The following foods tend to foam, froth, and/or sputter: applesauce, cranberries, pearl barley, oatmeal, split peas, noodles/pasta, and rhubarb. These items may block the pressure valve if the pot is filled too high. When pressure cooking these items, do not fill the inner pot more than halfway.

注意：以下食物容易起泡、溢出或飞溅：苹果酱、蔓越莓、珍珠大麦、燕麦、裂开豌豆、面条/意大利面或大黄。这些食材若装得太满，可能会堵塞压力阀。烹饪这些食材时，请确保内锅不超过一半容量。

4. Place the lid on the cooker by aligning the unlock symbol  on the front of the lid with the arrow  on the rim of the stationary pot. Turn the lid counterclockwise until the lock symbol  aligns with the arrow  and the locking pin clicks into place.

将锅盖放在锅上，使锅盖前方的解锁标志  与固定锅边缘的箭头  对齐。逆时针旋转锅盖，直到锁定标志  与箭头  对齐，并听到锁销“咔嗒”一声锁住。

NOTE: The cooker will beep and display a "Lid" prompt if the lid is not properly secured, and the cooking function will not start.

注意：如果锅盖未正确锁好，电压力锅会发出蜂鸣声并显示“Lid”提示，烹饪功能无法启动。

5. Turn the pressure release valve towards “Pressure” indication.
将排气阀转向“Pressure”指示。
6. Choose the desired cooking mode by pressing the cooking functions button. Set the desired cooking time by pressing the [+] or [-] button until you reach the desired time. Pressure Cooker will start cooking after 5 seconds, and the indicator lights will remain lit
按下烹饪功能按钮，选择所需的烹饪模式。按下 [+] 或 [-] 按钮，设置所需的烹饪时间，直到达到您想要的时间。压力锅将在5秒后开始烹饪，指示灯会保持常亮。
7. As the pressure builds inside the cooker, the pressure lock pin valve will pop up.
随着锅内压力的升高，压力锁销阀会弹起。
8. During operation, the pot may make a low clicking sound. This is normal and indicates the unit is controlling the power cycle.
操作过程中，锅可能会发出轻微的“咔哒”声。这是正常现象，表示设备在控制功率循环。
9. Once the pressure has fully built up, the cooking time will begin to count down.
当压力完全建立后，烹饪时间开始倒计时。

△ WARNING: Never try to force the lid open while cooking under pressure. This can result in a serious accident.

警告：在压力烹饪过程中切勿强行打开锅盖，这可能导致严重事故。

△ WARNING: Never deep fry or pressure fry in the pressure cooker. It is dangerous and may cause a fire or serious damage.

警告：切勿在多功能锅中进行油炸或压力油炸。这非常危险，可能引发火灾或造成严重损坏。

10. The cooker will beep once the cooking time ends. It will switch to the automatic Keep Warm function for up to 24 hours. Press the **[Keep Warm/Cancel]** button to cancel the program and release the pressure.

烹饪时间结束后，电压力锅会发出蜂鸣声，并自动进入保温功能，最长可达24小时。

按下 **[Keep Warm/Cancel]** 按钮可取消程序并释放压力。

11. You have two options for releasing the pressure 释放压力有两种方法：

a. **Quick Release Method:** Release the pressure immediately by turning the pressure valve to the “Release” position.

快速释放法：立即将压力阀转到“Release”位置释放压力。

△ CAUTION: The steam coming out of the cooker is hot and may contain droplets of hot liquid. Be sure to use potholders or a kitchen towel when releasing the pressure.

△注意：从锅中喷出的蒸汽非常烫，可能还含有热液滴。释放压力时，请务必使用隔热手套或厨房毛巾。

- b. **Natural Release Method:** Turn off the Keep Warm function by pressing the **[Keep Warm/Cancel]** button. This allows the pressure to drop naturally. The Natural Release Method takes several minutes, during which the food inside continues to cook. Some recipes (such as rice) benefit from this extra time. You will know the pressure is fully released when the floating valve drops, and you are able to open the lid.

自然释放法：按下[保温/取消]按钮关闭保温功能，让压力自然释放。自然释放法需要几分钟，期间锅内食物会继续加热烹饪。一些食谱（如米饭）受益于这段额外的烹饪时间。当浮子阀落下时，表示压力完全释放，此时可以打开锅盖。

Note: When cooking a small quantity of food, the inner cooking pot may appear to be stuck to the lid by pressure when opening. In this case, shake the lid slightly to realign the inner pot in its compartment, and then remove the lid.

注意：当烹饪少量食物时，打开锅盖时可能会发现内锅被压力吸附在锅盖上。这种情况下，请轻轻晃动锅盖，使内锅重新对齐到其位置，然后取下锅盖。

12. Once all the pressure is released, remove the lid by turning it clockwise, lifting it, and tilting it away from yourself to avoid any remaining steam or hot water condensation dripping from the inner portion of the lid.

压力完全释放后，顺时针旋转锅盖，将其提起，并向远离自己的方向倾斜，以避免剩余蒸汽或锅盖内侧的热水冷凝液滴落到身上。

Caution: 注意:

- Do not open the lid until the pressure inside the pot has been completely released. 在锅内的气压完全释放之前，请勿打开盖子。
- Never pull out the pressure release valve when it is releasing pressure. 释放气压时，切勿拉出气压排气阀。
- For soft and liquidised food (thin, thick and sticky liquid) such as porridge and beans, do not slide the pressure release valve for releasing pressure when cooking has just finished. If you do that, the hot fluid may spill from the pressure release valve and may cause burns. Be sure to disconnect the power supply. 用于流质食品（稀粘稠的液体）例如粥和豆类等，请勿在刚烹饪完毕即时滑动压力排气阀以释放气压。汤热的食物液体可能会从排气阀溢出，并可能引起灼伤。确保关闭电源。
- When large quantity of food is cooked, do not try to release the pressure immediately after cooking. 当烹饪大量食物时，请勿在烹饪后立即释放气压。
- It is recommended to let the food cool down slightly before releasing the pressure. 建议在释放气压之前让食物冷却一会儿。

WARNING: 警告:

Do not hold the pressure release valve. Hot steam/liquid may be ejected. Keep hands and face away from steam vents, use pot holders when removing the inner pot or touching any hot items, and never force the lid open. The lid will only able to open once the pressure is fully released. Remove the lid by lifting it away from you to avoid being burned by the steam.

不要握住排气阀。因为可能排出热蒸汽/液体并导致烫伤。保持双手和脸部远离蒸汽通风口，在移开内锅或触摸任何热物品时使用锅架，切勿强行打开锅盖。锅盖仅在完全释放气压后才能打开。提起盖子将其移开，以免被蒸汽灼伤。

Cooking Function Time Table 烹调程式表

Cooking Function	Default Cooking Time	Cooking Time Adjustable Range	Pressure	Preset	Automatic Keep Warm
Rice	P:12	1 - 59 min	Yes	Yes	Yes
Brown Rice	P:20	1 - 59 min	Yes	Yes	Yes
Porridge	P:15	1 - 59 min	Yes	Yes	Yes
Soup	P:30	20 min - 2 hours	Yes	Yes	Yes
Beans	P:30	20 min - 2 hours	Yes	Yes	Yes
Double Boil	P:40	20 min - 2 hours	Yes	Yes	Yes
Slow Cooking	P:40	20 min - 2 hours	Yes	Yes	Yes
Open Lid Cooking	00:20	1 - 59 min	No Pressure	No	No
Tendon	P:35	20min - 2 hours	Yes	Yes	Yes
Chicken	P:15	1 - 59 min	Yes	Yes	Yes
Steaming	P:12	1 - 59 min	Yes	Yes	Yes
Claypot Rice	P:14	1 - 59 min	Yes	Yes	Yes
Baking	P:48	1 - 59 min	No Pressure	No	No
Black Garlic	120H	96 hours to 144 hours	No Pressure	No	No
Yoghurt	12:00	8 hours -24 hours	No Pressure	No	No
Sous Vide	04:00	30min - 12 hours	No Pressure	No	No
Sterilize	P:05	1 - 59 min	Yes	Yes	Yes
Keep Warm	24H	Not adjustable	-	-	-
Preset	30min	30min - 24 hours	-	-	-

Rice 米饭

1. Measure the rice and water, then place them into the inner pot. The maximum cooking capacity is 4 cups of rice with 4 cups of water — do not exceed this amount.

量取米和水后放入内锅。最大烹饪容量为4杯米配4杯水，请勿超过此量。

2. Close the lid and secure it by turning it counterclockwise to lock it in place. Turn the pressure valve to the “Pressure” position.
盖上锅盖，并逆时针旋转以锁紧。将压力阀旋转到“Pressure”位置。
3. Press the **Rice** button. The display will show P:12 (12 minutes). Use the [+] and [-] buttons to adjust the time if desired. Wait 5 seconds; the cooker will start heating up. Once it reaches the preset temperature, it will beep to indicate the cooking process has begun, and the countdown will start.

按下**Rice**按钮，LED显示屏将显示 P:12（12分钟）。如需要，可通过 [+] 和 [-] 按钮调整时间。等待5秒后，锅开始加热。一旦达到预设温度，会发出蜂鸣声提示开始烹饪，并开始倒计时。

4. When cooking is complete, the cooker will beep and will automatically switch to the Keep Warm function. You can press the **Keep Warm / Cancel** button to turn it off.

烹饪完成后，锅会发出蜂鸣声。锅会自动切换到保温功能。您可以按**Keep Warm / Cancel**按钮关闭它。

5. You can wait for the pressure to release naturally, or turn the pressure valve to the “Release” position for a quick release. **Do not touch the pressure release valve with bare hands.**

您可以等待压力自然释放，也可以将压力阀转到“Release”位置进行快速释放。**请勿用手直接接触压力释放阀。**

△ **Safety Note: Using the quick release method releases extremely hot steam that may cause burns. Use oven mitts and keep your face away from the steam vent.**

△ 安全提示：快速释放会喷出高温蒸汽，可能导致烫伤。请使用隔热手套，并将脸部远离蒸汽口。

6. Once the steam is released, turn off the power, carefully turn the lid clockwise to unlock it. Use oven mitts to remove the inner pot safely.

蒸汽完全释放后，关闭电源，小心地顺时针旋转锅盖解锁。用隔热手套安全地取出内锅

△ **Safety Note: Never force open the lid. It can only open when the pressure is fully released.**

△ 安全提示：切勿强行打开锅盖。锅盖只有在压力完全释放后才能打开。

Brown Rice 糙米

1. Measure the brown rice and water, then place them into the inner pot. The maximum cooking capacity is 4 cups of brown rice with 4 cups of water — do not exceed this amount.

量取糙米和水后放入内锅。最大烹饪容量为4杯糙米配4杯水，请勿超过此量。

2. Close the lid and secure it by turning it counterclockwise to lock it in place. Turn the pressure valve to the “Pressure” position.

盖上锅盖，并逆时针旋转以锁紧。将压力阀旋转到“Pressure”位置。

3. Press the **Brown Rice** button. The display will show P:20 (20 minutes). Use the [+] and [-] buttons to adjust the time if desired. Wait 5 seconds; the cooker will start heating up. Once it reaches the preset temperature, it will beep to indicate the cooking process has begun, and the countdown will start.

按下**Brown Rice**按钮，LED显示屏将显示 P:20（20分钟）。如需要，可通过 [+] 和 [-] 按钮调整时间。等待5秒后，锅开始加热。一旦达到预设温度，会发出蜂鸣声提示开始烹饪，并开始倒计时。

4. When cooking is complete, the cooker will beep and will automatically switch to the Keep Warm function. You can press the **Keep Warm / Cancel** button to turn it off.
烹饪完成后，锅会发出蜂鸣声。锅会自动切换到保温功能。您可以按**Keep Warm / Cancel**按钮关闭它。
5. You can wait for the pressure to release naturally, or turn the pressure valve to the “Release” position for a quick release. Do not touch the pressure release valve with bare hands.
您可以等待压力自然释放，也可以将压力阀转到“Release”位置进行快速释放。请勿用手直接接触压力释放阀。
△ **Safety Note: Using the quick release method releases extremely hot steam that may cause burns. Use oven mitts and keep your face away from the steam vent.**
△ 安全提示：快速释放会喷出高温蒸汽，可能导致烫伤。请使用隔热手套，并将脸部远离蒸汽口。
6. Once the steam is released, turn off the power, carefully turn the lid clockwise to unlock it. Use oven mitts to remove the inner pot safely.
蒸汽完全释放后，关闭电源，小心地顺时针旋转锅盖解锁。用隔热手套安全地取出内锅。
△ **Safety Note: Never force open the lid. It can only open when the pressure is fully released.**
△ 安全提示：切勿强行打开锅盖。锅盖只有在压力完全释放后才能打开。

Claypot Rice 煲仔饭

1. Prepare your recipe in the inner pot and place it into the outer pot.
将食材准备好放入内锅，并将内锅放入外锅。
2. Close the lid and secure it by turning it counterclockwise to lock it in place. Turn the pressure valve to the “Pressure” position.
盖上锅盖，并逆时针旋转以锁紧。将压力阀旋转到“Pressure”位置。
3. Press the **Claypot Rice** button. The display will show P:14 (14 minutes). Use the [+] and [-] buttons to adjust the time if desired. Wait 5 seconds; the cooker will start heating up. Once it reaches the preset temperature, it will beep to indicate the cooking process has begun, and the countdown will start.
按下**Claypot Rice**按钮，LED显示屏将显示 P:14（14分钟）。如需要，可通过 [+] 和 [-] 按钮调整时间。等待5秒后，锅开始加热。一旦达到预设温度，会发出蜂鸣声提示开始烹饪，并开始倒计时。
4. When cooking is complete, the cooker will beep and will automatically switch to the **Keep Warm / Cancel** function. You can press the Keep Warm / Cancel button to turn it off.
烹饪完成后，锅会发出蜂鸣声。锅会自动切换到保温功能。您可以按**Keep Warm / Cancel**按钮关闭它。
5. You can wait for the pressure to release naturally, or turn the pressure valve to the “Release” position for a quick release. Do not touch the pressure release valve with bare hands.
您可以等待压力自然释放，也可以将压力阀转到“Release”位置进行快速释放。请勿用手直接接触压力释放阀。
△ **Safety Note: Using the quick release method releases extremely hot steam that may cause burns. Use oven mitts and keep your face away from the steam vent.**
△ 安全提示：快速释放会喷出高温蒸汽，可能导致烫伤。请使用隔热手套，并将脸部远离蒸汽口。
6. Once the steam is released, turn off the power, carefully turn the lid clockwise to unlock it. Use oven mitts to remove the inner pot safely.
蒸汽完全释放后，关闭电源，小心地顺时针旋转锅盖解锁。用隔热手套安全地取出内锅。
△ **Safety Note: Never force open the lid. It can only open when the pressure is fully released.**
△ 安全提示：切勿强行打开锅盖。锅盖只有在压力完全释放后才能打开。

Porridge 粥

1. Prepare your recipe in the inner pot and place it into the outer pot.
将食材准备好放入内锅，并将内锅放入外锅。
2. Close the lid and secure it by turning it counterclockwise to lock it in place. Turn the pressure valve to the “Pressure” position.
盖上锅盖，并逆时针旋转以锁紧。将压力阀旋转到“Pressure”位置。
3. Press the **Porridge** button. The display will show P:15 (15 minutes). Use the [+] and [-] buttons to adjust the time if desired. Wait 5 seconds; the cooker will start heating up. Once it reaches the preset temperature, it will beep to indicate the cooking process has begun, and the countdown will start.

按下**Porridge**按钮，LED显示屏将显示 P:15（15分钟）。如需要，可通过 [+] 和 [-] 按钮调整时间。等待5秒后，锅开始加热。一旦达到预设温度，会发出蜂鸣声提示开始烹饪，并开始倒计时。

4. When cooking is complete, the cooker will beep and will automatically switch to the Keep Warm function. You can press the **Keep Warm / Cancel** button to turn it off.
烹饪完成后，锅会发出蜂鸣声。锅会自动切换到保温功能。您可以按**Keep Warm / Cancel**按钮关闭它。
5. You can wait for the pressure to release naturally. Do not touch the pressure release valve with bare hands.

您可以等待压力自然释放。请勿用手直接接触压力释放阀。

△ **Safety Note: Do not using the quick release method for Porridge when cooking has just finished. As the hot fluid may spill from the pressure release valve and may cause burns.**

△ 安全提示：煮粥刚刚结束时，请勿使用快速泄压方法。因为高温的液体可能会从压力释放阀喷出，导致烫伤。

6. Once the steam is released, turn off the power, carefully turn the lid clockwise to unlock it. Use oven mitts to remove the inner pot safely.

蒸汽完全释放后，关闭电源，小心地顺时针旋转锅盖解锁。用隔热手套安全地取出内锅。

△ **Safety Note: Never force open the lid. It can only open when the pressure is fully released.**

△ 安全提示：切勿强行打开锅盖。锅盖只有在压力完全释放后才能打开。

Beans 豆类

1. Prepare your recipe in the inner pot and place it into the outer pot.
将食材准备好放入内锅，并将内锅放入外锅。
2. Close the lid and secure it by turning it counterclockwise to lock it in place. Turn the pressure valve to the “Pressure” position.
盖上锅盖，并逆时针旋转以锁紧。将压力阀旋转到“Pressure”位置。
3. Press the **Beans** button. The display will show P:30 (30 minutes). Use the [+] and [-] buttons to adjust the time if desired. Wait 5 seconds; the cooker will start heating up. Once it reaches the preset temperature, it will beep to indicate the cooking process has begun, and the countdown will start.

按下**Beans**按钮，LED显示屏将显示 P:30（30分钟）。如需要，可通过 [+] 和 [-] 按钮调整时间。等待5秒后，锅开始加热。一旦达到预设温度，会发出蜂鸣声提示开始烹饪，并开始倒计时。

4. When cooking is complete, the cooker will beep and will automatically switch to the Keep Warm function. You can press the **Keep Warm / Cancel** button to turn it off.
烹饪完成后，锅会发出蜂鸣声。锅会自动切换到保温功能。您可以按**Keep Warm / Cancel**按钮关闭它。

5. You can wait for the pressure to release naturally, or turn the pressure valve to the “Release” position for a quick release. **Do not touch the pressure release valve with bare hands.**
您可以等待压力自然释放，也可以将压力阀转到“Release”位置进行快速释放。请勿用手直接接触压力释放阀。
△ **Safety Note: Do not using the quick release method for Beans when cooking has just finished. As the hot fluid may spill from the pressure release valve and may cause burns.**
△ 安全提示：煮豆类刚刚结束时，请勿使用快速泄压方法。因为高温的液体可能会从压力释放阀喷出，导致烫伤。
6. Once the steam is released, turn off the power, carefully turn the lid clockwise to unlock it. Use oven mitts to remove the inner pot safely.
蒸汽完全释放后，关闭电源，小心地顺时针旋转锅盖解锁。用隔热手套安全地取出内锅。
△ **Safety Note: Never force open the lid. It can only open when the pressure is fully released.**
△ 安全提示：切勿强行打开锅盖。锅盖只有在压力完全释放后才能打开。

Baking 烘焙

Remark 备注: Cooking without pressure 无压力烹饪

1. Prepare your baking ingredients in the ceramic non-stick inner pot and place it into the outer pot. 将烘焙食材准备好放入不粘内锅，并将内锅放入外锅。
2. Close the lid and secure it by turning it counterclockwise to lock it in place. Turn the pressure valve to the “Release” position.
盖上锅盖，并逆时针旋转以锁紧。将压力阀旋转到“Release”位置。
3. Press the **Baking** button. The display will show P:48 (48 minutes). Use the [+] and [-] buttons to adjust the time if desired. Wait 5 seconds; the cooker will start heating up, the baking process has begun, and the countdown will start.
按下**Baking**按钮，LED 显示屏将显示 P:48（48分钟）。如需要，可通过 [+] 和 [-] 按钮调整时间。等待 5 秒后，锅开始加热。开始烘焙，并开始倒计时。
4. When baking is done, the cooker will beep. This function will not switch to keep warm after baking is done. Pressure cooker will automatically return to standby mode.
烘焙完成后，锅会发出蜂鸣声。此功能在烘烤完成后不会自动切换到保温模式。压力锅会自动返回待机模式。
5. Turn off the power, carefully turn the lid clockwise to unlock it. Use oven mitts to remove the inner pot safely.
关闭电源，小心地顺时针旋转锅盖解锁。用隔热手套安全地取出内锅。
6. Please remove the cake from the inner pot after it is done, and do not leave it in the pressure cooker, as this will affect the taste of the cake.
蛋糕完成后，请将其从内锅中取出，不要留在压力锅里，否则会影响蛋糕的口感。

Black Garlic 黑蒜

Remark 备注: Cooking without pressure 无压力烹饪

1. Line the inner pot with kitchen paper towel and arrange garlic on the inner pot. Cover the garlic with another layer of kitchen paper towel. Place the inner pot into the outer pot.
用厨房纸巾铺在内锅底部，在内锅里摆放大蒜。再用另一张厨房纸巾覆盖大蒜。将内锅放入外锅。
2. Close the lid and secure it by turning it counterclockwise to lock it in place. Turn the pressure valve to the “Release” position.
盖上锅盖，并逆时针旋转以锁紧。将压力阀旋转到“Release”位置。

3. Press the **Black Garlic** button. The display will show 120H (120 hours). Use the [+] and [-] buttons to adjust the time if desired. Wait 5 seconds; the cooker will start heating up. The countdown will start after 5 seconds.
按下**Black Garlic**按钮，LED显示屏将显示120H（120小时）。如需要，可通过[+]和[-]按钮调整时间。等待5秒后，锅开始加热。倒计时将在5秒后开始。
4. When cooking is complete, the cooker will beep. Turn off the power, carefully turn the lid clockwise to unlock it. Use oven mitts to remove the inner pot safely.
烹饪完成后，锅会发出蜂鸣声。关闭电源，小心地顺时针旋转锅盖解锁。用隔热手套安全地取出内锅。
5. The cooker will automatically return to standby mode.
压力锅会自动返回待机模式。

Double Boil 炖汤

1. Prepare your ingredients in the inner pot and place it into the outer pot.
将食材准备好放入内锅，然后将内锅放入外锅。
Note: If you have a smaller ceramic pot that can fit into the inner pot, you may put the ingredients in the ceramic pot. Place a clean cloth in the inner pot, fill it with water up to the 1/5 line, and then place the ceramic pot into the inner pot.
注意：如果您有一个较小的陶瓷锅可以放入内锅中，您也可以把食材放在陶瓷锅里。先在内锅中铺上一块干净的布，加入水至1/5刻度线，然后将陶瓷锅放入内锅中。
2. Close the lid and secure it by turning it counterclockwise to lock it in place. Turn the pressure valve to the “Pressure” position.
盖上锅盖，并逆时针旋转以锁紧。将压力阀旋转到“Pressure”位置。
3. Press the **Double Boil** button. The display will show P:40 (40 minutes). Use the [+] and [-] buttons to adjust the time if desired. Wait 5 seconds; the cooker will start heating up. Once it reaches the preset temperature, it will beep to indicate the cooking process has begun, and the countdown will start.
按下**Double Boil**按钮，LED显示屏将显示P:40（40分钟）。如需要，可通过[+]和[-]按钮调整时间。等待5秒后，锅开始加热。一旦达到预设温度，会发出蜂鸣声提示开始烹饪，并开始倒计时。
4. When cooking is complete, the cooker will beep and will automatically switch to the Keep Warm function. You can press the **Keep Warm / Cancel** button to turn it off.
烹饪完成后，锅会发出蜂鸣声。锅会自动切换到保温功能。您可以按**Keep Warm / Cancel**按钮关闭它。
5. You can wait for the pressure to release naturally. Do not touch the pressure release valve with bare hands.
您可以等待压力自然释放。请勿用手直接接触压力释放阀。
△ **Safety Note: Using the quick release method releases extremely hot steam that may cause burns. Use oven mitts and keep your face away from the steam vent.**
△ 安全提示：快速释放会喷出高温蒸汽，可能导致烫伤。请使用隔热手套，并将脸部远离蒸汽口。
6. Once the steam is released, turn off the power, carefully turn the lid clockwise to unlock it. Use oven mitts to remove the inner pot safely.
蒸汽完全释放后，关闭电源，小心地顺时针旋转锅盖解锁。用隔热手套安全地取出内锅。
△ **Safety Note: Never force open the lid. It can only open when the pressure is fully released.**
△ 安全提示：切勿强行打开锅盖。锅盖只有在压力完全释放后才能打开。

Slow Cooking 慢炖

1. Prepare your ingredients in the inner pot and place it into the outer pot.
将食材准备好放入内锅，然后将内锅放入外锅。
2. Close the lid and secure it by turning it counterclockwise to lock it in place. Turn the pressure valve to the “Pressure” position.
盖上锅盖，并逆时针旋转以锁紧。将压力阀旋转到“Pressure”位置。
3. Press the **Slow Cooking** button. The display will show P:40 (40 minutes). Use the [+] and [-] buttons to adjust the time if desired. Wait 5 seconds; the cooker will start heating up. Once it reaches the preset temperature, it will beep to indicate the cooking process has begun, and the countdown will start.
按下**Slow Cooking**按钮，LED显示屏将显示 P:40（40分钟）。如需要，可通过 [+] 和 [-] 按钮调整时间。等待5秒后，锅开始加热。一旦达到预设温度，会发出蜂鸣声提示开始烹饪，并开始倒计时。
4. When cooking is complete, the cooker will beep and will automatically switch to the Keep Warm function. You can press the **Keep Warm / Cancel** button to turn it off.
烹饪完成后，锅会发出蜂鸣声。锅会自动切换到保温功能。您可以按**Keep Warm / Cancel**按钮关闭它。
5. You can wait for the pressure to release naturally, or turn the pressure valve to the “Release” position for a quick release. Do not touch the pressure release valve with bare hands.
您可以等待压力自然释放，也可以将压力阀转到“Release”位置进行快速释放。请勿用手直接接触压力释放阀。
△ **Safety Note: Using the quick release method releases extremely hot steam that may cause burns. Use oven mitts and keep your face away from the steam vent.**
△ 安全提示：快速释放会喷出高温蒸汽，可能导致烫伤。请使用隔热手套，并将脸部远离蒸汽口。
6. Once the steam is released, turn off the power, carefully turn the lid clockwise to unlock it. Use oven mitts to remove the inner pot safely.
蒸汽完全释放后，关闭电源，小心地顺时针旋转锅盖解锁。用隔热手套安全地取出内锅。
△ **Safety Note: Never force open the lid. It can only open when the pressure is fully released.**
△ 安全提示：切勿强行打开锅盖。锅盖只有在压力完全释放后才能打开。

Open Lid Cooking 开盖烹饪

Remark 备注: Cooking without pressure; no lid required 无压力烹饪；无需盖上锅盖

1. Place the inner pot into the pressure cooker. Do not close the lid.
将内锅放入压力锅中。不要盖上锅盖
 2. Press the **Open Lid Cooking** button. The display will show 00:20 (20 minutes). Use the [+] and [-] buttons to adjust the time if desired. Wait 5 seconds; the cooker will start heating up, and the countdown will start.
按下**Open Lid Cooking**按钮，LED显示屏将显示 00:20（20分钟）。如需要，可通过 [+] 和 [-] 按钮调整时间。等待5秒后，锅开始加热，并开始倒计时。
 3. Put your ingredients into the inner pot and stir fry as desired.
将食材放入内锅中，按需翻炒。
- Note: Do not turn on the function if the inner pot is not in place or if the inner pot is empty.**
注意：如果没有放入内锅或内锅是空的，请不要启动该功能。

Tendon 牛筋

1. Prepare your ingredients in the inner pot and place it into the outer pot.
将食材准备好放入内锅，然后将内锅放入外锅。
2. Close the lid and secure it by turning it counterclockwise to lock it in place. Turn the pressure valve to the “Pressure” position.
盖上锅盖，并逆时针旋转以锁紧。将压力阀旋转到“Pressure”位置。
3. Press the **Tendon** button. The display will show P:35 (35 minutes). Use the [+] and [-] buttons to adjust the time if desired. Wait 5 seconds; the cooker will start heating up. Once it reaches the preset temperature, it will beep to indicate the cooking process has begun, and the countdown will start.

按下**Tendon**按钮，LED显示屏将显示 P:35（35分钟）。如需要，可通过 [+] 和 [-] 按钮调整时间。等待5秒后，锅开始加热。一旦达到预设温度，会发出蜂鸣声提示开始烹饪，并开始倒计时。

4. When cooking is complete, the cooker will beep and will automatically switch to the Keep Warm function. You can press the **Keep Warm / Cancel** button to turn it off.
烹饪完成后，锅会发出蜂鸣声。锅会自动切换到保温功能。您可以按**Keep Warm / Cancel**按钮关闭它。
5. You can wait for the pressure to release naturally, or turn the pressure valve to the “Release” position for a quick release. Do not touch the pressure release valve with bare hands.
您可以等待压力自然释放，也可以将压力阀转到“Release”位置进行快速释放。请勿用手直接接触压力释放阀。

△ **Safety Note: Using the quick release method releases extremely hot steam that may cause burns. Use oven mitts and keep your face away from the steam vent.**

△安全提示：快速释放会喷出高温蒸汽，可能导致烫伤。请使用隔热手套，并将脸部远离蒸汽口。

6. Once the steam is released, turn off the power, carefully turn the lid clockwise to unlock it. Use oven mitts to remove the inner pot safely.
蒸汽完全释放后，关闭电源，小心地顺时针旋转锅盖解锁。用隔热手套安全地取出内锅。

△ **Safety Note: Never force open the lid. It can only open when the pressure is fully released.**

△安全提示：切勿强行打开锅盖。锅盖只有在压力完全释放后才能打开。

Chicken 鸡肉

1. Prepare your ingredients in the inner pot and place it into the outer pot.
将食材准备好放入内锅，然后将内锅放入外锅。
2. Close the lid and secure it by turning it counterclockwise to lock it in place. Turn the pressure valve to the “Pressure” position.
盖上锅盖，并逆时针旋转以锁紧。将压力阀旋转到“Pressure”位置。
3. Press the **Chicken** button. The display will show P:15 (15 minutes). Use the [+] and [-] buttons to adjust the time if desired. Wait 5 seconds; the cooker will start heating up. Once it reaches the preset temperature, it will beep to indicate the cooking process has begun, and the countdown will start.

按下**Chicken**按钮，LED显示屏将显示 P:15（15分钟）。如需要，可通过 [+] 和 [-] 按钮调整时间。等待5秒后，锅开始加热。一旦达到预设温度，会发出蜂鸣声提示开始烹饪，并开始倒计时。

4. When cooking is complete, the cooker will beep and will automatically switch to the Keep Warm function. You can press the **Keep Warm / Cancel** button to turn it off.
烹饪完成后，锅会发出蜂鸣声。锅会自动切换到保温功能。您可以按**Keep Warm / Cancel**按钮关闭它。

5. You can wait for the pressure to release naturally, or turn the pressure valve to the “Release” position for a quick release. Do not touch the pressure release valve with bare hands.
您可以等待压力自然释放，也可以将压力阀转到“Release”位置进行快速释放。请勿用手直接接触压力释放阀。

△ **Safety Note: Using the quick release method releases extremely hot steam that may cause burns. Use oven mitts and keep your face away from the steam vent.**

△ 安全提示：快速释放会喷出高温蒸汽，可能导致烫伤。请使用隔热手套，并将脸部远离蒸汽口。

6. Once the steam is released, turn off the power, carefully turn the lid clockwise to unlock it. Use oven mitts to remove the inner pot safely.
蒸汽完全释放后，关闭电源，小心地顺时针旋转锅盖解锁。用隔热手套安全地取出内锅。

△ **Safety Note: Never force open the lid. It can only open when the pressure is fully released.**

△ 安全提示：切勿强行打开锅盖。锅盖只有在压力完全释放后才能打开。

Steaming 蒸煮

1. Fill the inner pot with water up to the 1/5 line, then place the steamer rack in the inner pot. Put your ingredients on the steamer rack, and then place the inner pot into the outer pot.
在内锅中加水至 1/5 刻度线，然后将蒸架放入内锅。把食材放在蒸架上，然后将内锅放入外锅。

2. Close the lid and secure it by turning it counterclockwise to lock it in place. Turn the pressure valve to the “Pressure” position.
盖上锅盖，并逆时针旋转以锁紧。将压力阀旋转到“Pressure”位置。

3. Press the **Steaming** button. The display will show P:12 (12 minutes). Use the [+] and [-] buttons to adjust the time if desired. Wait 5 seconds; the cooker will start heating up. Once it reaches the preset temperature, it will beep to indicate the cooking process has begun, and the countdown will start.

按下**Steaming**按钮，LED显示屏将显示 P:12（12分钟）。如需要，可通过 [+] 和 [-] 按钮调整时间。等待5秒后，锅开始加热。一旦达到预设温度，会发出蜂鸣声提示开始烹饪，并开始倒计时。

4. When cooking is complete, the cooker will beep and will automatically switch to the Keep Warm function. You can press the **Keep Warm / Cancel** button to turn it off.
烹饪完成后，锅会发出蜂鸣声。锅会自动切换到保温功能。您可以按**Keep Warm / Cancel**按钮关闭它。

5. You can wait for the pressure to release naturally, or turn the pressure valve to the “Release” position for a quick release. Do not touch the pressure release valve with bare hands.
您可以等待压力自然释放，也可以将压力阀转到“Release”位置进行快速释放。请勿用手直接接触压力释放阀。

△ **Safety Note: Using the quick release method releases extremely hot steam that may cause burns. Use oven mitts and keep your face away from the steam vent.**

△ 安全提示：快速释放会喷出高温蒸汽，可能导致烫伤。请使用隔热手套，并将脸部远离蒸汽口。

- Once the steam is released, turn off the power, carefully turn the lid clockwise to unlock it. Use oven mitts to remove the inner pot safely.

蒸汽完全释放后，关闭电源，小心地顺时针旋转锅盖解锁。用隔热手套安全地取出内锅。

△ **Safety Note: Never force open the lid. It can only open when the pressure is fully released.**

△ 安全提示：切勿强行打开锅盖。锅盖只有在压力完全释放后才能打开。

Soup 汤

- Prepare your ingredients in the inner pot and place it into the outer pot.
将食材准备好放入内锅，然后将内锅放入外锅。
- Close the lid and secure it by turning it counterclockwise to lock it in place. Turn the pressure valve to the “Pressure” position.
盖上锅盖，并逆时针旋转以锁紧。将压力阀旋转到“Pressure”位置。
- Press the **Soup** button. The display will show P:30 (30 minutes). Use the [+] and [-] buttons to adjust the time if desired. Wait 5 seconds; the cooker will start heating up. Once it reaches the preset temperature, it will beep to indicate the cooking process has begun, and the countdown will start.

按下**Soup**按钮，LED显示屏将显示 P:30（30分钟）。如需要，可通过 [+] 和 [-] 按钮调整时间。等待5秒后，锅开始加热。一旦达到预设温度，会发出蜂鸣声提示开始烹饪，并开始倒计时。

- When cooking is complete, the cooker will beep and will automatically switch to the Keep Warm function. You can press the **Keep Warm / Cancel** button to turn it off.
烹饪完成后，锅会发出蜂鸣声。锅会自动切换到保温功能。您可以按**Keep Warm / Cancel**按钮关闭它。
- You can wait for the pressure to release naturally, or turn the pressure valve to the “Release” position for a quick release. Do not touch the pressure release valve with bare hands.
您可以等待压力自然释放，也可以将压力阀转到“Release”位置进行快速释放。请勿用手直接接触压力释放阀。

△ **Safety Note: Using the quick release method releases extremely hot steam that may cause burns. Use oven mitts and keep your face away from the steam vent.**

△ 安全提示：快速释放会喷出高温蒸汽，可能导致烫伤。请使用隔热手套，并将脸部远离蒸汽口。

- Once the steam is released, turn off the power, carefully turn the lid clockwise to unlock it. Use oven mitts to remove the inner pot safely.

蒸汽完全释放后，关闭电源，小心地顺时针旋转锅盖解锁。用隔热手套安全地取出内锅。

△ **Safety Note: Never force open the lid. It can only open when the pressure is fully released.**

△ 安全提示：切勿强行打开锅盖。锅盖只有在压力完全释放后才能打开。

Yoghurt 酸奶

Remark 备注: Cooking without pressure 无压力烹饪

- Prepare your ingredients in a sterilized glass jar. Fill the inner pot with water (at least to half the height of the glass jar), then place the glass jar into the inner pot and put it into the outer pot.
将食材放入经过消毒的玻璃罐中。往内锅注水（水位至少达到玻璃罐高度的一半），然后将玻璃罐放入内锅，并将内锅放入外锅中。
- Close the lid and secure it by turning it counterclockwise to lock it in place.
盖上锅盖，并逆时针旋转以锁紧。

3. Press the **Yoghurt** button. The display will show 12:00 (12 hours). Use the [+] and [-] buttons to adjust the time if desired. Wait 5 seconds; the cooker will start heating up, the cooking process has begun, and the countdown will start.
按下**Yoghurt**按钮，LED 显示屏将显示 12:00 (12小时)。如需要，可通过 [+] 和 [-] 按钮调整时间。等待 5 秒后，锅开始加热。开始烹饪，并开始倒计时。
4. When cooking is done, the cooker will beep. This function will not switch to keep warm after yoghurt is done. Pressure cooker will automatically return to standby mode.
烹饪完成后，锅会发出蜂鸣声。此功能在烹饪完成后不会自动切换到保温模式。压力锅会自动返回待机模式。
5. Turn off the power, carefully turn the lid clockwise to unlock it. Use oven mitts to remove the inner pot safely.
关闭电源，小心地顺时针旋转锅盖解锁。用隔热手套安全地取出内锅。
6. Please remove the glass jar from the inner pot after it is done, and place it in the fridge for at least 12 hours before consuming.
完成后，请将玻璃罐从内锅中取出，并放入冰箱冷藏至少12小时后再食用。

Sous Vide 低温慢煮

Remark 备注: Cooking without pressure 无压力烹饪

1. Fill the inner pot with 2L of water and place it into the outer pot.
在内锅中加入 2 升水，并将内锅放入外锅。
2. Close the lid and secure it by turning it counterclockwise to lock it in place. Turn the pressure valve to the "Pressure" position. Close the lid and secure it by turning it counterclockwise to lock it in place.
盖上锅盖，并逆时针旋转以锁紧。
3. Press the **Sous Vide** button. The display will show 50C (50°C). Press the Sous Vide button again within 5 seconds to adjust the temperature; each press increases by 1°C. Then use the [+] or [-] button to set the time (default: 04:00, 4 hours). Wait 5 seconds; the cooker will start heating up.
按下**Sous Vide**按钮，LED 显示屏将显示 50C (50°C)。在 5 秒内再次按下Sous Vide按钮可调整温度，每按一次增加 1°C。然后通过 [+] 或 [-] 按钮设置时间（默认：04:00，4小时）。等待 5 秒后，锅开始加热。
4. When the water reaches the desired temperature, the cooker will beep to indicate the cooking process has begun, and the countdown will start.
当水达到预设温度时，锅会发出蜂鸣声提示开始烹饪，并开始倒计时。
5. Carefully turn the lid clockwise to unlock it, place the food in vacuum bag then put into the water bath (inner pot), then close and lock the lid again.
小心地顺时针旋转锅盖解锁，将食材放进真空包装袋里，然后放入水浴（内锅），再盖好并锁紧锅盖。
6. When cooking is complete, the cooker will beep. Turn off the power, carefully turn the lid clockwise to unlock it. Use oven mitts to remove the inner pot safely.
烹饪完成后，锅会发出蜂鸣声。关闭电源，小心地顺时针旋转锅盖解锁。用隔热手套安全地取出内锅。

Sterilize 消毒

(The Sterilize function can be used to sterilize utensils, heat-resistant baby equipment, bottles, canning jars, etc. A steam rack may be used depending on the items.)

(消毒功能可用于消毒餐具、耐高温的婴儿用品、奶瓶、罐头瓶等。可根据需要使用蒸架。)

1. Add 200 – 250ml of water into the inner pot, and place the items to sterilize inside.
在内锅中加入200 – 250毫升的水，将需要消毒的物品放入内锅。
2. Close the lid and secure it by turning it counterclockwise to lock it in place. Turn the pressure valve to the “Pressure” position.
盖上锅盖，并逆时针旋转以锁紧。将压力阀旋转到“Pressure”位置。
3. Press the **Sterilize** button. The display will show P:05 (5 minutes). Use the [+] and [-] buttons to adjust the time if desired. Wait 5 seconds; the cooker will start heating up. Once it reaches the preset temperature, it will beep to indicate the process has begun, and the countdown will start.
按下**Sterilize**按钮，LED 显示屏将显示 P:05（5分钟）。如需要，可通过 [+] 和 [-] 按钮调整时间。等待 5 秒后，锅开始加热。一旦达到预设温度，会发出蜂鸣声提示开始消毒，并开始倒计时。
4. When sterilization is complete, the cooker will beep. Turn off the power, carefully turn the lid clockwise to unlock it. Use oven mitts to remove the inner pot safely.
消毒完成后，锅会发出蜂鸣声。关闭电源，小心地顺时针旋转锅盖解锁。用隔热手套安全地取出内锅。

1. **Clean after each use.** Do not immerse the pressure cooker in water.
每次使用后清洁。 不要将压力锅浸入水中清洗。
2. **Unplug and cool.** Always unplug the cooker and let it cool completely before cleaning.
拔掉电源并冷却。 清洁前请务必拔掉电源，并等待锅体完全冷却。
3. **Cool inner pot.** Allow the inner pot to cool fully before washing it.
冷却内锅。 等待内锅完全冷却后再进行清洗。
4. **Wash inner pot.** Remove the inner pot and wash it with warm, soapy water. Rinse and dry thoroughly.
清洗内锅。 取出内锅，用温肥皂水清洗，冲洗干净并彻底擦干。
5. **Clean exterior and lid.** Wipe the outer housing and lid with a damp cloth. Rinse the inner lid with warm soapy water. Do not submerge either part in water.
清洁外壳和盖子。 用湿布擦拭外壳和盖子。用温肥皂水清洗内盖。请勿将任何部件浸入水中。
6. **Clean removable parts.** Detach the condensation collector and wash with warm, soapy water. Rinse, dry, and reattach it securely.
清洁可拆卸部件。 取下集水盒，用温肥皂水清洗，冲洗干净、擦干后重新安装到位。
7. **Clean and inspect silicone gasket.** Remove the silicone gasket from the lid, clean it with warm soapy water, rinse, and dry. Reinstall it properly to ensure a tight seal. Check regularly for cracks, looseness, or damage, and replace if necessary.
清洁并检查硅胶密封圈。 从盖子上取下硅胶密封圈，用温肥皂水清洗，冲洗干净并擦干。正确安装密封圈以确保密封紧密。定期检查是否有裂纹、松动或损坏，如有损坏请更换后再使用。
8. **Wipe heating plate.** After each use, clean the heating plate with a soft, damp cloth and dry thoroughly to maintain good performance.
擦拭加热盘。 每次使用后，用柔软湿布擦拭加热盘，并彻底擦干，以保持良好的性能。
9. **Avoid damage.** Do not use sharp objects, metal utensils, abrasive cleaners, or scouring pads on any part of the cooker. Use only PP plastic, wooden or silicone utensils to protect the non-stick surface.
避免损坏。 不要用尖锐物体、金属器具、研磨性清洁剂或钢丝球清洁锅体。建议仅使用PP塑料、木质或硅胶厨具，以保护内锅不粘涂层。
10. **Proper storage.** Store the cooker with the lid upside down on the inner pot to protect the valves and prevent stale odors. To remove odors, wipe the lid with a mixture of water and vinegar (1:1 ratio).
正确存放。 存放时将锅盖倒扣在内锅上，以保护阀门并防止异味。如有异味，可用水和醋（1:1比例）混合液擦拭盖子去除。

Cleaning the Pressure Valve 清洁压力阀

Always ensure that the pressure valve and floating valve are functioning properly before each use.
每次使用前，请确保压力阀和浮子阀工作正常。

1. After the cooker has cooled completely, remove the lid.
等锅体完全冷却后，取下锅盖。
2. Pull out the pressure valve to remove it. Check through the valve to ensure there is no debris or buildup, then rinse it under running water to clean. Once clean, press the pressure valve back into place.
将压力阀拔出，检查阀体内是否有杂质或堵塞，然后在流水下冲洗干净。清洁后，将压力阀按回原位。
3. Turn the lid upside down and place it on a flat surface. Pull up the anti-blocking shield. Using a brush, inspect and remove any food particles or debris from the pressure discharge tube located beneath the shield. Once clean, press the anti-blocking shield back into place.
将锅盖翻转，平放在桌面上。向上拔出防堵罩，用刷子检查并清理位于防堵罩下方的排压管内是否有食物残渣或杂物。清洁后，将防堵罩按回原位。

Caring for Your Ceramic Non-Stick Inner Pot 如何保养陶瓷釉不粘内锅

- The Pressure Cooker's inner pot is coated with a high-quality, food-grade ceramic non-stick coating that requires careful handling.
多功能锅的内锅采用高品质食品级陶瓷釉不粘涂层，需要细心保养。
- Do not use metal utensils (e.g., spatulas, spoons, or ladles) in the inner pot, as they can scratch and damage the surface.
不要在内锅中使用金属器具（如铲子、勺子或汤勺），以免刮伤涂层。
- Avoid stir-frying meat with sharp-edged bones during the Sauté process, as they may damage the coating.
在使用翻炒功能时，避免翻炒带有尖锐骨头的肉类，以免刮坏涂层。
- Meat with bones can be cooked using other functions — such as Pressure Cook, Keep Warm/Reheat, Steam, and Slow Cook — provided no vigorous stirring or frying is involved.
带骨的肉类可以使用其他功能烹调，例如：压力烹饪、保温/再加热、蒸煮和慢炖，但前提是不进行剧烈搅拌或翻炒。
- Always let the inner pot cool completely before washing to protect the non-stick coating.
内锅使用后请完全冷却后再清洗，以保护不粘涂层。

Troubleshooting

故障排除

Indicator code 指标代号

E1
E2
E3
E4

Reasons 原因

Broken circuit of the sensor 传感器断路

Short circuit of the sensor 传感器短路

Overheating 过热

Pressure switch malfunctioned 压力开关故障

Symptom 征兆	Possible Reasons 原因	Solutions 解决方案
Lid does not lock 盖子不能上锁	The sealing ring is not properly installed 密封圈不正确安装 The float is seized by the push rod 浮子被卡住	Reinstall the sealing ring 重新安装密封圈 Push the rod with your hands 调整好浮子
Cannot open the lid after air exhaust 无法打开盖子排气后	The float is still open 浮子无下降	Press the float 按下浮子
Air escapes from the rim of the lid 气压/蒸气从锅盖周围逸出	Sealing ring was not installed 未安装好密封圈 Food residue on sealing ring 密封圈含有食物残渣 Sealing ring worn out 密封圈损坏了 Lid not locked properly 锅盖未正确锁定	Install the sealing ring 安装密封圈 Clean the sealing ring 清洗密封圈 Replace the sealing ring 更换密封圈 Rotate the lid fully 旋转盖子上锁
Air escapes from the float valve 气压/蒸气从浮子阀中逸出	Food stuck on the sealing ring of the float valve 食物卡在浮子阀的密封圈上 The sealing ring on the float valve worn out 浮子上的密封圈阀门磨损	Clean the sealing ring 清洗密封圈 Replace the sealing ring 更换密封圈
The float did not rise 浮子不会上升	Not enough food and water 食物和水不足 Air escaping from the rim of the lid and the pressure release valve 气压/蒸气从锅盖边缘和排气阀逸出	Check recipe for proper Quantity 检查配方数量是否正确 Call the Customer Service 致电客户服务

When the following circumstances take place 发生以下情况时	Solutions 解决方案
Power cord and plug suffer from expansion, deformation, discoloration, damages, etc. 电源线和插头膨胀，变形，变色，损坏等。 A portion of the power cord or the plug gets hotter than usual. 电源线或插头的一部分比平时更热。 Electric pressure cooker heats abnormally, emitting a burnt smell. 电压力锅异常热，传出烧焦味。 When power-on, there are unusual sounds or vibrations. 开机有异常的声音或振动。	Stop using the product immediately; contact our customer service. 立即停止使用产品；联系我们的客户服务。
There is dust or dirt on the plug or socket. 插头或插座上有灰尘或污垢。	Remove dust or dirt with a dry brush. 用干刷清除灰尘。



**Extra 3-months warranty ONLY with online registration*

For after-sales service and warranty issue, please contact:

有关售后服务和保修问题，请联系：

MALAYSIA

KATRIN BJ SDN. BHD.

Tel: 603-8023 3939

Customer Service Whatsapp:

017-682 7238

Email:

support@lagourmet.com.my

SINGAPORE

KATRIN BJ PTE. LTD.

3, Tai Seng Drive #06-02

Singapore 535215

Tel: 6747 5845

Whatspp only: 8335 7882

VIETNAM

KATRIN BJ CO. LTD

Website:

<https://lagourmet.com.vn/>

Tel: +84 918 513 061

Email:

trinh.vn@katrinbj.com.my

WARRANTY TERMS & CONDITIONS

For the first year of the warranty period from the date of purchase from

KATRIN BJ AUTHORISED RETAILER, this product is proved to be defective under proper usage by reason only of faulty design, workmanship or materials, we undertake to repair the same free of charge. Shipping is the responsibility of the customer.

This Limited Warranty is in no event extended to cover a product purchased for commercial, rental or any purposes other than for personal, family or household use.

Warranty Exclusions:

The warranty is void if the product is used for any purpose other than which it is designed and has not been subjected to abuse, negligence, accident, alteration, or failure to follow operating instructions or the product has been exposed to abnormal or extreme conditions.

The product must not have been previously altered, repaired, or serviced by anyone other than **THE PERSON AUTHORISED BY KATRIN BJ SDN BHD**. The serial number must not have been altered or removed.

The product must not have been subjected to accident in transit or while in the customer's possession, misused, or operated contrary to the instructions contained in the instructions manual. This includes failure caused by neglect of reasonable and necessary maintenance, improper line voltage and acts of God.

Products sold through online auctions, by unauthorized dealers or discount retailers are not eligible for warranty services from KATRIN BJ.

KATRIN BJ assumes no liability for parts or labor coverage for component failure or other damages resulting from improper usage or installation or failure to clean and/or maintain the product as set forth in the Owner's Manual provided with each unit.

Warranty is not transferable and applies to local use only.

保修条款与条件

在从KATRIN BJ S/B 授权零售商购买之日起的保修期内的第一年，若本产品由于错误的设计，工艺或材料而被证明在正确使用的情況下有损坏，我们承诺免费维修。客户只需附上运输费用。

本有限保证在任何情況下均不得扩展至涵盖购买商业用途，租赁用途或用于个人或家庭用途以外的任何用途。

保修排除：

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未经授权的经销商或折扣零售商通过在线拍卖销售的产品不符合KATRIN BJ S/B的保修服务条款。

KATRIN BJ S/B不承担由于不正确使用或安装或未按照随每个装置提供的使用说明书中规定的清洗和/或维护产品而导致的部件故障或其他损坏的部件。

保修不可转让，仅适用于本地使用。

请填写保修卡后寄至本公司。

WARRANTY CARD

CUSTOMER'S COPY

NAME :
 ADDRESS :
 CONTACT : EMAIL :
 PRODUCT CODE : **LGME432797** PRODUCT MODEL : **PC40**
 SERIAL NO : **LGME250909213 - LGME250911073** DATE OF PURCHASE :

CHOP OF OUTLET :



**1 YEAR
WARRANTY**

