

Gerlach NK343

Gerlach First Pressure Cooker 6.0L User Manual

Model: NK343

1. INTRODUCTION

The Gerlach First Pressure Cooker is designed to provide a fast and efficient way to prepare healthy meals. By creating a vacuum during cooking, it significantly reduces cooking time by up to 70% and energy consumption by 50%. This method also helps retain valuable vitamins and mineral salts by allowing you to use less water.

Important Safety Information

- Always read all instructions before using the pressure cooker.
- Do not fill the pressure cooker more than 2/3 full. For foods that expand during cooking (e.g., rice, dried vegetables), do not fill more than 1/2 full.
- Ensure the lid is properly sealed before increasing pressure.
- Never force the lid open. Wait until all pressure has been released before attempting to open.
- Keep hands and face away from the steam release valve during operation.
- Do not use the pressure cooker for deep frying with oil.
- Always use oven mitts when handling the hot pressure cooker.

2. PRODUCT COMPONENTS

The Gerlach First Pressure Cooker is constructed from durable 18/10 stainless steel, featuring a three-layer bottom for excellent heat distribution. It is compatible with all types of cookers, including induction hobs.

- **Pot Body:** Made of 18/10 stainless steel with a three-layer bottom. Features an internal measuring scoop.
- **Handles:** Equipped with a main handle and an extra smaller handle for transport. These handles are designed to not get hot during long-term cooking.

- **Lid:** Features a safety valve, a pressure indicator, and an additional seal for secure operation.
- **Cooking Modes:** The cooker offers two cooking methods, optimized for vegetables and for meat and fish.



Figure 2.1: Overview of the Gerlach First Pressure Cooker, showing the main body, lid, and handles.



Figure 2.2: Internal view of the pressure cooker, highlighting the convenient measuring scoop markings for minimum and maximum fill levels.



Figure 2.3: Close-up of the pressure cooker lid, showing the safety valve and pressure indicator for safe operation.

3. SETUP AND FIRST USE

Before First Use:

1. Unpack all components and remove any packaging materials.
2. Wash the pot body, lid, and all removable parts thoroughly with warm soapy water.
3. Rinse all parts with clean water and dry them completely.
4. Perform a test run: Fill the cooker with 2-3 cups of water, close the lid, and bring to pressure. Allow it to cook for 5-10 minutes, then release pressure and open. This helps to clean and season the cooker.

4. OPERATING INSTRUCTIONS

4.1 Filling the Pressure Cooker

- Add ingredients and liquid to the pot.
- Ensure the liquid level is at least at the "min. 1/4" mark.
- Do not exceed the "max. 2/3" fill line for most foods. For foods that expand (e.g., rice, beans, pasta), do not exceed the "max. 1/2" fill line.

4.2 Closing the Lid

1. Align the lid with the pot body according to the markings.
2. Press down firmly and rotate the handle until the lid locks securely into place. The pressure indicator should be in the down position.
3. Ensure the safety valve is clear and not obstructed.

4.3 Cooking Under Pressure

1. Place the pressure cooker on a suitable heat source (gas, electric, induction).

2. Set the heat to high until the pressure indicator rises and steam begins to escape from the valve, indicating full pressure has been reached.
3. Reduce the heat to maintain a steady, gentle steam release. Refer to your recipe for specific cooking times.

4.4 Releasing Pressure and Opening the Lid

There are generally three methods for releasing pressure:

- **Natural Release:** Remove the cooker from heat and allow it to cool down naturally. The pressure indicator will drop on its own. This method is ideal for foods that benefit from continued cooking, like stews and roasts.
- **Quick Release (Cold Water Method):** For faster pressure release, place the cooker under a cold water tap, allowing water to run over the lid (avoiding the valve). The pressure indicator will drop quickly. This method is suitable for delicate foods like vegetables.
- **Manual Release:** Carefully turn the steam release valve to the "vent" position. Steam will escape rapidly. Keep hands and face clear. This method is suitable for foods that require precise cooking times.

Once the pressure indicator has fully dropped, you can safely open the lid by rotating it in the opposite direction of closing.

5. MAINTENANCE AND CLEANING

Proper cleaning and maintenance will extend the life of your Gerlach Pressure Cooker.

Daily Cleaning:

- After each use, wash the pot body and lid with warm soapy water. The inner part of the pressure cooker is brushed steel, and the exterior is glossy finish.
- The pressure cooker is suitable for dishwasher cleaning, saving time and water.
- Ensure all food particles are removed from the sealing gasket and valves.
- Rinse thoroughly and dry completely before storing.

Periodic Maintenance:

- Regularly inspect the sealing gasket for cracks, tears, or hardening. Replace if necessary.
- Check the safety valve and pressure indicator for any blockages. Clean them carefully if needed.

6. TROUBLESHOOTING

Problem	Possible Cause	Solution
Pressure not building up.	Lid not properly sealed; insufficient liquid; damaged gasket.	Ensure lid is locked correctly; add more liquid; inspect and replace gasket if damaged.
Steam escaping from lid edges.	Gasket not seated correctly; gasket worn out; food debris on rim.	Re-seat gasket; replace gasket; clean rim and gasket thoroughly.
Lid cannot be opened after cooking.	Pressure still inside the cooker.	Do not force. Ensure pressure indicator has fully dropped before attempting to open. Use natural or quick release methods.
Food is undercooked.	Insufficient cooking time; heat too low.	Increase cooking time; ensure proper heat is maintained to reach and hold pressure.

7. SPECIFICATIONS

- **Brand:** Gerlach
- **Model Number:** NK343
- **Item Model Number:** First
- **Capacity:** 6 Litres (Useful capacity: 4 Litres)
- **Material:** Stainless steel 18/10
- **Colour:** Silver
- **Package Dimensions:** 42.1 x 27.4 x 25.3 cm
- **Weight:** 3.62 kg
- **Special Features:** Compatible with gas hobs, Compatible with induction hobs, Electric Cooker Compatibility

8. WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the documentation included with your purchase or contact Gerlach customer service. Keep your proof of purchase for warranty claims.

Manufacturer: Gerlach