

Fissler 622-812-08-070/0

Fissler Vitavit Premium Pressure Cooker User Manual

Model: 622-812-08-070/0

INTRODUCTION

This manual provides essential information for the safe and efficient use of your Fissler Vitavit Premium Pressure Cooker. Please read all instructions carefully before first use.

The Fissler Vitavit Premium Pressure Cooker is designed for quick and healthy cooking, preserving up to 90% of vitamins. It features 4 adjustable settings for gentle or quick cooking and is compatible with all stove types, including induction.

SAFETY INSTRUCTIONS

Always adhere to the following safety guidelines to prevent injury or damage to the appliance.

- Do not fill the pressure cooker more than 2/3 of its capacity. For foods that expand (e.g., rice, legumes), do not fill more than 1/2.
- Ensure the lid is securely locked before applying heat. The locking indicator will audibly click and turn from red to green.
- Never force open the lid while the cooker is pressurized. Always depressurize completely before opening.
- Use caution when releasing steam. Keep hands and face away from the steam vent.
- Do not immerse the lid in water for cleaning. Wipe clean with a damp cloth.
- Keep out of reach of children.

COMPONENTS

Your Fissler Vitavit Premium Pressure Cooker includes the following main components:

- Pressure Cooker Pot (8.5 Quart / 9 Quarts, Stainless Steel)
- Pressure Cooker Lid with Control Handle and Valve

- Steamer Insert



Image: Fissler Vitavit Premium Pressure Cooker, showing the main pot, lid, and handle assembly.



Image: Top view of the pressure cooker lid, highlighting the control handle and pressure indicator.

SETUP

1. Unpacking

Carefully remove all components from the packaging. Retain packaging for future storage or transport.

2. Initial Cleaning

Before first use, wash the pot and steamer insert with warm soapy water. Rinse thoroughly and dry. Wipe the lid with a damp cloth; do not immerse it in water.



Image: Components of the pressure cooker, including the pot, lid, and steamer insert, laid out for cleaning.

3. Familiarizing with Fill Levels

The pot has internal markings for minimum and maximum fill levels. Ensure liquid is always above the minimum mark and never exceeds the maximum mark (2/3 full, or 1/2 for expanding foods).



Image: A person holding the pressure cooker pot, clearly showing the internal fill level markings for safe operation.

4. Lid Positioning

The lid features a positioning aid to ensure correct placement. Align the red dots on the lid and handle, then turn the lid to the right to close.

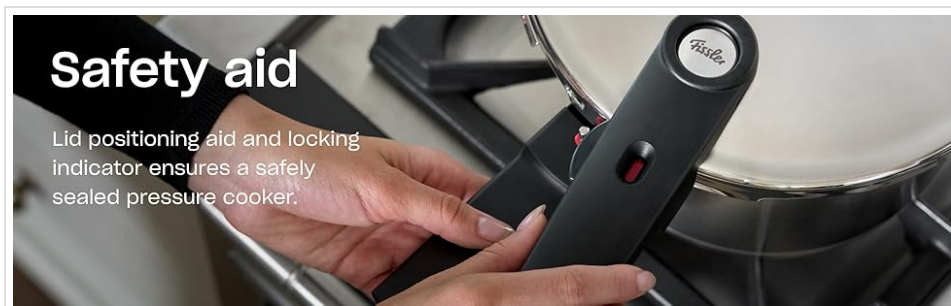


Image: Close-up of the pressure cooker lid and handle, illustrating the safety aid and locking indicator for secure sealing.

OPERATING INSTRUCTIONS

Follow these steps for effective and safe pressure cooking:



Image: A visual step-by-step guide demonstrating the process of using the Fissler Vitavit Premium Pressure Cooker.

1. Prepare Ingredients and Add Liquid

Place your ingredients and the required amount of liquid (water, broth, etc.) into the pressure cooker pot. Ensure the liquid level is between the minimum and maximum fill lines.



Image: A steamer insert filled with mussels and tomatoes being lifted from the pressure cooker, demonstrating its use for steaming.

2. Close and Lock the Lid

Place the lid on the pot, aligning the positioning aid. Turn the control handle to the right until the locking indicator audibly clicks and turns from red to green, signifying a secure seal.

3. Select Cooking Level

Use the adjustable settings on the lid to select your desired cooking level (gentle or quick cooking), according to your recipe.



Image: A person's hands adjusting the pressure setting dial on the lid of the Fissler pressure cooker.

4. **Begin Cooking**

Place the pressure cooker on your stove. The Cookstar all-stove base is compatible with gas, electric, ceramic, and induction cooktops. Heat on high until the pressure indicator rises and shows the desired pressure level (color-coded traffic light function).



Image: A person placing the Fissler pressure cooker onto an induction cooktop, ready to begin cooking.



Image: The Fissler pressure cooker positioned on a gas stove burner, demonstrating its compatibility with various heat sources.

5. Maintain Pressure

Once the desired pressure is reached, reduce the heat to maintain the pressure. Cooking time begins now.

6. Depressurizing

After cooking, remove the cooker from heat. Depressurize your pot using the control button on the side of the safety handle or by allowing it to cool naturally.



Image: A person carefully releasing steam from the Fissler pressure cooker using the control button on the handle.

7. Open the Lid

Only open the lid when there is no pressure remaining inside the pot. The locking indicator will return to red. Turn the lid to the left to open.

MAINTENANCE AND CLEANING

Proper maintenance ensures the longevity and performance of your pressure cooker.

• Pot and Steamer Insert

The stainless steel pot and steamer insert are dishwasher safe. For hand washing, use warm soapy water and a non-abrasive sponge.

• Lid

The lid should never be immersed in water. Wipe the exterior with a damp cloth. The sealing ring and valve components can be removed for thorough cleaning. Refer to the diagram for disassembly and reassembly.



Image: Various parts of the pressure cooker disassembled for cleaning, including the pot, lid, and removable valve components.

• Sealing Ring

Inspect the sealing ring regularly for cracks or damage. Replace if necessary to ensure a proper seal.

• Storage

Store the pressure cooker with the lid inverted on the pot to allow air circulation and prevent odors.

TROUBLESHOOTING

Common Issues and Solutions

Problem	Possible Cause	Solution
Steam escaping from lid edges	Lid not properly closed; Sealing ring damaged or dirty; Insufficient liquid	Ensure lid is securely locked (green indicator); Clean or replace sealing ring; Add more liquid
Pressure indicator not rising	Insufficient heat; Lid not sealed; Valve blocked	Increase heat; Check lid seal; Clean valve components
Lid difficult to open after depressurizing	Residual pressure inside	Ensure all pressure is released (red indicator); Run cold water over the lid (avoiding valve)

SPECIFICATIONS

Brand: Fissler
Model: 622-812-08-070/0
Capacity: 8.5 Liters / 9 Quarts
Material: Stainless Steel
Color: Stainless Steel
Finish Type: Stainless Steel
Product Dimensions: 18.5"D x 11.6"W x 8.7"H
Item Weight: 10.07 pounds (4.58 Kilograms)
Special Features: Induction Compatible Base, Locking Lid
Control Method: Touch
Controller Type: Hand Control
Operation Mode: Automatic
Dishwasher Safe: Pot and Steamer Insert (Lid is not)
Closure Type: Inner Lid, Outer Lid
First Available: February 15, 2022

PRODUCT CAPACITY GUIDE

The Fissler Vitavit Premium Pressure Cooker is available in various sizes. Please refer to the guide below to understand the recommended serving sizes for each capacity. Remember not to fill the pressure cooker more than 2/3 of its maximum capacity.








Fissler		Pressure Cooker Size Guide				
Please be aware that the pressure cooker must not be filled to more than 2/3 ("max"-mark) of its size capacity.						
1-2	1-3	3-4	4-6	6-8	8+	
						
1.9qt	2.6qt	4-4.8qt	6.3qt	8.5qt	10.6qt*	
Depending on food type, serving size can be different. This guideline is for cooking dense foods (rice/meat). * This size is not recommended for electrical stove tops, due to the extended energy needed to pressurize the cooker.						

Image: A chart illustrating the different capacities of Fissler pressure cookers and their corresponding recommended serving sizes.

WARRANTY AND SUPPORT

Fissler products are known for their premium quality and durability. For warranty information and customer support, please visit the official Fissler website or contact their customer service.

Fissler America: [Seller Information](#)

The logo for Fissler, featuring the brand name in a bold, red, cursive script font.

Made in Germany since 1845

Image: The Fissler brand logo, emphasizing its heritage of being "Made in Germany since 1845."

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