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› Fissler Vitaquick Premium Pressure Cooker Instruction Manual (4.2 & 8.5 Quart Set)

Fissler Vitaquick Premium

Fissler Vitaquick Premium Pressure Cooker Instruction Manual

Model: Vitaquick Premium (4.2 Quart and 8.5 Quart Set)

1. INTRODUCTION

Thank you for choosing the Fissler Vitaquick Premium Pressure Cooker. This manual provides essential information for the safe and efficient use of your new cookware. Designed in Germany, this pressure cooker set offers a fast and healthy cooking experience, preserving nutrients and flavors.

This set includes a 4.2-quart pressure skillet and an 8.5-quart pressure cooker, providing versatility for various culinary needs.



Image: Fissler Vitaquick Premium Pressure Cooker Set, showing both the 4.2-quart and 8.5-quart pots with the pressure lid.

2. IMPORTANT SAFETY INFORMATION

Always read all instructions carefully before using your pressure cooker. Failure to follow these instructions may result in serious injury or property damage.

- Do not fill the pressure cooker beyond the maximum fill line (MAX) to ensure safe operation and prevent overfilling.
- Always ensure there is at least the minimum amount of liquid (MIN) as indicated inside the pot.
- Never force open the lid. The pressure cooker is designed to open only when there is no pressure inside.
- Keep hands and face clear of the steam vent during pressure release.
- Regularly inspect the sealing ring and other rubber parts for wear and tear. Replace them after 400 uses or two years, whichever comes first.
- Ensure the lid is properly closed and the locking indicator is green before heating.

3. INITIAL SETUP AND FIRST USE

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

3.1 Assembling the Lid

Ensure the sealing ring is correctly seated inside the lid. Attach the lid handle and pressure regulator as per the instructions provided in the cleaning section (reverse order of disassembly).



Image: Close-up view of the Fissler Vitaquick Premium Pressure Cooker lid, showing the pressure regulator and handle attachment points.

4. OPERATING INSTRUCTIONS

4.1 Filling the Pot

Always add liquid to the pot. The minimum liquid level is indicated by the "min" mark inside the pot. Do not exceed the "max" fill line to ensure safe operation.



Image: Interior view of the pressure cooker showing the minimum and maximum fill lines.

4.2 Closing the Lid

Align the dot on the lid with the pin under the pot handle. Press the button on the handle and turn the lid to the right until the locking indicator clicks and switches from red to green, confirming a proper seal.

Your browser does not support the video tag.

Video: Demonstrates how to properly close the Fissler Vitaquick Premium Pressure Cooker lid, showing the locking indicator turning green.

4.3 Heating and Pressure Build-up

Place the pressure cooker on the stovetop and heat on the highest energy level. Steam will escape from under the lid handle for a few minutes. Once the steam release stops, pressure begins to build.

4.4 Cooking Settings

The cooking display on the lid indicates two settings:

- **First ring:** Gentle cooking for delicate dishes like fish or vegetables.
- **Second ring:** Express cooking for all other dishes, such as stews or meat.

Adjust the stovetop heat when your desired cooking setting is reached. The higher the temperature, the higher the

pressure. If the cooking indicator continues to rise after the second white ring appears, reduce the heat. The pot will automatically and safely regulate the pressure.

Cooking times vary depending on quantity, shape, and texture of ingredients. For example, potatoes may take approximately 18 minutes on setting 1, or 8-12 minutes on setting 2, compared to 30 minutes conventionally.

4.5 Pressure Release

After cooking, release the steam. There are different options:

- **Option 1 (Quick Release):** Press the button on the handle lightly. Continue to press until the cooking indicator has completely lowered and no more steam escapes.
- **Option 2 (Natural Release/Energy Saving):** Use the residual heat by removing the pressure cooker from the stovetop shortly before the end of cooking time. Then, press the button to release any remaining steam.

Fissler pressure cookers only open when there is no more pressure inside the pot, ensuring safety.

5. MAINTENANCE AND CLEANING

Clean the pressure cooker after each use to maintain its performance and longevity.

5.1 Disassembly for Cleaning

To thoroughly clean the lid, remove the sealing ring, pressure regulator, and lid handle. These parts should be cleaned by hand.

Your browser does not support the video tag.

Video: Demonstrates the disassembly of the Fissler Vitaquick Premium Pressure Cooker lid for cleaning, showing removal of the sealing ring, pressure regulator, and lid handle.

5.2 Cleaning Instructions

- The pot and the lid (without attachment parts) are dishwasher safe.
- Clean removed parts (sealing ring, pressure regulator, lid handle) by hand with warm, soapy water.
- Removable parts, like the sealing ring and other rubber components, are subject to wear and should be replaced after approximately 400 uses or two years.
- To preserve the stainless steel surface, use a stainless steel care product regularly.

6. TROUBLESHOOTING

Problem	Possible Cause	Solution
Lid leaks steam/water during cooking.	Lid not properly closed, sealing ring worn or incorrectly placed, food debris on sealing ring.	Ensure lid is correctly aligned and locked (green indicator). Check sealing ring for damage or proper placement. Clean sealing ring and lid rim. Replace sealing ring if worn.
Food sticks or burns at the bottom.	Insufficient liquid, heat too high, cooking time too long.	Always use at least the minimum amount of liquid. Reduce heat once pressure is reached. Adjust cooking time according to recipe and food type. Ensure even heat distribution.

Problem	Possible Cause	Solution
Lid cannot be opened after cooking.	Pressure still inside the pot.	Ensure all pressure is released (cooking indicator fully lowered) before attempting to open. If necessary, run cold water over the lid (avoiding the valve) to cool and release remaining pressure.

7. PRODUCT SPECIFICATIONS

Brand: Fissler

Model: Vitaquick Premium

Capacity: 4.2 Quarts and 8.5 Quarts (2-piece set)

Material: Stainless steel

Color: Silver

Finish Type: Mirror Satin

Product Dimensions: 2"D x 2"W x 2"H (Note: These dimensions seem generic and might not represent the actual product size accurately. Refer to product packaging for precise measurements.)

Special Features: Electric Stovetop Compatible, Gas Stovetop Compatible, Induction Compatible Base

Operation Mode: Manual

Dishwasher Safe: Yes (pot and lid without attachment parts)

Item Weight: 6.9 Kilograms (for the set)

8. WARRANTY AND SUPPORT

The Fissler Vitaquick Premium Pressure Cooker is built with a **10-year warranty**, reflecting its high quality and durability. For warranty claims, technical support, or replacement parts, please contact Fissler America customer service. You can find contact information on the official Fissler website or through your retailer.

Visit the [Fissler Store on Amazon](#) for more information and product accessories.

