





























FUNCTION	REQUIRED PARTS	LID / VALVE BEFORE COOKING	SETTINGS / PREHEAT	LID / VALVE DURING & AFTER COOKING
 PRESSURE COOK MANUAL RICE SOUP GRAIN		 Lock lid and turn the valve to Sealing	Adjust pressure and time as needed. Press start.  - TIME TEMP +	Lid cannot be opened during pressure cooking. Turn valve to Venting for quick release when cooking is complete.
STEAM		 Lock lid and turn the valve to Sealing	Adjust pressure and time as needed. Press start.  - TIME TEMP +	Lid cannot be opened during pressure cooking. Turn valve to Venting for quick release when cooking is complete.
SOUS VIDE		 Lock lid and turn the valve to Venting	Adjust temperature and time as needed. Press start, allow to preheat before adding food.  - TIME TEMP +	Lid may be lifted during cooking to check on food.
SLOW COOK		 Lock lid and turn the valve to Venting	Adjust time as needed. Press start.  - TIME TEMP +	Lid may be lifted during cooking to check on food.
YOGURT		 Lock lid and turn the valve to Venting	Adjust time as needed. Press start.  - TIME TEMP +	Lid may be lifted during cooking to check on food.
SAUTE		No lid necessary	Adjust time as needed. Press start, allow to preheat before adding food.  - TIME TEMP +	
 AIR FRY MANUAL FRIES WINGS SNACKS		 Lock lid and turn the valve to Venting	Adjust temperature and time as needed. Press start.  - TIME TEMP +	Lid may be lifted during cooking to check on food. Cooking will automatically pause.
BAKE / ROAST		 Lock lid and turn the valve to Venting	Adjust temperature and time as needed. Press start.  - TIME TEMP +	Lid may be lifted during cooking to check on food. Cooking will automatically pause.
DEHYDRATE		 Lock lid and turn the valve to Venting	Adjust temperature and time as needed. Press start.  - TIME TEMP +	Lid may be lifted during cooking to check on food. Cooking will automatically pause.



NOTE: When using the air fry basket, ensure the grease filter is in place, and always place the multi-purpose rack inside.

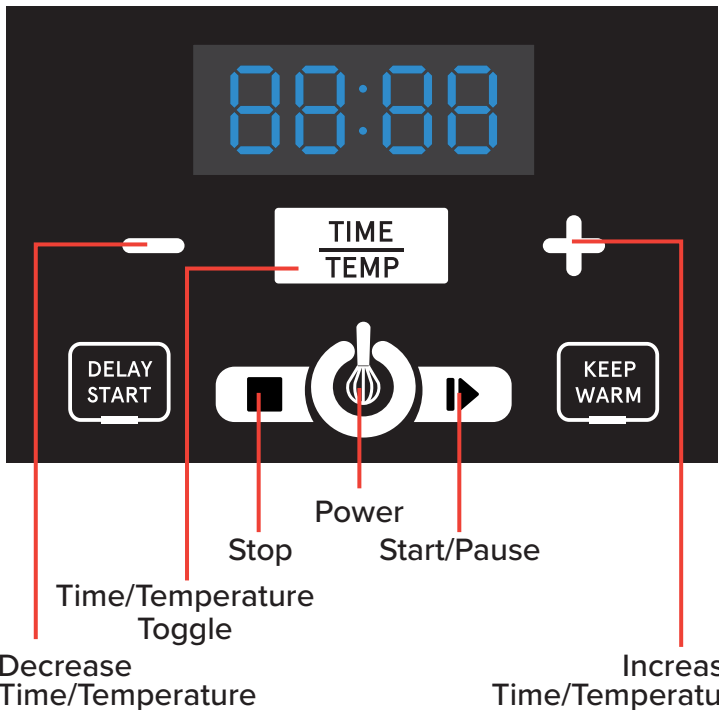
Know Your Pressure Cooker + Air Fryer

Please read the included user manual for important safeguards and complete instructions before using the Gourmia Pressure Cooker + Air Fryer.

PARTS



CONTROL PANEL



PRESSURE COOKING

Pressure Release

This pressure cooker allows two different ways to release cooking pressure: **Natural Release** and **Quick Release**.

Natural Release

Allows the machine to rest after cooking until the pressure naturally decreases enough to safely open the lid. This method is best for foods with high liquid contents such as soup, beans, and stews.

To use the natural pressure release, rotate the steam release valve to the sealing marker and do not move it during or after cooking. When the float valve drops, it is safe to open the lid.

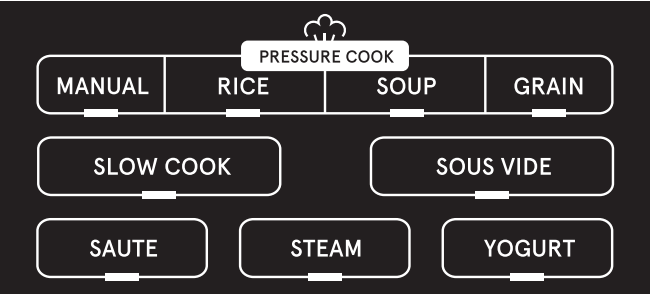
Quick Release

Allows the machine to release pressure quickly when cooking is complete. Best for foods that require a precise cook time.

To use the quick pressure release, set the steam release valve to Sealing during cooking and turn it to Venting when the cooking is done.

WARNING: Do not turn the steam release valve to Venting after cooking soup, or any other food with a lot of liquid; the steam must be released naturally, leaving the steam release valve set to Sealing.

PRESSURE COOKING



How to Cook with Pressure (Manual, Rice, Soup, Grain Functions)

1. Place the pressure cooker pot in the base.
2. Add a cup of water to the pressure cooker pot and add the food to be cooked (for “Combo Cooking”, place the food onto the multi-purpose rack)
3. Lock the lid into place and turn the steam release valve to Sealing.
4. Press the power button and, on the PRESSURE COOK section of the control panel, select a preset or MANUAL cooking. Each function has its own preset time and pressure.
5. To increase or decrease the default cooking time, press the + or – buttons
6. To change the default pressure setting, press TIME/TEMP and use the + or – buttons to set the desired pressure, either HI (high pressure) and LO (low pressure).
7. Press the start/pause button to start the cooking.
8. When the cooking is complete, the machine beeps and END appears on the display. Either allow the pressure to release naturally or do so manually (see PRESSURE RELEASE).
9. Unlock and remove the lid. Remove the pressure cooker pot from the base and enjoy!

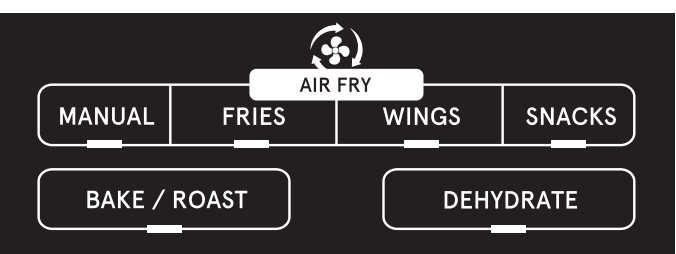
WARNING: Never attempt to open the lid before the product has cooled and all internal pressure has been released. Difficulty rotating the lid indicates that contents are still under pressure – it should never be forced open. After all the steam is released the pressure will decline and the lid will be able to rotate with ease.

COMBO COOKING

Combo cooking allows you to quickly cook foods in the pressure cooker and then give them a crispy finish using the air fryer.

1. Pressure cook the food on the multi-purpose rack (see “How to Cook with Pressure” above).
2. Remove the pressure cooker pot from the base.
3. Place the assembled grease filter into the center of the air fry basket, and place the basket into the base.
4. Remove the multi-purpose rack with food from the pressure cooker pot and place it in the air fry basket.

AIR FRY



How to Air Fry (Manual, Fries, Wings, Snacks Functions)

1. Place the air fry basket into the base, then place the assembled grease filter into the center of the basket, followed by the rack.
2. Place the food to be cooked onto the rack.
3. Lock the lid into place and turn the steam release valve to Venting.
4. Press the power button and, on the AIR FRY section of the control panel, select a preset or MANUAL cooking. Each function has its own preset time and temperature.
5. To increase or decrease the default cooking time, press the + or – buttons.
6. To change the default temperature, press TIME/TEMP and use the + or – buttons.
7. Press the start/pause button to start the cooking.
8. During the cooking, you can press the start/pause button and unlock the lid to give the food a shake for more even cooking. Then relock the lid and press the start/pause button to resume cooking.
9. When the cooking is complete, the machine beeps and END appears on the display.
10. Unlock and remove the lid. Carefully remove the food and enjoy!

5. Lock the lid into place and turn the steam release valve to Venting.
6. Press the power button and select a preset or MANUAL under AIR FRY on the control panel.
7. Set the desired amount of time using the + or – buttons.
8. Press TIME/TEMP and set the desired temperature using the + or – buttons.
9. Press the start/pause button. The air frying begins.