

AMC Cookware offers the finest quality cookware with a lifetime guarantee, that enables healthy cooking for your family's well-being – **for life.**

4 LITRE SPEEDCOOKER® II

PRODUCT INFORMATION

Product Code
A2204
Capacity
4 litres
Diameter
22 cm
Height
11 cm



COOKWARE
FOR LIFE

THE AMC SPEEDCOOKER® II

The new AMC 4 Litre Speedcooker® II has been designed for preparing food quickly, while preserving as much of the nutritional value as possible. Using our Speedcooker® II is safe, provided you follow the instructions. **Before using the Speedcooker® II for the first time, it's essential that you read the instructions in this booklet carefully.** This will explain the use and care of your unit.

ADVANTAGES OF SPEED COOKING

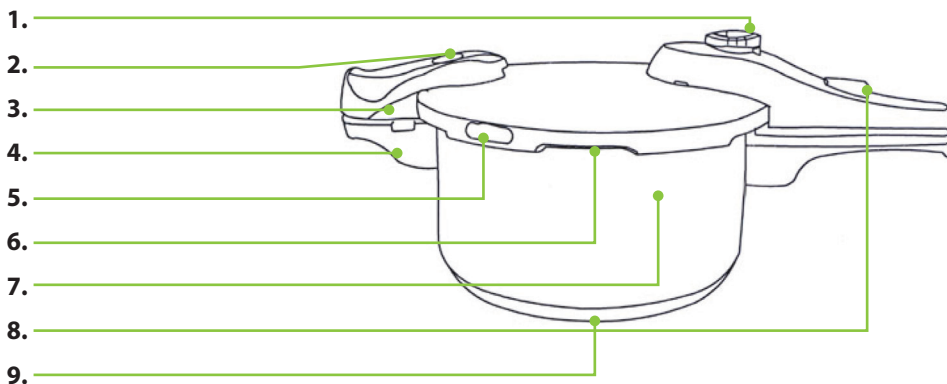
Saves time and labour

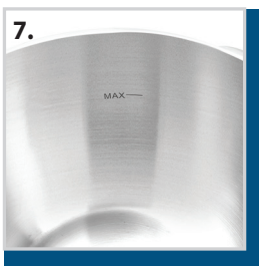
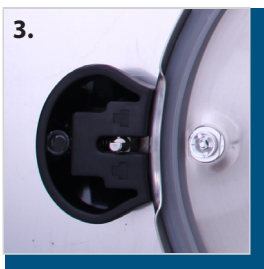
With the increasing price of food costs and decrease in leisure time, the Speedcooker® II can easily be viewed as an essential item in the home. The most significant advantage of pressure cooking is the substantial reduction in cooking time. With the AMC Speedcooker® II your cooking time is cut by two-thirds.

Economical

You are able to save by buying and cooking less expensive cuts of meat which are often tough, as well as dried pulses in your Speedcooker® II. And you can save on electricity costs due to the reduced cooking time.

FEATURES OF THE SPEEDCOOKER® II





1. **Pressure Setting Valve (Grey Knob):** Allows you to set the desired level of pressure (high or low) for preparing various foods.
2. **Red Pressure Valve:** When this rises slightly, it indicates pressure has started to build in the unit.
3. **Locking Pin:** This locks the lid into place. To check that the Red Pressure Valve is functioning, push this locking pin back and press the underside of the Red Pressure Valve. It should move with ease.
4. **Bakelite handles:** Stay cool for easy handling while cooking.
5. **Safety cut out:** If excessive pressure builds, the Sealing Ring will push through this hole to rapidly release pressure.
6. **Sealing Ring:** Fits into the rim of the Speedcooker® II lid and forms a pressure tight seal during the cooking process.
7. **Max indicator:** A max indicator line is on the inside of the unit for easy reference. **The Speedcooker® II should never be filled more than the level of the max indicator. When cooking foods that foam (e.g. legumes), it should not be filled more than a ¼ of its capacity.**
8. **Pressure Release Button:** This red button is used to open the Speedcooker® II and will release pressure rapidly.
9. **Akkutherm molecular base:** Conducts and maintains heat to provide even heat distribution throughout the entire base of the unit.

SAFETY FEATURES OF THE AMC SPEEDCOOKER® II

The AMC Speedcooker® II is perfectly safe to use in your home, and has 3 safety features:

1. **Pressure Setting Valve:** Releases pressure rapidly through the steam outlet if there is excessive pressure build-up.
2. **Red Pressure Valve on the short handle:** Is visible when the lid is closed properly. While it is building pressure, a small amount of steam may escape from this valve. This steam will stop releasing once the unit is under pressure. If the pressure becomes too high, steam will begin releasing again.
3. **Sealing Ring and Safety Cut Out:** If an excessive amount of pressure should build up in the unit and excess steam is already being released at the Pressure Setting Valve and Red Pressure Valve, the Sealing Ring will pop through this safety hole to release the excess pressure.



Grey Pressure Setting Valve



Red Pressure Valve



Final safety device on rim

HOW TO OPERATE YOUR SPEEDCOOKER® II

Please read the following instructions carefully before using your Speedcooker® II for the first time. Also remember to wash your Speedcooker® II in warm soapy water with a non-scratch sponge before your first use. This will ensure all polishing residue has been removed from the unit.

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SEALING AND OPENING THE SPEEDCOOKER® II

SPEEDCOOKER® II



Sealing the lid:

First ensure that the Red Pressure Valve on the short handle and the Pressure Release Button is not obstructed. Place the lid on the Speedcooker® II by aligning the circle on the lid with the circle on the long handle. Lightly press the lid onto the Speedcooker® II. Turn the handle of the lid to the left until it locks. The Red Pressure Valve on the short handle will now be slightly exposed.

Opening the lid:



When opening the lid of the Speedcooker® II, always ensure that all the pressure has been released. The Red Pressure Valve will drop and there should be no steam escaping from any of the safety valves when pressing the Pressure Release Button. Push the Pressure Release Button down and turn the lid towards the right until the circle on the lid and handle are aligned. In this position the lid may be lifted off and the Speedcooker® II can be opened.

Never open the lid if the Red Pressure Valve is elevated. This valve must drop and no steam should be escaping from any of the safety valves.

COOKING INSTRUCTIONS

Filling the Speedcooker® II:

Never fill the Speedcooker® II more than $\frac{2}{3}$ of its capacity - a max line inside the unit indicates this. The minimum amount of liquid necessary for the Speedcooker® II to build and maintain an adequate pressure is 250 ml (1 cup).

Important: Do not fill the Speedcooker® II more than $\frac{1}{4}$ of its capacity when cooking dried fruit, pasta, beans and other foods that tend to foam. This will avoid blockage of the safety valves.

Cooking with the correct temperature and pressure:

It is recommended to always start cooking at a medium temperature. Set the Pressure Setting Valve to either High or Low, depending on the food being cooked. Use the Low setting to prepare vegetables, rice, or poultry. Use the High setting to prepare red meat, legumes, beans or pulses. As the Speedcooker® II starts heating up, a slight amount of steam might be released from the Red Pressure Valve. As soon as the unit starts building pressure, this valve will seal and rise slightly more. Steam will now not escape from here. Once the correct pressure has been reached, steam will be released from the Pressure Setting Valve. Reduce the heat slightly to maintain this pressure and to stop the release of steam – ideally you do not want to be releasing pressure while cooking. Your cooking time begins now, once the correct pressure has been reached.

Opening the Speedcooker® II after cooking:

Once the required cooking time is up, remove the Speedcooker® II from your stove and allow the Red Pressure Valve to drop completely. If you are concerned about overcooking your food, you can release the pressure quickly by pressing the Pressure Release Button gently and slowly allowing steam to escape through the Pressure Setting Valve. **Only when there is no more pressure inside the Speedcooker® II (when the Red Pressure Valve has completely dropped and no more steam is escaping through the Pressure Setting Valve), should one attempt to open the Speedcooker® II according to the instructions given previously.** The lid should be opened immediately after the pressure has been released. Do not allow the Speedcooker® II to stand before opening the lid as pressure will build up again while the unit is still hot.

Cleaning the Speedcooker® II:

After each use, clean the Speedcooker® II with dishwashing liquid or Classic Cleaner. Never put the Speedcooker® II lid in the dishwasher. When washing the lid, ensure that the Red Pressure Valve and Pressure Setting Valve are clean – run hot water through the valves. Remove and wash the Sealing Ring and clean the lid thoroughly. Dry the Speedcooker® II with a clean dish towel.

How to store the Speedcooker® II:

It is best to store the Speedcooker® II without sealing it. To prolong the life of the Sealing Ring, do not put the lid on when not in use. This will prevent the Sealing Ring from becoming too compressed. If the Sealing Ring becomes brittle or perishes, the Speedcooker® II will not seal properly and could be unsafe to use. The Sealing Ring should be replaced once a year. A new Sealing Ring is available for purchase at an AMC Sales Centre or on the AMC website. Do not store food in the Speedcooker® II.

COOKING GUIDE

Cooking times and pressure guide for Speedcooker® II

Cooking times are effective once the pressure that you have set has been reached in the Speedcooker® II. In general, your food will be cooked in a third of the time needed for conventional stovetop cooking. Dried beans and pulses do not need to be soaked before cooking in the Speedcooker® II. Use the following cooking times as a guideline:

LOW:					
VEGETABLES	WATER	MINUTES	POULTRY & FISH	WATER	MINUTES
Artichoke	300 ml	6 - 10	Whole chicken (750 g - 1 kg)	300 ml	15
Beetroot (small)	300 ml	10 - 12	Whole chicken (1,4 kg - 2 kg)	300 ml	20
Beetroot (large)	300 ml	15 - 20	Chicken pieces	300 ml	15
Beans, runner (sliced)	300 ml	2 - 3	Chicken casserole	300 ml	15
Beans, broad	300 ml	2 - 4			
Broccoli, florets	300 ml	2 - 3			
Brussels sprouts	300 ml	3 - 4			
Cabbage (quartered)	300 ml	3 - 4			
Carrots, medium (whole)	300 ml	5			
Carrots (diced)	300 ml	3			
Cauliflower (whole)	300 ml	5 - 7			
Mealies (whole)	300 ml	3 - 5			
Marrow, medium (whole)	300 ml	3			
Onions, medium (whole)	300 ml	3 - 4			
Potatoes, large (whole)	300 ml	8 - 12			
Potatoes, medium (whole)	300 ml	5 - 7			
Potatoes, baby	300 ml	5 - 7			
CEREAL & PASTA	WATER	MINUTES	HIGH:	1.0 BAR	
Fettucine	Fill to	3 - 4	MEATS	WATER	MINUTES
Fusilli	cover plus 1	3 - 4	Beef strips	400 ml	10 - 15
Macaroni	litre of water,	4 - 5	Beef stew (on bone)	400 ml	18 - 25
Ravioli	ensuring the	4 - 5	Lamb / Mutton (500 g)	400 ml	15 - 20
Rice	Speedcooker®	10	Pork (500 g)	400 ml	8 - 10
Spaghetti	It is no more	3 - 4			
Tagliatelli	than one	3 - 4			
Vermicelli	quarter full.	2 - 3			
FRUIT	WATER	MINUTES	LEGUMES	WATER	MINUTES
Apples	300 ml	Bring up to pressure,	Haricot beans	Fill to cover,	25
Apricots	300 ml	remove from heat	Kidney beans	ensuring the	30
Guavas	300 ml	and allow the	Chickpeas	Speedcooker®	30
Peaches	300 ml	pressure to drop for	Lentils	is no more	10 - 12
Pears	300 ml	10 minutes.	Split peas	than one	12 - 15
Plums	300 ml		Soya beans	quarter full.	25 - 30
Quinces	300 ml				



NOTE: Pressure is measured in bars.

PROBLEM	REASON	SOLUTION
Steam continues to escape from the Red Pressure Valve or Red Pressure Valve does not rise.	1. Your temperature is not high enough. 2. There is not enough liquid inside the Speedcooker® II. 3. The Red Pressure Valve is clogged. 4. The lid is not fitted correctly.	1. Turn up the heat setting of your stove. 2. Add more liquid to the unit. (250 ml minimum) 3. Rinse the Red Pressure Valve and lid. 4. Remove and fit the lid correctly.
Steam is escaping from underneath the lid.	1. Sealing Ring is dirty or worn.	1. Clean or replace the Sealing Ring.
The Red Pressure Valve does not drop when the pressure inside the Speedcooker® II is low.	1. The pressure inside the Speedcooker® II is still too high and should not be opened. 2. The Red Pressure Valve or locking pin may be clogged.	1. Let the pressure inside the unit drop even further. 2. Clean the Red Pressure Valve and locking pin underneath the short handle.
Steam still escapes after the Red Pressure Valve has risen.	1. Red Pressure Valve is clogged. 2. Sealing Ring is worn.	1. Rinse the Red Pressure Valve. Shift locking pin with your fingertips to do so. 2. Replace Sealing Ring.
The Sealing Ring has popped through the safety hole.	1. This safety feature is working but the other safety features are faulty. 2. The Sealing Ring is worn and not functioning.	1. Remove the Speedcooker® II from the heat source, cool and check that all other safety features are clean and in working order. If any of the features appear to be faulty, please return it to an AMC Sales Centre for repair. 2. Replace the Sealing Ring.

IMPORTANT SAFETY PRECAUTIONS AND TIPS

1. Make sure that the lid fits properly, with the lid handle directly above the bottom handle. If not fitted properly, the Speedcooker® II will not build pressure.
2. Never try to open the Speedcooker® II by force, especially if it is still hot. Wait until it has cooled sufficiently and the Red Pressure Valve has dropped completely before attempting to open it.
3. Never pour water over the hot sealed Speedcooker® II – this is dangerous.
4. If steam escapes or water drips from underneath the lid, the Sealing Ring may be poorly positioned, dirty or damaged. In each case you must clean and reposition the Sealing Ring once the unit has cooled down, or it may need to be replaced.
5. Do not store the Speedcooker® II with the lid on. Limited ventilation will cause musty smells and the Sealing Ring may become over compressed and unable to perform its function.
6. For best results, it is recommended to change the Sealing Ring once a year. You can purchase a new Sealing

Ring at an AMC Sales Centre or on our website.

7. Never fill the Speedcooker® II more than the Max line indicated on the inside of the unit.
8. Do not fill the Speedcooker® II more than a ¼ of its capacity when preparing food that tends to foam i.e dried fruit, pasta, beans or pulses.
9. The minimum amount of liquid necessary for the Speedcooker® II to build and maintain adequate pressure is 250ml (1 cup).
10. Always test that the Red Pressure Valve is functioning correctly before use. To do so push the locking pin back to release the Red Pressure Valve and press the valve two or three times with your fingertip, it should drop with ease.
11. If too much steam escapes from the Pressure Setting Valve during the cooking process or escapes in violent bursts, reduce the heat. If too much steam still escapes, check that there is not too much liquid in the Speedcooker® II or check the condition of the Sealing Ring.
12. If the Red Pressure Valve does not reach pressure, turn the heat up. If it still does not reach pressure, remove the unit from the heat source and allow to cool before removing the lid. Check that the Red Pressure Valve and locking pin is clean, and check the condition of the Sealing Ring. If there is no obstruction, you may have too little liquid in the Speedcooker® II. At least 250 ml is necessary to build and maintain pressure.
13. It is important to remember that different heat sources and stoves will give you different reactions. After the first few uses, you will get to know how long your Speedcooker® II takes to reach pressure according to your heat source i.e solid plate, spiral, glass top, gas or induction stove.
14. When cooking on gas, **never** let the flame pass the diameter of the base of the Speedcooker® II. If using an electric stove, the plate **should** be smaller than the base of the Speedcooker® II.
15. Too high temperatures will cause the pressure inside the unit to become too much. This will result in excessive steam escaping from the unit, water leaking, and you could burn your food.
16. Food particles and frothy food can cause build up in the Red Pressure Valve and Pressure Setting Valve. The residue may become hard and sticky after a while and may interfere with the operation of the Speedcooker® II. It is important to rinse the Red Pressure Valve and Pressure Setting Valve on a regular basis. To do this, run hot water through the opening of each valve. When cleaning the Red Pressure Valve, push the locking pin back to expose the Red Pressure Valve.

By following these steps you will be guaranteed proper functioning of your Speedcooker® II.

LIFETIME GUARANTEE


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The AMC 4 litre Speedcooker® II is covered by the AMC Cookware lifetime guarantee. The Red Safety Valve, Pressure Setting Valve and Pressure Release Button have a two year guarantee. The Sealing Ring has a one year guarantee. It is a condition of our guarantee that you read and follow the safety instructions in this booklet. This will ensure satisfying cooking results and also make your guarantee effective. Improper use of the cookware can result in injury.

AMC COOKWARE SUPPORT CENTRE:

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