

# **EPCOOK6**

## 6 Qt. Electric Pressure Cooker

### Instructions



READ ALL INSTRUCTIONS AND WARNINGS BEFORE USING THIS PRODUCT.

This manual provides important information on proper operation & maintenance. Every effort has been made to ensure the accuracy of this manual. These instructions are not meant to cover every possible condition and situation that may occur. We reserve the right to change this product at any time without prior notice.

IF THERE IS ANY QUESTION ABOUT A CONDITION BEING SAFE OR UNSAFE,  
DO NOT USE THIS PRODUCT!

DO NOT RETURN THIS PRODUCT TO THE RETAILER - CONTACT CUSTOMER  
SERVICE.

If you experience a problem, have questions or need parts for this product, visit our website  
<http://www.amerihomebrand.com> or call Customer Service at 1-888-287-6981, **Monday-Friday,**  
**8 AM - 4 PM Central Time.** A copy of the sales receipt is required.

KEEP THIS MANUAL, SALES RECEIPT & APPLICABLE WARRANTY FOR  
FUTURE REFERENCE

# IMPORTANT SAFEGUARDS

When using pressure cookers, basic safety precautions should always be followed:

1. Read all instructions before operation.
2. Do not operate while unattended.
3. Do not touch hot surfaces. Use handles or knobs.
4. **DO NOT** allow children to operate under any circumstance.
5. Do not place the pressure cooker in a heated oven or on a stove top.
6. Extreme caution must be used when moving a pressure cooker containing hot liquids.
7. Do not use pressure cooker for other than intended use.
8. Never immerse product in water or other liquids.
9. Make certain unit is properly closed before operating.
10. Do not fill the unit over 2/3 full. When cooking foods that expand during cooking such as rice or dried vegetables, do not fill the unit over 1/2 full. Over filling may cause a risk of clogging the vent pipe and developing excess pressure. Failure to follow this procedure can result in injury to person(s) and/or damage to the unit.
11. Be aware that certain foods, such as applesauce, cranberries, pearl barley, oatmeal or other cereals, split peas, noodles, macaroni, rhubarb, or spaghetti can foam, froth, sputter, and clog the pressure release device (steam vent). These foods should not be cooked in a pressure cooker.
12. Always check the pressure release devices for clogging before use.
13. Do not open the pressure cooker until the unit has cooled and all internal pressure has been released. If it is difficult to turn, this indicates that the cooker is still pressurized – do not force it open.
14. Do not use this pressure cooker for pressure frying with oil.
15. **DO NOT** place the product near flammable materials or use in a humid environment.
16. **DO NOT** damage the Rubber Seal Ring and **DO NOT** replace it with anything other than the replacement Ring designated for this unit.
17. **DO NOT** tamper with the Steel Ring in the Lid using any tools or external forces. If the Steel Ring is damaged, please stop using immediately and replace the Lid.
18. Clean the Filter regularly to keep the cooker clean.
19. **NEVER** use additional weight on the Pressure Limiting Valve or replace the Pressure Limiting Valve with anything not intended for use with this unit.
20. The surface of contact between the Inner Pot and the Electronic Heater should always be clean. **DO NOT** use the Inner Pot with other heating sources. **DO NOT** replace the Inner Pot with a container other than what is recommended by the manufacturer.
21. The Inner Pot consists of a non-stick surface. To avoid scratching the non-stick surface, please use wooden or plastic utensils.
22. Food should not be kept warm for more than 8-10 hours in order to maintain food freshness.
23. The pressure cooker should not be used for pressure cooking for more than 6 hours continuously.
24. Serious injury and/or damage may occur if any safeguards are ignored.
25. If steam escapes around the Lid during the cooking process, unplug from the power supply immediately, let cool, remove contents and return the product to the manufacturer for exchange or repair. The Pressure Discharging Device has activated. This is a safeguard to alert the user that the Pressure Release Valve is malfunctioning.
26. If there is any malfunction of the cooker during the cooking process, please stop using the device and return to the manufacturer for repair or exchange.
27. **DO NOT** disassemble the product, or replace parts with parts not intended for this unit.
28. Always attach plug to appliance first, then plug cord into the wall outlet. To disconnect, turn control to off, then remove plug from wall outlet.
29. Do not use outdoors.
30. Do not place on or near a hot gas or electric burner, or in a heated oven.
31. Do not use accessory attachments as they may cause injuries.

**SAFETY WARNING:** There is a potential risk of fire, electric shock or injury to persons if the product is not used as instructed. Protection against electric shock is assured only if the main power cord is connected to a properly grounded 110-120V | 50/60Hz power receptacle. The use of an extension cord, power adapter or other electric devices is not recommended.

This product is to be used in an indoor environment only and is not intended for commercial use. Use in dry locations only.

All parts and accessories for this appliance must be used properly according to the instructions. All parts and accessories must be the original provided from manufacturer. Adding parts or accessories not intended for use with this appliance is strictly prohibited.



Under NO circumstances should this Pressure Cooker or any of its parts or components be placed on or near a stovetop, range or open flame. Doing so will cause serious damage to the Pressure Cooker and/or injury to person. THIS IS NOT A STOVETOP COOKER

## **ELECTRIC PRESSURE COOKER FEATURES**

### **MULTIPLE FUNCTIONS:**

- Multiple functions include cooking, browning, warming, and slow cooking.
- Cooking will be done automatically by selecting the different menu choices on the unit. When the food has completed its cooking cycle, there will be a three beep indicator, followed by the unit automatically switching to the Keep Warm mode.
- This unit allows the user to choose the period of Pressurized Cooking Time (0-99 minutes) according to one's taste and needs in addition to using the Pre-Set menu. This Pre-Set Menu can be found by pressing the Rice button twice to enter Pre-Set Mode. You will then press the Rice button for each minute.
- A Delay Timer allows the user to delay the cooking time up to 9-hours. When the timer is set, the count-down will start. By the end of the countdown, the cooker will start to heat up.
- The pressure cooker also has its own memory. Interruptions such as a power failure will cause the unit to automatically renew the cooking cycle where the unit left off when the power resumes.
- A Relief Function begins when temperature and pressure inside the cooker go beyond the normal value. The pressure release valve will automatically discharge the steam to regulate.

### **POWER FAILURE MEMORY:**

Cooker resumes original sequence when power is supplied again.

### **TEMPERATURE SAFETY:**

Power automatically cuts off when temperature inside goes beyond the maximum limit.

### **RAPID COOKING TIME & POWER SAVING:**

By using high pressure (high temperature), food will be cooked much more rapidly. This will reduce the cooking time and consumption of power. For example: when cooking rice, this pressure cooker will save up to 20% of the electricity and up to 15% of the time when compared to a conventional rice cooker. When cooking stew, soups or braising meats, this cooker will save more than 40% of time and more than 45% of power as compared to a conventional slow cooker. Cooking can also be done at high altitudes. Airtight cooking methods preserve nutrients and original flavor of food.

## PARTS DIAGRAM



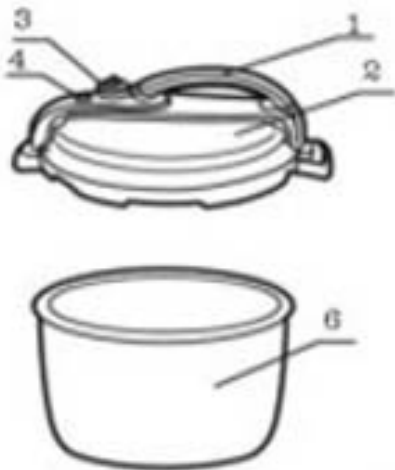
Control Panel



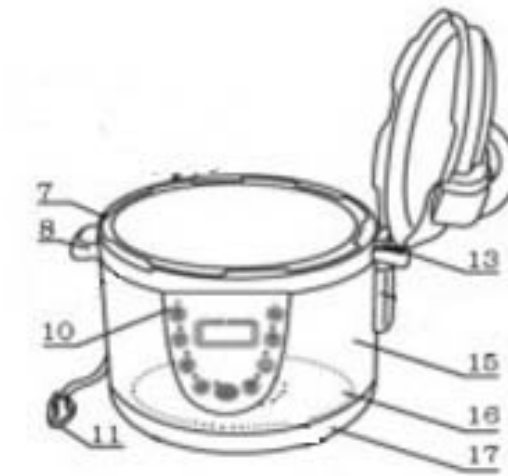
An "EXTERNAL"  
Locking Pin  
Indicates Lid is  
NOT locked



An "INTERNAL"  
Locking Pin  
Indicates Lid is  
LOCKED



Floating Valve



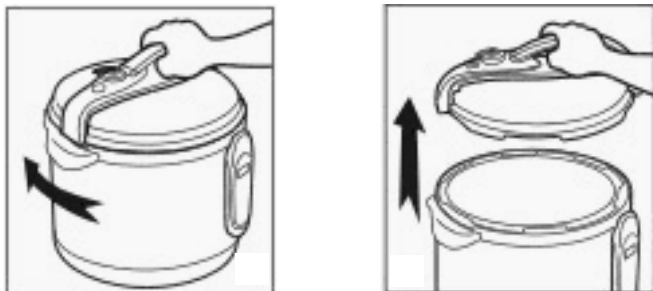
- 1) Handle
- 2) Lid
- 3) Pressure Release Valve
- 4) Floating Valve
- 6) Inner tank
- 7) Locking Ring
- 8) Handle
- 10) Control Panel
- 11) Power Cord
- 13) Handle
- 15) Stainless Steel Case
- 16) Internal Heating Element
- 17) Base
- 20) Sealing Ring



### **PREPARING YOUR PRESSURE COOKER:**

- Remove all packing material such as cardboard, plastics, Styrofoam and literature.
- Clean all parts by wiping with a soft, damp cloth or sponge and dry thoroughly.

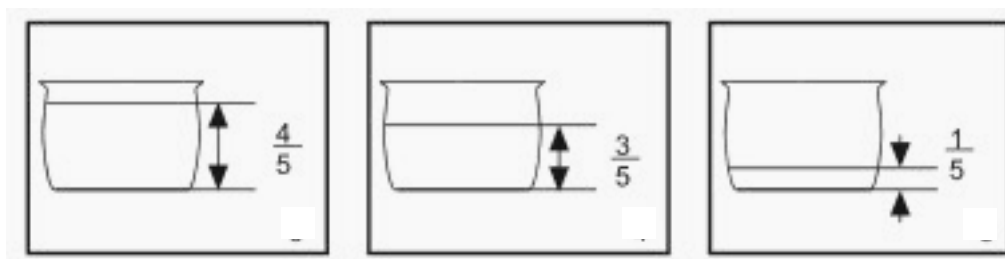
1) Opening the lid: Hold the handle firmly and turn the lid clockwise until it loosens.



2) Remove the inner tank and wash with soap and water. Wipe the heating plate before placing inner tank into cooker. Be sure no dirt is on the heating plate and outer tank. Once this is completed, turn the inner tank slightly to make it fit securely into the heating plate.



3) Fill the inner tank with food and water. Food and water should be no higher than  $\frac{4}{5}$  and no lower than  $\frac{1}{5}$  of the height of the inner tank. For expandable food, it should be no higher than  $\frac{3}{5}$  of the height of the inner tank.

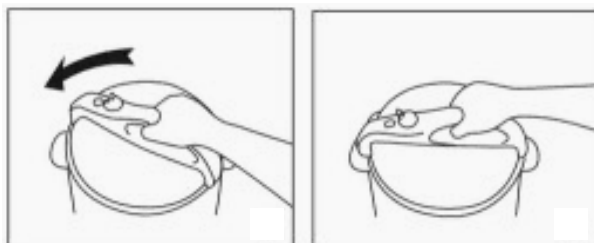


4.) Put on the Cover:

Check the sealant washer and make sure it has been put on the inner steel ring.

Turn the sealant washer to make sure it well hit to the steel ring.

Cover up the lid and turn it counter-clockwise until it gears with the clamping ground.



## USING THE MENU SELECT BUTTONS:

There are 5 Menu Buttons that are pre-programmed. They are BEANS, CHICKEN, RICE, MEAT, and SOUP. The default times are preset for quick and easy cooking for small portions of food. (When cooking food that is more than 3 lbs or more than 6-cups, use the Timed Cooking function). Each of these choices is programmed to detect the weight of food being cooked and how much liquid is inside the pot during the cooking cycle. The unit will automatically build up the pressure, cook the food and go to Keep Warm mode when cooking is complete.

Menu Presets	Default Cooking Time (Minutes)	Minimum Time (Minutes)	Maximum Time (Minutes)
Beans	15 min	10	20
Chicken	20 min	15	25
Rice	10 min	8	<b>99</b> (see Note*)
Meat	25 min	20	30
Soup/Stew	18 min	13	23
Slow Cook**	5 Hrs	3 Hrs	10 Hrs
Brown**	5 min	1 min	15 min

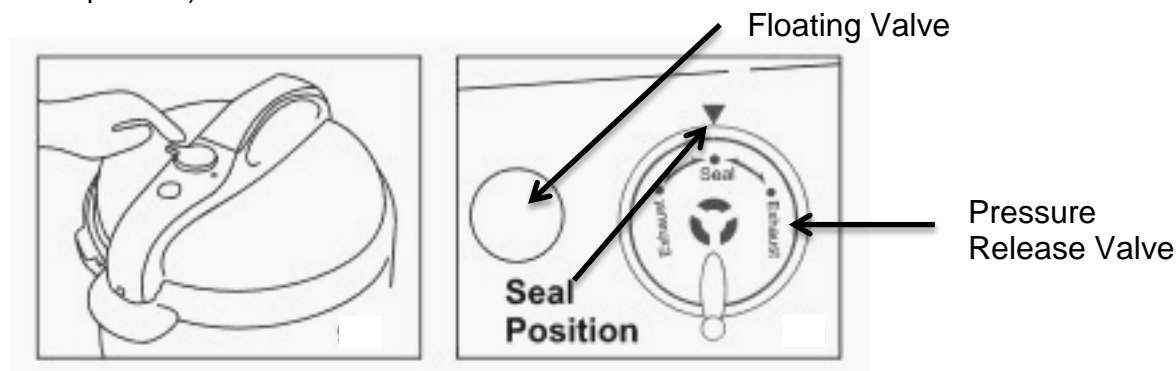
**NOTE:** Pressing a Menu Button once will automatically select the default cooking time. Each additional press of the selected Menu Button will increase the cooking time by 1-minute increments until the maximum allotted time for the Menu Function is reached. Once the maximum cook time is reached, pressing the Menu Button again will reset the cooking time to the default/minimum setting.

**\* NOTE:** The Rice Menu Button can also be used as a PRESSURE COOK TIME BUTTON. By pressing the Rice button 3 times each, it will enter into PRESSURE COOK MODE where each incremental press of the button thereafter will increase the cooking time by 1 minute, up to 99 minutes. Hold the button down for rapid increase of cooking time.

**\*\* Brown and Slow Cook Features:** These are NON-PRESSURIZED functions. Use the Brown function to sear meat WITHOUT THE LID prior to selecting one of the other functions. Use the Slow Cook function WITH THE LID (similar to a crock pot) to prepare food up to 10 hours (5 hours by default)

## PRESSURE COOKING

- 1) Prepare desired food and place into cooking pot.
- 2) Secure the lid onto the unit, turn it Counter-clockwise to lock it properly in place.
- 3) The Pressure Release Valve should be set to the “**SEAL**” position. (With the floating valve in the down position)



- 4) Plug the power cord into a 110-120V power outlet.
- 5) The LED screen will display two red 00 and two green 00.

**Note: Optional feature includes DELAY TIMER. If you want to start the cooking process for a later time, press “TIMER” button once for every half hour (up to a maximum of 9 hours).**

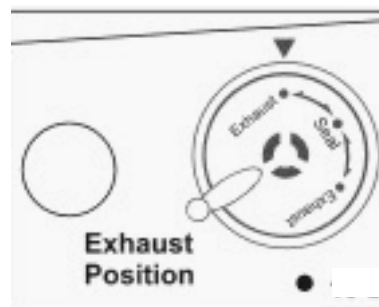
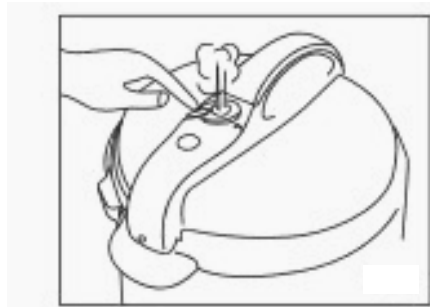
- 6) Select the desired Menu Button (BEANS, CHICKEN, RICE, MEAT, SOUP). Press the Menu Button once, the indicator light will illuminate and the default cooking time (as seen in above chart) will be displayed. (For example, if BEANS function is chosen, the default cooking time will be 15 minutes.)
- 7) The LED Screen will display 00 15. The LED Screen and the BEANS Indicator will blink five times, beep once and then illuminate solid.
- 8) While the unit is building up pressure the display will show 00 15.
- 9) The pressure cooker will begin to operate based on the appropriate cooking time. You will not need to press any other button. When proper pressure is achieved, the unit will beep once and the display will show two red 00 and green 15, and the cooking time will begin to countdown.
- 10) When the unit has pressurized, it will begin to pressure-cook the food. You may hear quiet hissing or sizzling sounds coming from inside of the unit during this time.

## **DANGER**

**DO NOT OPEN THE PRESSURE COOKER WHILE UNIT IS PRESSURIZED!**  
**WHEN RELEASING PRESSURE** wear oven mitts and keep hands and face away from the Pressure Release Valve.

**WARNING!** At any point during the selection process or the cooking process, you can press the CANCEL button to cancel your selection or to cancel the cooking process. **ONLY WHEN THE UNIT IS TURNED OFF AND THE PRESSURE HAS BEEN PROPERLY VENTED SHOULD YOU ATTEMPT TO OPEN THE PRESSURE COOKER.**

- 11) When cooking has completed, the pressure cooker will beep three times and automatically go into the WARMING stage and the display will show b00 . The WARM/CANCEL indicator light will illuminate. This means the Pressure Cooker is naturally releasing the pressure. This will take approximately 10-15 minutes.
- 12) If you wish to QUICK RELEASE the pressure, move the Pressure Release Valve to “EXHAUST” position to release the pressure until the FLOAT VALVE sinks as shown in figures below.



**13) WARNING: Always make certain the pressure is released completely before unlocking the lid and opening it.**

- 14) Press CANCEL to end operation and remove food to serve immediately or leave food inside the pressure cooker to keep warm. (It is not recommended to keep food warm for over 4-hours)
- 15) Unplug the power cable.
- 16) Take off the lid. Hold and turn the handle clockwise until the lid come is free and the remove the lid.
- 17) Your food is now ready to serve! Use wooden or plastic utensils when serving to avoid scratching the non-stick surface of the cooking bowl.

**NOTE: For foods with a high volume of liquid (Stews, soups, etc.) IT IS NOT RECOMMENDED TO USE QUICK RELEASE. This is to avoid liquid splatter from the ventilation in the Pressure Release Valve.**

- Natural Release is recommended when cooking foods that will not have the tendency to overcook such as Potatoes, Beans, Soups etc. During the Natural Release time period (which may take 10-15 minutes), the pressure cooker may still be heating and cooking the slightly.
- Quick Release is recommended when food foods that you wish to be Medium or Medium-Rare such as Meats. This will release the pressure quickly and prevent the food from over-cooking.

## **CLEANING & MAINTENANCE**

- 1 Always make sure the Pressure Cooker is unplugged, depressurized and completely cooled down before dismantling.
2. Use a non-abrasive sponge or damp washcloth to clean the exterior of the outer body and the exterior surface of the pressure cooker. NEVER immerse the pressure cooker in any liquids.
3. Remove the Steam Condensation Cup and rinse it thoroughly and let dry. Clean the Upper Body with a damp sponge or washcloth.
4. Clean the Lid with warm soapy water and let dry thoroughly. You may also do this with the following: Pressure Limiting Valve, Filter, Rubber Seal Ring, Vent, and Float Valve. The Pressure Limiting Valve pops off easily by gently reaching underneath it and gently prying upwards. Be careful not to damage the thin wire spring under it. On the underside of the lid below the Pressure Limiting Valve, is a small metal filter cap which can be removed easily to clean.
5. Let parts dry completely before reassembling.
6. Wash the Inner Pot with a non-abrasive sponge with warm soapy water, rinse, and allow to air dry or use a towel.
7. Clean the Pressure Limiting Valve and the holes with a small brush to ensure smooth flow of steam during the release cycle. Doing so will allow water to be freely discharged.



## **COOKING TIPS**

### **Meat/Chicken**

Always cook meat or poultry with at least 1-3 cups of liquid. If the cooking time exceeds 15 minutes, use 2 cups of liquid. If weight of meat or poultry is 3lbs, use 3 cups of liquid. Preserved or salted meats should be immersed in water.

Cooking times for meat and poultry may vary according to the quality and quantity of meat or poultry being cooked.

Unless indicated. The cooking times given below are for 3 pounds of meat or poultry unless noted otherwise. Additionally, the denser the cut, the longer the cooking time should be.

### **Seafood**

Cooking times may vary according to the type of seafood being cooked.

Cook seafood on a cooking rack with a trivet on the bottom of the pot (if available), and add at least 3/4 cup of liquid. Lightly grease cooking rack with vegetable oil when cooking fish.

### **Vegetables**

Always cook with at least 1-2 cups of liquid.

Add 1-2 additional minutes to cooking time when preparing frozen vegetables.

Use the quick-release method at the end of cooking cycle so vegetables will not become soggy.

### **Beans and Other Legumes**

Place beans or legumes in pressure cooker. Add 3 cups of water for each cup of beans or legumes.

Add 1 tablespoon of vegetable oil for each cup of water to cut down on foaming. Do not add salt until after cooking.

Let pressure drop naturally after cooking. Cooking times may vary according to the quality of the beans or other legumes. If still hard after recommended cooking times, continue cooking uncovered. Add additional water if necessary.

### **Grains**

Before cooking, soak certain grains, such as wheat berries and pearl barley in four times their volume of lukewarm water for at least four (4) hours or overnight if required. Do not add salt to water, since it may toughen the grains and inhibit hydration.

Do not soak rice.

Rinse under lukewarm water (this also applies to rice)

Cook each cup of grain in the amount of water specified.

## **CAUTION**

- 1.) Never use the pressure cooker along with flammable products or in a humid location.
- 2.) The amount of water added to the inner tank should be determined in line with step 2 of operation.
- 3.) Never damage the sealant washer or replace it with other rubber washer or tension washer.
- 4.) Never twist the inner steel ring with hand or other tools. If the steel ring slips off place, stop using the cooker until it is replaced with manufacture certified ring.
- 5.) The anti-block case should be kept clean by cleaning regularly.
- 6.) Never attempt to uncover the cooker when the floating valve is flopping.
- 7.) Never apply any weight on the pressure-discharging valve or replace it with other materials.
- 8.) Never block the clamping position of the lid to ensure safety.
- 9.) The surface of the cooker and the heating plate should be clean, never use the inner tank to cook on other thermal sources or have it replaced by other cookers.
- 10.) The inner tank is coated with anti-sticking materials. To avoid scratching, use wooden or plastic spoons when cooking.
- 11.) Be sure to keep your hand or face away from the air exit hole of the pressure limiting air release valve when you discharge the air never touch the lid of the pot to avoid any scald burn when the cooker is turned on.
- 12.) The maximum length for keeping warm is 8 hours. However, a duration of less than 6 hours is recommended.
- 13.) Large amounts of steam discharging from the periphery during operations is not normal. Unplug the power cable immediately and allow the steam to vent. Get it repaired or replaced by your manufacturer prior to next use.
- 14.) When moving the cooker: hold the ears of cooker instead of the handle.
- 15.) Dismantling or replacement by using accessories other than supplied is not recommended.
- 16.) In case of alarm sounding during operation use the below chart for troubleshooting the error indicator.

### **LED ERROR INDICATOR**

<b>Indicator Code</b>	<b>Problems/Causes</b>
E1	Open Circuit of the Sensor
E2	Short Circuit of the Sensor
E3	Overheating
E4	Signal Switch Malfunction

## **FREQUENTLY ASKED QUESTIONS**

**When I set the pressure cooker using the Manual Pressure Cooking time OR the Preset Menu Buttons, it will begin to build pressure heat up, but in about 5-minutes the unit beeps 3 times and goes to Keep Warm and my food did not cook completely.**

**What is happening?**

The unit is sensing that there is a leak in the pressure and that it is not sealed up properly. Check the unit thoroughly. Make sure the rubber gasket ring is in place, the lid is securely locked, and that the Valve on top of the lid is set to the "Seal" position. Reset the unit by unplugging it. Wait 10-seconds and plug it back in. Program the unit again.

Another reason this may happen is that not enough liquid has been added to your recipe. The pressure cooker has an automatic over-heat prevention sensor that will automatically set itself to OFF or to Keep Warm when it senses that no liquid is present so it does not over-heat.

**Is the SEAL/Exhaust Valve Knob on the top of the lid supposed to be loose?**

If you are not cooking or using the unit, the Valve Knob will be loose. It will turn 360 degrees and may even come off if you pull on it. Once you start using the pressure cooker and the pressure has built up, and the Valve Knob is set to "SEAL" properly, it will not be loose anymore.

Sometimes during cooking and pressurizing, steam may escape from the Valve. It indicates the Valve is not seated properly/securely. Simply use tongs or similar utensil and gently/carefully adjust it so it is seated properly.

**When I choose a Menu Button (example: Meat), nothing happens? What's wrong?**

Nothing is wrong. Make sure the Valve on top is set to SEAL and the lid is locked securely. Once you have selected the Menu Button, simply leave the unit alone and it will start to heat up and build up pressure. This sometimes may take up to 5-10 minutes depending on what you're cooking.

Once the unit has built up enough pressure, the red display will change to a letter (P). This is the time the unit will start cooking the food. This may take up to 5 minutes.

The unit will then start to cool down and de-pressurize on it's own. It will beep 3 times. The (P) will turn back to a (0) and the Warm light will begin to blink. During this time, the food inside is still cooking. Depending if you want your food to be cooked longer, you can allow the unit to naturally release the pressure by letting the unit sit. (Some meats will keep cooking once the pressure is released, so if you prefer your meat to be Medium or Medium-Rare, we suggest the quick release.)

Once the pressure has completely released, the floating valve will drop down. You can unlock the lid and open to check on your food.

**Steam is being released around the rim of the lid during the pressurizing sequence. How do I fix this?**

The Rubber Sealing Ring did not make a proper seal. Press Cancel to turn the unit off. Exhaust any remaining pressure and steam. After the steam is released, open the lid and remove it entirely. Check the Rubber Sealing Ring to make sure it is positioned properly. Rub a wet cloth along it to make sure it is clean of debris and it is smooth. Re-assemble the lid, lock it securely in place and restart the cooking process.