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> Fissler Vitavit Premium Pressure Cooker with Steamer Insert, 4.8 Quart User Manual

## Fissler 622-412-04-070/0

# Fissler Vitavit Premium Pressure Cooker with Steamer Insert, 4.8 Quart User Manual

Brand: Fissler | Model: 622-412-04-070/0

## INTRODUCTION

Thank you for choosing the Fissler Vitavit Premium Pressure Cooker. This appliance is designed for efficient and healthy cooking, significantly reducing cooking times while preserving nutrients. Please read this manual thoroughly before first use to ensure safe and optimal operation.

**Important Safety Information: Pressure cookers operate under high pressure. Improper use can lead to serious injury. Always follow the instructions carefully. Never force open the lid. Ensure all safety mechanisms are functioning correctly before each use.**

## PRODUCT COMPONENTS

Your Fissler Vitavit Premium Pressure Cooker package includes the following items:

- 1x Vitavit Premium Pressure Cooker pot with metal lid (Ø 8.7", 4.8 quart capacity)
- 1x Steamer Insert
- All components are made from satin-finished 18/10 stainless steel.



Image: Fissler Vitavit Premium Pressure Cooker with Steamer Insert. The image shows the stainless steel pressure cooker pot with its lid and the included steamer insert.

## SETUP

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### 1. Initial Cleaning

Before first use, wash all parts of the pressure cooker (pot, lid, steamer insert, and sealing ring) with warm soapy water. Rinse thoroughly and dry completely. Ensure the sealing ring is properly seated in the lid.

### 2. Stovetop Compatibility

The Fissler Vitavit Premium Pressure Cooker features a Cookstar all-stove base, making it suitable for use on gas, electric, ceramic, and all induction cooktops.



Image: Fissler Pressure Cooker on a gas stovetop, demonstrating its compatibility with various heat sources.

## OPERATING INSTRUCTIONS

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Follow these steps for safe and effective pressure cooking:

### 1. Prepare Ingredients and Add Liquid

Place your ingredients into the pressure cooker. Always add a minimum amount of liquid (water, broth, etc.) as specified by 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.

## Step by Step – Pressure cooking made easy.

**1** **Open the pot** – by pressing the control key on the lid handle and turn the lid to the right.

**2** **Add liquid** – Pressure Cooking always needs a minimum amount of liquid (water, broth, wine). Also be aware of the maximum fill level of the pressure cooker. According to recipe you can also first sear something in the open pot.

**3** **Close the pot** – using the positioning aid. The correct position of the lid is marked by red dots on the tab on the handle. The green locking indicator shows that the lid is securely closed.

**4** **Set your cooking level** – according to recipe and turn the stove on.



**5** **Cooking process** – the cooking display with color-coded traffic light function navigates you through the cooking process. Yellow ring: right temperature almost reached, time to reduce the heat. Green ring: cooking temperature reached; cooking time starts now. Regulate the heat so it remains in the green area. Red ring: The temperature is too high. The pot will automatically begin to release pressure. Simply turn down the heat.

**6** **Depressurizing** – Depressurize your pot by clicking on the control key on the lid. Vitavit® Premium can also depressurize using the valve. To save even more energy, allow the pressure cooker to cool down itself and use residual heat.

**7** **Open** – Fissler pressure cookers only open if there is no more pressure inside the pot. Open the pot by clicking the control key on the lid and turn the lid to the left.

Image: A visual step-by-step guide showing the process of using the Fissler Vitavit Premium Pressure Cooker, including adding ingredients and liquid.

### 2. Close the Lid

Align the lid with the pot using the positioning aid. There is a metal tab marked "CLOSE" on the lid that corresponds to a groove in the pot handle. Close the lid by turning it until the locking indicator audibly clicks and switches from red to green, confirming the pot is securely sealed.

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

### 3. Set Cooking Level

The Vitavit Premium offers 4 adjustable settings:

- **Setting 1 (Gentle Cooking):** Ideal for delicate dishes like fish.
- **Setting 2 (Quick Cooking):** Suitable for vegetables.
- **Setting 3 (Express Cooking):** For stews or meat.
- **Steam Setting:** For gentle steaming or cooking without pressure.

Turn the control knob on the lid to select your desired cooking setting according to your recipe.



Image: Close-up of the Fissler Vitavit Premium pressure cooker's control knob, showing the different cooking settings.

#### 4. Heating and Pressure Build-up

Place the pressure cooker on the stovetop and turn the heat to the highest energy level. The cooking indicator with its color-coded traffic light function will show the pressure rise:

- **Yellow Ring:** Your cooking temperature is almost reached. Reduce the heat.
- **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 and safely regulate the pressure.

#### 5. Pressure Release

After cooking time, release the steam. There are three main options:

- **Option 1 (Gradual Release):** By gradually turning the cooking valve towards the steam release position, steam will escape. At the end, set the adjustment ring to the steam release position and wait until no more steam escapes.
- **Option 2 (Quick Release):** Press the control button lightly in the direction of the arrow on the handle to release the steam. Continue to press until the cooking indicator has completely lowered and no more steam escapes.
- **Option 3 (Natural Release/Energy Saving):** Use the residual heat by removing the pressure cooker from the stovetop shortly before the end of cooking time. Allow the pressure to drop naturally. Then press the button to release any remaining steam.

#### 6. Opening the Lid

The Fissler pressure cooker lid only opens when there is no more pressure inside the pot. Once the cooking indicator has fully lowered, press the button on the handle and turn the lid to the right to open.

Video: Official Fissler 'How to Use' guide for the Vitavit Premium Pressure Cooker. This video demonstrates the full operational sequence from preparation to opening the lid, including safety features and cooking settings.

## MAINTENANCE AND CARE

### Cleaning

The Fissler Vitavit Premium Pressure Cooker is **not dishwasher safe**. To clean, disassemble the lid components (handle, sealing ring, valve). Wash all parts with warm soapy water. Rinse thoroughly and dry immediately to prevent water spots. Any residual water spots on the base can be removed by wiping with vinegar. Burned-on bits can be removed by boiling a solution of baking soda and water in the pot.



Image: Disassembled Fissler pressure cooker lid and pot, showing individual components ready for cleaning.

## Storage

Store the pressure cooker with the lid inverted or slightly ajar to allow air circulation and prevent odors. Ensure the sealing ring is clean and dry before storage.

## TROUBLESHOOTING

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

- **Pot not building pressure:** Ensure the lid is correctly closed and locked (green indicator visible). Check that the sealing ring is properly seated and not damaged. Verify that enough liquid has been added.
- **Steam escaping from under the lid:** This often indicates an improperly closed lid or a damaged/misplaced sealing ring. Re-seat the sealing ring or replace if necessary.
- **Lid cannot be opened:** The lid will only open when all pressure has been released. Ensure the cooking indicator has fully lowered. If it hasn't, use one of the pressure release methods described in the Operating section. Never force the lid open.
- **Food sticking to the bottom:** The Novogrill base is designed to prevent sticking. Ensure sufficient liquid is used and heat is properly regulated.

For persistent issues, please contact Fissler customer support.

## SPECIFICATIONS

Feature	Detail
Brand	Fissler
Model Number	622-412-04-070/0
Capacity	4.8 Quarts (4.5 Liters)
Material	18/10 Stainless Steel
Color	Stainless Steel
Product Dimensions	16.9"D x 9.8"W x 7.3"H
Item Weight	7.05 pounds (3200 Grams)

Special Features	Induction Compatible Base, Locking Lid, Novogrillbase
Stovetop Compatibility	Gas, Electric, Ceramic, Induction
Dishwasher Safe	No
Control Method	Touch (Stovetop)
Operation Mode	Manual

## WARRANTY INFORMATION

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Fissler products are known for their quality and durability. This product is covered by the manufacturer's warranty. Please refer to the warranty card included with your purchase or visit the official Fissler website for detailed information regarding warranty terms, conditions, and registration.

## CUSTOMER SUPPORT

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Should you require assistance, have questions about your Fissler Vitavit Premium Pressure Cooker, or need to report an issue, please contact Fissler customer support. Contact details can typically be found on the Fissler website or on the product packaging.