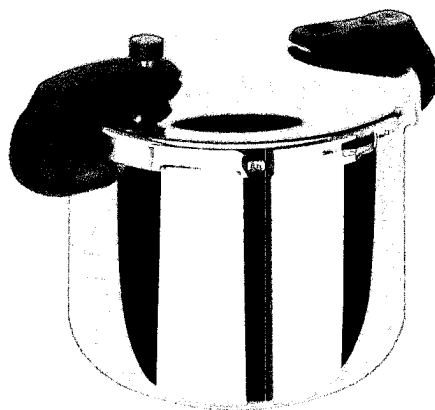
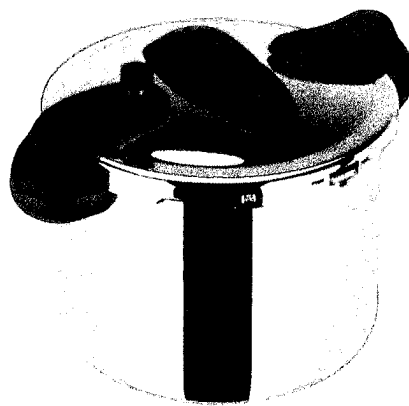


# SITRA FORZA

## SITRA FORZA PLUS



◆ Sitraforza



◆ Sitraforza plus

*Français – English – Deutsch*  
*Español – Italiano – Português*

# Instructions for use

## 1. IMPORTANT SAFETY RECOMMENDATIONS

- Read all these instructions carefully.
- This equipment cooks under pressure. Incorrect use can cause accidents and lead to serious burns.
- Before each use, you must check the safety devices in accordance with the instructions dealt with in section 3.
- Always comply with the following filling quantities:
  - Never use the pressure cooker with less than 25 c.l. of liquid (one large glass). The absence of liquid in the pressure cooker can cause overheating and seriously damage it..
  - Never fill the pressure cooker to more than two thirds of its capacity.
  - In the case of foodstuffs which produce froth or inflate during cooking (rice, dehydrated vegetables, etc.), never fill the pressure cooker to more than one third of its capacity.
  - Over filling may cause a risk of clogging the vent pipe and developing excess pressure.
- Never place the pressure cooker on a heat source without the lid being completely and correctly closed according to the instructions in paragraph 5.
- Do not cook in the pressure cooker any foodstuffs liable to produce froth and obstruct the outlet openings of the safety devices, such as stewed apples, blueberries, pearl barley, oat flakes or other cereals, split peas, noodles, macaroni, spaghetti, rhubarb and red currants.
- Comply with the instructions for use of your cooking ring.
- When the normal operating pressure is reached, turn the heat down so all the liquid, which creates the steam, does not evaporate.
- Never leave the pressure cooker working without surveillance. Once the equipment is pressurised, make sure that there is always a slight amount of steam escaping through the regulator.
- In the event of an anomaly during cooking, immediately cut off the heat source and carry out decompression, complying with the instructions in paragraph 7. Put the pressure cooker back into service only after carrying out the cleaning and checks described respectively in paragraphs 10 and 3. If the problem persists, contact our after-sales service.
- Be particularly careful if you wish to move your pressure cooker during or at the end of cooking. Handle it only by its handles, avoiding touching hot surfaces. The use of a protective glove is recommended when handling your pressure cooker. **If necessary use gloves.** Do not turn the equipment upside down and be careful of any steam escaping through the regulator.
- Decompression of the pressure cooker must always be carried out in accordance with the instructions in paragraph 7. Never force to open the lid. If it does not open easily, this means there is still pressure in the equipment. In this case, carry out decompression in accordance with the instructions in paragraph 7.
- Certain meats, for example ox tongue, have a surface skin

which inflates under the effect of pressure. Do not prick the meat while the skin is inflated. You will be liable to be scalded by spurting liquid.

- When cooking pasty foodstuffs, shake the pressure cooker slightly after decompression and before opening the lid. You will thus avoid spraying due to the presence of pressurised steam bubbles in the food.
- Before each use, clean the pressure cooker in accordance with the instructions in paragraph 10.
- This pressure cooker is designed only for cooking pressu-

rised foodstuffs. Never use it for another purpose. This equipment must not be placed in the oven or used to fry under pressure with oil.

- Do not modify your pressure cooker in any way, and do not carry out any operations other than those described in these instructions. Replace the seal regularly and only use SITRAM spare parts which are identical to the original parts. Only the pan and the lid of this SITRAM pressure cooker are compatible.
- Do not leave children near the pressure cooker when it is use.

#### **WARNING**

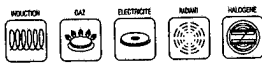
**The manufacturer does not accept any responsibility in the event of incidents or accidents resulting from one of the following causes:**

- **Modification of one of the device devices.**
- **Use of spare parts not approved by the manufacturer.**
- **Non-compliance with the normal conditions of use described in the manual.**
- **Non-compliance with the safety recommendations.**

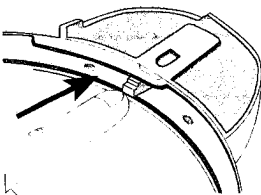
## **KEEP ALL OF THESE INSTRUCTIONS**

### **2. BEFORE FIRST USE**

- Use the table below to check the compatibility of your pressure cooker with the types of cooking rings at your disposal.
- For use on an electric or glass-ceramic ring, always use a ring with a diameter smaller than or equal to that of the bottom of the pressure cooker. Always ensure that the external bottom of the cooker is clean in order not to damage your glass-ceramic ring. For use on gas, make sure that the flames do not extend beyond the bottom of the equipment.
- Before first use, boil in your pressure cooker a glass of water and two glasses of milk or a glass of water with lemon juice or vinegar (these mixtures are obviously unfit for consumption)
- Wash your pressure cooker carefully with hot water containing washing-up liquid.

Range	Capacity	Useful capacity	Bottom diameter	Type of bottom	Types of heat	Regulation pressure	Cooking temperature
Sitra-Forza	4 L	2,6 L	19 cm	Pan and cover Stainless steel Bottom: Aluminium + Magnetic stainless steel		65 kPa	114°C
	6 L	4 L					
Sitra-Forza Plus	8 L	5,3 L					
	10 L	6,6 L					
	13 L Sitramax	8,6 L					

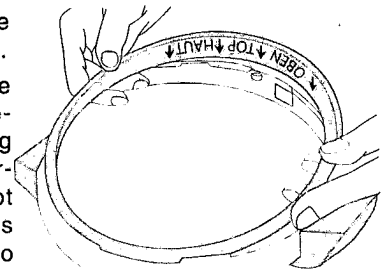
### 3. BEFORE EACH USE



- Remove the regulator and check that the steam outlet duct is not blocked.
- Check that there is nothing blocking the openings of the safety valve and that the ball is clearly visible.
- Check the correct operation of the push-buttons in the handles by pushing them with your finger.
- Remove the seal and check its condition together with the cleanliness of its housing (A seal in poor condition or the presence of foreign bodies under the seal may cause leaks).
- Replace the seal, checking that it is placed the right way round and that it is properly engaged under all

the studs on the outer part of the lid.

- Make sure that the seal is lightly tightened in its housing (when the lid is turned over, it must not fall off). The seal is a part subject to wear which shrinks with use. Leaks may occur when the seal is insufficiently tightened in its housing. It is then necessary to replace it. When the pressure cooker is used on a daily basis, the lifetime of the seal is approximately one year.



### 4. FILLING

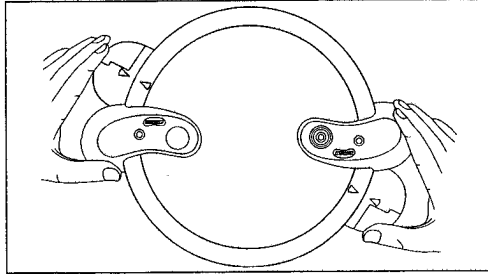
- Never use the pressure cooker with a quantity of liquid which is less than 25 cl (one large glass)
- Never fill the pressure cooker above two thirds of its capacity.

#### CAUTION

To avoid blocking the outlet openings of the regulator and the safety valve, it is essential to comply with the following precautions:

- Never fill the pressure cooker to more than 1/3 of its capacity when cooking foodstuffs which inflate or produce foam such as spinach, lentils, split peas, pasta, rice, stewed fruit, rhubarb, barley, oat flakes and other cereals, etc.
- Never fill the pressure cooker to more than 1/3 of its capacity when cooking foodstuffs with leaves liable to stick to the inside of the lid, such as lettuce, leeks, artichokes, etc.
- Never wrap foodstuffs in paper (aluminium or otherwise).

## 5. CLOSING



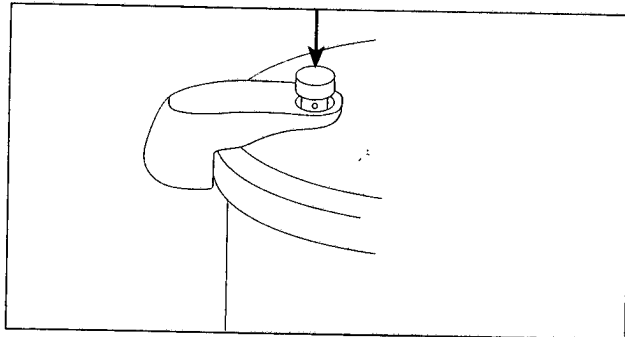
- Place the lid on the pressure cooker pan in such a way that the two triangles engraved on the lid are aligned with the marks engraved on the handles of the pan.
- Press gently on the lip to compress the seal, and turn clockwise up to the end stop.
- The pressure cooker is correctly closed when the handles of the lid and the pan are exactly on top of each other.
- If you have difficulty in closing the lid, grease the seal with a little salad oil.

#### CAUTION

Never place the pressure cooker on a heat source if the lid is placed on the pan without being locked or if it is incompletely closed.

## 6. COOKING

- Add the foodstuffs with the quantity of water necessary for cooking and close the pressure cooker.
- Press the regulator to ensure that it has moved down to the second notch.



- Place on strong heat until steam escapes through the regulator.
- Then reduce the heating power to maintain slight escaping of steam through the regulator (the regulator can then operate only intermittently)
- Begin timing the cooking.
- **It is perfectly normal for the regulator not to rotate** when it allows steam to escape. It is not designed to do so.
- **If you use salt for your recipe, dissolve it immediately by stirring the water with a wooden spoon.** This will prevent the appearance of "pitting" which can damage the bottom of your pressure cooker. Dissolving of the salt is also easier and quicker when you use fine salt and salt the hot water.

### CAUTION

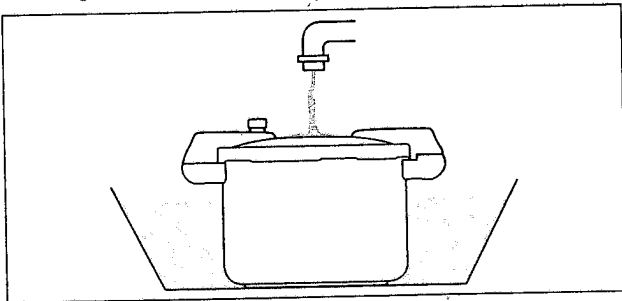
Never leave your pressure cooker on a ring without water or juice inside it, as you are likely to burn the foodstuffs and unsolder the triple bottom.

If steam stops escaping through the regulator during cooking this may indicate that there is no liquid left in the equipment. In this case, immediately cut off the heat source and carry out decompression then open the pressure cooker, complying with the instructions in paragraph 7. Add liquid before resuming cooking.

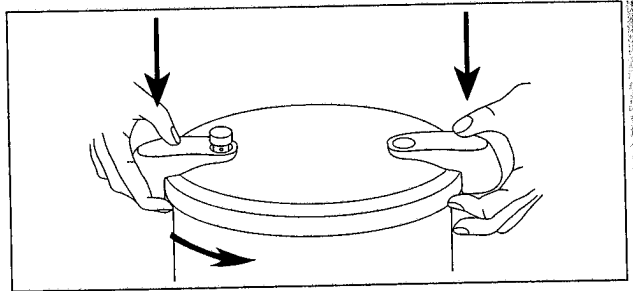
Steam leaks between the lid and the pan occur when the lid is not correctly closed or when the seal is worn. In this case, immediately cut off the heat source and carry out decompression then open the pressure cooker, complying with the instructions in paragraph 7. Check that the seal is in good condition and replace it if necessary. Close the lid in accordance with the instructions in paragraph 5 and start cooking again.

## 7. OPENING

- Remove the equipment from the heat source.
- Decompress the pressure cooker by placing it under running cold water or by immersing it in a container full of cold water for at least one minute.
- Pull gently on the regulator to raise it to the first notch. Make sure that no jet of steam escapes through the regulator in this position. Otherwise, continue immersing the equipment until this jet of steam stops. Completely remove the regulator.



- Completely remove the regulator
- Slowly open the lid, turning it anticlockwise and pressing firmly downwards to disengage the opening safety device.



- The lid must rotate easily without forcing. If it does not rotate easily, this means that there is still pressure inside the pressure cooker. In this case, carry on immersing the equipment in cold water until it cools completely.

### CAUTION

#### NEVER TRY TO FORCE THE LID OPEN.

In case of difficulty, do not persist. Do not open the lid until after complete cooling.

It is essential to decompress your pressure cooker by placing it under running cold water or by immersing it in a container full of cold water for at least one minute before opening it.

After decompression, remove the regulator carefully to make sure that there is no pressure left inside the equipment.

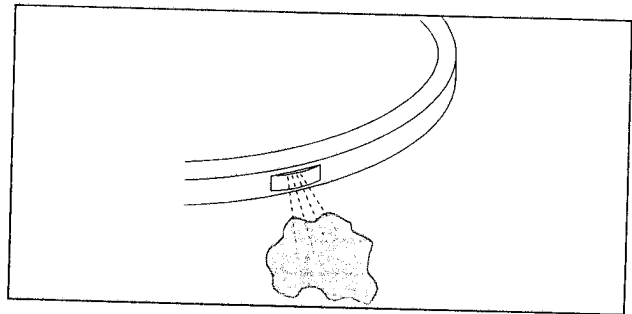
It is strongly recommended not to cause the pressure to drop by removing the regulator. You would be liable to be burnt by steam or spattered with boiling liquid.

## 8. IF THE SAFETY VALVE IS TRIGGERED

- The ball type safety valve placed under the cover is designed to let off excess steam in case of excess pressure caused by blocking of the regulator.
- If steam escapes through this valve, immediately cut off the heat source.
- Decompress the equipment when the lid opens, complying carefully with the precautions in paragraph 7.
- Carefully clean the regulator and steam outlet duct on the lid.
- Carry out the checks described in paragraph 3 before the pressure cooker is brought back into service.

## 9. SEAL EXTRUSION WINDOW

- In the event of strong excess pressure in your pressure cooker resulting from simultaneous blocking of the regulator and the safety valve, the seal is designed to deform itself through a rectangular window on the side of the lid. This deformation then causes a leak which causes the pressure to drop in the equipment.
- If this safety device is triggered, immediately cut off the heat source.
- Decompress the equipment and open the lid, complying carefully with the precautions in paragraph 7.
- Carefully clean the regulator and the steam outlet duct on the lid, together with the safety valve openings.
- Carry out the checks described in paragraph 3 before using your pressure cooker again.





## 10. MAINTENANCE

- Clean and rinse your pressure cooker immediately after each use.
- Your pressure cooker is cleaned with hot water with added washing-up liquid. The pan is also designed to be cleaned in the dishwasher. **The lid, however, must never be placed in the dishwasher.**
- Wash the seal only in hot water (do not use detergent)
- Wipe your pressure cooker immediately after washing to avoid leaving drying marks.
- Do not use a metallic sponge. If necessary, the internal surfaces of the pan can be cleaned with an abrasive «Scotch Brite» pad or scouring powder. However, these abrasive products must never be used on shiny external surfaces.
- If foodstuffs are attached to the bottom, fill the pan with hot water with washing-up liquid added and allow to soak before cleaning.
- Never use bleach, nor chlorinated products which might seriously damage the stainless steel.
- When you are not using your pressure cooker, do not leave it closed. Put it away, placing its lid upside down on the body. You will thus prevent the seal from sagging and suffering premature wear.

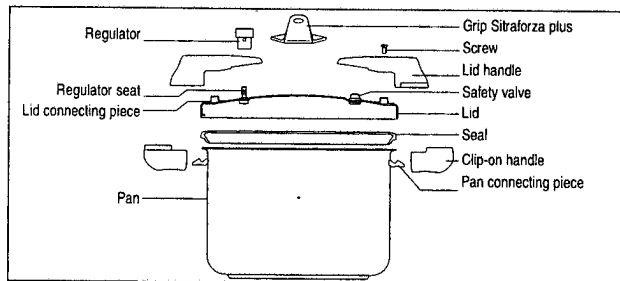
## 11. PROBLEMS AND SOLUTIONS

I can't open my pressure cooker.	<p><b>Before cooking:</b> Open the lid slowly by rotating it anti-clockwise and pressing firmly downwards to disengage the opening safety device.</p> <p><b>After cooking:</b> If the pressure cooker is under pressure, decompress it in accordance with the instructions in paragraph 7</p>
I can't close my pressure cooker.	<ul style="list-style-type: none"> <li>- Make sure that the seal is properly fitted and the right way round.</li> <li>- Press gently on the lid and rotate it clockwise until the handles are aligned on top of each other.</li> </ul>
The pressure does not rise in my pressure cooker.	<ul style="list-style-type: none"> <li>- The heat source is not powerful enough.</li> <li>- There is not enough liquid in the pressure cooker (make sure the volume of liquid is at least 25 cl.)</li> <li>- Check that the regulator is properly fitted.</li> <li>- Make sure that the seal is properly fitted and the right way round.</li> <li>- If the seal is worn, replace it.</li> </ul>
Steam escapes around the lid.	<ul style="list-style-type: none"> <li>- Check that the seal is properly fitted and the right way round.</li> <li>- If necessary, clean the seal, its housing and the collar of the pan.</li> <li>- If the problem persists, replace the seal or consult our after-sales service.</li> </ul>

The safety valve has operated. What should I do?	<ul style="list-style-type: none"> <li>- Stop the heat source immediately.</li> <li>- Cool your pressure cooker under running cold water for at least one minute.</li> <li>- Remove the regulator.</li> <li>- Open the pressure cooker and clean the regulator and its seat.</li> <li>- Operate the pressure cooker again and if the problem persists contact an approved after-sales service centre.</li> </ul>
My pressure cooker has heated when dry. What should I do?	<ul style="list-style-type: none"> <li>- Cut off the heat source and allow the pressure cooker to cool on the cooking ring <u>without moving it</u>.</li> <li>- We advise you to change the lid seal and have your pressure cooker checked in an approved after-sales service centre.</li> </ul>
The seal of my pressure cooker has deformed itself through the window.	<ul style="list-style-type: none"> <li>- Cut off the heat source.</li> <li>- Cool the pressure cooker under running cold water for at least one minute.</li> <li>- Do not use the pressure cooker again before having it checked by an approved after-sales service centre.</li> </ul>
Steam is escaping from the regulator.	<ul style="list-style-type: none"> <li>- This is perfectly normal. If too much steam is escaping, lower the heat source and continue cooking.</li> </ul>
Spots appear on the bottom of the pressure cooker.	<ul style="list-style-type: none"> <li>- These are scale marks. Clean them off with an abrasive pad soaked with a little diluted vinegar.</li> </ul>
The foodstuffs are not cooked or are burnt.	<ul style="list-style-type: none"> <li>- Check that there is liquid in the pressure cooker and check the power of the heat source.</li> <li>- Check the cooking time.</li> </ul>

**For any other problem, consult your dealer or an approved after-sales service centre.**

## 12. SPARE PARTS



SPARE PART REFERENCES	
Seal	22134
Regulator	01504
Lip handle (1)	30016
Clip-on handle (1)	30030
Grip Sitraforza plus	...

(1) For replacement of these parts, we recommend you to refer to one of our after-sales service centres.

**Our advice : replace the seal every year.**

## 13. MAIN COOKING TIMES

VEGETABLES		BEEF	
Artichokes <sup>(1)</sup>	12 mn	Mode	60 mn
Asparagus	5 mn	Bourguignon	60 mn
Carrots	15 mn	Casserole	90 mn
Cabbage	10 mn	Roast (1kg)	10 mn
Cauliflower	4 mn	MUTTON	
Chicory	10 mn	Blanquette	40 mn
Spinach <sup>(1)</sup>	20 mn	Trotters	40 mn
Fresh beans	8 mn	Stew	45 mn
Dry beans	20 mn	PORK	
Green beans	10 mn	Gras double	45 mn
Lentils <sup>(1)</sup>	15 mn	Hotpot	55 mn
Peas	15 mn	Roast (1 kg)	30 mn
Leeks <sup>(1)</sup>	8 mn	VEAL	
Potatoes	8 mn	Blanquette	40 mn
Lettuce <sup>(1)</sup>	20 mn	Marengo	40 mn
Parsnips	25 mn	Roast (1 kg)	25 mn

• Start timing the cooking when the pressure cooker has reached its operating pressure (steam starts escaping through regulator)

• These times are given as an indication and can be adjusted in accordance with your recipe or your experience.

<sup>(1)</sup> **Reminder: Never fill the pressure cooker to more than 1/3 of its capacity while these foodstuffs are being cooked.**

## 14. AFTER-SALES SERVICE

Our after-sales service is at your disposal for any information concerning your pressure cooker.

The seal, the regulator and the handles of the lid and pan are available from the store where you bought your pressure cooker or one of our approved after-sales service centres.

You can obtain a list of our approved after-sales service centres by contacting:

**SITRAM-INOX**

**Service consommateurs  
36170 SAINT BENOIT DU SAULT**

**Tél : + 33 (0)825 086 007**

**e.mail : sav@sitram.fr**