SEB P4221417

SEB Nutricook+ Pressure Cooker P4221417 - 8L Stainless Steel Instruction Manual

Model: P4221417 | Capacity: 8 Liters

Introduction

The SEB Nutricook+ pressure cooker offers advanced cooking capabilities with four distinct programs designed to cook various food types at their ideal temperature, followed by a gentle cooking phase to preserve flavor. Vegetables, cereals/legumes, meat, and fish maintain perfect texture, natural taste, and preserved nutritional values. With its generous 8-liter capacity, practical features for easy cooking, and included accessories, the Nutricook+ elevates your pressure cooking experience.

1. Setup

1.1 Unpacking

Carefully remove all packaging materials from the pressure cooker and its accessories. Retain packaging for future storage or transport if needed.

1.2 Initial Cleaning

Before first use, wash the pot, lid, and all accessories (such as the steam basket and sealing gasket) with warm soapy water. Rinse thoroughly with clean water and dry completely. Ensure no soap residue remains.

1.3 Lid Assembly

Verify that the sealing gasket is correctly and securely positioned inside the lid. The gasket is crucial for creating a proper seal during pressure cooking.

1.4 First Use Test

It is recommended to perform a test run with water to familiarize yourself with the pressure cooker's operation, including the pressure build-up, release, and the opening/closing mechanisms. Fill the pot with approximately 1 liter of water, close the lid, and bring it to pressure on the stove. Allow it to cook for a few minutes, then release the pressure and open the lid.

2. Operating Instructions

2.1 Opening the Pressure Cooker

Before attempting to open the pressure cooker, ensure that all internal pressure has been fully released. Grip the handle firmly and rotate the lid counter-clockwise until it unlocks. Then, lift the lid to open.



Image: The pressure cooker with its lid partially open, illustrating the simple one-hand opening feature and comfortable ergonomic handles.

2.2 Closing the Pressure Cooker

Place the lid onto the pot, aligning the marks on the lid and the pot. Rotate the lid clockwise until it locks securely into place. You should hear a click, indicating it is properly sealed.



Image: The pressure cooker with its lid securely closed, demonstrating the proper position for cooking.

2.3 Filling the Pot

- For most foods, do not fill the pot more than **two-thirds** (2/3) full.
- For foods that expand during cooking (e.g., rice, dried vegetables, legumes), do not fill more than **halfway** (1/2).
- Always add at least **250ml (1 cup)** of liquid to generate sufficient steam for pressure cooking.

2.4 Cooking Programs

The Nutricook+ features 4 exclusive cooking programs, each optimized for specific food types to preserve nutrients and flavor:

- **Vegetables:** For delicate and firm vegetables.
- **Cereals/Legumes:** For grains, beans, and lentils.
- **Meat:** For various cuts of meat.
- **Fish:** For gentle cooking of fish and seafood.

Select the appropriate program using the dial on the lid. The integrated timer will automatically start counting down once the ideal cooking temperature and pressure for the selected program are reached.



Image: A detailed view of the pressure cooker lid, highlighting the four cooking program icons for easy selection.

2.5 Using the Steam Basket

The included stainless steel steam basket allows for healthy steaming of various foods.

1. Place the food into the steam basket.
2. Insert the steam basket into the pressure cooker pot.
3. Add water to the pot, ensuring the water level is below the bottom of the steam basket.
4. Close the lid and select the appropriate cooking program (e.g., Vegetables or Fish).



Image: The stainless steel steam basket, filled with vegetables, demonstrating its use for healthy cooking.



Image: A cooked chicken being carefully removed from the pressure cooker using the steam basket, illustrating the ease of use for larger items.

2.6 Pressure Release

Once cooking is complete, pressure must be released before opening the lid. Follow the instructions on the lid for either natural pressure release (allowing pressure to dissipate gradually) or quick pressure release (using the valve to rapidly release steam). **Never force the lid open if pressure is still present.**

3. Maintenance

3.1 Cleaning the Pot

Wash the stainless steel pot with warm soapy water after each use. For stubborn food residues, soak the pot in warm water before cleaning or use a non-abrasive cleaner. Avoid using steel wool or harsh scouring pads, which can scratch the surface.

3.2 Cleaning the Lid

The lid requires careful cleaning. Disassemble the lid components, including the sealing gasket and any removable valves, according to the detailed instructions in your product manual. Wash all parts thoroughly with warm soapy water. Ensure that the safety valve and pressure regulator are clear of any food debris to maintain proper function. Rinse and dry all components completely before reassembly.

3.3 Gasket Care

Regularly inspect the sealing gasket for any signs of wear, cracks, or damage. A worn gasket can prevent the pressure cooker from sealing properly. Replace the gasket if it appears damaged or if you notice steam leaking during cooking. Compatible replacement gasket model: X1010003.

3.4 Storage

When storing the pressure cooker, it is recommended to place the lid inverted on the pot or slightly ajar. This prevents the gasket from compressing permanently and helps to air out the pot, preventing odors.

4. Troubleshooting

Problem	Possible Cause	Solution
Pressure not building	Lid not properly closed or sealed; Gasket improperly positioned or damaged; Pressure regulator not set correctly; Insufficient liquid.	Ensure lid is securely locked. Check gasket for proper placement and condition; replace if damaged. Verify pressure regulator setting. Add at least 250ml of liquid.
Steam leaking from lid	Gasket worn, damaged, or improperly seated; Food debris on rim; Lid not securely closed.	Inspect and reposition or replace the gasket. Clean the rim of the pot and lid. Ensure the lid is securely locked.
Lid difficult to open	Pressure still inside the cooker; Lid mechanism obstructed.	Ensure all pressure has been fully released before attempting to open. Never force the lid. Check for any obstructions around the lid mechanism.
Food undercooked or overcooked	Incorrect cooking time or program selected; Insufficient or excessive liquid.	Adjust cooking times according to the food type and desired doneness. Ensure the correct cooking program is selected. Verify liquid levels.

5. Specifications

Brand: SEB

Model Number: P4221417

Color: Black

Capacity: 8 Liters

Material: Stainless Steel

Power: 1000 Watts

Voltage: 230 Volts

Product Dimensions (L x W x H):39 x 28.3 x 23.9 cm

Item Weight: 4.94 Kilograms

Special Feature: Induction compatible

Manufactured in: France (Bourgogne)

6. Warranty Information

The stainless steel pot of the SEB Nutricook+ pressure cooker is covered by a**10-year warranty**. Spare parts for this model are guaranteed to be available for at least 10 years after the date of purchase. For complete details regarding warranty terms, conditions, and claims, please refer to the official SEB warranty documentation provided with your product or visit the official SEB website.

7. Customer Support & Accessories

For further assistance, product registration, or to purchase compatible accessories, please visit the official SEB

website or contact their customer service department. Compatible accessories include:

- Steam Basket: SS-981199
- Sealing Gasket: X1010003
- Timer: X1060001

Always use genuine SEB replacement parts to ensure the safety and optimal performance of your pressure cooker.