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› Fissler Vitavit Premium Pressure Cooker Instruction Manual

Fissler 622-212-02-070/0

Fissler Vitavit Premium Pressure Cooker Instruction Manual

Brand: Fissler | Model: 622-212-02-070/0

1. INTRODUCTION

Thank you for choosing the Fissler Vitavit Premium 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 keep this manual for future reference.

The Fissler Vitavit Premium Pressure Cooker is designed for fast and healthy cooking, significantly reducing cooking times by up to 70% and preserving up to 90% of essential vitamins, such as Vitamin C. Its intelligent functions and high-quality construction ensure optimal results and energy efficiency.

2. PRODUCT OVERVIEW & COMPONENTS

The Fissler Vitavit Premium Pressure Cooker is crafted from durable 18/10 stainless steel with a satin finish, ensuring longevity and easy maintenance. It features a Cookstar all-stove base, making it compatible with gas, electric, ceramic, and induction cooktops.



Figure 2.1: Fissler Vitavit Premium Pressure Cooker, showing the main pot, lid, and handles.

Key Components:

- **Pressure Pot:** The main body of the cooker, made of 18/10 stainless steel. Features internal measurement markings.
- **Lid:** Equipped with the main operating valve, pressure indicator, and locking mechanism.
- **Main Handle:** Located on the lid, incorporates the locking indicator and steam release function.
- **Side Handle:** For easy handling and pouring.
- **Operating Dial:** Located on the lid, used to select cooking levels and release steam.
- **Cookstar All-Stove Base:** Ensures optimal heat absorption and even heat distribution on all stove types.
- **Steaming Basket:** Included for steaming vegetables and other foods.



Figure 2.2: Internal view of the pressure cooker pot, showing measurement markings for liquid levels.



**Heats quickly,
saves energy,**
and ensures
optimal heat
absorption
and even heat
distribution on
all stove types.

Figure 2.3: Close-up of the Cookstar all-stove base, highlighting its compatibility with various cooktops and efficient heat distribution.

3. SAFETY INSTRUCTIONS

Your safety is paramount when using a pressure cooker. Please adhere to the following safety guidelines:

- Always ensure the lid is properly closed and locked before heating. The locking indicator will turn from red to green and emit an audible "click" when securely fastened.
- Never attempt to open the lid while the cooker is under pressure. Wait until the pressure indicator has fully dropped and all steam has been released.
- Do not fill the pressure cooker beyond the maximum fill line (typically 2/3 full for most foods, and 1/2 full for foods that expand, such as rice or legumes).
- Ensure the steam release valve and pressure indicator are clean and free from obstructions before each use.
- Use caution when releasing steam, as it is hot and can cause burns. Always direct steam away from yourself and

others.

- Keep children and pets away from the pressure cooker during operation.
- Do not use the pressure cooker for deep frying with oil.
- Regularly inspect gaskets and other removable parts for wear and tear. Replace them if damaged.



Figure 3.1: The locking indicator on the handle, which turns green and clicks when the lid is securely closed.

4. SETUP & FIRST USE

4.1 Unpacking and Cleaning:

1. Carefully unpack all components of the pressure cooker.
2. Wash the pot, lid (without immersing the handle assembly), and all removable parts (gasket, valve components) with warm soapy water.
3. Rinse thoroughly and dry completely before assembly.

4.2 Assembly:

1. Ensure the sealing gasket is correctly seated in the lid.
2. Align the lid with the pot. The convenient attachment aid on the handle helps with proper alignment.
3. Close the lid by rotating the handle until the locking indicator turns green and you hear a distinct "click."

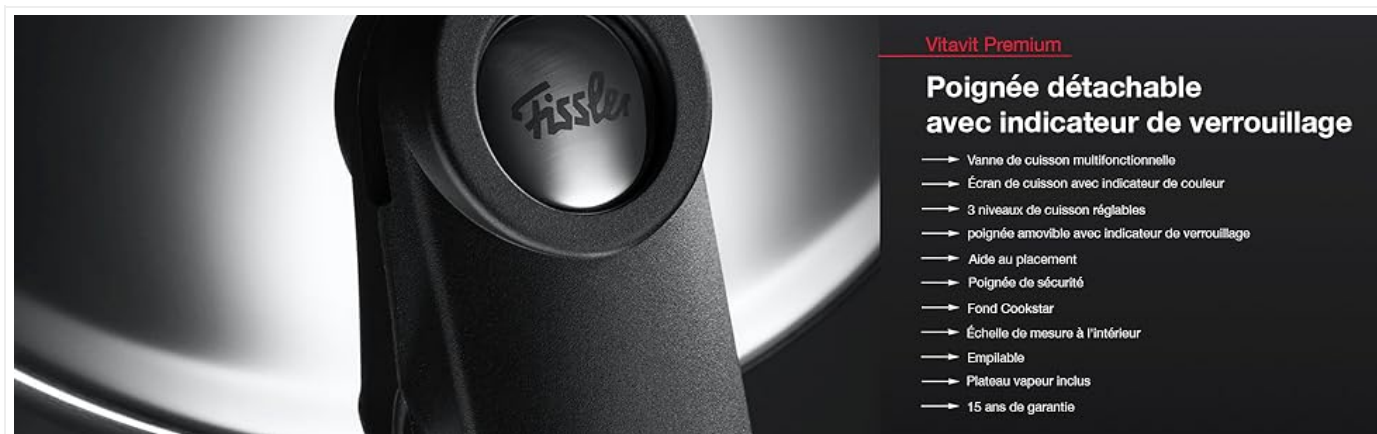


Figure 4.1: The detachable handle with its locking indicator, showing how it connects to the lid for secure closure.

5. OPERATION

5.1 Adding Ingredients and Liquid:

- Place your ingredients and the required amount of liquid into the pressure cooker. Refer to recipes or cooking charts for specific quantities.
- Do not exceed the maximum fill lines indicated inside the pot.

5.2 Closing and Locking the Lid:

- Place the lid on the pot, aligning it correctly.
- Rotate the handle until the locking indicator turns green and you hear a "click." This confirms the lid is securely locked.

5.3 Selecting Cooking Level:

The Vitavit Premium features 4 cooking levels, allowing for precise control over cooking intensity:

- **Level 1 (Gentle):** For delicate foods like fish, vegetables, or fruits.
- **Level 2 (Standard):** For most meats, stews, and grains.
- **Level 3 (Intense):** For foods requiring higher pressure and faster cooking, such as tough cuts of meat or legumes.
- **Novogrill Surface:** The pot also features a Novogrill surface, ideal for searing food with a grilled effect before pressure cooking.

Rotate the operating dial on the lid to select your desired cooking level. The pressure indicator will rise as pressure builds, showing the selected level.



Figure 5.1: A hand adjusting the operating dial on the lid to select one of the four cooking levels.

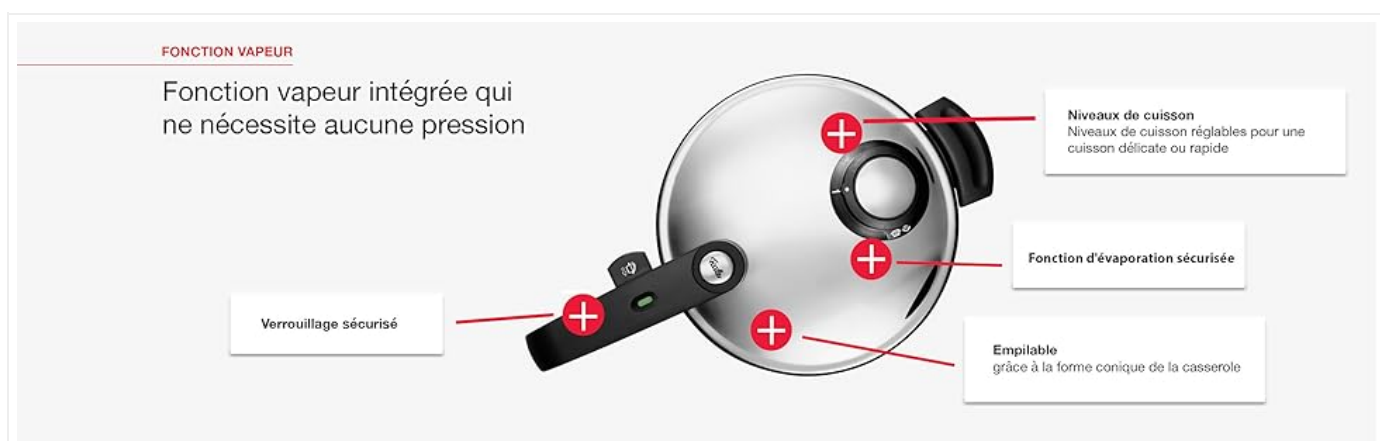


Figure 5.2: Diagram illustrating key features of the pressure cooker lid, including cooking levels, secure steam release, and locking mechanism.

5.4 Heating and Pressure Building:

- Place the pressure cooker on your cooktop over high heat.
- The pressure indicator will gradually rise. Once it reaches your selected cooking level, reduce the heat to maintain that pressure.
- Begin timing your cooking from this point.

5.5 Releasing Pressure:

Once cooking is complete, there are several methods to release pressure:

- **Natural Release:** Remove the cooker from heat and allow pressure to dissipate naturally. This is ideal for foods that benefit from continued cooking, like stews or large cuts of meat.
- **Quick Release (Manual):** Carefully turn the operating dial to the steam release position. Steam will rapidly escape. Use caution to avoid burns. This method is suitable for delicate foods that can overcook quickly.
- **Cold Water Release (for specific models/situations, use with caution):** For very rapid pressure release, you

may run cold water over the rim of the lid (avoiding the valve) until pressure drops. Consult your recipe or specific instructions for this method.

The steam release function located on the crown and handle allows for simple pressure reduction as needed.

6. CARE & MAINTENANCE

6.1 Cleaning:

- Always allow the pressure cooker to cool completely before cleaning.
- **Pot:** The stainless steel pot is dishwasher safe. For hand washing, use warm soapy water and a non-abrasive sponge. For stubborn food residue, soak the pot before cleaning.
- **Lid:** The lid with its handle assembly should generally be hand washed. Wipe the exterior with a damp cloth. Remove the gasket and clean it separately with warm soapy water. Ensure all valve components are clean and free of food particles.
- **Gasket:** Remove the gasket after each use and wash it. Ensure it is completely dry before reassembling or storing.
- **Steaming Basket:** Wash with warm soapy water or place in the dishwasher.

6.2 Storage:

- Store the pressure cooker with the lid inverted on top of the pot to allow air circulation and prevent odors.
- Ensure all parts are completely dry before storage to prevent corrosion.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Pressure not building or escaping from lid edge.	Lid not properly closed; gasket dirty, worn, or improperly seated; insufficient liquid.	Ensure lid is securely locked (green indicator); clean and properly seat gasket; replace worn gasket; add minimum required liquid.
Pressure indicator not rising.	Insufficient heat; lid not sealed; valve obstructed.	Increase heat; check lid seal; clean valve assembly.
Food is undercooked.	Insufficient cooking time; pressure not maintained.	Increase cooking time; ensure heat is adjusted to maintain selected pressure level.
Food is overcooked.	Excessive cooking time.	Reduce cooking time for future use; use quick release method for delicate foods.

8. SPECIFICATIONS

Feature	Detail
Brand	Fissler
Model Number	622-212-02-070/0
Capacity	2.5 Liters

Feature	Detail
Material	18/10 Stainless Steel
Color	Silver
Dimensions (L x W x H)	39 x 21 x 16.5 cm
Item Weight	2.38 Kilograms
Cooktop Compatibility	Gas, Electric, Ceramic, Induction (Cookstar All-Stove Base)
Cooking Levels	4 (Gentle, Standard, Intense, Novogrill)
Country of Origin	Germany

9. WARRANTY & SUPPORT

For information regarding warranty coverage, please refer to the warranty card included with your product or visit the official Fissler website. Fissler products are known for their high quality and durability, manufactured in Germany. If you encounter any issues not covered in this manual or require further assistance, please contact Fissler customer support through their official website or the contact information provided in your product packaging.

Official Fissler Website: www.fissler.com

