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Yes, you're right!



ECLIPSE

Art. 3700067

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Art. 3700418

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## Dear customer

Your new BergHOFF Eclipse pressure cooker will contribute to a healthy lifestyle.

You'll prepare delicious dishes with less fat than with the traditional cooking methods and all vitamins and minerals of your ingredients will be preserved. Additionally, you'll save a lot of time and you'll consume less energy.

This booklet with instructions to use and care will explain the functions and details to help you cook with this pressure cooker in a comfortable and safe way. Make sure you read and understand all instructions before use.

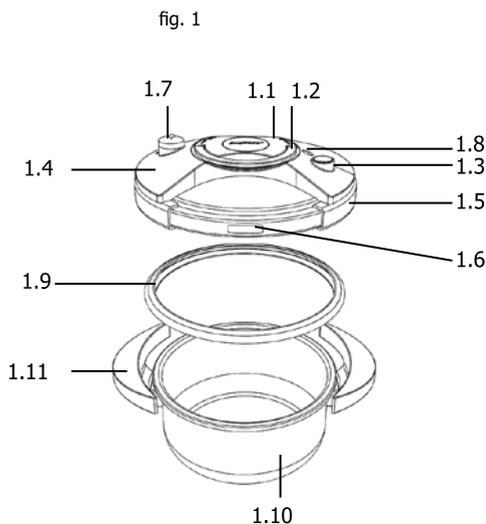
The design and production of this Eclipse pressure cooker is based on the European Directive 97/23/EG and the European standard EN 12778

We wish you many delicious and healthy dishes with your new BergHOFF Eclipse pressure cooker.

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	2 Important precautions
	3 Principles of cooking with a pressure cooker
	4 Getting started and how to cook
	5 Releasing pressure and opening the lid
	6 Cleaning and maintenance
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## 1 COMPONENTS

- 1.1 knob
- 1.2 foldable handle
- 1.3 pressure indicator
- 1.4 face plate
- 1.5 clamp
- 1.6 safety window
- 1.7 pressure limiting valve
- 1.8 safely open-preventing valve
- 1.9 rubber sealing ring
- 1.10 body
- 1.11 lower body handle



## 2 IMPORTANT PRECAUTIONS

- Read and understand all the instructions before use.
- The user is responsible for any accident resulting from not following this manual.
- Keep the pressure cooker, when in use, away from children or pets.
- Never leave the pressure cooker unattended. Supervision is needed during use, for adjusting the power level when the pressure-limiting valve (fig1.7) is releasing steam, and for keeping the pressure under the limited pressure during the cooking process.
- Never put the pressure cooker in a heated oven/microwave.
- Never carry the pressure cooker with the foldable handle (fig1.2)

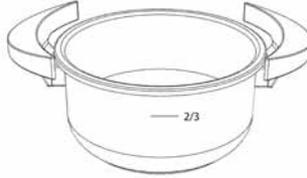


- Pay attention to the moving parts (clamps) of the locking system (fig1.5)
- The pressure cooker should always be used on a steady cooking surface.
- Don't put the pressure cooker on a coil with a bigger diameter than the cooker's bottom. When cooking on gas, the flames shall not reach the cooker's wall.
- Only use this pressure cooker on heat sources mentioned in this manual (see the icons in section 1)
- When moving or carrying the pressure cooker, while under pressure, remember to move with greatest care. Move it horizontally and put it down gently. Don't bump. Do not touch hot surfaces, use the lower body handles (fig1.11). Never carry the cooker using the foldable handle (fig1.2). If necessary, use gloves or other protecting materials.
- Do not use the pressure cooker for other than intended use.
- This appliance cooks under pressure and therefore can cause scalds (in case of improper use). Make sure that the cooker is properly closed before use. Please refer to the chapter "Instructions for use" and pay attention to the moving clamps of the locking system. (fig1.5)
- Never open the pressure cooker with force. Do not open before its internal pressure has completely dropped. Please refer to the chapter "Getting started and how to cook".
- Never use your pressure cooker without adding water or liquid; this would seriously damage it. Avoid total evaporation and don't heat dry.
- Don't cook expansive food such as apple jam, pearl rice, seaweed, oatmeal, etc. to avoid blocking of the steam-releasing hole. Do not fill the pressure cooker beyond 2/3 of its capacity. (see marking inside the cooker) (fig. 3)
- When cooking foods that expand during cooking, such as rice or dehydrated vegetables, don't fill it beyond 1/4 of its capacity.
- Allowed volume of food inside the pressure cooker:
  - Less than 1/4 of the cooker height for expansive food such as rice, beans, etc. (fig.2)
  - Less than 2/3 of the cooker height for non-expansive food such as meat, vegetables, etc. (fig.3).
- After cooking meat with a skin (e.g. beef tongue or chicken) which may swell under the effect of pressure and after the pressure cooker has cooled down to open, make sure that you do not puncture the meat while the skin is swollen to avoid scalds
- When cooking doughy food (that tends to foam) and after the pressure cooker has cooled down to open, gently shake the pressure cooker before opening, to avoid food ejection and scalds.
- Before each use, make sure that the valves are not obstructed. In general, keep the pressure-limiting valve (fig1.7), safely open-preventing valve (fig1.8), sealing ring (fig1.9), knob (fig1.1), lid and body (fig1.10) clean and out of dirt before and after using. Please refer to the chapter "Getting started and how to cook".
- It's prohibited to put anything on the pressure-limiting valve (fig1.7 + fig.4).
- Never use the pressure cooker for pressure deep-frying oil or shortening. Don't use for frying or baking food.
- Don't point the opening of the safely open-preventing valve (fig 1.8) towards your body.
- If steam sprays out from the safely open-preventing valve (fig1.8) or the sealing ring (fig1.9) squeezes out from the safety window (fig1.6), the power shall be shut off immediately. The problem should be found and solved before using the pressure cooker.

- If the pressure indicator (fig1.3) shows not only the blue level, but also the red level, immediately reduce the power since the inner pressure reaches or even exceeds its maximum pressure level.
- Don't store salt, soy sauce, alkali, sugar, vinegar, or steam water inside the cooker for a long time. Clean and dry it every time after using.
- Do not tinker with any of the safety systems. Please refer to the chapter "Getting started and how to cook".
- Only use manufacturer's spare parts in accordance with the relevant model. Always use body and cover from the same manufacturer, indicated as being compatible.
- KEEP THESE INSTRUCTIONS close at hand. When someone else is to use your pressure cooker, make sure that person knows how to use it. Always hand over this manual with the pressure cooker.



(fig.2)



(fig.3)



(fig.4)

### 3 PRINCIPLES OF COOKING WITH A PRESSURE COOKER

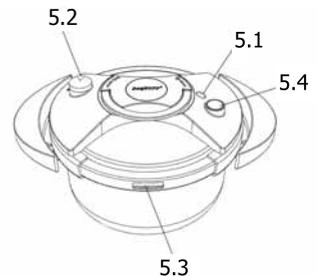
In a pressure cooker, food is cooked by means of steam. The steam is produced by heating a little amount of liquid – mostly water – in a closed container. Due to the extremely heated steam that is created the ingredients are ready fast. Cooking times with a pressure cooker are much shorter than when other methods are used. The principle of using steam also explains why always a liquid is used.

The pressure limiting valve (fig1.7) indicates when the right amount of steam, thus the right amount of pressure is reached. That's the signal to immediately lower the heat so that the correct pressure can be maintained. It's also the moment that you have to start timing. Since you have to adjust the heat, never leave the pressure cooker unattended. When cooking time has passed, you can't directly open the lid. There's more on this topic in section 4.5

To feel safe and at ease we designed and equipped this pressure cookers with several safety-devices. (Fig.5)

#### The 5 independent safety systems:

Safely open-preventing valve (fig.5.1): Will raise when the pressure inside reaches 4Kpa. From that moment on, the lid can not be opened anymore, until the pressure has dropped under 4Kpa again. (The safely open-preventing valve has to be down again).



(Fig.5)



- Pressure-limiting valve (fig.5.2): If the pressure inside is arriving at a regular working level (80Kpa), the pressure-limiting valve will release extra steam violently.
- Sealing ring/Safety window (fig.5.3): When the pressure-limiting valve and the safely open-preventing valve are invalid or the pressure cooker has been left unattended for a long time on a working cook zone, the inside pressure is increasing far over the regular working level of 80 Kpa. The sealing ring (fig. 1.9) will be squeezed out of the safety window (fig.5.3) to guarantee a safe decompression of the pressure cooker.
- Additionally, the Pressure Indicator (fig.5.4) will inform about the pressure level inside and set the user's heart at rest (Fig.6).
- When the indicator goes up and only the blue level is visible, it means that the working pressure inside is normal.



(fig.6)

- When the indicator shows the red level too, it means that the working pressure is not normal anymore.



- Pressure shall not rise until the cover is correctly closed.
- Following signs can indicate that the cover is not correctly closed:
  - steam will escape from the rim
  - it will take very long before the safely open-preventing valve (fig.5.1) will rise

## 4 GETTING STARTED AND HOW TO COOK

- Before using the pressure cooker for the first time, remove all labels! Wash the pot, cover and rubber ring with a mild detergent, then rinse and dry thoroughly.
- Add water (1/2 volume) and heat 30mins under pressure before first use following the regular working procedure 4.2. Be sure water is the only content. This will clean the pressure pot and remove all smelling.

4.1 how to open the lid before cooking

4.2 Before you use your Eclipse pressure cooker for the first time

4.3 before closing the lid

4.4 how to close the lid

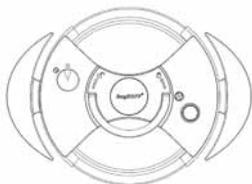
4.5 how to cook

The cooking process

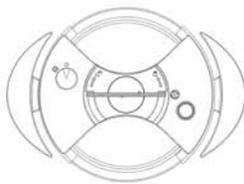
Cooking times

## 4.1 How to open the lid before cooking

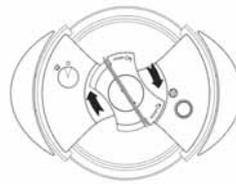
- The pressure cooker comes with the lid closed on the body (see fig.7A)
- Place the foldable handle (fig.1.2) straight up (fig.7B)
- Turn the foldable handle in its straight position clock-wise. The clamps will open and the cover now can be lifted (fig.7C). Pay attention to the moving parts. The icons on the face plate (fig.1.4) also indicate the direction to open (and close)



(fig.7A)



(fig.7B)



(fig.7C)

## 4.2 Before you use your Eclipse pressure cooker for the first time

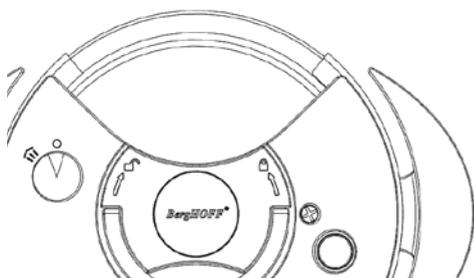
Remove all labels

wash the pot, cover and the rubber ring with a mild dish-washing liquid

Rinse and dry thoroughly

Fill the pressure cooker with water for half its volume and heat 30 minutes under pressure. Follow the regular procedure as described in the instructions in section 4.3 till 4.5.

Use only water for this cleaning operation.



(fig.8)

## 4.3 Before closing the lid

To check the safety and pressure valves as indicated in fig.8. Do this with the cover knob (fig.1.1) in closed position: turn the foldable handle (fig.1.2) counter clock-wise. See also the face plate (fig.1.4) making sure that they're not obstructed.

Check if the safely open-preventing valve (fig.1.8) can be moved freely

Check if the rubber ring (fig.1.9) is in its place

Check the valves by pushing them from the inside of the lid: if you can push them upwards and if they go back to their original position they are okay.

Make sure if the pressure indicator (fig.1.3) is still covered with a transparent silicone cap.

Now you can start the closing procedure.

## 4.4 How to close the lid

You turned the foldable handle (fig.1.2) in its close position to check all the valves prior to cooking. Remember to turn it back to its open position before placing the cover on the body of the pressure cooker.

- a) Position the cover on the pot in a way that the face plate (fig.1.4) is in one line with the lower body handles.
- b) Turn the foldable handle (fig.1.2) counter clock-wise until the clamps have closed completely around the rim
- c) Place the foldable handle (fig.1.2) back in its flat position.

## 4.5 how to cook

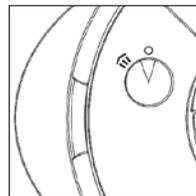
Always add water or another liquid when cooking in the pressure cooker so that steam can be produced. Never fill it beyond 2/3 of its capacity. However, the cooker should always contain a minimum of 1/4 liter of liquid.

When cooking food that produces foam, like soup, certain vegetables, ... don't add more than ¼ of the total capacity in liquid.

## The cooking process

BergHOFF stainless steel cookware is suitable for induction, electric, gas, halogen, vitro ceramic cookers (see icons on the base). Always make sure to place the cooker on a burner that fits the size of the cooker's base. Position the cooker in the center of the burner. When using a gas burner, prevent the flames from extending beyond the base.

Make sure the pressure limiting valve (fig.1.7) is aligned with the dot icon (see fig. 9) (fig. 9)



Start with the temperature at the highest setting.

Cooking times doesn't start from the moment you turn on the heat, but are calculated from the moment the pressure inside has arrived at a regular working level (80Kpa), in other words, from the moment the pressure limiting valve (fig.1.7) releases (violently) for the first time extra steam.

Don't leave the pressure cooker unattended since it's needed to adjust the setting because the process starts and steam is produced inside the cooker. It's normal that a little steam seeps from the safely open-preventing valve (fig.1.8) after heating for a while. This will stop after the safely open-preventing valve (fig.1.8) has risen (at 4 Kpa). This assures the cover is correctly closed. As this safely open-preventing valve (fig.1.8) will close the cover completely, the steam level inside the pot now can safely increase to working pressure level.

In the mean time, the pressure indicator (fig.1.3) will slowly rise as the steam pressure level is rising too. The blue level of the pressure indicator (fig.1.3) is shown indicating the pressure is in the safe zone.

As soon as the working pressure level (80Kpa) has been reached, the pressure limiting valve (fig.1.7) will release steam violently. That's the sign to reduce the cooking power directly. Reduce the power until the pressure limiting valve (fig.1.7) drops down again releasing no or very little steam only. This is the working pressure level which should be maintained during the rest of the cooking process. The pressure indicator (fig.1.3) has risen for about 5 to 8 mm but is only showing the blue, thus safe, level.

Cooking time now starts

The cooking times written below can only serve as a point of reference because they are influenced by the food quantity, the heat source,... feel free to adapt according your own practical experiences and taste.

## Cooking times

Food	Minutes
------	---------

White cabbage	4
Brussels sprouts	4
Cauliflower	4
Bamboo shoots	6
Whole potatoes	6
Red beans	20
Lentils	20
Whole fish	4
Fish fillet	3
Fish roll	3
Veal (stewed pieces)	15
Beef (stewed pieces)	20
Pork (whole chop, fried)	20
Lamb leg (in pieces, fried)	15
Rabbit (pieces)	15
Chicken (pieces)	18

Food	Minutes
------	---------

Bean soup	10-20
Meat soup	6-8
Onion soup	20
Chicken soup	25
Pea soup	15
Broth	15-20
Tomato soup	3
Fish soup	6-8
Oxtail soup	20-30
Potato soup	6-8
Vegetable soup	6-8
Vegetable and meat soup	10
Ham soup	3-5
Macaroni	5
Spaghetti	2

After the cooking times have expired, turn off the heat and place the cooker on an even surface.

Handle with care, be aware that the lid and body will be very hot. Only use the lower body handles (fig.1.11). Never use the foldable handle to carry to cooker.



DO NOT OPEN THE COOKER UNTILL YOU'VE READ THE FOLLOWING INSTRUCTION ON HOW TO RELEASE THE PRESSURE AND TO OPEN THE LID.

## 5 RELEASING PRESSURE AND OPENING THE LID

Don't try to open the lid right after the cooking times have expired. The pressure has to drop before you can open the lid. There are 3 ways to cool down the cooker so that the pressure drops. Be careful when handling the pressure cooker.

### 5.1. Natural cooling down:

As soon as the heating time has expired, turn off the power

Position the cooker with the pressure limiting valve (fig.1.7) pointing away from person or subjects

leave the cooker for a while waiting for the pressure to drop down.

When the pressure indicator (fig.1.3) falls down, the cooking process is completely over and the steam has escaped.

When also the (fig.1.8) open-preventing valve has dropped down, it's completely safe to turn the lid's knob to the position as described in fig. 7 and to take off the lid.

Don't try to open the lid if the indicator (fig.1.3) isn't down yet.

Don't open the lid until the safely open-preventing (fig.1.8) valve has dropped down too.

To open the cover, please wear a glove to avoid burning injuries.

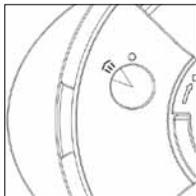
When cooking doughy food (that tends to foam), gently shake the pressure cooker before opening, to avoid food ejection (and scalds).

### 5.2. By using the pressure-limiting valve to release steam

Position the cooker with the pressure-limiting valve (fig.1.7) pointing away from person or subjects

Switch the pressure limiting valve (fig.1.7) now from the dot icon to the steam release icon (see fig.10)

Take care for escaping steam.



(fig. 10)

When the pressure has dropped down, the pressure indicator (fig.1.3) and the safely-open preventing valve (fig.1.8) falls down. Now it's safe to open the lid. The opening of the lid is similar as in point 1 and in fig. 7 above.

### 5.3. Cooling down quickly with running water

Put the cooker gently on a level place at the sink and shower the cooker slowly with cold water until the valves drop down.

The opening of the lid is similar as described above in point 1 and in fig.7

Avoid water penetrating into the cooker through both valves.

## 6. CLEANING AND MAINTENANCE

### 6.1. Prepare for first use.

Before using the pressure cooker for the first time, remove all labels! Wash the pot, cover and rubber ring with a mild detergent, then rinse and dry thoroughly.

Add water (1/2 volume) and heat 30mins under pressure before first use following the regular working procedure. Be sure water is the only content. This will clean the pressure pot and remove all smelling.

### 6.2. Cover

Always clean the cover by hand (use a soft sponge or cloth); never put it in the dishwasher.

Before each use, make sure that the valves are not obstructed by food particles or any other materials. See 4.3

The valves don't have to be cleaned every time the pressure cooker is used, as long as they are cleaned periodically when you notice they are dirty.

Remove the sealing rubber ring (fig.1.9) from the lid. Wash (and rinse) the rubber ring (fig.1.9) with warm water and a mild detergent after each use. Wipe off the water and keep the sealing ring (fig.1.9) dry. Once dry, correctly fit it in place again. If the pressure cooker will not be used for a long period of time, the ring should be stored separately in a flat position making sure it's not twisted and in regular round shape. To ensure a correct functioning, the ring should be replaced each year. Tip: Let a little oil drip on the rubber ring.

This will extend its duration and improve its functioning.

### 6.3. Body

we recommend washing it with warm water and a mild detergent after each use. Use a soft sponge or a cloth; abrasive cleaners or scourers may dull the polished finish of the product.

Dry thoroughly after washing. The body of the pressure cooker can also be put in the dishwasher. (Not the cover!).

Don't scrape the cooker surface with some hard material such as metal, to avoid abrasion.

Don't touch the cooker with other kinds of metal to avoid electro chemical corrosion.

From time to time, depending on the food cooked, as well as the lime content of the water used, scale, stains or marks can crop up; however, they don't affect the performance/features. If you rub the body with vinegar, all stains will disappear (or you can use "BergHOFF's magic for stainless steel!").

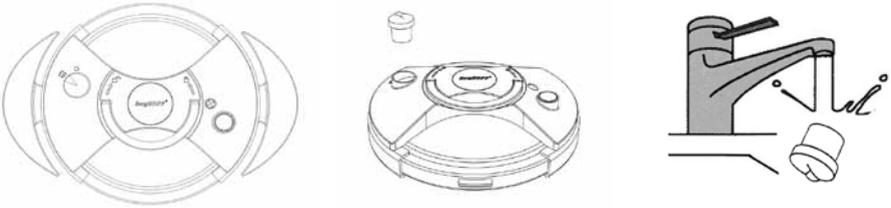
Never leave bleach inside the pressure cooker (not even if it is diluted), nor tomato sauce... for long periods of time, to prevent it from corrosion.

If the pressure cooker will not be used for a long period of time, please clean the body and cover and keep it dry. It is also important to prevent the body and cover from banging into each other, to avoid deformation.

After use, it's best to store the pressure cooker in shade and in a cool place, with the cover upside down, to avoid deformation of the rubber ring.

## 6.4 Valves

Check the steam-releasing pipes of the pressure-limiting valve(fig.1.7) and the safely open-preventing valve(fig.1.8). If they are obstructed, clear away, eventually using a dredging needle, then wash and rinse the pipe with water. Dismantle the pressure limiting valve (fig. 1.7) and wash as follows:



### Caution:

Don't loose small parts such as pressure-limiting valve. (fig.1.7).

There is no problem if the colour of the sealing ring (fig.1.9) changes. We recommend to change the sealing rubber ring (fig.1.9) once a year. But it must be changed immediately if it shows any damage or a change in shape. Please contact your dealer for spare parts. Never use substitutes.

If any anomaly is noticed, the power should be turned off immediately. Take the cooker to a place level and shower the cooker slowly with water to reduce the temperature and pressure. Find the reason and solve the problem with the table below.

## 7 PRACTICAL ADVICE

Do not attempt to modify any of the parts or do not attempt to assemble them in any other way than indicated. Only use manufacturer's spare parts (available at your dealer).

Problem	Reason	Solution
<p>Steam comes out from the underside of the lid</p> 	<ol style="list-style-type: none"> <li>1. The pressure cooker is not correctly closed</li> <li>2. Sealing ring is dirty.</li> <li>3. Sealing ring is too old</li> </ol>	<ol style="list-style-type: none"> <li>1. Check and repeat the closing method</li> <li>2. Clean the sealing ring, cooker rim and lid.</li> <li>3. Change the sealing ring.</li> </ol>
<p>Lid can't be fixed properly</p>	<p>The shape of the lid changed.</p>	<p>Change the lid</p>
<p>Steam and liquid leaks from the safety valve suddenly.</p> 	<ol style="list-style-type: none"> <li>1. The steam-releasing pipe was obstructed. The safety function of the locking pin is working. The release hole of pressure-limiting valve is blocked.</li> <li>2. The safety valve has lost its function.</li> </ol>	<ol style="list-style-type: none"> <li>1. Take the cooker away from the fire and dredge the release hole. After it is cool, take down the pressure-limiting valve and clean the hole of pressure-limiting valve.</li> <li>2. Change safely open- preventing valve.</li> </ol>
<p>When cooking, the sealing ring is suddenly forced out from the safety window and steam drain out.</p> 	<ol style="list-style-type: none"> <li>1. The safety function of the sealing ring is working. Maybe other device has lost its function.</li> <li>2. The sealing ring is aged and has lost its function.</li> </ol>	<ol style="list-style-type: none"> <li>1. Take the cooker away from the fire. After it is cool, clean and check all the safety devices. Change the ones which have lost its functions.</li> <li>2. Change the sealing ring.</li> </ol>
<p>The safety valve doesn't rise</p>	<ol style="list-style-type: none"> <li>1. The lid is not in closed position</li> <li>2. There is not enough liquid inside the pressure cooker.</li> <li>3. The rubber ring is dirty or damaged.</li> <li>4. The temperature of the cooker is too low.</li> </ol>	<ol style="list-style-type: none"> <li>1. Close the lid properly.</li> <li>2. Check and add the correct amount</li> <li>3. Clear or replace it.</li> <li>4. Turn up the heat.</li> </ol>

## **8 WARRANTY**

This pressure cooker is covered by a two-year warranty, starting from the date of purchase at a legitimate dealer.

The dealer in your country will replace or repair this product, having material or manufacturing defects ... and when it was used under normal conditions, as recommended in the manual. Please send the product to be repaired or replaced, in the original packing and proper shipping packaging (the shipping & handling costs are not included in this warranty).

This warranty excludes damage caused by misuse, fire, overheating, theft, dropping or intentional damage.

Minor imperfections (discoloration, small scratches ...) might occur, but don't affect the performance and are therefore not covered by the warranty.

The use of harmful detergents which affect the anti-oxidation layer and cause corrosion, is not covered by this warranty.

**Enjoy your new pressure cooker!**



