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Fissler FISS-60070008079

Fissler Vitaquick Pressure Cooker 8.5 Quart User Manual

Model: FISS-60070008079

Introduction

This user manual provides essential information for the safe and efficient operation, maintenance, and troubleshooting of your Fissler Vitaquick 8.5 Quart Pressure Cooker. Please read this manual thoroughly before first use and keep it for future reference.
The Fissler Vitaquick pressure cooker is designed for modern kitchens, offering efficient and healthy cooking. It is compatible with all stovetop types, including induction, gas, and electric.

Important Safety Instructions

Always follow basic safety precautions when using electrical appliances, including the following:

- 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 on or near a hot gas or electric burner, or 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" section.
- 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. Overfilling may cause a risk of clogging the vent pipe and developing excess pressure. See "Operating" section.
- Be aware that certain foods, such as applesauce, cranberries, pearl barley, oatmeal or other cereals, split peas, noodles, macaroni, rhubarb, or spaghetti can foam, froth, sputter, and clog the pressure release device (steam vent). 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" section.

- 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 use outdoors.
- Do not let cord hang over edge of table or counter, or touch hot surfaces.

Parts Overview

Familiarize yourself with the components of your Fissler Vitaquick Pressure Cooker:



Image: The Fissler Vitaquick Pressure Cooker, fully assembled, showcasing its stainless steel body and black handles.

- **Pot Body:** Stainless steel construction with internal measurement markings.
- **Lid:** Features the main handle, safety lock, and pressure indicator.
- **Main Handle:** Ergonomically designed for secure grip and includes the locking mechanism.
- **Side Handle:** For easy lifting and carrying.
- **Pressure Indicator:** Visual indicator (green) to confirm secure locking and pressure levels.
- **Removable Handle:** The main handle can be removed for easy cleaning.
- **Sealing Ring:** Ensures an airtight seal during pressure cooking.
- **Steaming Insert (Optional/Included):** A perforated basket for steaming foods.



Image: Close-up view of the lid's main handle, highlighting the green locking indicator for safe operation.



Image: Interior view of the pot body, showing the 'min', '1/3', '1/2', and 'max' fill lines for precise liquid measurement.



Image: The base of the pressure cooker, indicating its compatibility with induction stovetops and "Made in Germany" inscription.



Image: The stainless steel steaming insert with handles, designed to fit inside the pressure cooker for steaming vegetables or other foods.

Setup and First Use

1. **Unpacking:** Carefully remove all components from the packaging. Retain packaging for future storage or transport if needed.
2. **Initial Cleaning:** Before first use, wash all parts of the pressure cooker (pot body, lid, sealing ring, and any accessories) with warm, soapy water. Rinse thoroughly and dry completely. The removable handle facilitates easy cleaning.
3. **Sealing Ring Placement:** Ensure the sealing ring is correctly seated in the lid. It should fit snugly and evenly.
4. **Handle Attachment:** If the main handle was removed for cleaning, reattach it securely to the lid.
5. **First Test Run (Water Test):** It is recommended to perform a water test before cooking food.
    - Fill the pressure cooker with approximately 2 liters of water (do not exceed the 1/2 full mark).
    - Place the lid on the pot, aligning the arrows on the lid and handle with the arrow on the pot body.

- Push the main handle forward until the green locking indicator is visible and you hear an audible click, indicating a secure lock.
- Place the pressure cooker on a suitable stovetop (induction, gas, or electric) and set the heat to high.
- Once pressure is reached (indicated by the pressure indicator rising), reduce heat to maintain pressure for 5 minutes.
- Carefully release the pressure using the pressure release button (refer to "Pressure Release" in the Operating section).
- Allow the cooker to cool, then open the lid and discard the water.

Operating Instructions

Filling the Pressure Cooker

- Always add sufficient liquid (water, broth, etc.) to generate steam. Refer to recipes for specific liquid requirements.
- Do not fill the pot above the 'max' line (2/3 full).
- For foods that expand (e.g., rice, beans, dried vegetables), do not fill above the '1/2' line.
- Ensure the internal measurement markings are visible and respected.

Closing the Lid

1. Place the lid on the pot, ensuring the main handle is aligned with the side handle of the pot.
2. Rotate the lid clockwise until it locks into place. The green locking indicator on the main handle will become visible, and you will hear a click. This confirms the lid is securely sealed.

Cooking Under Pressure

1. Place the sealed pressure cooker on your stovetop over high heat.
2. Monitor the pressure indicator on the lid. As pressure builds, the indicator will rise.
3. The Vitaquick has two pressure settings:
    - **Gentle Setting:** The first ring on the indicator becomes visible. Ideal for delicate foods.
    - **Speed Setting:** The second ring on the indicator becomes visible. For faster cooking of most foods.
4. Once the desired pressure level is reached, reduce the heat to the lowest setting that maintains the pressure indicator at the chosen level.
5. Begin timing your cooking according to your recipe.

Pressure Release

There are three methods to release pressure:

- **Natural Release:** Remove the pressure cooker from heat and allow it to cool naturally. The pressure indicator will slowly drop. This method is suitable for foods that benefit from continued cooking, like stews and roasts.
- **Quick Release (Cold Water Method):** For faster pressure release, place the pressure cooker under cold running water (avoiding the lid's valve area) until the pressure indicator drops completely. This method is ideal for delicate vegetables to prevent overcooking.
- **Controlled Release (Steam Release Button):** Press the steam release button on the main handle. Steam will escape rapidly. Keep hands and face clear of the steam. This method is suitable for most foods when a quick release is desired.

WARNING: Never attempt to open the lid until the pressure indicator has fully dropped and all internal pressure has been released.

Care and Maintenance

- **Cleaning:** After each use, wash all parts of the pressure cooker. The pot body and lid (with handle removed) are dishwasher safe. Hand wash the sealing ring and main handle.
- **Removable Handle:** The main handle is designed to be easily removed for thorough cleaning. Press the release button on the underside of the handle to detach it.
- **Sealing Ring:** Regularly inspect the silicone sealing ring for cracks, hardening, or damage. Replace it if any signs of wear are present to ensure proper sealing.
- **Valves and Vents:** Ensure all valves and vents on the lid are clear of food debris before each use. 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 and losing its elasticity.
- **Stains:** For stubborn stains or discoloration, a mixture of vinegar and water can be used to clean the stainless steel.

Troubleshooting

Problem	Possible Cause	Solution
Pressure not building or escaping from lid.	Lid not properly sealed; insufficient liquid; sealing ring damaged or misplaced; vent clogged.	Ensure lid is locked correctly (green indicator visible). Add more liquid. Check and reposition/replace sealing ring. Clean vent.
Lid is difficult to open after cooking.	Residual pressure inside the cooker.	Do not force. Ensure pressure indicator has fully dropped. Release any remaining pressure using the steam release button or cold water method.
Food is undercooked.	Insufficient cooking time; heat too low; pressure not maintained.	Increase cooking time. Ensure proper heat setting to maintain desired pressure.
Food is overcooked.	Excessive cooking time; heat too high.	Reduce cooking time. Adjust heat to maintain correct pressure. Use quick release for delicate foods.
Burning smell or scorching at the bottom.	Insufficient liquid; food stuck to the bottom.	Always ensure adequate liquid. Deglaze the pot before pressure cooking if searing.

Specifications

- **Brand:** Fissler
- **Model:** FISS-60070008079
- **Capacity:** 8.5 Quarts
- **Material:** Stainless Steel
- **Color:** Silver
- **Compatibility:** Induction, Gas, Electric, Glass Ceramic Stovetops
- **Special Features:** Removable handle, Internal measurement markings, Locking indicator with color display, Dishwasher safe (pot body and lid without handle).
- **Product Dimensions:** 14.37 x 9.06 x 18.31 inches

- **Item Weight:** 4 Pounds
- **Country of Origin:** Germany

Warranty and Support

The Fissler Vitaquick Pressure Cooker comes with a **lifetime warranty**, reflecting its high-quality German engineering and durable construction.
For product support, replacement parts, or warranty claims, please visit the official Fissler website or contact their customer service department. You can also refer to the official user manual (PDF) for additional details.

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