

Tupperware SG_B07HM75RQJ_US

Tupperware Microwave Pressure Cooker User Manual

Model: SG_B07HM75RQJ_US | Capacity: 2 Quarts

[Introduction](#) [Safety Information](#) [Product Overview](#) [Setup](#) [Operating Instructions](#)
[Instructions](#) [Maintenance](#) [Troubleshooting](#) [Specifications](#) [Support](#)

1. INTRODUCTION

Thank you for choosing the Tupperware Microwave 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.

This 2-quart capacity microwave pressure cooker is designed to cook a variety of foods quickly and efficiently using microwave energy. Its compact design and durable plastic construction make it a convenient addition to any kitchen.

2. IMPORTANT SAFETY INFORMATION

Always follow basic safety precautions when using electrical appliances, especially those involving pressure and heat. Failure to do so may result in injury or damage to the product.

- **Read all instructions:** Familiarize yourself with the appliance before operation.
- **Microwave Use Only:** This pressure cooker is designed exclusively for microwave use. Do not use on stovetops, in conventional ovens, or under a broiler.
- **Do not overfill:** Never fill the cooker beyond the maximum fill line (typically 2/3 full for most foods, 1/2 full for foods that expand like rice or beans).
- **Ensure proper sealing:** Always ensure the lid is correctly closed and locked before microwaving.
- **Pressure Release:** Allow pressure to release naturally or follow specific instructions for quick release. Never force open the lid while under pressure.
- **Hot Steam:** Be aware of hot steam when opening the lid or releasing pressure. Use oven mitts or a cloth to protect hands.
- **Inspect before use:** Check the pressure cooker and its components (gasket, valves) for any damage or blockages before each use.
- **Children:** Keep out of reach of children. Close supervision is necessary when the appliance is used.

near children.

- **Cleaning:** Refer to the maintenance section for proper cleaning instructions.

3. PRODUCT OVERVIEW

The Tupperware Microwave Pressure Cooker consists of a base, a lid with a sealing gasket, and pressure release valves. Understanding these components is key to safe operation.



Figure 1: The Tupperware Microwave Pressure Cooker in its closed state, showcasing the lid, handles, and pressure indicators.



Figure 2: The Tupperware Microwave Pressure Cooker with its lid open, revealing cooked food (potatoes and meat) inside the base. This illustrates the interior capacity and how food is contained.

Key Components:

- **Base:** The main cooking vessel where food and liquid are placed.
- **Lid:** Features a locking mechanism and pressure valves.
- **Sealing Gasket:** A rubber or silicone ring inside the lid that creates an airtight seal.
- **Pressure Indicator Valve:** A small pin or button that rises when pressure builds and drops when pressure is released.
- **Pressure Release Valve:** A mechanism to manually or automatically release steam.
- **Handles:** For safe handling and transport.

4. SETUP AND FIRST USE

1. **Unpack:** Carefully remove all packaging materials and inspect the pressure cooker for any damage.
2. **Wash Components:** Before first use, wash the base, lid, and gasket in warm, soapy water. Rinse thoroughly and dry completely. The product is dishwasher safe (see Maintenance for details).
3. **Assemble:** Ensure the sealing gasket is properly seated within the lid. Place the lid onto the base,

aligning the arrows or indicators, and twist or lock the handles to secure it.

4. **Test Run (Optional):** For your first use, you may perform a test run by adding 2 cups of water to the cooker, sealing it, and microwaving for 5 minutes on high power. This helps familiarize you with the pressure build-up and release.

5. OPERATING INSTRUCTIONS

5.1 Cooking Process

1. **Add Ingredients:** Place your food and the required amount of liquid into the pressure cooker base. Do not exceed the maximum fill line.
2. **Secure the Lid:** Place the lid onto the base, ensuring the gasket is correctly positioned. Align the lid with the base and lock the handles or twist the lid until it clicks into place. The pressure indicator valve should be in the down position.
3. **Microwave:** Place the sealed pressure cooker into your microwave oven. Cook according to your recipe's recommended time and power level. Cooking times will vary based on food type, quantity, and microwave wattage.
4. **Pressure Build-up:** As the food cooks, pressure will build inside the cooker, and the pressure indicator valve will rise.
5. **Cooking Complete:** Once cooking is finished, carefully remove the pressure cooker from the microwave using oven mitts.

5.2 Pressure Release

There are two primary methods for releasing pressure:

- **Natural Release:** Allow the pressure cooker to sit undisturbed for 5-15 minutes (or as specified by your recipe) after cooking. The pressure indicator valve will drop on its own as the pressure naturally dissipates. This method is ideal for foods that benefit from continued cooking or for foamy foods.
- **Quick Release:** If your model features a manual pressure release valve, carefully activate it to release steam. **Always direct steam away from your face and hands.** Only use quick release if your recipe specifically calls for it and the food type is suitable.

Important: Do not attempt to open the lid until the pressure indicator valve has fully dropped and all internal pressure has been released. Forcing the lid open can cause serious injury.

6. MAINTENANCE AND CLEANING

Proper care and cleaning will extend the life of your Tupperware Microwave Pressure Cooker.

- **Dishwasher Safe:** The Tupperware Microwave Pressure Cooker is dishwasher safe. Place all components on the top rack for best results.
- **Hand Washing:** For hand washing, use warm, soapy water and a soft sponge or cloth. Avoid abrasive cleaners or scouring pads that could scratch the plastic.
- **Gasket Care:** Periodically remove the sealing gasket from the lid for thorough cleaning. Ensure it is clean and free of food particles before reinserting. A clean, properly seated gasket is crucial for maintaining pressure.
- **Valve Cleaning:** Ensure the pressure indicator valve and pressure release valve are clear of any food debris. You may need to gently clean them with a small brush or toothpick if blockages occur.
- **Drying and Storage:** Dry all parts completely before storing. Store the lid inverted on the base to

prevent odors and to keep the gasket from compressing permanently.

7. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Pressure not building / Steam escaping from lid	Lid not properly sealed; Gasket dirty or damaged; Overfilling.	Ensure lid is locked correctly. Clean or replace gasket. Do not overfill.
Food not cooking properly	Insufficient cooking time; Incorrect power level; Not enough liquid.	Increase cooking time or power. Ensure adequate liquid for pressure.
Lid difficult to open after cooking	Pressure still inside.	Allow more time for natural pressure release until indicator valve drops completely. Do not force open.
Stains or discoloration on interior	Certain foods or minerals in water.	This is typically cosmetic and does not affect performance. Clean thoroughly after each use.

8. SPECIFICATIONS

Brand: Tupperware

Model Number: SG_B07HM75RQJ_US

Capacity: 2 Quarts

Material: Plastic

Color: Purple (Note: Product description mentions Burgundy Red, but specifications list Purple. Please verify product color upon receipt.)

Product Dimensions: 10"D x 11"W x 6.5"H

Item Weight: 3.21 pounds (1.46 Kilograms)

Operation Mode: Manual

Control Method: Touch

Dishwasher Safe: Yes








9. WARRANTY AND SUPPORT

For warranty information, product support, or to purchase replacement parts, please contact Tupperware customer service directly. You can typically find contact details on the official Tupperware website or through your local Tupperware distributor.

Please have your model number (SG_B07HM75RQJ_US) and purchase date available when contacting support.

For additional resources, visit the official [Tupperware Store on Amazon](#).

Related Documents - SG_B07HM75RQJ_US

<p>Micro Pressure Cooker</p>  <p>Tupperware</p>	<p>Tupperware Micro Pressure Cooker User Manual and Guide</p> <p>Comprehensive user manual and guide for the Tupperware Micro Pressure Cooker (Model 63FLFL11980), detailing safety instructions, usage, cleaning, troubleshooting, and cooking times. Available in multiple languages.</p>
<p>Micro Delight</p>  <p>Tupperware</p>	<p>Tupperware Micro Delight: Easy Microwave Omelet Maker</p> <p>Learn how to prepare perfect omelets, frittatas, and more with the Tupperware Micro Delight microwave cooker. Includes usage instructions, safety tips, and warranty information.</p>
<p>Smart Multi-Cooker</p>  <p>Tupperware</p>	<p>Tupperware Smart Multi-Cooker: User Manual and Cooking Guide</p> <p>Explore the Tupperware Smart Multi-Cooker, a versatile microwave appliance for steaming, cooking rice, grains, and pasta. This guide offers detailed instructions, cooking charts, and safety tips for healthy, efficient meal preparation.</p>
<p>Micro Healthy Delight</p>  <p>Tupperware</p> <p>Micro Healthy Delight</p>  <p>Tupperware</p>	<p>Tupperware Micro Healthy Delight: Microwave Cookware Guide</p> <p>Discover how to prepare healthy and delicious meals with the Tupperware Micro Healthy Delight. This guide provides essential cooking instructions, safety precautions, and warranty information for optimal use in your microwave.</p>
<p>Microwave Pasta Maker</p>  <p>Tupperware</p>	<p>Tupperware Microwave Pasta Maker: Fast & Easy Pasta Cooking</p> <p>Learn how to perfectly cook spaghetti and other pasta types quickly and easily with the Tupperware Microwave Pasta Maker. This all-in-one kitchen appliance simplifies cooking, serving, and storage, saving you time and energy. Discover detailed instructions and safety tips.</p>
<p>Breakfast Maker Instructions</p>  <p>Tupperware</p>	<p>Tupperware Microwave Breakfast Maker Recipes and Instructions</p> <p>Discover a collection of easy and delicious recipes for the Tupperware Microwave Breakfast Maker. This guide includes instructions for various breakfast dishes, snacks, and desserts, perfect for quick microwave cooking.</p>