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Fissler 620-300-06-070/0

Fissler Vitavit Premium Pressure Cooker User Manual

Model: 620-300-06-070/0

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1. INTRODUCTION

Thank you for choosing the Fissler Vitavit Premium Pressure Cooker. This high-quality stainless steel pressure cooker is designed for healthy, fast, and flavorful preparation of a wide variety of dishes, including meats, vegetables, stews, and risottos. Its innovative features ensure optimal cooking results and ease of use. Please read this manual carefully before first use to ensure safe and efficient operation.



Figure 1.1: The Fissler Vitavit Premium Pressure Cooker, showcasing its sleek stainless steel design and ergonomic handle.

2. IMPORTANT SAFETY INSTRUCTIONS

When using your pressure cooker, basic safety precautions should always be followed:

- Read all instructions thoroughly before operating the appliance.
- Do not touch hot surfaces. Use handles or knobs.
- Close supervision is necessary when the pressure cooker is used near children.
- Do not place the pressure cooker in a heated oven.
- Exercise extreme caution when moving a pressure cooker containing hot liquids.
- Do not use the pressure cooker for purposes other than its intended use.
- This appliance cooks under pressure. Improper use may result in scalding injury. Make certain unit is properly closed before operating.
- Never force the pressure cooker open. Do not open until the unit has cooled and internal pressure has been released.
- Never operate the pressure cooker without sufficient liquid, as this could severely damage the appliance.
- Do not fill the unit over 2/3 full. When cooking foods that expand during cooking, such as rice or dried vegetables, do not fill the unit over 1/2 full.
- Ensure that the pressure regulating valve is clean and free of debris before each use.
- Always check that the lid is securely locked before applying heat.

3. COMPONENTS AND FEATURES

The Fissler Vitavit Premium Pressure Cooker consists of several key components designed for optimal performance

and safety:

3.1 Pot Body

Constructed from durable 18/10 stainless steel, ensuring longevity and even heat distribution.



Figure 3.1: The stainless steel pot body, ready for cooking.

3.2 Cookstar Base

The thick Cookstar all-stove base ensures rapid and optimal heat distribution, preventing hot spots and ensuring homogeneous cooking results. It is compatible with all hob types, including induction.



Figure 3.2: Underside view of the Cookstar all-stove base, designed for efficient heat distribution.

3.3 Lid with Multi-functional Control Knob

The lid features a multi-functional control knob that allows you to select different cooking settings: gentle pressure cooking, speed pressure cooking, and a steam mode without pressure. The knob also integrates the 3-color pressure indicator.



Figure 3.3: Close-up of the multi-functional control knob on the lid, showing various settings.

3.4 3-Color Pressure Indicator

This visual indicator on the control knob allows for easy monitoring of the internal pressure. Different colors correspond to different pressure levels, guiding you through the cooking process.



Figure 3.4: Detailed view of the 3-color pressure indicator, showing the colored rings that rise with pressure.

3.5 Secure Locking Mechanism

The pressure cooker features a robust and easy-to-use locking mechanism to ensure the lid is securely sealed before pressure can build. A "CLOSE" indicator confirms proper closure.



Figure 3.5: Close-up of the lid's locking mechanism, indicating the "CLOSE" position for secure sealing.

3.6 Detachable Handle

The main handle is designed to be easily detachable for convenient cleaning and compact storage.



Figure 3.6: A hand demonstrating the detachment of the main handle from the pressure cooker lid.

3.7 Steamer Basket and Tripod

Included accessories for versatile cooking, allowing for steaming on two levels and preparation of complete meals or side dishes.

4. SETUP AND FIRST USE

4.1 Unpacking

Carefully remove all components from the packaging. Retain packaging for future storage or transport if needed. Check for any damage during transit.

4.2 Initial Cleaning

Before first use, wash the pot, lid, and all accessories (steamer basket, tripod) with warm soapy water. Rinse thoroughly and dry completely. Ensure the sealing ring and valves are clean and properly seated.

4.3 Assembling the Handle (if detached)

If the handle is detached, align it with the corresponding slot on the lid and slide it into place until it clicks securely. Refer to Figure 3.6 for visual guidance on handle detachment/attachment.

5. OPERATING INSTRUCTIONS

5.1 Filling the Pressure Cooker

- Always add at least 250 ml (approximately 1 cup) of liquid to the pot for pressure cooking.
- Do not fill the pot more than 2/3 full with food and liquid.
- When cooking foods that expand (e.g., rice, dried beans, grains), do not fill the pot more than 1/2 full.

5.2 Closing the Lid

Place the lid onto the pot, aligning the arrow on the lid with the arrow on the pot handle. Rotate the lid handle clockwise until the "CLOSE" indicator is fully visible and the handle locks into place. Ensure the lid is firmly seated and cannot be rotated further.



Figure 5.1: The lid locking mechanism, showing the "CLOSE" indicator for proper sealing.

5.3 Setting the Cooking Program

Use the multi-functional control knob to select your desired cooking program:

- **Steam Mode (no pressure):** For gentle steaming of vegetables or reheating. The indicator will not rise.
- **Gentle Pressure Cooking (Level 1):** Ideal for delicate foods like fish, vegetables, or fruits.
- **Speed Pressure Cooking (Level 2):** For robust foods like meats, stews, or legumes, requiring faster cooking times.



Figure 5.2: The control knob with symbols for steam, gentle pressure (1), and speed pressure (2) cooking.

5.4 Building Pressure and Cooking

Place the pressure cooker on a suitable heat source (compatible with all hobs, including induction). Heat on high until the 3-color pressure indicator begins to rise. Once the desired pressure level (green or yellow ring) is reached, reduce the heat to maintain that pressure. Begin timing your cooking from this point. The red ring indicates excessive pressure; reduce heat immediately if this occurs.



Figure 5.3: The 3-color pressure indicator showing pressure building (green, yellow, red levels).

5.5 Releasing Pressure

Once cooking is complete, there are three methods to release pressure:

- **Natural Release:** Remove the cooker from heat and allow pressure to dissipate naturally. This is ideal for foods that benefit from continued cooking, like stews. The indicator will slowly drop.
- **Quick Release (Cold Water Method):** For foods that require immediate stopping of cooking, place the cooker under cold running water, avoiding the lid and valve, until pressure is released.
- **Controlled Release (Steam Release Valve):** Carefully turn the control knob to the steam release position. Steam will escape rapidly. Keep hands and face away from the steam.

Only open the lid once the pressure indicator has fully dropped and the lid can be opened without force.

6. CLEANING AND MAINTENANCE

Proper cleaning and maintenance will extend the life of your Fissler pressure cooker:

- **Pot Body:** The stainless steel pot body is dishwasher safe. For hand washing, use warm soapy water and a non-abrasive sponge.
- **Lid:** The lid should always be hand washed. Detach the main handle for thorough cleaning (refer to Figure 3.6). Clean the sealing ring, control knob, and all valve components carefully.
- **Sealing Ring:** Remove the sealing ring from the lid after each use and wash it separately. Ensure it is clean and flexible. Replace the sealing ring annually or if it shows signs of wear or cracking.
- **Valves:** Regularly check and clean the pressure regulating valve and safety valve to ensure they are free from food particles and blockages. Use a small brush or toothpick if necessary.
- **Storage:** Store the pressure cooker with the lid inverted on the pot to allow air circulation and prevent the sealing ring from compressing permanently.

7. TROUBLESHOOTING

If you encounter issues with your pressure cooker, consult the following common problems and solutions:

Problem	Possible Cause	Solution
Pressure not building or escaping from lid edge.	Lid not properly closed; sealing ring dirty, damaged, or incorrectly seated; insufficient liquid.	Ensure lid is securely locked. Clean or replace sealing ring. Add sufficient liquid.
Pressure indicator not rising.	Insufficient heat; valve blocked; lid not sealed.	Increase heat. Clean valve. Check lid seal.
Lid cannot be opened after cooking.	Pressure still inside the cooker.	Do not force open. Allow pressure to release completely (indicator must be fully down).
Food is undercooked.	Insufficient cooking time; pressure not maintained.	Increase cooking time. Ensure heat is adjusted to maintain desired pressure level.

If problems persist, please contact Fissler customer support.

8. SPECIFICATIONS

Brand:	Fissler
Model Number:	620-300-06-070/0
Material:	18/10 Stainless Steel
Capacity:	6 Liters
Diameter:	22 cm
Color:	Stainless Steel
Item Weight:	4.35 Kilograms
Dimensions (L x W x H):	42.5 x 25 x 23 cm
Compatibility:	All hob types, including Induction
Special Feature:	3-color pressure indicator, detachable handle, Cookstar base
Country of Origin:	Germany

9. WARRANTY AND SUPPORT

Fissler products are known for their high quality and durability. This pressure cooker is "Made in Germany," reflecting superior craftsmanship and materials.

For specific warranty details, please refer to the warranty card included with your purchase or visit the official Fissler website. In case of technical issues, spare parts inquiries, or general support, please contact Fissler customer service through their official channels. Always provide your model number (620-300-06-070/0) when seeking support.



reddot design award winner 2009



Figure 9.1: Logos indicating the product's German origin and design award recognition.