

HAWKINS HF7L

Hawkins Futura Hard Anodised Pressure Cooker

MODEL: HF7L (7-LITER CAPACITY)

Introduction

Thank you for choosing the Hawkins Futura Hard Anodised Pressure Cooker. This manual provides essential information for the safe and efficient operation, maintenance, and care of your new pressure cooker. Please read all instructions carefully before first use and retain this manual for future reference. The Hawkins Futura pressure cooker is designed for efficient cooking, featuring a durable hard-anodised surface, a pressure-locked safety lid, a shielded safety valve, and a long-lasting gasket. Its 7-liter capacity is ideal for preparing meals for 7-10 people.

Important Safety Information

Always follow these safety guidelines to prevent injury or damage:

- Do not fill the cooker more than two-thirds full with food. For foods that expand, such as rice or dried vegetables, do not fill more than half full.
- Never force the lid open. Ensure all pressure is released before attempting to open the cooker.
- Always check the pressure regulator, safety valve, and gasket for proper placement and condition before each use.
- Keep hands and face away from the steam vent when pressure is being released.
- Do not use the pressure cooker in an oven.
- Ensure the cooker is stable on the stovetop during use.

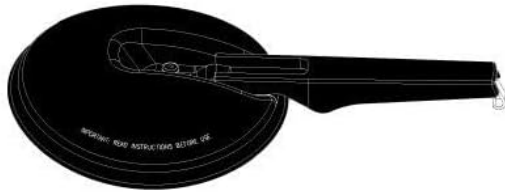
Unpacking and Initial Setup

Upon receiving your Hawkins Futura Pressure Cooker, carefully unpack all components and inspect them for any damage. Retain the packaging for potential future transport or service.

Contents of the Carton:

What is Inside the Carton

1. Pressure Cooker Lid



2. Sealing Ring



3. Pressure Regulator



4. Guarantee Card



5. Cookbook



6. Cleaning Brush



7. Service Centre Directory



8. Cooker Body



Image Description: This diagram illustrates the various parts included in the product packaging. It labels the Pressure Cooker Lid, Sealing Ring, Pressure Regulator, Guarantee Card, Cookbook, Cleaning Brush, Service Centre Directory, and Cooker Body.

1. Pressure Cooker Lid
2. Sealing Ring (Gasket)
3. Pressure Regulator
4. Guarantee Card
5. Cookbook
6. Cleaning Brush
7. Service Centre Directory
8. Cooker Body

Before First Use:

- Wash the cooker body, lid, and all accessories with warm soapy water. Rinse thoroughly and dry.
- Insert the sealing ring correctly into the lid.
- Familiarize yourself with the pressure regulator and safety valve locations.

Operating Instructions

1. Filling the Cooker:

- Add food and liquid to the cooker. Ensure the liquid level is sufficient for steam generation.
- Do not exceed the maximum fill lines: two-thirds full for most foods, and half full for foods that expand (e.g., beans, lentils, rice).

2. Closing the Lid:

The Futura pressure cooker features an inner lid design for enhanced safety. Follow these steps to securely close the lid:

1. Hold the cooker body handle in your left hand, positioning it at the '6 o'clock' position.
2. Hold the lid handle in your right hand, with the handle pointing towards the '3 o'clock' position.
3. Dip the right side of the lid down into the cooker body.
4. Allow the rest of the lid to drop into the pot.
5. Turn the lid handle back towards the cooker body handle until they meet.
6. Squeeze the handles together firmly to lock the lid in place. The lid is designed to prevent overfilling, as excess liquid would spill during this process.

3. Applying Heat:

- Place the cooker on a gas stovetop. The hard-anodised base ensures even heat distribution and prevents food from sticking.
- Set the heat to high.



**Heavy gauge
Hard Anodised**



Food does not burn or stick

Image Description: This image shows the interior of the Hawkins Futura pressure cooker during cooking, filled with a mixture of rice, carrots, and peas. Steam is visible, indicating the cooking process is underway, and the hard-anodised surface is highlighted for its non-stick properties.

4. Pressure Regulation:

- Once steam begins to escape steadily from the vent, place the pressure regulator on the vent pipe.
- The regulator will begin to whistle, indicating that full pressure has been reached. Reduce heat to maintain a steady whistle or gentle hiss.

5. Releasing Pressure:

Your Futura pressure cooker features an advanced automatic pressure regulator with a unique fingertip release mechanism.

FUTURA® PRESSURE COOKER

PRODUCT CODE
FP7T

*Easy to use.
Instructions inside.*

7 LITRE



Advanced automatic pressure regulator has a unique Fingertip release that releases the pressure safely and conveniently away from you.

Image Description: This image displays the Hawkins Futura pressure cooker with a hand operating the fingertip pressure release. Steam is visibly escaping from the regulator, demonstrating how pressure can be safely and conveniently released away from the user.

- **Natural Release:** Remove the cooker from heat and allow it to cool down naturally. Pressure will dissipate over time. This method is ideal for foods like stews and meats.
- **Quick Release (Fingertip Release):** For faster pressure release, gently lift the pressure regulator using the fingertip release mechanism. Ensure steam is directed away from your face and hands. This method is suitable for vegetables and delicate foods to prevent overcooking.
- The lid can only be opened once all internal pressure has been released.

Maintenance and Care

Cleaning:

- The cooker body and lid are dishwasher safe. For best results and to prolong the life of the hard-

anodised finish, hand washing with mild detergent and a soft sponge is recommended.

- Use the provided cleaning brush to clear any blockages in the vent pipe.
- Ensure all parts are thoroughly dry before storage.

Gasket (Sealing Ring) Care:

- Inspect the gasket before each use for cracks, tears, or hardening. Replace if any damage is observed.
- Remove the gasket from the lid for cleaning. Wash with warm soapy water and dry.
- Store the gasket flat or loosely to prevent distortion.

Safety Valve:

- The shielded safety valve is a crucial safety feature. Ensure it is clean and free from food particles.
- If the safety valve ever activates, it must be replaced before further use.

Troubleshooting

- **Problem: Pressure not building or steam leaking from lid.**
Solution: Check if the lid is properly closed and locked. Inspect the gasket for proper placement, damage, or wear. Ensure the rim of the cooker and the lid are clean.
- **Problem: Food sticking to the bottom.**
Solution: The hard-anodised surface is designed to be non-stick. Ensure sufficient liquid is used and heat is not excessively high for prolonged periods after pressure is reached.
- **Problem: Lid difficult to open after cooking.**
Solution: This indicates residual pressure. Do not force the lid. Allow more time for natural pressure release or use the quick release method until all pressure has dissipated.

Specifications

- **Brand:** HAWKINS
- **Model:** HF7L
- **Capacity:** 7 Liters
- **Material:** Hard-Anodized Aluminum
- **Finish Type:** Non-stick
- **Special Feature:** Gas Stovetop Compatible
- **Operation Mode:** Manual
- **Product Dimensions:** 18 x 9 x 11 inches
- **Item Weight:** 9.28 pounds
- **Dishwasher Safe:** Yes

Capacity Guide:

Know your Pressure Cooker capacity

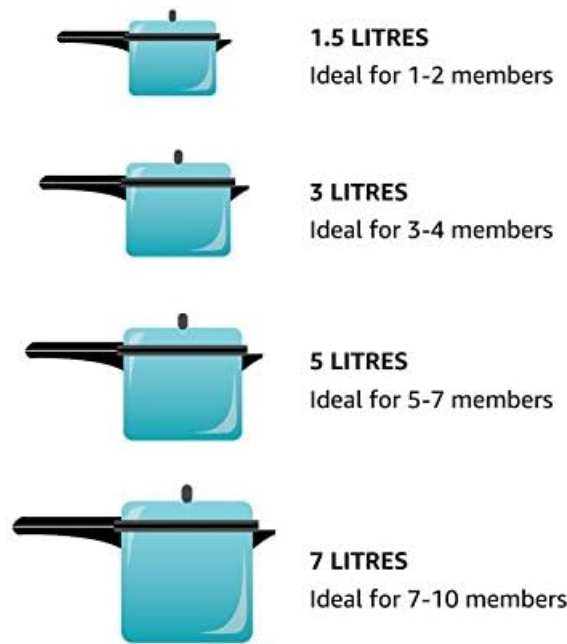
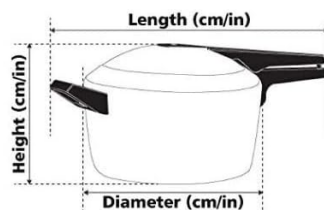


Image Description: This graphic provides a visual guide to pressure cooker capacities. It shows that a 1.5-liter cooker is ideal for 1-2 members, a 3-liter for 3-4 members, a 5-liter for 5-7 members, and a 7-liter cooker is ideal for 7-10 members.

Available in 7 Sizes & 13 Models



2 Litre

Ideal for 2 or 3 Persons
Length: 32.2 cm / 12.6 in
Height: 13.2 cm / 5.2 in
Diameter: 18.0 cm / 7.0 in
Product weight: 1.5 kg / 3.3 lb
Packed in carton: 2.4 kg / 5.2 lb



2 Litre (Induction+ Gas)

Ideal for 2 or 3 Persons
Length: 32.2 cm / 12.6 in
Height: 13.3 cm / 5.2 in
Diameter: 18.0 cm / 7.0 in
Product weight: 1.6 kg / 3.5 lb
Packed in carton: 2.5 kg / 5.4 lb



3 Litre

Ideal for 3 or 4 Persons
Length: 33.7 cm / 13.2 in
Height: 15.0 cm / 5.9 in
Diameter: 20.2 cm / 7.9 in
Product weight: 1.9 kg / 4.2 lb
Packed in carton: 2.8 kg / 6.2 lb



3 Litre (Induction+ Gas)

Ideal for 3 or 4 Persons
Length: 33.7 cm / 13.2 in
Height: 15.0 cm / 5.9 in
Diameter: 20.2 cm / 7.9 in
Product weight: 1.9 kg / 4.2 lb
Packed in carton: 2.9 kg / 6.4 lb



4 Litre

Ideal for 4 to 6 Persons
Length: 42.2 cm / 16.6 in
Height: 15.0 cm / 5.9 in
Diameter: 23.8 cm / 9.4 in
Product weight: 2.3 kg / 5.1 lb
Packed in carton: 3.5 kg / 7.7 lb



4 Litre (Induction+ Gas)

Ideal for 4 to 6 Persons
Length: 42.2 cm / 16.6 in
Height: 15.0 cm / 5.9 in
Diameter: 23.8 cm / 9.4 in
Product weight: 2.4 kg / 5.3 lb
Packed in carton: 3.7 kg / 8.1 lb



5 Litre

Ideal for 5 to 7 Persons
Length: 42.4 cm / 16.7 in
Height: 17.4 cm / 6.8 in
Diameter: 23.8 cm / 9.3 in
Product weight: 2.5 kg / 5.5 lb
Packed in carton: 4.0 kg / 8.8 lb



5 Litre (Induction+ Gas)

Ideal for 5 to 7 Persons
Length: 42.4 cm / 16.7 in
Height: 17.4 cm / 6.8 in
Diameter: 23.8 cm / 9.3 in
Product weight: 2.6 kg / 5.7 lb
Packed in carton: 4.2 kg / 9.2 lb



6 Litre

Ideal for 6 to 8 Persons
Length: 42.4 cm / 16.7 in
Height: 20.0 cm / 7.8 in
Diameter: 23.8 cm / 9.3 in
Product weight: 2.7 kg / 5.9 lb
Packed in carton: 4.0 kg / 8.8 lb



6 Litre (Induction+ Gas)

Ideal for 6 to 8 Persons
Length: 42.4 cm / 16.7 in
Height: 20.0 cm / 7.8 in
Diameter: 23.8 cm / 9.3 in
Product weight: 2.8 kg / 6.1 lb
Packed in carton: 4.2 kg / 9.4 lb



7 Litre (Tall)

Ideal for 7 to 10 Persons
Length: 42.4 cm / 16.7 in
Height: 22.9 cm / 9.0 in
Diameter: 23.8 cm / 9.4 in
Product weight: 2.9 kg / 6.4 lb
Packed in carton: 4.2 kg / 9.2 lb



7 Litre (Jumbo)

Ideal for 7 to 10 Persons
Length: 46.7 cm / 18.4 in
Height: 19.6 cm / 7.7 in
Diameter: 26.5 cm / 10.4 in
Product weight: 3.1 kg / 6.8 lb
Packed in carton: 4.8 kg / 10.6 lb



9 Litre

Ideal for 9 to 13 Persons
Length: 46.7 cm / 18.4 in
Height: 23.7 cm / 9.3 in
Diameter: 26.5 cm / 10.4 in
Product weight: 3.8 kg / 8.4 lb
Packed in carton: 5.3 kg / 11.7 lb

Image Description: This comprehensive chart details the length, height, diameter, product weight, and packed weight for various Hawkins Futura pressure cooker models, ranging from 2 liters to 9 liters, including specific dimensions for the 7-liter (Tall) and 7-liter (Jumbo) variants.

Warranty and Support

Your Hawkins Futura Pressure Cooker comes with a manufacturer's guarantee. Please refer to the 'Guarantee Card' included in your product carton for specific terms and conditions.

For service or support, consult the 'Service Centre Directory' provided with your product. You may also visit the official HAWKINS store for additional information and resources: [HAWKINS Store](#).