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Fissler 622-212-01-000/0

Fissler Vitavit Premium 1.9 Quart Pressure Skillet Instruction Manual

Brand: Fissler | Model: 622-212-01-000/0

Introduction

The Fissler Vitavit Premium 1.9 Quart Pressure Skillet is engineered for healthy and energy-efficient cooking. Its advanced pressure cooking functions can reduce cooking time by up to 70%, preserving up to 90% of essential vitamins like Vitamin C. This skillet features four adjustable settings for gentle or quick cooking, and an innovative Novogrill base for browning with a grill effect.

Safety is paramount, with a pressure release feature and a locking indicator that audibly clicks from red to green when securely sealed. The Cookstar all-stove base ensures compatibility with gas, electric, ceramic, and all induction cooktops. Crafted from high-quality 18/10 stainless steel, this 1.9-quart skillet is made in Germany.



The Fissler Vitavit Premium 1.9 Quart Pressure Skillet, a high-quality stainless steel cooking appliance.

▶ **Watch video online**

Pressure Cookers - Vitavit Premium

Official product video showcasing the Fissler Vitavit Premium pressure cooker features and benefits.

Setup

Initial Cleaning

Before first use, wash all parts of the pressure skillet with warm soapy water. Rinse thoroughly and dry completely.

Liquid Requirements

Always ensure there is a minimum amount of liquid in the pot as specified in your recipe. Be aware of the 'min' and 'max' fill levels marked inside the pot. The contents must not exceed the 'max' line to ensure safe operation.



The Fissler Vitavit Premium is sustainably crafted from up to 90% recycled 18/10 stainless steel with a satin finish.

Lid Positioning and Locking

To safely seal the pressure cooker, use the lid positioning aid. Align the metal tab marked 'CLOSE' on the lid with the corresponding groove in the pot handle. The locking indicator will switch audibly (click) from red to green when the pot is correctly and securely sealed.



A close-up view of hands using the lid positioning aid to safely seal the pressure cooker.



The locking indicator switches from red to green with an audible 'click' when the pressure cooker is closed securely.

Operating Instructions

Cooking Settings

The Vitavit Premium offers four adjustable settings for precise cooking:

- **Setting 1 (Gentle Cooking):** Ideal for delicate dishes such as fish.
- **Setting 2 (Quick Cooking):** Suitable for vegetables.
- **Setting 3 (Express Cooking):** For all other dishes, including stews and meat.
- **Steam Setting:** For gentle steaming or cooking without pressure.

Select your desired cooking setting by rotating the dial on the lid.

Pressure Indicator (Traffic Light System)

The color-coded traffic light system on the lid indicates the pressure level inside the pot:

- **Yellow Ring:** Your cooking temperature is almost reached. Reduce the heat on your stovetop.

- **Green Ring:** The cooking setting has been reached. Your cooking time starts now.
- **Red Ring:** The pressure in the pot is too high. Reduce the heat. If not, the pot will automatically safely regulate the pressure.



The pressure cooker heats quickly, saves energy, and ensures optimal heat absorption and even heat distribution on all stove types.

Releasing Pressure

After cooking, release the steam using one of the following methods:

- **Option 1 (Gradual Release):** Gradually turn the cooking valve towards the steam release position. Steam will escape. Continue until no more steam escapes.
- **Option 2 (Control Button):** Press the control button lightly in the direction of the arrow to release steam. Continue pressing until the cooking indicator has completely lowered and no more steam escapes.
- **Option 3 (Energy Saving Tip):** Use the residual heat by removing the pressure cooker from the stovetop shortly before the end of cooking time. Use the stored heat from the base, then press the button to release any remaining steam.

The Fissler pressure cooker lid only opens when there is no more pressure inside the pot, ensuring safety.

▶ **Watch video online**

How to Use

Detailed video instructions on how to use the Fissler Vitavit Premium pressure cooker, including setup, cooking, and pressure release.

Maintenance and Cleaning

The Fissler Vitavit Premium pressure skillet is dishwasher safe for convenient cleaning. For best results and to prolong the life of your pressure cooker, it is recommended to hand wash the lid and its components.

Cleaning the Pot

The stainless steel pot can be cleaned with warm soapy water and a soft sponge. For stubborn food residues, soak the pot before cleaning. Avoid abrasive cleaners or scouring pads that could scratch the surface.

Cleaning the Lid and Gasket

Carefully remove the gasket and other detachable parts from the lid. Wash these components with warm soapy water. Ensure all parts are thoroughly rinsed and completely dry before reassembling. Regularly inspect the gasket for any signs of wear or damage and replace if necessary to maintain proper sealing.



All components of the Fissler pressure cooker are easily disassembled for thorough cleaning.

Troubleshooting

If you encounter any issues with your Fissler Vitavit Premium pressure skillet, please refer to the following common solutions:

- **Pot not pressurizing:** Ensure the lid is correctly and securely closed (green locking indicator). Check that there is sufficient liquid inside the pot. Verify that the gasket is properly seated and not damaged.
- **Steam escaping from lid edges:** This often indicates an improperly sealed lid or a worn gasket. Re-seat the lid, ensuring it clicks into place. Inspect the gasket for damage or proper placement.
- **Lid difficult to open:** The lid will not open if there is still pressure inside. Ensure all pressure has been released using one of the methods described in the Operating section. The cooking indicator must be fully lowered.

For persistent issues or problems not listed here, please contact Fissler customer support.

Specifications

Feature	Detail
Brand	Fissler
Model Number	622-212-01-000/0
Capacity	1.8 Liters (1.9 Quart)
Material	18/10 Stainless Steel
Color	Stainless Steel
Finish Type	Stainless Steel
Special Feature	Locking Lid, Induction Compatible Base
Item Weight	2000 Grams (4.41 pounds)
Control Method	Touch
Operation Mode	Manual
Dishwasher Safe	Yes
Product Dimensions	15.35 x 8.27 x 5.51 inches
Country of Origin	Germany
Date First Available	February 14, 2022

Warranty and Support

Fissler products are known for their premium quality and durability, being 'Made in Germany' since 1845. For specific warranty information, please refer to the documentation included with your purchase or visit the official Fissler website.

If you require technical assistance, have questions about product usage, or need to inquire about repairs, please contact Fissler customer support. Contact details can typically be found on the Fissler website or in your product packaging.

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