

IRIS OHYAMA RAN-6L

IRIS OHYAMA RAN-6L Pressure Cooker

User Manual

1. INTRODUCTION

Thank you for purchasing the IRIS OHYAMA RAN-6L Pressure Cooker. This 6-liter pressure cooker is designed for efficient cooking, compatible with both induction (IH) and gas stovetops. It features a one-touch open/close mechanism and two-stage pressure adjustment for versatile meal preparation. Please read this manual thoroughly before first use to ensure safe and optimal operation.

2. SAFETY GUIDELINES

Operating a pressure cooker requires adherence to specific safety measures. Always follow these guidelines to prevent accidents and ensure safe cooking.

- **Read Instructions:** Always read the entire instruction manual before using the pressure cooker.
- **Proper Filling:** Never fill the pressure cooker beyond two-thirds of its capacity. For foods that expand (e.g., rice, beans), do not fill beyond half capacity. Refer to the internal markings.
- **Lid Security:** Ensure the lid is properly closed and locked before applying heat. The pressure cooker is designed with a safety mechanism that prevents the lid from opening if internal pressure has not been fully released.
- **Pressure Release:** Always allow pressure to release completely before attempting to open the lid. Never force the lid open.
- **Heat Source:** Use only compatible heat sources (induction or gas stovetops). Do not use in an oven or microwave.
- **Maintenance:** Regularly inspect the gasket, pressure valve, and safety valve for wear or damage. Replace components as needed.
- **Children and Pets:** Keep the pressure cooker out of reach of children and pets, especially during operation.

3つのセーフティ機能

圧力を一定に保ち、初心者でも安全で
美味しい調理を実現。



圧力で調理・炊飯するため、
圧力釜と同じPSCマーク/SGマークを取得。



PSCマーク

経済産業省が定めた「消費生活製品安全法」の、家庭用の圧力なべ及び圧力がまの安全基準に適合していることを示しています。



SGマーク

製品安全協会が定めたSG基準に合格したことを示し、万一製品の欠陥による人身事故が生じた場合、賠償措置が取られます。

Figure 2.1: Illustration of the three primary safety features: the locking pin, pressure adjustment mechanism, and the lid gasket, which collectively ensure safe operation by maintaining consistent pressure and preventing premature lid opening.

3. PRODUCT COMPONENTS

The IRIS OHYAMA RAN-6L Pressure Cooker set includes the following items:

- Main unit (Pressure Pot)
- Pressure Lid
- Glass Lid (for non-pressure cooking and reheating)
- Inner Basket
- Basket Stand
- Cleaning Pin
- Recipe Book



KITCHEN CHEF

圧力鍋で、
おいしくラクする。



両手圧力鍋

6L

IH・ガス対応



ガラスふた



中かご



中かご台

Figure 3.1: Overview of the IRIS OHYAMA RAN-6L Pressure Cooker and its included accessories, such as the glass lid, inner basket, and basket stand.

4. SETUP AND FIRST USE

Before using your pressure cooker for the first time, follow these steps:

1. **Unpack:** Carefully remove all components from the packaging.
2. **Wash:** Wash the pressure pot, pressure lid (excluding the valve assembly), glass lid, inner basket, and basket stand with warm, soapy water. Rinse thoroughly and dry completely.
3. **Inspect:** Check that the gasket is properly seated in the pressure lid and that all valves are clear and free from obstructions.

5. OPERATING INSTRUCTIONS

5.1. Opening and Closing the Lid

- **To Open:** Ensure all pressure has been released. Press the lid release button and rotate the lid counter-clockwise until it unlocks, then lift.
- **To Close:** Align the lid with the pot, ensuring the gasket is correctly positioned. Place the lid on the pot and rotate clockwise until it clicks into place. The one-touch mechanism ensures a secure lock.

5.2. Adding Ingredients

Place your ingredients and the required amount of liquid into the pressure pot. Do not exceed the maximum fill lines indicated inside the pot. For foods that expand, adhere to the half-full mark.

煮込み調理に適したステンレス製

蓄熱性に優れたステンレスで、おいしい温度が長持ち。
丈夫でサビにくいからお手入れも簡単。



便利な目盛り
付き

Figure 5.1: The interior of the pressure cooker, illustrating the maximum fill lines for general cooking and for foods that expand, ensuring safe operation.

5.3. Setting Pressure

The RAN-6L pressure cooker offers two pressure settings: Low Pressure (60 kPa) and High Pressure (100 kPa). Adjust the pressure setting by turning the dial on the pressure lid.

- **Low Pressure (60 kPa):** Ideal for delicate foods such as fish and vegetables, which are prone to breaking down.
- **High Pressure (100 kPa):** Suitable for tougher ingredients like meat and root vegetables that require more intense heat penetration for thorough cooking.

圧力2段階切り替え

料理にあわせて圧力を使い分けると、よりおいしく。



切り替えは、
ダイヤルをまわすだけ。



Figure 5.2: The pressure adjustment dial on the lid, allowing users to select between low and high pressure settings to suit different types of food.

5.4. Cooking Process

1. Place the closed pressure cooker on your stovetop over the appropriate heat source.
2. Heat the cooker on high until the pressure indicator rises and steam begins to escape steadily from the valve.
3. Reduce the heat to maintain a steady, gentle release of steam, or as indicated by the pressure regulator.
4. Begin timing your recipe from this point.
5. Once cooking time is complete, turn off the heat.

5.5. Pressure Release Methods

- **Natural Release:** Allow the pressure cooker to cool down naturally. The pressure indicator will drop on its own. This method is suitable for foods that benefit from continued cooking or for foamy foods.
- **Quick Release:** For faster pressure release, carefully move the pressure cooker to the sink and run cold water over the lid (avoiding the valve) until the pressure indicator drops. Alternatively, use the

steam release valve if available and safe to do so, following specific product instructions.

5.6. Using the Glass Lid

The included glass lid allows the pressure cooker to be used as a conventional pot. This is convenient for simmering, reheating, or preparing dishes that do not require pressure cooking. Simply replace the pressure lid with the glass lid when pressure cooking is not needed.

時短でおいしく!

一般的なステンレス鍋よりも加熱時間が短くなるので
時間も光熱費も節約できます。

一般的な ステンレス鍋	20分
圧力鍋	3分

調理時間 約 $\frac{1}{6}$

※シチューの加熱時間と加圧時間の比較

加圧調理で時間を短縮して 料理をもっとラクラクに!

煮込みハンバーグ	一般的な鍋 20分	加圧時間 5分
ぶり大根	一般的な鍋 30分	加圧時間 7分

Figure 5.3: An illustration demonstrating the significant reduction in cooking time achieved by using a pressure cooker compared to a conventional stainless steel pot, highlighting energy efficiency.

加圧調理で時間を短縮して 料理をもっとラクラクに!



Figure 5.4: Examples of dishes prepared using the pressure cooker, showcasing its versatility and the typical pressure cooking times for each, such as curry (3 min), braised yellowtail with daikon (7 min), pork belly (30 min), and pudding (3 min).

6. CARE AND MAINTENANCE

Proper cleaning and maintenance will extend the life of your pressure cooker.

- **After Each Use:** Allow the cooker to cool completely. Wash the pot, glass lid, inner basket, and basket stand with warm, soapy water.
- **Pressure Lid:** Wipe the pressure lid with a damp cloth. Do not immerse the pressure lid in water, especially the valve assembly. Use the cleaning pin to clear any food particles from the pressure valve.
- **Gasket:** Remove the gasket from the lid and wash it separately. Ensure it is clean and flexible. Reinsert it correctly before next use.
- **Dishwasher Safety:** The pressure cooker components are **not dishwasher safe**. Hand wash only.
- **Storage:** Store the pressure cooker clean and dry. It is recommended to store the lid inverted on the pot to allow air circulation and prevent odors.

7. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Pressure not building	Lid not properly closed; insufficient liquid; gasket damaged or misplaced; valve obstructed.	Ensure lid is locked; add more liquid; check/reposition/replace gasket; clean valves with cleaning pin.
Steam leaking from lid edge	Gasket dirty, damaged, or improperly seated; lid not closed correctly.	Clean/reposition/replace gasket; ensure lid is securely locked.
Lid cannot be opened after cooking	Internal pressure still present.	Allow pressure to release completely (natural or quick release method) until the pressure indicator drops. Do not force.
Food is undercooked	Insufficient cooking time; pressure not maintained.	Increase cooking time; ensure heat is adjusted to maintain steady pressure.

If the problem persists after attempting these solutions, please contact customer support.

8. TECHNICAL SPECIFICATIONS

- **Model:** RAN-6L
- **Capacity:** 6 Liters (1.2 Gallons)
- **Material:** Stainless steel (Body: 18% chromium, 8% nickel; Bottom: 16% chromium)
- **Bottom Thickness:** 4.5 mm (including the bottom)
- **Color:** Silver
- **Product Dimensions (W x D x H):** Approximately 37 x 23.8 x 23.8 cm (14.6 x 9.4 x 9.4 inches) with pressure lid
- **Item Weight:** 5.35 Kilograms
- **Pressure Settings:** 2-stage switching (Low: 60 kPa, High: 100 kPa)
- **Compatible Heat Sources:** Induction (IH) and Gas Stovetop Compatible
- **Control Method:** Touch (for lid operation), Hand Control (for pressure dial)
- **Operation Mode:** Manual
- **Closure Type:** Outer Lid
- **Dishwasher Safe:** No

9. WARRANTY AND SUPPORT

For warranty information, please refer to the documentation provided with your purchase or visit the official IRIS OHYAMA website. If you require technical assistance, replacement parts, or have any questions not covered in this manual, please contact IRIS OHYAMA customer support through their official channels.

