

**Prestige®**

**For more information, visit us at:**  
**[www.prestige.co.uk](http://www.prestige.co.uk)**

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**Customer Service:**  
0151 482 8282

July 2010

**Prestige®**

**6 L**

**Aluminium**





**PRESSURE COOKER**

**use & care**  
instructions

55409

# Thank you for purchasing a Prestige Pressure cooker

Pressure cooking will enable you to produce healthy meals in a fraction of the time normally taken, the quick cooking in a minimum of water retains vitamins, ‘tough’ meat is a thing of the past. Full meals can be cooked in one pan – only one pan to wash up!

These instructions relate to the following model:    
**55409 – 6L Aluminium Pressure Cooker**  
Suitable for all cooker types, excluding induction.  

Caution: it is important that you read these instructions carefully before using your cooker.  
Retain for future reference.

### General rules for pressure cooking – Safety notice

- Ensure that your cooker is suitable for the heat source that you are using.
- Match the size of your cooker base to the size of your hob/ring.
- Always follow the hob manufacturers instructions.
- Do not place the appliance in a heated oven.
- Do not touch hot surfaces.
- Do not allow gas flames to spread up the side walls of your cooker.
- Extreme caution must be used when moving the appliance containing hot liquids.
- Do not let children near the pressure cooker when in use.
- Do not allow the handles to extend over the front edge of hob and position away from other burners to keep them from getting hot.
- Do not pressure cook apple sauce, cranberries, rhubarb, pearl barley, oatmeal or other cereals, split peas, noodles, macaroni or spaghetti. These foods tend to foam, froth and splutter and may block the vent tube.

**When the normal operating pressure is reached, turn the heat down so all the liquid which creates the steam does not evaporate.**

- Do not place a dry/empty cooker on a heat source. Always ensure a minimum of 300 ml (½ pt) liquid is in the cooker.
- Do not overfill the cooker – (See quick start user tips for other tips).
- Always check the vent tube for clogging before use. Hold the lid up to light and look through the vent tube to ensure it is clear.
- Always buy genuine Prestige spare parts appropriate to your model.
- Do not pressure cook dumplings.
- Do not thicken liquids when cooking under pressure.
- Do not use oil or other fats when cooking under pressure or use the pressure cooker for frying.
- Move the pressure cooker under pressure with the greatest care. Do not touch hot surfaces. Use handles and knobs. If necessary, use protection.
- Do not use the pressure cooker for purposes other than the one for which it is intended.
- This appliance cooks under pressure. Scalds may result from inappropriate use of the pressure cooker. Make sure that the cooker is properly closed before applying heat – see “instructions for use”.
- Never force open the pressure cooker. Do not open before making sure that its internal pressure has completely dropped. See the “instructions for use”.
- After cooking meat with a skin (e.g. ox tongue), which may swell under the effect of pressure, do not prick the meat while the skin is swollen; you might be scalded.
- Do not tamper with any of the safety systems beyond the maintenance instructions specified in the instruction for use.
- Ensure you always lift your pressure cooker across the hob, do not drag.
- When cooking doughy food, gently shake the cooker before opening the lid to avoid food ejection.
- Check handles and if necessary re-tighten.

# Principles of pressure cooking

Under normal conditions, most foods cook at 100°C. This is because the water boils at this temperature in normal atmospheric pressure.

If the temperature of cooking is raised, food cooks much faster. For example, an increase of 20°C temperature allows food to be cooked four times faster, retaining freshness and nutritional values of food.


Your pressure cooker cooks at 7lbs per square inch (psi). By increasing the steam pressure inside the pressure cooker to 7lbs per square inch (psi) above the atmospheric pressure, the temperature inside the cooker increases to 110°C.

**If you need help then contact our Customer Care help-line on 0151 482 8282.**

### Quick start and user tips

- Wash the cooker in hot soapy water, rinse and dry thoroughly.
- Please check all parts are included and if any parts are missing phone our Customer Services Department on 0151 482 8282.

Any liquids which produce steam when boiled can be used in the cooker e.g. water, stock, wine and milk. Never use oil or melted fat as cooking liquid. They may be used in small quantities for browning ingredients. There are different maximum fill levels for different foods, as follows:

- 1 Place the food in the cooker with the maximum amount of liquid as below.
- 2 Close the lid by aligning the arrows on the lid and bottom handle.
- 3 Turn the heat on.
- 4 After approx (5-7 minutes) the visual pressure indicator (VPI) will rise, followed by the blue secondary safety device.
- 5 Turn heat down to approximately a third so that a gentle hiss is heard and the red visual pressure indicator remains upright and commence timing.
- 6 After cooking time turn the heat off.
- 7 If the recipe calls for fast release of steam turn the pointer on the handle to the  setting or if slow release of steam is required, turn off the heat and leave to stand.
- 8 Once the visual pressure indictor drops back down to its seating it is safe to open the lid by turning the switch to open position (see section on opening the pressure cooker) The blue secondary safety device will remain in the raised position.

N.O.P. (nominal operating pressure) - 49kPa (7psi)  
M.A.P. (maximum allowable pressure) - 98kPa (14psi)

CONTENTS	COOKER FILL LEVEL NOT MORE THAN:
Liquid foods, soups, stews	1/2 full including liquid
Solid foods, vegetables, one pot meal joints	2/3 full including liquid

VEGETABLES

cooking times  
For guidance only

VEGETABLE	SIZE	MINS
Artichoke (Globe)	Small 250g (8oz)	10
	Medium 275g (10oz)	12
	Large 350g (12oz)	15
Artichoke (Jerusalem)	Small – whole	6
	25g (1oz) pieces	5
Asparagus	Young bundles (4-6 spears)	2
	Older bundles	5
Aubergine	1cm (½”) cubes	5
Beans (Broad, French, Runner)		2-3
Beetroot *See special note	Small 1pt water	12
	Medium 1½ pts water	18-24
	Large 2pts water	30-36
Broccoli (Green or Purple sprouting)		2
Brussel Sprouts	Small	2
	Medium	4
	Large	5
Cabbage (Green, white or spring greens)	Shredded	2
Cabbage (Red)	Shredded	4
Carrots	1cm (¼”) slices	4
	Young (whole)	4
	Old – halved/quartered	5
Cauliflower	Whole – small	6
	Whole – medium	7
	Florets	2
Celeriac	2.5cm (1”) cubes	4
Celery	5cm (2”) pieces	2
Chicory	Small – add lemon juice for cooking	2
	Medium – add lemon juice for cooking	4

cooking times  
For guidance only

VEGETABLE	SIZE	MINS
Corn on the cob	Small	7
	Large	9
Sweetcorn	Miniature, finger, dwarf	2
	Kernels	2
Courgettes	2.5cm (1”) slices	2
	Small – whole	4
	Large – whole	5
Fennel	Halves or quarters	5
	Diced	2
Kohlrabi	2.5cm (1”) slices	5
Leeks	5cm (2”) slices	4-5
Marrow	2.5cm (1”) slices	4
Okra (Ladies fingers)	2.5cm (1”) slices	2
	Small – whole	4
Onions	0.5cm (¼”) slices	4
	Whole	5
Parsnips	2.5cm (1”) cubes	5
	Small – halved	5
Peas		2
Peppers (Orange, red, green, yellow)	Whole	5-7
Potatoes	New-whole	
	25-40g (1-1¼ oz)	8
	Large – old or new cut into 25g (1oz) pieces	8
	For roasting cut into pieces	4
Spinach	Just bring to pressure with 2 x 15ml (tablespoons) water	
Sweet Potatoes	2.5cm (1”) pieces	6
Swedes/Yams	2.5cm (1”) cubes	7
Turnips	2.5cm (1”) cubes	5

\*Special note: BEETROOT. Trim off all but 2.5cm (1”) of stalk and root. Wash carefully without breaking the skin. Use amounts of water as recommended.

POULTRY & GAME

cooking times

For guidance only

TYPE	CUT	MINS
CHICKEN	Whole	15 per 450g (1lb)
	Breast fillet	9
	Drumsticks	18
	Portions (175-225g)	18
DUCK	Pieces	20-22
TURKEY	Pieces	28
	Breast fillet	18
RABBIT	Pieces	30
VENISON	Cubes	35-40

MEATS

POT ROASTING (All times are per 450g/1lb)			
JOINT	CUT	MINS FROM THAWED	MINS FROM FROZEN
BEEF	Topside	20	40
	Brisket, rolled	36	50
	Silverside	25	45
LAMB	Breast, boned and rolled	25	45
	Shoulder, boned and rolled	25	45
	Best end	20	35
PORK	Shoulder, boned and rolled	25	Do not cook from frozen
	Loin	20	Do not cook from frozen
VEAL	Breast, boned and rolled	22	39
	Shoulder, boned and rolled	25	45
	Knuckle and oyster	25	39
	Loin	18	36
TONGUE		26	Do not cook from frozen

Cleaning

- It is important to keep all vents clear and free from food debris.
- Empty pressure cookers should not be heated as this would cause discolouration and damage.
- Avoid leaving foodstuff to which salt has been added to the cooker as this may result in pitting.
- If the cooker has been boiled dry, soak the pan overnight in hot soapy water, do not stand body of pan in water.
- Avoid the use of metal scourers or steel wool, as these items will scratch the surface.
- Do not leave an empty pan on a burner or allow to boil dry. In the event of your pan boiling dry, do not attempt to move the pan from the hob until cooled.

Need further help, then contact our Prestige help-line on 0151 482 8282

Replacement parts – depending on the level of use of your pressure cooker the rubber gasket will need to be replaced approximately every 12 months.

Replacement parts can be purchased from Prestige Customer Services on (0151 482 8282).

Guarantee

Your cooker is covered by the Prestige Quality Assurance Guarantee.

Your pressure cooker is guaranteed by Prestige to be free from defects in materials and workmanship under normal household use.

All moveable parts carry a 12-month guarantee. Should you have a problem, please contact Customer Services Department:

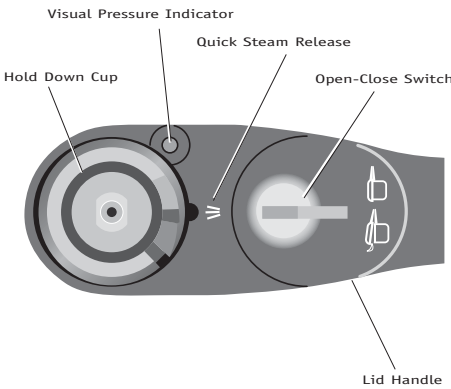
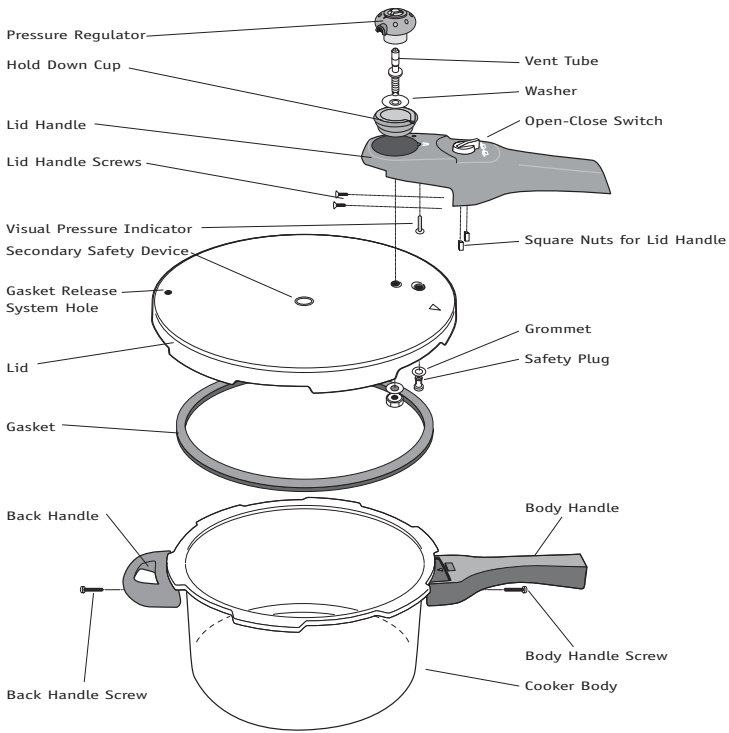
**Prestige, Meyer Group Ltd, Wirral International Business Park, Riverview Road, Bromborough CH62 3RH**  
**Tel: 0151 482 8282**

If a repair is not possible and a replacement necessary, where possible we will replace with the original specification. However, it may be necessary to replace with a product of similar value.

This guarantee does not cover damage caused by normal wear and tear, accident, misuse, abuse or commercial use. Stains, discolouration or damage from overheating are not covered by the guarantee.

As part of our continuous development programme, Prestige reserve the right to change the specifications of the products described at any time.

Description of parts

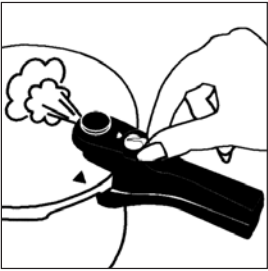


**Note:** Due to continuing improvement, actual parts in your cooker may differ slightly from the illustration above. Optional items may not be available in some models.

**Customer Care help-line number 0151 482 8282.**

How to open your Aluminium Pressure Cooker

1. Your cooker is equipped with a “QUICK RELEASE” mechanism to release steam. Once the time for cooking is over, turn the open & close switch clockwise. It will align at the “Steam Release” position (🔥). This will lift the pressure regulator and release the steam gently with a hiss.



**Ensure that steam is vented away from you**

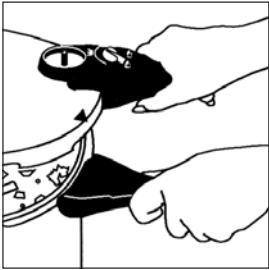
2. Once the visual indicator has dropped, turn the open and close switch to the open position.  
**Note:** the blue secondary safety device will remain raised after cooking.



3. Open the cooker by moving the lid handle.



4. Lift off the lid handle, taking care as steam will rise.

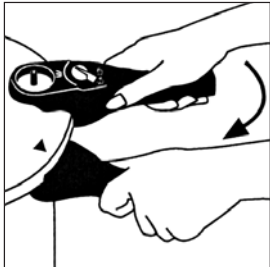


**Note:** There is no need to remove the pressure regulator. However, if you want to remove it, be careful as the pressure regulator may be hot.

To clean the lid thoroughly after use, remove the pressure regulator and direct a jet of water onto the hold down cup to remove any trapped food particles.

### How to close your Aluminium Pressure Cooker

1. Fill the cooker with the required quantity of food and water. Place the lid on the body with the arrow mark on the lid in line with the arrow mark on the body handle. Press the lid down gently. Turn the lid handle to your left (clockwise) until the lid handle comes exactly above the body handle.

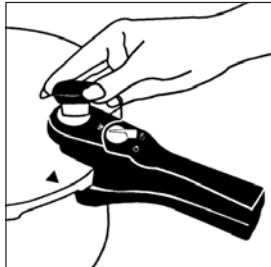


2. Move the open & close switch anti-clockwise fully to align the tail of the button with the "Close" position of the cooker on the lid handle. Refer to illustration.



Note: While closing the cooker, if you find any resistance, ensure that the gasket is positioned inside the lid correctly and firmly press the top of the lid opposite the handle and slide the handles together.

3. Place the pressure regulator on the vent tube in the lid, ensuring that the steam outlet is facing the hole in the lid and that the pointer sits in the recess/notch on the lid handle. Press down gently.



Note: If the open & close switch is not fully turned to align with the "Close" position, the regulator will not sit properly and therefore there will not be any pressure build-up, on application of heat.

### How to Use

- Place food into pressure cooker and add liquid.
- Close pressure cooker lid and place on hob.
- Close the cooker as described on page 9.
- Ensure that the blue secondary safety device is pressed down onto the lid.
- Turn on the heat source, the visual pressure indicator and the blue secondary safety device will rise after several minutes followed by a gentle hiss, this indicates that the correct cooking temperature has been reached.
- Reduce the heat setting whilst maintaining a gentle hiss and the visual pressure indicator remains upright.
- On completion of cooking, turn off and remove from the heat source, turn the open & close switch to the "Steam" position (↗).
- Allow the visual pressure indicator to drop before attempting to open the lid.
- Certain recipes may require the steam to be released (slowly) in this case turn off the heat, (wait for visual pressure indicator to drop) and allow the pressure to drop naturally, before removing the lid.

NB: This may take several minutes depending on the quantity of food in the cooker.

#### Safety Features

Your Aluminium pressure cooker comes with the following safety features:

- The pressure regulator
- The gasket release system
- Blue secondary safety device
- Visual pressure indicator

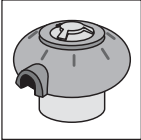
Details of these safety features are fully explained on page 12.

## Safety Features

The cooker will not open unless the pressure drops to zero and the Open-Close switch is aligned with the “Open” position.

### The Pressure Regulator

Your Aluminium Cooker is equipped with a 7lb Pressure Regulator, when pressure builds up inside the cooker after an initial emission of steam for a little while, the visual pressure indicator and secondary safety device will lift up indicating the pressure build up. When the cooker reaches the pressure set by you, the pressure regulator will release the steam with a hiss safely in one direction away from you.

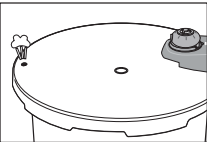


The pressure regulator acts as both an excess pressure releasing device and a pressure controlling device.

Note: never use any pressure regulator other than that supplied or approved spare part for this model.

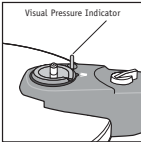
### Gasket Release System

Your cooker now comes with an improved version of Gasket Release System. This safety device makes your cooker completely safe. If the pressure regulator fails to function due to overload or blockage of the vent tube, the pressure inside goes above the normal level. Now a portion of the gasket is pushed out by excess pressure and the hole on the lid below the handle gets exposed gently diffusing the steam in a controlled manner. The steam is also released in a vertical direction making it absolutely safe. It hardly makes any noise. Once the gasket release system operates, the cooker should be taken off the heat source. The gasket should be removed. (Refer to instructions on “How to open your cooker”). The user should also examine the reason for the pressure regulator not functioning. Ensure that the vent tube is clean and clear before resuming the cooking.



### Visual Pressure Indicator

For your additional safety, your Aluminium pressure cooker is equipped with a Visual Pressure Indicator housed in the lid handle. When the pressure starts building up inside the cooker, the visual pressure indicator is pushed up and will rise above the surface of the lid handle. This indicates that your cooker is under pressure. Similarly, after cooking is over and the cooker is taken off the heat source, the visual pressure indicator will drop below the surface of the lid handle when the pressure inside the cooker drops to “zero”, giving you a visible indication that you can safely open the cooker.



### Secondary Safety Device

In the unlikely event of the regulator allowing pressure to reach higher than normal, the blue secondary safety device will operate by opening up in the centre allowing excess pressure to be released. If this occurs, remove from heat immediately to prevent boiling dry.

**Note: never put anything other than the “secondary safety device” in this position.**

## How to maintain your Aluminium Pressure Cooker

To keep your polished aluminium cooker looking new, please follow the instructions given below:

- Avoid leaving foodstuff in the body overnight.
- After each use, wash with hot soapy water, rinse and dry thoroughly
- To clean the interior of the cooker place a strong solution of water and either cream of tartar, vinegar, lemon juice or apple peeling.
- The interior of an aluminium cooker may become discoloured during use. This is normal and will not affect its operation.

To clean the **Pressure Regulator**, occasionally soak in hot soapy water. However, clear out all traces of soap before use.

**Gasket** – After cooking remove the gasket from the lid. Wash and allow to dry. Lightly oil the gasket with vegetable oil periodically. Replace the gasket every 12 months after normal use. Please note gaskets will perish in storage if the cooker is not being used.

**Should the cooker ever boil dry** – Always ensure you have sufficient liquid. If you do not the cooker will overheat and the base of the cooker may become distorted. Distortion of the base is not covered by the guarantee.

- **Never use bleach to clean a pressure cooker.**
- **Never use a caustic solution to clean a pressure cooker.**
- **Periodically check handles and if necessary tighten.**

Trouble Shooting

ENQUIRY	CAUSE	HELP/ADVICE
Cooker will not come to pressure	Lid gasket leaking. Pressure regulator not clicking into place or loose. Pressure regulator positioned incorrectly.	See "Lid Gasket leaks." See "Excess steam from Pressure regulator".  To bring the cooker to pressure, the pressure regulator should always be placed on correctly.
Lid gasket leaks	Dirty gasket or food particles on the rim. Worn or hardened gasket.  Damaged body or lid.	Wipe cooker rim and gasket.  Replace with new gasket. A gasket should last approximately 12 months with normal use. Ensure careful handling and storage. Lids and bodies cannot be repaired. A new pressure cooker would have to be purchased.
Excess steam from the Pressure regulator	Heat is too high.  Regulator is not fully clicked into position. Regulator is loose.	Turn down heat. Make sure the Visual pressure indicator remains up. Click the regulator into position using an oven glove or wait until cooker is cool. Cool, remove lid and tighten.
Visual Pressure Indicator does not rise	Lid gasket leaking. Visual Pressure Indicator dirty. Pressure regulator loose. Pressure regulator positioned incorrectly.	See "Lid Gasket Leaks". Check, and clean gently. Check and follow cleaning procedure. Check and tighten.

ENQUIRY	CAUSE	HELP/ADVICE
Visual Pressure Indicator falls after rising.	Heat setting reduced too quickly after Indicator rose. Heat setting reduced too far.	Increase heat, wait 10 seconds until indicator rises and reduce heat. Increase heat. Adjust until indicator stays up.
Pressure Regulator ejects steam.	Regulator support blocked and cannot vent correctly.	Cool, clean the regulator vent tube.
Cooker boils dry.	Lid gasket leaking. Vent tube is blocked. Excess steam from pressure regulator. Cooking on too high a heat for too long. Insufficient liquid for the cooking time. Blue secondary safety device has operated without the user being aware and water has boiled away.	Replace gasket. Clean Vent tube. See "Excess steam from pressure regulator."  Check cooking times and liquid quantities.  Note: If the base has bulged or warped, this cannot be repaired and is excluded from the Prestige Quality Guarantee.

### How to replace the Safety Plug

- 1 Remove the safety plug from your cooker by pulling it from the inside of the lid.
- 2 Now remove the blue grommet from the lid.
- 3 Insert the new blue grommet from the inside of the lid ensuring that it fits snugly and the thicker part is protruding.
- 4 Firmly insert the new metal plug from the underside of the lid.
- 5 Ensure that the new safety plug floats freely.

### Spares

The following spares are available direct on our customer care help-line (0151 482 8282).

Pressure regulator	90403
Vent tube/nut assembly	90615
Safety plug assembly	90609
Hold down cup	91815
Top handle with fittings	90212
Body handle	91112
Body handle screws	91813
Gasket	57075
Helper handle	90310
Helper handle screw	91810
Secondary safety device (blue)	90614
Wire trivet	91700
Aluminium perforated seperator	5-6-M1374

Prestige®

“a unique way  
of cooking”

The speed and convenience of  
pressure cooking fits in perfectly  
with today’s busy lifestyles.

Pressure cookers take just one third  
of conventional cooking time,  
cutting costs and saving energy.  
Food tastes better retaining  
essential nutrients and vitamins.

**Please note:** All recipes are only suggestions, ingredients maybe altered to  
suit your tastes. Those who suffer from allergies should ensure that nothing  
in the recipes enclosed is likely to effect them.

Prawn Chowder

INGREDIENTS

130g/4oz Streaky bacon, chopped  
4 Potatoes, cut into 1cm cubes  
1 Large onion, finely chopped  
2 Teaspoons Curry powder  
600ml/1pt Water  
230gm/8oz Prawns - fresh, canned and  
drained or frozen and thawed  
600ml/1pt Milk  
4 Tbsp Dry sherry (optional)  
1 Tbsp Cornflour  
Chopped parsley to garnish

PREPARATION

Place the bacon in the open cooker and  
heat gently until the fat runs from it.  
Increase the heat and once the bacon  
begins to brown, add the potatoes and  
onion.  
Fry for 4-6 minutes, then stir in the curry  
powder. Gradually add the water, stirring  
constantly. Season with salt and pepper  
to taste and bring to the boil.  
Bring the cooker up to pressure. Cook for  
12 minutes, then reduce the pressure  
quickly.  
Add the prawns and cook for 1 minute.  
Add the milk and reheat. Thicken with  
cornflour mixed with water then add the  
sherry if you choose to.

Venison Casserole

INGREDIENTS

700g/1½lb Diced venison  
200ml Red wine  
10 Juniper berries, lightly crushed  
1 Clove garlic, crushed  
Seasoning  
2 Teaspoons Oil  
6 Rashers of streaky bacon, chopped  
2 Onions, finely sliced  
150ml Beef stock  
2 Tbsp Redcurrant jelly  
4 sticks Celery, sliced  
230g/8oz Chestnuts, peeled and drained  
100g/4oz Button mushrooms, halved  
14g/½oz Plain flour  
14g/½oz Butter

PREPARATION

Place the venison, wine, juniper berries,  
garlic and seasoning in a bowl. Stir well,  
cover and leave to stand for 1-2 hours.  
Heat the oil in the open cooker and add the  
chopped bacon and onion. Cook for 4-6  
minutes to brown.  
Drain the venison, reserving the marinade.  
Add the venison to the pan and cook for 4-6  
minutes, then add the marinade, stock and  
redcurrant jelly to the pan.  
Bring to pressure and cook for 48 minutes,  
then reduce the pressure quickly.  
Add the celery, chestnuts and mushrooms to  
the open pan and simmer for 6 to 8 minutes.  
Blend flour and butter together and add a  
little at a time.  
Bring to the boil once more, stirring until  
thickened and season to taste.

Bolognaise Sauce

INGREDIENTS

2 Tbsp Vegetable Oil  
130gm/5oz Bacon Rinded & Chopped  
1 Large onion finely chopped  
1 Carrot chopped  
230gm/9oz Minced Beef  
2 Cloves of garlic minced  
4 Tbsp Tomato Purée  
400g Tin Chopped Tomatoes  
1 Teaspoon Mixed Herbs  
2 Bay Leaves  
Salt & Pepper To Taste  
370ml Brown Stock

PREPARATION

Heat the oil in the open cooker and fry  
the bacon and vegetables until lightly  
browned, lift out and drain.  
Fry the minced beef in the hot oil until  
evenly browned. Add the garlic, tomato  
puree, chopped tomatoes, herbs, bay leaf  
and stock and stir well.  
Close the lid and bring to pressure  
and cook for 30 minutes. Release the  
pressure quickly.  
Serve with spaghetti and parmesan cheese  
or use in shepherds pie and lasagne.

Duck with Walnuts  
and Port

INGREDIENTS

4 Duck breast fillets  
2 Tbsp Vegetable oil  
80g Walnut halves  
Grated rind and juice of  
2 oranges  
2 Port or Red wine  
300ml/½pt Chicken stock  
4 Tbsp Single cream or yoghurt

PREPARATION

Brown the duck pieces in the heated oil  
in the open cooker. Drain off the fat.  
Add walnuts, orange rind and juice, port  
and stock.  
Close the lid, bring to pressure and cook  
for 7 minutes. Release the pressure  
quickly.  
Place the duck pieces on a warmed  
serving dish. Reduce the sauce by boiling  
in the open cooker for 2-3 minutes.  
Stir in the cream and pour over the duck  
to serve.

Vegetable and  
Coconut Curry

INGREDIENTS

2 Tbsp Vegetable oil  
2 Onions, sliced  
2 Cloves garlic, crushed  
2cm Piece of ginger, grated  
1 Teaspoon Garam masala  
1 Teaspoon Ground coriander  
1 Teaspoon Turmeric  
1 Teaspoon Concentrated curry paste  
270g/8oz Sweet potatoes, diced  
2 Carrots, sliced  
850ml/1½pt Coconut milk  
70ml Water  
½ Cauliflower, cut into florets  
2 Courgettes, thickly sliced  
4 Large tomatoes, skinned  
and chopped

Season to taste.

PREPARATION

Heat the oil in the open cooker. Add the  
onions and fry until lightly golden.  
Add the garlic, ginger, garam masala,  
coriander, concentrated curry paste and  
turmeric. Cook for 2 minutes gently stirring.  
Add the sweet potatoes, carrots, coconut  
milk and water.  
Close lid, bring to pressure and cook for  
4-6 minutes. Release the pressure quickly.  
Add the caulifower, courgettes, tomatoes  
and seasoning.  
Close lid, bring to pressure and cook for  
a further 4-6 minutes. Release pressure  
quickly and serve.

Peaches in  
Vanilla Sauce

INGREDIENTS

2 Medium peaches  
25g/1oz Sugar  
25g/1oz Vanilla essence  
75ml Water  
75ml Cider or white wine  
½ Tbsp Cornflour  
75ml Single cream

PREPARATION

Skin the peaches by plunging them  
into boiling water for 1-2 minutes. Halve  
and stone them. Arrange the peaches in  
the pressure cooker and sprinkle them  
with sugar.  
Add the vanilla essence, water and cider  
or wine. Bring to pressure and cook for  
3 minutes, then reduce the pressure.  
Arrange the peaches on a serving dish.  
Mix the cornflour with a little cold water  
to form a smooth paste and add it to the  
liquor in the pressure cooker.  
Bring to the boil, stirring well. Just  
before serving, stir the cream in the  
hot (not boiling) sauce and pour over  
the peaches.