

Fissler 600-300-03-000

Fissler Vitaquick Pressure Cooker User Manual

Model: 600-300-03-000

1. INTRODUCTION

Thank you for choosing the Fissler Vitaquick Pressure Cooker. This manual provides essential information for the safe and efficient use of your new appliance. Please read all instructions carefully before first use and retain this manual for future reference.

The Fissler Vitaquick Pressure Cooker is designed for quiet operation, minimizing noise and steam release during the cooking process. It helps retain the natural flavors, scents, and nutrients of your food. Its user-friendly design includes an ergonomic handle and clear lid closure indicators for ease of use.

2. IMPORTANT SAFETY INSTRUCTIONS

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

- Read all instructions.
- 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.
- Extreme caution must be used when moving a pressure cooker containing hot liquids.
- Do not use the pressure cooker for other than intended use.
- This appliance cooks under pressure. Improper use may result in scalding injury. Make certain unit is properly closed before operating. See "Operating Instructions".
- Do not fill unit over 2/3 full. When cooking foods that expand during cooking, such as rice or dried vegetables, do not fill unit over 1/2 full.
- Certain foods, such as applesauce, cranberries, pearl barley, oatmeal or other cereals, split peas, noodles, macaroni, rhubarb, or spaghetti can foam, froth, and sputter, and clog the pressure release device. These foods should not be cooked in a pressure cooker.
- Always check the pressure release devices for clogging before use.

- Do not open the pressure cooker until the unit has cooled and internal pressure has been released. If the handles are difficult to push apart, this indicates that the cooker is still pressurized. Do not force it open. Any pressure in the cooker can be dangerous. See "Operating Instructions".
- Do not use this pressure cooker for deep frying with oil under pressure.
- To protect against electrical shock, do not immerse cord, plugs, or pressure cooker in water or other liquid.
- Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts.
- Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or has been damaged in any manner. Return appliance to the nearest authorized service facility for examination, repair, or adjustment.
- The use of accessory attachments not recommended by the appliance manufacturer may cause injuries.
- Do not let cord hang over edge of table or counter, or touch hot surfaces.

3. PRODUCT OVERVIEW AND COMPONENTS

Familiarize yourself with the main components of your Fissler Vitaquick Pressure Cooker.



Figure 3.1: The Fissler Vitaquick Pressure Cooker. This image shows the complete pressure cooker with its lid securely closed, highlighting its sleek stainless steel design and ergonomic handles.



Figure 3.2: The Fissler Vitaquick Pressure Cooker with its lid open. This view illustrates the interior of the pot and the detachable lid, showcasing the quality stainless steel construction.

Key Components:

- **Pot Body:** Made of high-quality stainless steel, compatible with gas and induction stovetops.
- **Lid:** Features a secure closing mechanism and pressure indicator.
- **Main Handle:** Ergonomically designed for comfortable grip and secure lid closure.
- **Auxiliary Handle:** Provides additional support for lifting and carrying.
- **Pressure Indicator:** Visual display for current pressure level.
- **Valve System:** Regulates pressure and allows for safe steam release.
- **Sealing Ring:** Ensures an airtight seal between the lid and the pot.

4. SETUP AND FIRST USE

4.1 Unpacking

1. Carefully remove all components from the packaging.
2. Remove any protective films or stickers from the cooker.
3. Retain the packaging for future storage or transport if needed.

4.2 Initial Cleaning

1. Before first use, wash all parts (pot, lid, sealing ring) with warm soapy water.
2. Rinse thoroughly and dry completely.
3. Ensure the pressure valve and all safety mechanisms are clear of any debris.

4.3 Assembling the Lid

Ensure the sealing ring is correctly seated inside the lid. Align the lid with the pot body, ensuring the handle mechanism is properly engaged.

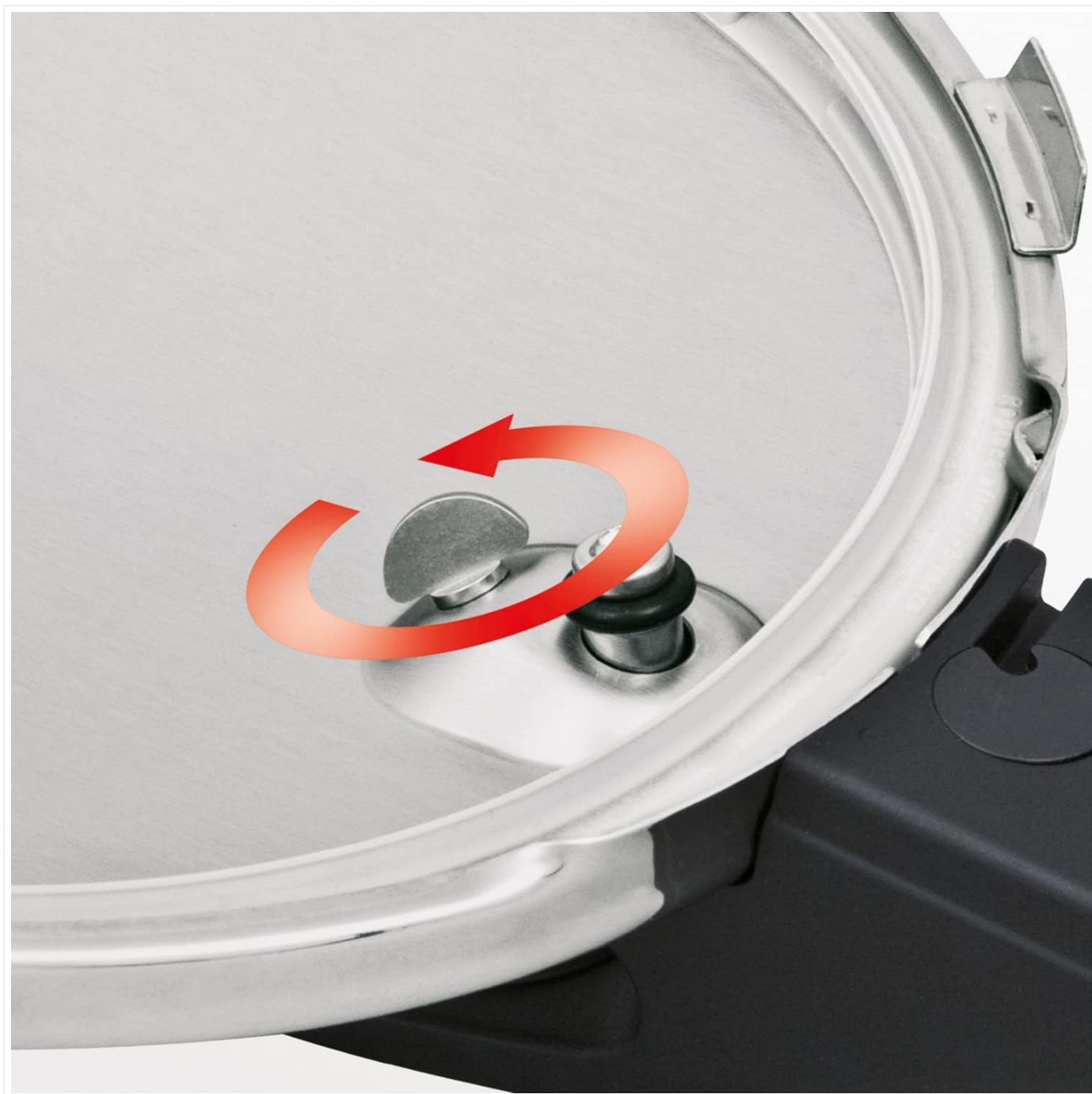


Figure 4.1: Close-up of the lid mechanism. This image shows the internal locking mechanism of the lid, indicating the direction of rotation

for proper sealing.

5. OPERATING INSTRUCTIONS

5.1 Filling the Pressure Cooker

- Add food and liquid to the pot. Do not exceed the maximum fill line (2/3 full). For foods that expand, do not exceed 1/2 full.
- Ensure there is always a minimum amount of liquid (e.g., 1 cup) to generate steam.

5.2 Closing the Lid

1. Place the lid on the pot, aligning the arrow on the lid with the arrow on the handle.
2. Rotate the lid handle clockwise until it clicks into place. The "CLOSE" indicator on the handle should be fully engaged.



Figure 5.1: Close-up of the handle in the closed position. This image highlights the "CLOSE" indicator and the secure locking mechanism of

the handle when the lid is properly sealed.



Figure 5.2: Close-up of the handle with the green indicator visible. This image shows the visual confirmation (green indicator) that the lid is securely locked and ready for pressure cooking, accompanied by a "Click" sound.

5.3 Cooking Under Pressure

1. Place the pressure cooker on a suitable heat source (gas or induction).
2. Heat on high until the pressure indicator rises and shows the desired pressure level (typically two levels available).
3. Once the desired pressure is reached, reduce heat to maintain the pressure.
4. Begin timing the cooking process according to your recipe.

5.4 Releasing Pressure

There are generally three methods for releasing pressure:

- **Natural Release:** Remove the cooker from heat and allow pressure to dissipate naturally. This is suitable for foods that benefit from continued cooking.

- **Quick Release:** Carefully activate the pressure release valve to quickly release steam. Use caution as hot steam will escape. This method is suitable for delicate foods.
- **Cold Water Release:** For very quick release, place the cooker under cold running water, avoiding the lid and valve area. This method is generally not recommended for electric stovetops or induction.

Important: Do not attempt to open the lid until the pressure indicator has fully dropped and no steam is escaping. The lid will be easy to open when pressure is fully released.

5.5 Opening the Lid

1. Once pressure is fully released, rotate the lid handle counter-clockwise to unlock.
2. Carefully lift the lid away from you to avoid residual steam.

6. CLEANING AND MAINTENANCE

6.1 Cleaning After Each Use

- Allow the pressure cooker to cool completely before cleaning.
- The pot body and lid (without the sealing ring) are dishwasher safe.
- Hand wash the sealing ring with warm soapy water. Do not wash the sealing ring in the dishwasher as it can degrade over time.
- Clean the pressure valve and all safety mechanisms to ensure they are free from food particles.
- Dry all parts thoroughly before storing.

6.2 Regular Maintenance

- Inspect the sealing ring regularly for cracks, hardening, or damage. Replace if necessary (recommended every 1-2 years depending on usage).
- Ensure the pressure indicator and valve system move freely and are not obstructed.
- Store the pressure cooker with the lid inverted or slightly ajar to prevent the sealing ring from compressing and to allow air circulation.

7. TROUBLESHOOTING

This section addresses common issues you might encounter with your pressure cooker.

Problem	Possible Cause	Solution
Pressure not building up / Steam escaping from lid edge	Lid not properly closed; Sealing ring damaged or incorrectly seated; Insufficient liquid; Food debris on rim.	Ensure lid is fully locked; Check and reposition/replace sealing ring; Add more liquid; Clean rim and sealing ring.
Lid difficult to open after cooking	Pressure still inside the cooker.	Do not force open. Ensure pressure indicator has fully dropped. Release any remaining pressure using the valve or natural release.
Food burning at the bottom	Insufficient liquid; Heat too high.	Always add minimum required liquid; Reduce heat once pressure is reached.
Pressure indicator not rising	Lid not sealed; Insufficient heat; Faulty valve.	Check lid seal; Increase heat; Inspect valve for blockages or damage.

If you experience issues not covered here, please contact Fissler customer support or an authorized service center.

8. SPECIFICATIONS

Feature	Detail
Brand	Fissler
Model Number	600-300-03-000
Capacity	3.5 Liters (3.7 Quarts)
Material	Stainless Steel
Color	Silver
Product Dimensions	9.84"D x 16.73"W x 5.71"H
Item Weight	3.64 Kilograms (8.01 pounds)
Compatibility	Gas Stovetop Compatible, Induction Compatible Base
Operation Mode	Manual
Dishwasher Safe	Yes (Pot body and lid, excluding sealing ring)
Closure Type	Outer Lid
Manufacturer	Fissler



Figure 8.1: Bottom view of the Fissler Vitaquick Pressure Cooker. This image displays the engraved product information on the base, including material (Stainless 18-10), induction compatibility, and "Made in Germany" marking.

9. WARRANTY AND SUPPORT

For detailed warranty information and customer support, please refer to the official Fissler website or contact Fissler customer service directly. Keep your proof of purchase for any warranty claims.

Fissler Official Website: www.fissler.com

For service or parts, please contact an authorized Fissler service center.