

*BergHOFF*<sup>®</sup>

Yes, you're right!



Z E N O

Art. 1104302 (Model No. 24-6L-B)

Art. 1104303 (Model No. 24-8L-B)

Z E N O

## BergHOFF - manual pressure cooker Zeno

Dear customer

First and most importantly, thank you very much for the trust you put in BergHOFF by purchasing our pressure cooker! By doing so, you clearly show us that our efforts are appreciated; efforts that are only meant to enrich and simplify your culinary endeavors, to make them more efficient and safe. BergHOFF only manufactures products that meet the highest quality standards. How do we succeed? By always being forward-looking and resourceful!

Please read this manual thoroughly. Inside, you will find the necessary technical specifications, practical advice, precautions, information concerning cleaning and maintenance...

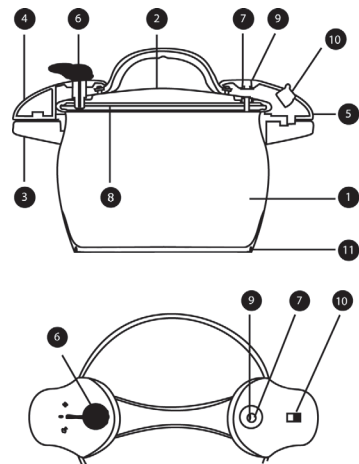
The time you will spend reading this manual, will surely be worth the effort. The right care for your purchase will eventually lead to years of pleasure!

### 1. GENERAL DESCRIPTION

The Zeno pressure cooker has been designed to satisfy the most demanding requirements!

#### Components

1. Body
2. Cover
3. Bottom side handle
4. Top side handle
5. Cover handle
6. 3-steps pressure valve
7. Safety valve
8. Rubber ring
9. Safety opening
10. Switch (for opening/closing)
11. 4-layer sandwich base



## **2. IMPORTANT PRECAUTIONS**

- **Read all the instructions!**
- **Keep the pressure cooker, when in use, away from children or pets.**
- **Never leave the pressure cooker unattended.**
- **Do not put the pressure cooker into a heated oven.**
- **When moving or carrying the pressure cooker, while under pressure, remember to move with the greatest care. Do not touch hot surfaces; use the side handles (never touch the cover handle!). If necessary, use gloves.**
- **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 it is properly closed before applying it. Here, we would like to refer to the chapter "Instructions for use".**
- **Never open the pressure cooker with force. Do not open before its internal pressure has completely dropped. Here, we would like to refer to the chapter "Instructions for use".**
- **Never use your pressure cooker without adding water or liquid; this would seriously damage it.**
- **Do not fill the pressure cooker beyond 2/3 of its capacity. When cooking food, which produces foam or expands (vegetables, rice, pasta ...), do not fill the cooker beyond 1/2 of the maximum capacity.**
- **After cooking meat with a skin (e.g. beef tongue or chicken) which may swell under the effect of pressure, make sure that you do not puncture the meat while the skin is swollen (to prevent scalds!).**
- **When cooking doughy food (that tends to foam), gently shake the pressure cooker before opening, to avoid food ejection (and scalds).**
- **Before each use, make sure that the valves are not obstructed. Here, we would like to refer to the chapter "Instructions for use".**
- **Never use the pressure cooker for pressure deep-frying oil or shortening.**
- **Do not tinker with any of the safety systems. Here, we would like to refer to the chapter "Instructions for use".**
- **Only use manufacturer's spare parts in accordance with the relevant model. Always use a body and cover from the same manufacturer, indicated as being compatible.**
- **Keep these instructions close at hand!**

## **3. ADVANTAGES**

### **quick:**

Specially designed to cook as quickly as possible. The result of years of experience and extensive testing!

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## **healthy:**

In a pressure cooker, the quality and taste of the food only increase and, thanks to cooking with a small amount of liquid, without oxygen and short cooking times, all meals are prepared in a very healthy way. That's how essential nutrients such as vitamins, minerals and aroma are preserved as much as possible.

## **economical:**

Cooking with a pressure cooker saves ENERGY (up to 50%).

## **safe:**

- The side handles stay cool, which enhances safety. And thanks to their special shape, your hands will not get in touch with the casserole or cover.
- A number of safety systems for a completely safe use:
  - safety device for opening (the cover cannot be opened as long as there is a certain pressure inside)
  - safety device for closing (pressure shall not rise until the cover is correctly closed and the switch properly locked)
  - safety device for overpressure : when the normal working pressure of 80 kpa is exceeded too much, a pressure valve (located in the right side handle) regulates the inside pressure and releases steam. A safety valve located inside the left side handle prevents any overpressure from further rising. An automatic steam release system is activated when the pressure inside exceeds 160 kpa/1.6 bar. If, for some reason, the pressure and safety valve don't work or the pressure in the cooker keeps increasing, the rubber ring is pressed through the border of the cover, causing superfluous steam to escape and the pressure to decrease)

## **material:**

Durable 18/10 stainless steel

## **base:**

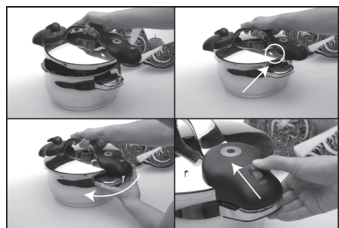
A revolutionary 4-layer sandwich base for fast and energy-saving cooking (suitable for all cookers)

## **4. INSTRUCTIONS FOR USE**

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



## 4.1. Closing the pressure cooker



Before closing the pressure cooker, **please check all safety devices, making sure that the pressure and safety valve are not obstructed and that the rubber ring is correctly placed in the border of the cover.**

Place the cover on the body so that the mark (on the cover) is opposite the grooved handle on the bottom side handle. With your right hand, press lightly on the cover and with your left hand, turn the top side handle horizontally towards the right until they match and you can move no further. Now pull the switch towards the centre of the casserole, in closed position.

**Pressure shall not rise until the cover is correctly closed!**

## 4.2. Opening the pressure cooker

- With the switch in open position, turn the top side handle towards the left. Lift the cover up when the mark (on the cover) is opposite the grooved handle on the bottom side handle.
- Shake the pressure cooker before removing the cover, to remove possible hot spots or depressions which might have been created inside. **Never touch the cover handle when the pressure cooker hasn't cooled down yet!**

## 4.3. Cooking under pressure

### Preparation:

It is essential to add a minimum of water or another liquid so that steam can be produced. But never fill it beyond 2/3 of the maximum capacity! When cooking food, which produces foam or expands, do not fill the cooker beyond 1/2 of the maximum capacity. This is recommended when cooking soups, vegetables, chickpeas, etc. Avoid total evaporation of the liquid!

Close the lid properly following the instructions in point 4.1. and make on the pressure valve (6) your choice about the cooking level I (low pressure) or level II (high pressure). The cooking time table further in this manual can help you with your choice.

### Cooking:

Place the pressure cooker on the heat source. When gas is used for cooking under pressure, the flame should be controlled from the beginning, to prevent it from extending beyond the base of the pressure cooker. Therefore, it is important to make sure that the pressure cooker is centred over the gas flame, thereby saving energy and preventing the handles and rubber ring from being burnt.

If the lid was properly closed, the safety valve (7) will rise in the safety opening after short time. It will close off the pressure cooker, so the inside pressure can be built up.

When later the pressure valve (6) rises, letting steam escape, reduce the heat so that a small amount of steam escapes continuously. This way, the working pressure has arrived and food will be perfectly cooked, while nutrients such as vitamins, minerals and aroma are preserved as much as possible. If the pressure valve stops releasing steam during the cooking process, turn up the heat. If the valve releases steam too strongly, turn it down. During cooking it is quite normal to lose small amounts of steam through the safety valve.

### Open the pressure cooker:

When the cooking process is finished, open the pressure cooker as follows:



- Turn down the heat source.
- Turn the pressure valve (6) into the position of the steam logo and let the steam escape.
- once the pressure cooker has cooled down, push the switch on the handle gently forward (to the open position) and open the lid.



(see tables p 9-10) For the food marked with \*: After cooking time, don't release the steam as described by releasing the steam by setting the 3-steps pressure valve (6) on the steam logo! But let the pressure cooker cool down by itself or cool down carefully with cold running tap water. Position the pressure cooker straight in the sink and let run cold tap water over the closed cover, until the safety valve(7) drops down before opening the cover.

 **Do not attempt to open the cooker while it is still hot or when steam is still escaping from the pressure valve!**

### 4.4. Three independent safety systems

- As soon as the pressure reaches 80 kpa/0.8 bar (working pressure), a pressure valve (located in the right side handle) regulates the inside pressure and releases steam.
- A safety valve located inside the left side handle prevents any overpressure from further rising. An automatic steam release system is activated when the pressure inside exceeds 160 kpa/1.6 bar.
- If, for some reason, the pressure and safety valve don't work or the pressure in the cooker keeps increasing, the rubber ring is pressed through the safety window in the border of the cover, causing superfluous steam to escape and the pressure to decrease.

- the temperature of the heat source is too low; so turn up the heat

If you notice that steam escapes from the rim of the cover, it is possible that:

- the pressure cooker is not correctly closed. Check and repeat the closing method
- the rubber ring is not correctly placed or damaged. Remove the ring, place it correctly or replace it

In case the rubber ring is pressed through the safety window in the border of the cover:

- turn down the heat; after a while the rubber ring will put itself back in place (if not, place it yourself when the pressure cooker has cooled down)
- if turning down the heat doesn't work, immediately stop cooking
- (remove the pressure cooker from the heat source and place it under the sink (under the tap) and cool down with cold water)

In case you notice food and liquid is violently pushed out the 3-steps pressure valve (6):

- turn down the heat immediately
- wait until the food & liquid release stops
- (only than remove the pressure cooker from the heat source and place it under the tap of the sink. Cool down with cold water).

REASON: foaming or expanding food is used in combination with:

- too high liquid volume
- too high cooking level (II instead of I)
- cooling down not done according special

instruction for foaming or expanding food as mentioned in point 4.3. Cooking under pressure § open the pressure cooker.



**⚠ 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).**

## 6. CLEANING AND MAINTENANCE

### 6.1. 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 objects. If so, clean thoroughly!**
- The valves don't have to be cleaned every time the pressure cooker is used, so long as they are cleaned periodically when you notice they are dirty.
- Wash (and rinse) the rubber ring with warm water or a mild detergent after each use. 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. 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.



## 6.2. Body

- To conserve your pressure cooker like new, we recommend washing it with warm water and a mild detergent after each use. Use a soft sponge or 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.
- From time to time, depending on the food cooked, as well as the lime content of the water used, 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 rust from forming.**
- After use, it's best to store the pressure cooker with the cover upside down, to avoid deformation of the rubber ring.
- If the pressure cooker will not be used for a long period of time, please clean and keep it dry. It is also important to prevent the body and cover from banging into each other, to avoid deformation.

## 7. COOKING TIPS

- Dried vegetables such as chickpeas, beans ... should soak in water before cooking them.
- It is not necessary to defrost frozen vegetables or small fish. For large fish or frozen meat, slightly increase the cooking time.
- Soups that produce foam (e.g. pea soup) should be first cooked with the cover off and then strained, before cooking them under pressure.
- Brown meat well, even a little more than usual, since steaming causes a slight loss of colour. The cooking time depends on the thickness and quality of the meat.
- Clean fish thoroughly. Sprinkle it with a little lemon juice and salt, just after cooking.

## 8. COOKING TIMES

- Cooking times are calculated from the moment there is a normal steam emission and the pressure inside the cooker reduces naturally. That means, as soon as the safety valve releases steam for the first time.
- The cooking times written below can only serve as a point of reference because they are influenced by the food quantity, the heat source ...



<b>Meat</b>	II	I	Lobster		20
Roast pork	20		King prawns		12
Pork chop	12		Sole		14
Pork sirloin	16		Mussels		6
Rabbit	15		Trout		14
Roast lamb	20		Salmon		16
Stewed lamb	14				
Roast veal	20		<b>Vegetables and Pulses</b>	II	I
Spare ribs	15		Artichoes	8	
Stewed veal	20		Rice	6	
Veal liver	10		Pumpkin	9	
Roast beef	30		Onion	7	
Stewed beef	25		Cauliflower	8	
			Brussels sprouts	7	
<b>Fowl and Game</b>	II	I	Mushrooms	9	
Quail	15		Asparagus	8	
Wild rabbit	25		Spinach *	5	
Pheasant	15		Chickpeas *	27	
Hare	28		Fresh peas *	6	
Duck	25		Dried peas *	20	
Turkey	25		Beans *	8	
Chicken	15		Haricot beans *	25	
			Pinto beans *	28	
<b>Fish and Seafood</b>	II	I	Runner beans *	6	
Clams		8	Lentils *	18	
Tuna fish		12	Turnips	9	
Squid		20	Potatoes	7	

Leeks	5	
Beetroot	25	
Cabbage	10	
Tomatoes	5	
Carrots	7	
Pasta	3-5	
<b>Fruit</b>	II	I
Apricots	4	
Cherries	2	
Plums	5	
Apples	5	
Peaches	5	
Oranges	7	

Pears	6	
<b>Soups</b>	II	I
Garlic soup *		10
Rice soup *		24
Meat soup *		90
Pea soup *		20
Fish soup *		20
Chicken soup *		30
Leek soup *		20
Tomato soup *		22
Vegetable soup *		30
Greens soup *		30

**\* Don't use the quick + steam release button to cool down, but leave the pressure cooker cool down by itself en by running tap water before opening the lid.**

## 9. WARRANTY

- BergHOFF 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 to the headquarters (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!**





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