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NESCO®
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NESCO®
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Digital 3-in-1 Cooker



Model
PC-6-25-30TPR

Use/Care and Cooking Guide



3-in-1 COOKER

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NESCO® is a registered trademark of The Metal Ware Corporation

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IMPORTANT SAFEGUARDS

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

1. **READ ALL OF THE INSTRUCTIONS BEFORE USING.**
2. Close adult supervision must be provided when this appliance is used by or near children.
3. Keep pressure cooker out of the reach of children.
4. Do not touch hot surfaces. Use handles or knobs.
5. Using attachments not recommended or sold by the manufacturer may cause hazards.
6. Do not operate with a damaged cord or plug. If the appliance is not working as it should, has been dropped or damaged, left outdoors or dropped into water, do not use it and return it to the manufacturer for proper service and replacement or repair.
7. Do not let cord hang over the edge of a table or counter, or touch hot surfaces.
8. Make sure appliance is off before unplugging from wall outlet.
9. Always unplug before cleaning and removing parts.
10. For indoor use only.
11. Do not place near a hot gas or electric burner.
12. Do not cover the appliance or have it near flammable material including curtains, draperies, walls, and the like when in operation.
13. Always use in a well ventilated area.
14. To protect against electric shock, do not immerse plug, cord or housing in water or any other liquid.
15. Keep hands and face away from pressure regulator knob when releasing pressure.
16. After cooking, use extreme caution when removing the lid. Serious burns can result from steam inside the unit.
17. While the unit is in operation, never remove the lid.
18. Do not use without the removable cooking pot in place.
19. Do not cover the pressure valves with anything. An explosion may occur.
20. Do not attempt to dislodge food when the appliance is plugged in.
21. Do not fill the unit over 1/2 full with food or 2/3 full with liquid. When cooking foods that expand during cooking, do not fill the unit over 1/2 full.
22. Foods such as applesauce, cranberries, pearl barley, oatmeal or other cereals, split peas, noodles and pasta, or rhubarb should not be cooked under pressure in the pressure cooker. These foods tend to foam, froth and sputter, and may block the floating valve.
23. To reduce the risk of electrical shock, cook only in the removable cooking pot.
24. Do not use an extension cord with this pressure cooker. However, if one is used, it must have a rating equal to or exceeding the rating of this appliance.
25. The pressure cooker is for household use only.
26. The pressure cooker should not be used for other than the intended use.
27. Extreme caution should be used when moving any appliance containing hot food or liquid.
28. Servicing or repair should only be completed by a qualified technician.
29. The pressure cooker has polarized AC (alternating current) plug (one blade is wider than the other). This plug will fit in a polarized outlet only one way, as a safety feature. Reverse the plug if the plug does not fit fully in the outlet. Contact a qualified electrician if it still does not fit. Do not attempt to defeat this safety feature.
30. **WARNING:** Never deep fry or pressure fry in the pressure cooker. It is dangerous and may cause a fire and serious damage.

About Your Electric Cord

A **short cord is provided** to reduce the hazard resulting from becoming entangled in or tripping over a longer cord. Longer cords and extension cords are available and may be used if the marked electrical rating of the longer cord is at least as great as the electrical rating of the appliance, and if care is taken to arrange the longer cord so that it will not drape over the countertop or table top where it can be pulled on by children or tripped over accidentally.

CAUTION:

Perishable foods such as meat and poultry products, fish, cheese and dairy products cannot be left at room temperature for more than 2 hours or no longer than 1 hour when room temperature is above 90°F. When cooking these foods, do not set the delay time function for more than 1 to 2 hours.

SAVE THESE INSTRUCTIONS

Features of Your NESCO® Professional 3-in-1 Cooker

Your NESCO® Professional 3-in-1 Cooker is a very versatile appliance. It's three appliances built into one. It's a pressure cooker, slow cooker and steamer, all in one easy to use appliance. It features a state-of-art digital control panel that gives you complete cooking control. With the control panel, you can set precise cooking times, cooking method and cooking pressure. For convenience, the Cooker can also be programmed to delay the start of cooking. The "3-in-1" also features a WARM setting that can be used to keep cooked foods warm or reheat foods.

Pressure cooking is quicker than cooking on a conventional stove-top range and, in some cases, even quicker than a microwave oven. The pressure cooker method cooks 3 to 10 times faster than conventional cooking! This makes it a must for two career families. Tough cuts of meat are usually the leanest cuts. They are also the most favorite and usually cheaper cuts. Your pressure cooker will transform these tough cuts of meat into inexpensive, fork-tender masterpieces for your family. Pressure cooking is an ideal cooking method for those who are concerned about nutrition. Foods prepared in the pressure cooker retain more vitamins than foods cooked by other means. Pressure cooking requires no fat and is, therefore, more heart healthy.

Slow cooking is another great feature of your NESCO® Professional 3-in-1 Cooker. It will take less expensive or tough meats, such as chuck roasts or steaks and stew beef, tenderize them through a long cooking process. The slow cooker method is a good choice for cooking many venison dishes. The extended cooking times allow better distribution of flavors in many recipes. A slow cooker can usually be left unattended all day for many recipes. You can put recipe ingredients in it before going to work and come home to a complete meal.

Steaming is one of the easiest methods to bring out vegetables full flavor and bright intense color. When vegetables are steamed all the nutrients remain in the vegetables making this a healthier alternative to other cooking methods.

ONE YEAR LIMITED WARRANTY

This appliance is warranted for one year from date of original purchase against defects in material and workmanship. This warranty does not cover transportation damage, misuse, accident or similar incident. This warranty gives you specific legal rights and you may have other rights, which vary from state to state.

Your new **NESCO®** Professional 3-in-1 Cooker comes equipped with numerous safety features. Any attempt to interfere with the operation of these safety features makes this warranty null and void. In the event we receive an appliance for service that has been tampered with, we reserve the right to restore it to its original state and charge for the repair.

For service in warranty, defective products may be returned, postage prepaid, with a description of the defect to The Metal Ware Corporation for no charge repair or replacement at our option. Please follow the 5 easy steps below for details. Service and genuine **NESCO®** replacement parts may be obtained from the **NESCO®** FACTORY SERVICE DEPARTMENT.

About Your Warranty and Service Satisfaction

Mail in your registration (warranty) card and file your **NESCO®** Professional 3-in-1 Cooker exclusive registration number now!

Your serial number and model number are located on the bottom of the Base.

We enter this number into our database. It registers and identifies your "3-in-1" Cooker specifically by its individual code number. Should you call our 800 toll free line, your registration number helps us identify your appliance and speeds up our assistance to you.

Five Easy Steps to Satisfaction

Should you have a problem with your **NESCO®** Professional 3-in-1 Cooker, please refer to these steps for assistance:

1. Call us on our toll free number, 1-800-288-4545 and tell us about your problem.
2. If we instruct you to send all or part of your appliance to us for repair or replacement, the Customer Satisfaction representative will provide a return authorization number (this number notifies our Receiving Department to expedite your repair). Pack your unit carefully in a sturdy carton with sufficient padding to prevent damage because any damage caused by shipping is not covered by the warranty.
3. Print your name, address and authorization number on the carton.
4. Write a letter explaining the problem. Include the following: your name, address and telephone number and **a copy of the original bill of sale**.
5. Attach the sealed envelope containing the letter inside the carton. Insure the package for the value of the **NESCO®** Professional 3-in-1 Cooker and ship prepaid to:

The Metal Ware Corporation
1700 Monroe Street
Two Rivers, WI 54241

Getting to Know Your NESCO® Professional 3-in-1 Cooker



Getting To Know Your NESCO® Professional “3-in1” Cooker (Cont.)

Pressure Regulator Knob	Place in ‘down’ position when pressure cooking and in ‘up’ position when steaming.
Floating Valve	Safety valve allows excess pressure to escape if too much pressure builds up during cooking.
Self Locking Lid	Safety feature that does not allow you to open the lid until the pressure has dropped to a safe level.
Removable Cooking Pot	Features 6-quart capacity, removable with non-stick coating for easy cleanup and durable Aluminum alloy for even heating.
Condensation Reservoir	Collects excess condensation during cooking process.
Rubber Gasket	Creates an airtight seal that is necessary for pressure cooking.
Pressure Safety Valve	Allows excess pressure to escape if steam pressure exceeds safe operating levels.
Regulator Shield	Protects pressure regulator and is removable for cleaning pressure regulator knob.

Control Panel Functions:

Warm function reheats or keeps cooked foods warm for long periods of time.

Brown function allows you to brown meat cuts before pressure cooking for better flavor.

Steam function brings water to a boil quickly for steaming foods like fresh vegetables and for cooking rice.

Slow Cook function cooks your food recipes very slowly to retain flavor and tenderness (9-1/2 hour timer) NOTE: 180°F is the lowest setting on a traditional slow cooker. Many slow cooker recipes require 8 – 9 hours cooking time.

Delay Time function allows you to delay the cooking start time by up to 8 hours.

CAUTION: Perishable foods such as meat, poultry, fish, cheese and other dairy products cannot be left at room temperature for more than 2 hours or no longer than 1 hour if the room temperature is above 90°F.

Before First Use

- Unpack your NESCO® Professional 3-in-1 Cooker completely. Remove all paper work from inside appliance.
- Wash all removable parts in warm, soapy water. Rinse and dry all parts thoroughly. Wipe Main Body with a damp cloth. NEVER immerse Main Body in water or any other liquid. NEVER use a dishwasher to clean any parts.
- Make sure Rubber Gasket is seated properly inside Lid. To ensure a correct fit, fill the removable cooking pot 2/3 full with water and plug power cord into standard 120 volt outlet. Set control for ‘HIGH’ Pressure for 15 minutes.
- Release the pressure by turning the Pressure Regulator Knob to the ‘Steam’ position. The Floating Valve will drop when all pressure is released.
- Allow the appliance to cool to room temperature, then empty and clean (see page 10).

Slow Cooker (Cont.)

Awesome Beef Roast

Servings: 7

Prep Time: 15 minutes

Slow Cooking Time: 4 hours

3 lb. Rump roast

2 Tbsp. Vegetable oil

1 can (10-3/4 oz) condensed cream of mushroom soup

1 can (10-1/2 oz.) condensed beef broth

Heat oil in cooker, using the BROWN setting. Place in cooker and brown. Pour in condensed cream of mushroom soup and condensed beef broth. Cover and lock lid in place. Set the regulator knob of Steam. Select the SLOW COOK feature and set for 4 hours, or until tender. Cooker will beep and switch automatically to the warm setting when cooking time is completed.

Slow Cooker (Cont.)

Pork Roast

Servings: 4 - 6
Prep Time: 5 minutes
Slow Cook Time: 3 - 4 hours

1 3-4 lb. pork loin roast
1 medium onion, chopped
2 cups spiced apple wine
salt and pepper to taste

Place ingredients in cooker. Cover and lock lid in place. Turn pressure regulator knob to Steam. Select the SLOW COOK mode and set time for 3 - 4 hours. Cooker will beep and switch automatically to the warm setting when cooking time is completed.

Midwest Boiled Dinner

Servings: 4 - 6
Prep Time: 10 minutes
Slow Cooking Time: 4 - 5 hours

1 2 to 2-1/2 lb. chuck roast	6 carrots, halved
1 Tbsp. oil	4 potatoes, peeled, halved
1 large onion, quartered	1/2 small head green cabbage, cored, quartered
2 cups beef broth	Salt and pepper to taste
2 cups water	

Heat oil in cooker, using the BROWN setting. Salt and pepper meat. Place in cooker and brown. Add onions. Cook 2 to 3 minutes. Add broth, water and remaining vegetables. Cover and lock lid in place. Turn pressure regulator knob to Steam. Select the SLOW COOK mode and set time for 4 - 5 hours. Cooker will beep and switch automatically to the warm setting when cooking time is completed. Unlock and remove lid. Ready to serve.

Operating Instructions

NEVER FILL COOKER OVER 2/3 FULL. THIS LEVEL IS INDICATED ON THE UPPER LINE OF THE INSIDE OF THE COOKER IDENTIFIED WITH THE WORD "MAX." FOR RICE AND VEGETABLES THAT EXPAND DURING COOKING, DO NOT FILL OVER 1/2 FULL.

Notice - All Settings:

- Press 'START/STOP' button to clear any previous program before choosing a setting. Inspect Temperature Sensor and bottom of Removable Cooking Pot to make sure these areas are clean (see Cleaning Instructions, page 10).
- Cooker will switch to WARM mode after all cooking functions times out, except BROWN mode.
- If you forget to select the desired cooking time or forget to press the 'START/STOP' button, the display will show "0.0" after 30 seconds and the settings will be lost. Repeat function and timing steps to program again.

Pressure Cooker Setting

Before using your 3-in-1 as a pressure cooker each time, check the Lid to make sure Rubber Gasket and Pressure Regulator Valve are clean and positioned correctly (see Cleaning Instructions, page 10).

1. Place Removable Cooking Pot into Main Body. Plug power cord into standard outlet.
2. Place food to be cooked under pressure into Removable Cooking Pot, according to the recipe or chart. NOTE: When cooked under pressure, most foods should have a minimum of 1 cup (8 oz.) of liquid added.
3. Place Self Locking Lid on Main Body and turn counter-clockwise until it locks into place and the Locking Pin 'clicks' into place.
4. Turn the Pressure Regulator Knob to 'Pressure'.
5. Choose the desired cooking mode by pressing either the 'HIGH' or 'LOW' pressure button on Control Panel. Check recipe for suggested settings. The indicator light will flash and the digital display will show '01' (1 minute of cooking time).
6. Set the desired cooking time by pressing the 'HIGH' button, once for each additional minute or hold down continuously. The maximum cooking time is 99 minutes.
7. Press the 'START/STOP' button to begin cooking. The indicator light will stop flashing.
8. The Cooker will begin to count down (in minutes) and the Floating Valve will rise after the appropriate cooking pressure has been reached. When time control reaches zero, the 3-in-1 Cooker will beep three times and switch to the WARM setting automatically.
9. When cooking is finished, allow pressure to release by using the 'natural method' or immediately using the 'quick release method' (see below). CAUTION: Hot steam will be ejected when turning the Pressure Regulator Knob – be careful!

Pressure Release Methods

Natural Method: After cooking cycle completes, press the 'START/STOP' button to make sure unit is completely off. Let appliance stand and allow pressure to drop down naturally which takes from 10 to 20 minutes. After 20 minutes, turn the Pressure Regulator Knob towards 'Steam' in short bursts to make sure all pressure has been released.

Quick Release Method: After cooking cycle completes, press the 'START/STOP' button to make sure unit is completely off. Turn the Pressure Regulator Knob to 'Steam' in short bursts and allow the pressure to release. CAUTION: KEEP HANDS AND FACE AWAY FROM ESCAPING STEAM AS IT IS EXTREMELY HOT!

WARNING: Do not hold Pressure Regulator Knob. Hot steam/liquid will be ejected. Keep hands and face away from the steam vents and use pot holders when removing Cooking Pot or touching any hot items. Never force Lid open until all pressure is released. The Lid will only open after all pressure is released. Remove Lid by lifting it away from you to avoid being scalded by the hot steam.

Warm Setting

This setting will reheat foods or keeps foods warm after a long period of time.

1. Place Removable Cooking Pot in Main Body and add cooked food to be heated.
 2. Place Lid on Cooker and lock into place. Plug power cord into standard outlet.
 3. Turn Pressure Regulator Knob to 'Steam'.
 4. Press 'WARM' button on the Control Panel. The indicator light will start flashing and the display will show "0.0".
 5. Press 'START/STOP' button to begin heating. The indicator light will stop flashing.
- NOTE: The WARM function does not use timed setting.

Brown Setting

This setting is useful for browning cuts of meat and poultry before pressure cooking. This will give them better texture and flavor. Consult recipe for details. Before browning, pat foods dry with a paper towel. Make sure oil is hot before adding meat or poultry to cooking pot.

1. Place Removable Cooking Pot in Main Body.
2. Add amount of oil as directed in recipe. Plug power cord into standard outlet.
3. Press 'BROWN' button on the Control Panel. The light will start flashing and the display will show "0.0". Leave Lid off during while browning.
4. Press 'START/STOP' button to begin heating. The indicator light will stop flashing.
5. Allow to preheat for 1 minute. Then add meat or poultry and begin browning food.
6. In this setting, the Control Panel will beep 3 times every 10 minutes to alert you it is cooking at a high temperature setting.

NOTE: For safety, do not leave the 3-in1 Cooker unattended while browning foods.

Steam Setting

This setting brings water to a boil quickly for steaming foods like fresh vegetables or cooking rice.

1. Place Removable Cooking Pot in Main Body. Plug power cord into standard outlet
2. Place a small, heat-resistant basket, wire rack (included) or trivet in bottom of pot.
3. Add at least 8 oz. water and make sure bottom of rack is above the liquid.
4. Place food on rack or trivet. Do not fill pot more than 2/3 full with food.
NOTE: If steaming rice, put rice in an 8-inch or smaller bowl and place on rack.
5. Place Lid on Cooker and lock into place. Turn Pressure Regulator Knob to 'Steam'.
6. Press 'STEAM' button on the Control Panel. The indicator light will start flashing and the display will show "01" (equals 1 minute cooking time).
7. Set the desire cooking time by pressing the 'HIGH' button once for each additional minute or press continuously. Press 'LOW' button to decrease cooking minutes.
8. Press 'START/STOP' button to begin cooking. The indicator light will stop flashing.

Slow Cooker

Chow Mein

Servings: 6 - 8
Prep Time: 15 minutes
Slow Cooking Time: 3 - 4 hours

1 lb. pork, cubed	1/3 cup cornstarch
1 lb. beef, cubed	1 cup water
3 Tbsp. vegetable oil	1/2 cup soy sauce
1-1/2 cups water	1-1lb. 12 oz (28 oz) can bean sprouts, drained
2 medium onions, sliced	1 small can sliced mushrooms, drained
3 cups celery, sliced	2 - 8 oz. cans water chestnuts, drained and sliced
1 tsp. salt	6 - 8 cups cooked rice
1/4 tsp. pepper	Garnish with chow mein noodles

Heat oil in cooker, using the BROWN setting. Season meat with salt and pepper. Brown meat in cooker. Add 1 1/2 cups water, onions, celery. Stir thoroughly. Mix additional 1 cup water with cornstarch in a small bowl. Stir into meat mixture. Add remaining ingredients. Cover and lock lid in place. Turn pressure regulator knob to Steam. Select the SLOW COOK mode and set time for 3 - 4 hours. Cooker will beep and switch automatically to the warm setting when cooking time is completed. Unlock and remove lid. Serve with rice and garnish with chow mein noodles.

Fiesta Meat Loaf

Servings: 6 - 8
Prep Time: 10 minutes
Slow Cooking Time: 2 - 3 hours

1 cup crushed saltine crackers
1 envelope taco seasoning
1/2 cup ketchup
1/2 cup green peppers, seeded, diced
1 can (2-1/4 oz.) pitted, sliced black olives, drained
1 small onion, chopped
2 eggs, beaten
2 Tbsp. Worcestershire sauce
2 lbs. ground beef
Optional items: salsa, shredded cheese, sour cream and tortilla chips

In a bowl, combine the first eight ingredients. Add meat; mix well. Place in 7" round or spring form pan. Tear off a 6" piece of aluminum foil and fold in half, lengthwise. This helps to remove pan after cooking cycle is complete. Place spring form pan on foil and lower into cooker.
Cover and lock lid in place. Turn pressure regulator knob to Steam. Select the SLOW COOK mode and set time for 2 - 3 hours. Cooker will beep and switch automatically to the warm setting when cooking time is completed. Unlock and remove lid. Allow steam to clear, lift strip of foil and remove pan from cooker. Garnish with salsa, shredded cheese, sliced black olives, sour cream or tortilla chips.

Pressure Cooker (cont.)

Beef Pot Roast

Servings: 4 - 6
Prep Time: 5 minutes
Pressure Cooking Time: 45 minutes

3 lb. Beef pot roast
2 Tbsp. Vegetable oil
1 medium onion, chopped
3 cups beef broth
1 cup water
salt and pepper to taste
1 bay leaf

Heat oil in cooker, using the BROWN setting to brown roast on both sides. Place meat on trivet or wire rack and add remaining ingredients. Cover and lock lid in place. Set regulator knob on Pressure. Program for HIGH pressure and cook for 45 minutes. Release pressure by using the natural release method. Cooker will beep and switch automatically to the warm setting when cooking time is completed.

Tasty Beef Pot Roast

Serving Size: 6-8
Prep Time: 10 minutes
Pressure Cooking Time: 50 to 60 minutes

3 - 4 lb beef chuck roast
1/2 tsp. salt
1/2 tsp. seasoned salt
1/2 tsp. smoked paprika
1 onion, medium, chopped
3 cloves garlic, minced
2 cups beef broth

Trim excess fat from roast. In a bowl, combine salt, seasoned salt, pepper and paprika. Rub mixture into meat on all sides. In removable cooking pot, combine seasoned roast with onion, garlic and beef broth. Place meat on trivet or wire rack. Cover and lock lid in place. Turn regulator knob to Pressure. Select HIGH cooking mode and cook 50 to 60 minutes. Bring pressure down using the quick release method. Open lid. Check roast for doneness by inserting a meat thermometer into center of roast. Temperature should be at least 140°F. If not, replace Lid and cook for an additional 5 to 10 minutes.

CAUTION: Be careful when removing Lid to check food while unit is cooking. NEVER put your face directly over the cooker when removing Lid as escaping hot steam can cause serious burns.

Slow Cooking Setting

1. Place Removable Cooking Pot in Main Body. Plug power into standard outlet
2. Place the food to be cooked inside Cooking Pot according to the recipe or chart.
3. Place Lid on Cooker and lock into place.
4. Turn Pressure Regulator Knob to 'Steam'.
5. Press 'SLOW COOK' button on the Control Panel. The light will start flashing and the display will show ".5" (this means 1/2 hour (30 minutes) cooking time).
6. Set the desired slow cook time by pressing the 'SLOW COOK' button once for each additional 1/2 hour. The longest slow cooking time is 9-1/2 hours at a temperature of 180°F. **NOTE:** Use slow cooker recipes as a guide only. The 3-in-1 Cooker may finish cooking foods in less time than indicated in the recipe.
7. Press 'START/STOP' button to begin cooking. The indicator light will stop flashing.
8. The 3-in-1 Cooker will begin to count down in half hour (30 minute) increments after the temperature reaches 180°F.

Delay Time Setting

The Delay Time function allows you to delay the start of cooking foods up to 8 hours, in half hour increments. You can use the Delay Time setting with the SLOW COOK, STEAM, and HIGH and LOW pressure cooking functions. **CAUTION** – Perishable foods, such as meat and poultry, fish, cheese and other dairy products, cannot safely be left at room temperature for more than 2 hours, or 1 hour if the room temperature is 90°F or higher. When cooking these foods, do not set the Delay Time function for more than 1 to 2 hours.

1. Press 'DELAY TIME' button. The display will show "0.5" (equals 1/2 hour). Press 'DELAY TIME' again until the desired amount of delay time is displayed.
2. Select the desired cooking mode (HIGH, LOW, STEAM, etc.) and time by pressing the appropriate button(s).
3. Press the 'START/STOP' button and the delay time indicator light will turn on. Your 3-in-1 Cooker will begin cooking after the delay time has elapsed the time delay indicator light will turn off.

Cleaning Instructions

DO NOT wash any parts of your 3-in-1 Cooker in a dishwasher. Always wash the 3-in-1 Cooker thoroughly after every use, or if it has not been used for an extended period of time.

1. Unplug the appliance from the wall outlet and let the unit cool before cleaning.
2. Wash the Removable Cooking Pot with warm soapy water. Rinse and dry thoroughly.
3. Wipe Main Body with a clean damp cloth. If food residue remains, dampen cloth in warm soapy water before wiping. NEVER submerge the Main Body in water or other liquid. Wipe the Stationary Pot as necessary to remove any food product.

Cleaning Instructions: (cont.)

4. If the Condensation Reservoir contains visible moisture, remove by pulling down. Wash in warm soapy water. Rinse and dry thoroughly. Attach to Main Body by pushing up to lock into place.
5. Turn the Lid upside down, grasp the Rubber Gasket on either side and pull up. Wash gasket in warm soapy water. Rinse and dry thoroughly. Insert the Rubber Gasket by pushing it down inside the edge of the Lid, making sure the 'v' groove of the gasket is centered around the wire ring on the Lid. NOTE: if the Rubber Gasket is not positioned properly the appliance will not function normally.
6. After a period of time the Rubber Gasket may shrink, harden, or otherwise become distorted under normal use. When this happens or other damage occurs, do not use the appliance. The Rubber Gasket should be replaced. Contact the Customer Satisfaction Department as described on Page 25 for instructions.
7. In order to maintain good performance of your NESCO® Professional 3-in-1 Cooker, the bottom of the Removable Cooking Pot should be inspected and cleaned, if necessary, after each use. Wipe with a soft damp cloth and dry thoroughly before using.
8. Never use abrasive cleaners or scouring pads to clean any parts of this appliance, as they will make fine scratches in the surface, especially on the polished surfaces.
9. Store your NESCO® Professional 3-in-1 Cooker with the Lid resting upside down on the removable cooking Pot. This will protect the valves, knobs and pressure regulator on the top of the Lid. If the appliance is stored with the Lid sealed, stale odors may form on the inside.

Cleaning the Pressure Regulator Knob

Check to make sure the Pressure Regulator Knob and Pressure Safety Valve are in good working order before each use. To clean, please follow the instructions below:

1. After the unit has cooled, remove the Lid.
2. Press down and turn the Pressure Regulator Knob clockwise past the Steam setting and carefully lift and remove.
3. Turn the Lid upside down and set on a tabletop. Pull out the Regulator Shield by firmly grasping with a soft cloth lifting upwards (see illustration right). Using a small brush, check and remove any food particles that may be lodged inside the Regulator Shield and the Floating Valve. Push Regulator Shield back in place.
4. Replace the Pressure Regulator Knob by lining the notches up to the inside wall of the Pressure Regulator chamber in the Lid, then press down and turn clockwise to latch.



Pressure Cooker (cont.)

Pork Loin and Sauerkraut

Servings: 4 - 6
Prep Time: 5 minutes
Pressure Cooking Time: 50 - 60 minutes

- 1 2-1/4 lb. pork loin roast
- 1 (27 oz.) can sauerkraut
- 1/4 cup onion, chopped into large pieces
- 4 Tbsp. brown sugar
- 1 tsp. caraway seeds
- 1/4 tsp. black pepper
- 1 cup water

Place meat in cooker. Add remaining ingredients to cooker and stir. Cover and lock lid in place. Turn regulator knob to Pressure. Select HIGH cooking mode and cook 50 – 60 minutes. Release pressure by using the quick release method. Unlock and remove lid.

Spanish Rice & Chicken

Servings 4 - 6
Prep Time: 15 minutes
Pressure Cooking Time: 15 minutes

- | | |
|---|---|
| 2 Tbsp. canola oil plus, 1 Tbsp. canola oil | 1 large green pepper, seeded, and diced |
| 3 lbs. boneless chicken thighs | 3 cloves garlic, minced |
| 1 cup long-grain white rice, uncooked | 1 (16 oz.) pkg. frozen corn |
| 2-1/2 cups chicken broth | 2 Tbsp. lime juice |
| 1 (14.5 oz.) can diced tomatoes | 3 tsp. salt |
| 1 (6 oz.) can tomato sauce | 2 tsp. cayenne pepper (optional) |
| 1 medium onion, chopped coarsely | Flour tortillas (optional) |

Heat 2 tablespoons oil in cooker, using the BROWN setting. In batches, brown chicken. Set aside. Remove and discard skin. Discard juices remaining in cooker. Heat remaining tablespoon of oil in cooker, lightly brown rice for about 2 minutes. Add chicken broth, diced tomatoes, and tomato sauce. Stir thoroughly. Add onion, garlic, green pepper, corn, salt, and lime juice. If you desire a spicier dish, add optional cayenne pepper. Mix well. Place chicken pieces well into the rice mixture. Cover and lock lid in place. Turn regulator knob to Pressure. Select HIGH cooking mode and cook 15 minutes. Release pressure by using the quick release method. Unlock and remove lid. Note: Can be served with flour tortillas.

Pressure Cooker (cont.)

Meaty Mini Lasagna Soup

Servings: 6 - 8
 Prep Time: 15 minutes
 Pressure Cooking Time: 5 minutes

2 lbs. lean ground meat	1/2 tsp. oregano
1 tsp. garlic powder	1/2 tsp. parsley
1 - 32 oz. carton or can beef broth	1 bay leaf
2 fresh tomatoes, chopped	1/2 tsp. pepper
1 cup tomato juice	1/2 tsp. salt
1 small onion, chopped	2-1/2 cups mini lasagna noodles

Place meat and garlic powder in cooker. Brown meat using the BROWN setting. Add broth, tomatoes, tomato juice and onions. Mix well. Add next five seasonings. Cover and lock lid in place. Turn regulator knob to Pressure. Select HIGH cooking mode and cook 5 minutes. Release pressure by using the quick release method. Unlock and remove lid. Remove bay leaf and add noodles to cooker. Set regulator knob to Steam. Select SLOW COOK and set time. Press start. Cook until noodles are softened, about 10 - 15 minutes. Release pressure by using the quick release method. Unlock and remove lid. Ready to serve.

Ranch Pork Chops & Vegetables

Serving Size: 6
 Prep Time: 10 minutes
 Cooking Time: 15 minutes

6 medium pork chops
 2 Tbsp. vegetable oil
 1 10-3/4 oz. can cream of mushroom soup
 1/2 tsp. sage
 1/2 pkg. dry ranch salad dressing mix
 1 cup carrots, sliced
 1 medium green pepper, seeded, cut into strips
 1/2 cup onion, chopped
 Cooked noodles or cooked rice
 Paprika (optional)

Heat oil in cooker, using the BROWN setting. In batches, brown chops. Remove chops and drain. Set chops aside. In cooker, combine soup, sage and salad dressing mix. Stir in carrots, green peppers, onion and arrange chops over soup mixture. Add paprika (optional). Cover and lock lid in place. Turn regulator knob to Pressure. Select HIGH cooking mode and cook 15 minutes. Release pressure by using the quick release method. Unlock and remove lid. Note: Can be served with hot pasta or rice.

Alternate: Slow Cook Method. Follow recipe above except select the SLOW COOK feature for 3 to 4 hours.

Cooking Timetables

Vegetables:

Before pressure cooking fresh vegetables, add 1 cup water and place steam basket in cooking pot. Place a layer of vegetables on basket. Cover and lock lid in place. Turn regulator knob to 'Pressure'. Select 'HIGH' cooking mode and cook for time indicated below. Remove from heat and use "natural method" for pressure release. Remove vegetables, add desired seasonings and serve. NOTE: for cooking times exceeding 7 minutes, add an extra 1/2 cup water for each additional 5 minutes cooking time so appliance does not boil dry.

Vegetables	Cooking Time	Pressure Setting
Artichoke	9 to 11 minutes	High
Asparagus	1-1/2 to 2 minutes	High
Beans, green	2 to 3 minutes	High
Beets, small	11 to 13 minutes	High
Broccoli flowerets	2 to 3 minutes	High
Broccoli, stalks	3 to 4 minutes	High
Brussels Sprouts	3 to 5 minutes	High
Cabbage, shredded	90 seconds	High
Cabbage, quartered	3 to 4 minutes	High
Carrots, 2"	4 to 5 minutes	High
Cauliflower, flowerets	2 to 3 minutes	High
Celery (1" slices)	3 to 4 minutes	High
Corn on the Cob	3 to 5 minutes	High
Egg plant (1/2" chunks)	2 to 3 minutes	High
Okra	2 to 3 minutes	High
Onions	4 to 5 minutes	High
Parsnips	2 to 4 minutes	High
Pea Pods	2 to 3 minutes	High
Potato (slices)	5 to 7 minutes	High
Potato (whole, small)	5 to 8 minutes	High
Potato (whole, medium)	11 to 15 minutes	High
Rutabagas (1/2" thick)	5 to 6 minutes	High
Spinach	2 to 3 minutes	High
Squash, Fall (1" chunks)	4 to 6 minutes	High
Squash, Summer (sliced)	1 to 2 minutes	High
Sweet Potato (large)	5 to 7 minutes	High
Sweet Potato (2" cubes)	2 to 3 minutes	High
Tomatoes (quartered)	2 to 3 minutes	High
Tomatoes (whole)	5 to 6 minutes	High
Turnips (sliced)	1 to 2 minutes	High
Zucchini (1/2" slices)	2 to 3 minutes	High

Fruit:

When pressure cooking fresh fruits, follow the same guidelines as described above, except select LOW cooking mode.

Cooking Timetables (cont.)

Fruits	Cooking Time	Pressure Setting
Apples, fresh	3 - 4 minutes	Low
Apples, chunks	2 minutes	Low
Apricots, fresh	2 minutes	Low
Apricots, dried	4 minutes	Low
Berries, cherries	0 minutes*	Low
Figs, dried	5 - 6 minutes	Low
Peach halves, fresh	2 - 3 minutes	Low
Peaches, dried	4 minutes	Low
Pear halves, fresh	3 - 4 minutes	Low
Prunes, dried	5 - 6 minutes	Low
Raisins	4 - 5 minutes	Low

*- bring to pressure, then turn heat source off.

Meats:

Meats	Cooking Time	Pressure Setting
Beef, Pork, Lamb, (1- 2" cubes)	15 - 20 minutes	High
Beef / veal: Roast, brisket (3 - 4 lbs) Shank, 1-1/2 in. thick	50 - 60 minutes 25 - 30 minutes	High High
Meatballs, browned	40 - 50 minutes	High
Pork: Loin roast (3 - 4 lbs) Smoked butt Ham shank	40 - 50 minutes 20 - 25 minutes 30 - 40 minutes	High High High
Chicken: Boneless breast, thigh Pieces (2 - 3 lbs) Whole (3 - 4 lbs)	8 - 10 minutes 11 - 14 minutes 15 - 20 minutes	High High High
Turkey breast, whole	30 - 40 minutes	High
Fish: Steaks, fillets, 3/4 in. thick 1 in. thick 1-1/4 in. thick 1-1/2 in. thick	4 minutes 5 minutes 6 minutes 7 minutes	High High High High

Beans:

To cook fresh beans, place desired amount of beans in bottom of 3-in-1 Cooker. Cover with 2 to 3 inches of water. Cover and lock lid in place. Turn regulator knob to Pressure. Select suggested cooking mode (HIGH or LOW) and cooking times based on following charts. When cooking is complete, release pressure using the natural method. Remove beans, season as desired and serve. You will need to soak the beans unless otherwise noted.

Pressure Cooker (cont.)

Cilantro Chicken Vegetable Soup

Servings 6 - 8
Prep Time: 15 minutes
Pressure Cooking Time: 10 minutes

2 lbs. boneless, skinless, chicken breast, cubed	1/2 tsp. cayenne pepper
2 quarts chicken broth	1 (10 oz.) package frozen corn kernels
3 stalks celery, chopped	3/4 cup green onions, thinly sliced
2 cloves garlic, minced	1/2 cup cilantro, finely chopped
1 small onion, chopped	2 cups cooked white rice
1 (14 oz.) can peeled and diced tomatoes with juice	Garnish with cheese or tortilla chips
1 yellow bell pepper, seeded, chopped	
1/2 tsp. cumin	

Place broth, chicken, onion, celery, and garlic in cooker. Cover and bring to a boil using the BROWN setting. Reduce heat using the WARM setting until chicken is tender. Add undrained tomatoes, bell pepper, cumin, cayenne pepper. Stir mixture. Add corn, green onion, cilantro and rice. Mix well. Cover and lock lid in place. Turn regulator knob to Pressure. Select HIGH cooking mode and cook 10 minutes. Release pressure by using the quick release method. Unlock and remove lid. Garnish with cheese and tortilla chips and serve.

Hurried Curried Chicken

Servings 6 - 8
Prep Time: 15 minutes
Pressure Cooking Time: 25 minutes

8 boneless, skin-on chicken thighs	1/4 cup raisins
1 Tbsp. canola oil	5 garlic cloves, minced
2 onions, chopped coarse	2 Tbsp. curry powder
1 green bell pepper, seeded and chopped	1 tsp. thyme
1 cup chicken broth	1/2 tsp. cayenne pepper
1 - 14.5 oz. can diced tomatoes, drained	6 - 8 cups hot, cooked rice
1 small can tomato paste	Optional: shaved almonds
1 mango, peeled, diced	

Heat oil in cooker, using the BROWN setting. In batches, brown chicken. Remove browned chicken from cooker to cool, remove and discard skin. Drain all but 1 tablespoon of fat from cooker. Add onions, bell pepper and cook until softened. Add chicken broth, tomatoes, and tomato paste and mix well. In a bowl, stir in mango, raisins, garlic, curry, thyme and cayenne pepper. Place chicken thighs in cooker. Add mango mixture. Cover and lock lid in place. Turn regulator knob to Pressure. Select HIGH cooking mode and cook 25 minutes. Release pressure by using the quick release method. Unlock and remove lid. Serve with rice. Garnish with shaved almonds, if desired.

Pressure Cooker (cont.)

Chili con Chorizo

Servings: 6 - 8

Prep Time: 15 minutes

Pressure Cooking Time: 7 minutes

1 cup chorizo (Mexican cured sausage)	1 cup water
2 lbs. lean ground meat	2 tsp. salt
1 cup onion, chopped	1 tsp. paprika
2 Tbsp. shortening or vegetable oil	4 tsp. chili powder
1/4 cup green peppers, seeded, chopped	2-16 oz. cans chili beans, drained
2 cups tomatoes, chopped	Serve with cornbread, optional
2 cups tomato juice	

Heat oil in cooker, using the BROWN setting. Brown chorizo, ground meat and onions together. Pour excess fat from cooker. Add remaining ingredients. Cover and lock lid in place. Turn regulator knob to Pressure. Select HIGH cooking mode and cook 7 minutes. Release pressure by using the quick release method. Unlock and remove lid.

Chocolate Cheesecake

Servings 8 - 10

Prep Time: 15 minutes

Pressure Cooking Time: 20 minutes

1 cup chocolate wafer cookie crumbs	2 Tbsp. butter, melted
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Mix 1 Cup cookie crumbs & butter together. Press in bottom of 7" spring form pan. Set aside.

1 cup water	2 eggs
2 8-oz. packages cream cheese, softened	6 oz. semi-sweet chocolate chips, melted
2/3 cup sugar	3/4 cup chocolate wafer cookie crumbs

(Variation: Add 1 tsp. instant coffee to melted chocolate chips for a mocha cheesecake.)

Blend cream cheese in bowl with mixer until smooth. Gradually add sugar. Mix thoroughly. Adding one egg at a time, mix until cheese is smooth. Fold in melted chocolate until thoroughly blended. Add remaining 3/4 cup of cookie crumbs into mixture. Pour into spring form pan over crust. Add water to cooker. Tear off a 6" piece of aluminum foil and fold in half, lengthwise. This helps to remove pan after cooking cycle is complete. Place spring form pan on foil and lower into cooker. Cover and lock lid in place. Turn regulator knob to Pressure. Select HIGH cooking mode and cook 20 minutes. Release pressure by using the quick release method. Unlock and remove lid. Remove cheesecake from cooker by lifting up the ends of foil swing. Let cool to room temperature before refrigerating. For best results, refrigerate overnight.

Cooking Timetables (cont.)

Beans	Cooking Time	Pressure Setting
Adzuki	5 to 9 minutes	High
Anaszi	4 to 7 minutes	High
Appaloosa	11 to 14 minutes	High
Baby Lima	5 to 7 minutes	High
Black	9 to 11 minutes	High
Black Eyed (do not soak)	9 to 12 minutes	High
Calypso	4 to 7 minutes	High
Cannelloni	9 to 12 minutes	High
Chickpea	10 to 12 minutes	High
Christmas Lima	8 to 10 minutes	High
Cranberry	9 to 12 minutes	High
Flageolet	10 to 14 minutes	High
Great Northern	8 to 12 minutes	High
Lentil, French Green (do not soak)	8 to 12 minutes	Low
Lentil, Red (do not soak)	8 to 12 minutes	Low
Lima (do not soak)	8 to 12 minutes	Low
Navy	6 to 8 minutes	High
Pink	8 to 10 minutes	High
Pinto	4 to 6 minutes	High
Rattlesnake	4 to 7 minutes	High
Red	4 to 7 minutes	High
Red Kidney	10 to 12 minutes	High
Roman	11 to 14 minutes	High
Runner	8 to 10 minutes	High
Snow Cap	11 to 14 minutes	High
Soldier	8 to 10 minutes	High
Soybean	9 to 12 minutes	High
Spanish Tolosanos	4 to 7 minutes	High
Steuben Yellow Eye	11 to 14 minutes	High
Tepary	8 to 10 minutes	High

Soaking Methods for Beans

Overnight: Place three cups of cold water to each cup of sorted, rinsed beans in large bowl. Allow to soak in a cool place overnight (or 8 to 10 hours). Drain water from beans and rinse thoroughly. This method re-hydrates the beans, giving them a better texture with great cooking results.

Fast Soak: If you are in a hurry, fast-soaking beans in the 3-in-1 Cooker will also work just as well as overnight soaking. You will want to use 4 cups of water per 1 cup of sorted, rinsed beans for this method. Add 1 teaspoon of salt per 1 cup of beans. Do not fill Cooking Pot more than half full, because there may be some foaming during cooking. Use the pressure setting recommended in the chart. Lock Lid in place, set pressure to HIGH and program cooking time according to the chart above. When cooking is complete, use quick release method (see page 7) to reduce pressure by turning the Pressure Regulator Knob to Steam. When pressure is released, open Lid, drain and rinse well. Beans are ready for adding to your favorite recipe.

Hints and Tips:

- To ensure the best cooking performance when pressure cooking, always make sure the recipe calls for at least 1 cup (8 oz.) of water or other liquid so enough steam can be generated to create pressure.
- When using the HIGH or LOW pressure settings, the timer will not start counting 'down' until sufficient steam pressure is generated.
- When pressure cooking, if you are not sure how much cooking time is necessary, it is better to 'under' cook. Then use the "quick release" method, remove Lid and check for doneness.
- Never fill the Removable Cooking Pot more than half full with food or 2/3 full with liquid. The 3-in-1 Cooker must have enough liquid to create steam or food will not cook properly.
- If the 3-in-1 Cooker and other appliance(s) are plugged into the same electrical outlet, an electrical overload may occur, causing the circuit breaker to open. Make sure the 3-in-1 Cooker is plugged into a *separate* 120 volt electrical outlet.
- Tougher, less expensive cuts of meats are better suited for your NESCO® Professional 3-in-1 Cooker because the steam pressure helps break down the tough fibers in the meat making them more tender and palatable.
- Fresh fruit should be cooked under low pressure.
- When pressure cooking beans, add a teaspoon of oil to the water to reduce the amount of foaming.
- Use handy Glass Lid to cover cooking pot to prevent splattering when browning cuts of meat or when slow cooking foods.
- Any liquid such as oils, oil-based marinades and dressings should not be used in 3-in-1 Cooker.
- Liquids that contain water can be used when pressure cooking. These include wine, beer, stocks, tomato and other vegetable and fruit juices. Wine must be mixed with an equivalent amount of water because it evaporates quickly during cooking.

NOTE: The boiling point of water decreases as the altitude increases, and this changes your 3-in-1 Cooker's performance. When pressure cooking at higher altitudes, the following will apply: Add 5% to the cooking time for every 1,000 feet above the first 2,000 feet. Example: At 3,000 feet add 5%; 4,000 feet add 10%; 5,000 feet add 15%; etc. Remember, the longer you cook, the more liquid needs to be added to the 3-in-1 Cooker.

Troubleshooting:

If you have added sufficient water or other liquid, and the Floating Valve has not risen after timer started counting 'down', perform the following steps:

1. Stop the 3-in-1 Cooker by pressing the START/STOP button.
2. Turn the Pressure Regulator Knob to Steam, using short bursts, until the pressure is fully released.
3. Remove the Lid and add approximately 1 cup water, stock or other liquid. Stir food to disperse the added liquid.
4. Replace Lid and lock into place. Turn Pressure Regulator Knob to Pressure.
5. Press HIGH or LOW pressure button and set the desired cooking time.
6. Press the START/STOP button to begin cooking again.

Troubleshooting (Cont.)

If steam is escaping from under the Lid, the Rubber Gasket may be damaged, defective or not positioned correctly, so please follow these steps:

1. Press the START/STOP button.
2. Release any pressure by turning the Pressure Regulator Knob to Steam, using short bursts, until the pressure is fully released.
3. Remove the Lid and check the Rubber Gasket for tears, cracks or other signs of damage.
4. Make sure Rubber Gasket is positioned correctly (see page 10) .
5. If Removable Cooking Pot is over 1/2 full of liquid, remove excess liquid. Replace Lid, lock it in place. Turn Pressure Regulator Knob to Pressure. Press START/STOP button and continue cooking.

If you cannot open or remove Lid, please follow these steps:

1. Make sure all pressure has been released by turning the Pressure Regulator Knob to Steam position.
2. If the Lid will still not open, bring food contents up to pressure again by turning the Pressure Regulator Knob to PRESSURE and press the START/STOP button.
3. Release the pressure completely as described in step 1.
4. If the Lid still does not open after all pressure has been released, contact our Customer Satisfactin Department for assistance.

Recipes

Pressure Cooker

Breakfast Burritos

Servings: 6 - 8
Prep Time: 15 minutes
Pressure Cooking Time: 5 minutes

- 1/4 cup margarine
- 2 tsp. garlic, minced
- 1 cup chorizo (Mexician cured sausage)
- 1 small green pepper, seeded, diced
- 1 small yellow pepper, seeded, diced
- 2 roma tomatoes, chopped into large pieces
- 1 tsp. cayenne pepper
- 8 eggs
- 1 package tortillas

Melt margarine, using the BROWN setting. Add garlic, brown lightly. Add chorizo, continue to brown and separate meat. Stir frequently. Remove meat mixture, drain fat, scrape off brown bits and set aside. Add peppers in cooker, brown lightly. Add tomatoes, cayenne pepper, brown lightly. Remove vegetables from cooker, set aside. Crack eggs into a bowl. Pour eggs into cooker, lightly scramble, add meat and vegetable mixture. Cover and lock lid in place. Turn regulator knob to Pressure. Select HIGH cooking mode and cook 5 minutes. Release pressure by using the quick release method. Unlock and remove lid. Pour mixture on tortilla, and serve.