

Nuwave 33101

NUWAVE Nutri-Pot 6-Quart Digital Pressure Cooker Instruction Manual

Model: 33101 | Brand: Nuwave

1. INTRODUCTION

The NUWAVE Nutri-Pot 6-Quart Digital Pressure Cooker is designed to provide efficient and versatile cooking. Utilizing super-heated steam, it significantly reduces cooking times while preserving nutrients and flavors. This appliance features a digital control panel, multiple safety mechanisms, and a variety of pre-programmed settings to simplify your cooking experience.



Figure 1.1: The NUWAVE Nutri-Pot 6-Quart Digital Pressure Cooker with its non-stick inner pot.

2. SAFETY INFORMATION

WARNING: Read all instructions before operating the appliance to prevent injury or damage.

- Always ensure the Sure-Lock light is on when cooking under pressure.
- Do not force open the lid. The lid should only be opened after all pressure has been released.
- Keep hands and face away from the pressure release valve when releasing steam.
- Ensure the inner pot is correctly seated before closing the lid.
- This appliance operates at 120V and 1000 watts.

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Video 2.1: Overview of Nutri-Pot 6QT Features, including safety aspects and various functions.

3. COMPONENTS AND ASSEMBLY

The Nutri-Pot consists of several key components designed for ease of use and safety:

- **Main Unit:** Stainless steel and plastic exterior housing the heating element and control panel.
- **Inner Cooking Pot:** 6-quart capacity, non-stick, and dishwasher-safe.
- **Pressure Lid:** Detachable for easy cleaning, features Sure-Lock safety system and one-click exhaust.
- **Water Collection Box:** Collects condensation from the lid.
- **Accessories:** Measuring cup, soup ladle, and rice spoon.

Some humanized designs

anti-scalding handle



one-click exhaust



removable lid



water-collection box



Figure 3.1: Key design features of the Nutri-Pot, including the anti-scalding handle, one-click exhaust, removable lid, and water collection box.

To assemble, place the inner cooking pot securely within the main unit. Align the pressure lid with the main unit and rotate clockwise until it locks into place. Ensure the lid is properly sealed before operation.

4. SETUP

1. **Unpacking:** Carefully remove all components from the packaging.
2. **Initial Cleaning:** Before first use, wash the inner cooking pot, measuring cup, soup ladle, and rice spoon with warm, soapy water. Wipe the exterior of the main unit with a damp cloth. Ensure all parts are completely dry before assembly.
3. **Placement:** Place the Nutri-Pot on a stable, flat, heat-resistant surface, away from walls and cabinets to allow

for proper ventilation during steam release.

4. **Power Connection:** Plug the power cord into a grounded 120V electrical outlet. The digital display will illuminate.

5. OPERATING INSTRUCTIONS

The Nutri-Pot offers 11 pre-programmed presets and several advanced functions for versatile cooking.

5.1 Pre-Programmed Presets

To use a preset, add ingredients to the inner pot, secure the lid, and press the desired function button on the control panel. The appliance will automatically adjust cooking time and pressure.



Figure 5.1: The digital control panel with 11 one-touch cooking presets and additional functions.

- **Rice:** For perfectly cooked rice.
- **Multi-Grain:** Ideal for various grains.
- **Soup:** Prepares delicious soups and broths.
- **Meat/Stew:** For tender meats and hearty stews.

- **Poultry:** Cooks chicken, turkey, and other poultry.
- **Beans:** For cooking various types of beans.
- **Fish:** Gently cooks fish and seafood.
- **Vegetables:** Steams or pressure cooks vegetables.
- **Steam:** For steaming a variety of foods.
- **Bake:** Allows for baking certain items within the pot.
- **Potatoes:** Specifically for cooking potatoes.
- **Canning:** A dedicated setting for home canning.

5.2 Advanced Functions

- **Manual:** Allows for custom time and pressure settings. Use the "hours" and "minutes" buttons to adjust.
- **Texture:** Adjusts the cooking intensity (less, normal, more) to customize the texture of your meal.
- **Delay:** Program the Nutri-Pot to start cooking at a later time. Set your desired delay time in hours and minutes.



Figure 5.2: Example of using the Smart Appointment (Delay) function to schedule cooking.

- **Warm:** Keeps food warm after cooking is complete.
- **Sear:** Allows you to sear ingredients directly in the pot before pressure cooking, locking in flavors.

- **Slow Cook:** Functions as a slow cooker for extended cooking times.

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Video 5.3: Demonstration of the Nutri-Pot's capabilities for safe and fast cooking, highlighting various sizes and cooking results.

6. MAINTENANCE AND CLEANING

Proper maintenance ensures the longevity and optimal performance of your Nutri-Pot.

- **Inner Pot:** The non-stick inner cooking pot is dishwasher-safe for easy cleaning.
- **Lid:** The detachable pressure lid can be hand washed with warm, soapy water. Ensure the sealing gasket and valves are clean and free of food debris.
- **Main Unit:** Wipe the exterior of the main unit with a damp cloth. Do not immerse the main unit in water or any other liquid.
- **Water Collection Box:** Regularly empty and clean the water collection box.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Appliance not turning on.	Not plugged in, power outage, faulty outlet.	Check power cord connection, test outlet with another appliance, check circuit breaker.
Lid not sealing properly.	Gasket not seated correctly, food debris on rim, lid not aligned.	Ensure gasket is properly installed, clean rim and gasket, align lid and rotate until it clicks.
Steam leaking from lid.	Improperly sealed lid, damaged gasket, clogged valve.	Ensure lid is sealed, inspect gasket for damage (replace if necessary), clean pressure release valve.
Food not cooking thoroughly.	Insufficient liquid, incorrect setting, lid not sealed.	Add required liquid, select appropriate preset or manual time, ensure lid is sealed and Sure-Lock light is on.

For further assistance, refer to the full owner's manual or contact customer support.

8. SPECIFICATIONS

- **Brand:** Nuwave
- **Model:** 33101
- **Capacity:** 6 Quarts (5.68 Liters)
- **Material:** Stainless steel, Plastic
- **Color:** Black
- **Product Dimensions:** 13.75"D x 16"W x 27"H
- **Wattage:** 1000 watts
- **Voltage:** 120V
- **Control Method:** Touch, Push Button
- **Operation Mode:** Automatic, Programmable
- **Dishwasher Safe:** Inner Pot (Yes)
- **Item Weight:** 14 Pounds






9. WARRANTY AND SUPPORT

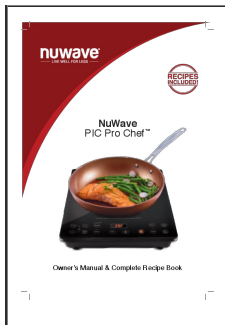
For warranty information and customer support, please refer to the documentation included with your product or visit the official Nuwave website. Keep your purchase receipt for warranty claims.

Manufacturer: Englewood Marketing Group

Contact: Refer to Nuwave's official support channels for the most up-to-date contact information.

Related Documents - 33101

 <p>The cover features the NuWave logo at the top left, a 'RECIPES INCLUDED' badge at the top right, and a photograph of the NuWave Nutri-Pot 6Q Digital Pressure Cooker in the center. Below the photo, it reads 'Owner's Manual & Complete Recipe Book'.</p>	<p>NuWave Nutri-Pot 6Q Digital Pressure Cooker Owner's Manual and Recipe Book</p> <p>Comprehensive owner's manual and recipe book for the NuWave Nutri-Pot 6Q Digital Pressure Cooker. Learn about its features, safety instructions, operating procedures, control panel functions, troubleshooting, and find a variety of recipes.</p>
 <p>The cover features the NuWave logo at the top left, a 'RECIPES INCLUDED' badge at the top right, and a photograph of the NuWave Nutri-Pot 6Q Digital Pressure Cooker in the center. Below the photo, it reads 'Owner's Manual & Complete Recipe Book'.</p>	<p>NuWave Nutri-Pot 6Q Digital Pressure Cooker Owner's Manual and Recipe Book</p> <p>Comprehensive owner's manual and recipe book for the NuWave Nutri-Pot 6Q Digital Pressure Cooker, detailing operation, safety, maintenance, and various cooking functions.</p>
 <p>The cover features the NuWave logo at the top left, a 'RECIPES INCLUDED' badge at the top right, and a photograph of the NuWave Nutri-Pot 8Q Digital Pressure Cooker in the center. Below the photo, it reads 'Owner's Manual & Complete Recipe Book'.</p>	<p>NuWave Nutri-Pot 8Q Digital Pressure Cooker Owner's Manual & Recipe Book</p> <p>Comprehensive guide for the NuWave Nutri-Pot 8Q Digital Pressure Cooker, featuring operating instructions, safety guidelines, care and maintenance, troubleshooting, warranty information, and a detailed recipe book with various culinary categories.</p>
 <p>The cover features the NuWave logo at the top left, a '13 CUP' badge at the bottom right, and a photograph of the NuWave Nutri-Pot Electric Pressure Cooker in the center. Below the photo, it reads 'Owner's Manual & Complete Recipe Book'.</p>	<p>NuWave Nutri-Pot Electric Pressure Cooker Owner's Manual & Recipe Book</p> <p>Comprehensive owner's manual and recipe book for the NuWave Nutri-Pot Electric Pressure Cooker, detailing operation, safety, maintenance, and providing a wide range of recipes.</p>
 <p>The cover features the NuWave logo at the top left, a 'RECIPES INCLUDED' badge at the top right, and a photograph of the NuWave Nutri-Pot 8Q Digital Pressure Cooker in the center. Below the photo, it reads 'Owner's Manual & Complete Recipe Book'.</p>	<p>NuWave Nutri-Pot 8Q Digital Pressure Cooker: Owner's Manual & Recipe Book</p> <p>Explore the features and functions of the NuWave Nutri-Pot 8Q Digital Pressure Cooker with this comprehensive owner's manual and recipe book. Learn about safe operation, cooking presets, and delicious recipes.</p>



[NuWave PIC Pro Chef Owner's Manual and Recipe Book](#)

Comprehensive owner's manual and recipe book for the NuWave PIC Pro Chef induction cooktop, detailing operation, safety, maintenance, troubleshooting, and including a variety of recipes.