

What happens if I fill the Nutrex Cooker more than 1/2 full with foods that expand during cooking like beans and rice?

You should never fill the utensil more than ½ full when adding foods that expand during cooking, such as beans, rice or dried vegetables.

Overfilling is known to clog the valves, which could result in excess pressure, forcing the gasket out to release it. Scalding injury and/or property damage may result from overfilling and/or failure to properly clean and maintain the valves (See “Valves Maintenance and Cleaning” on page 14 of the Use & Care manual).

Remember, do not leave your pressure cooker unattended when in use.

Why are my beans tough when cooked in the Nutrex Cooker?

If you have the time, beans are the most tender if you presoak them. Soak overnight or use the quick-soak method, see below. Also, make sure that the quantity of beans and water together don't go past the half-full line inside the Nutrex Cooker. If you start the beans first without sealing the cover, stir them and then seal the cover, they will cook more evenly and come out more tender. Remember that beans are cooked at level 2.

Quick-soak method: In pressure cooker, cover legumes with 2 inches of water, cover, and bring to cooking level 2. Cook for 3 minutes. Let sit until knob goes down all the way to cover and releases. Open the cover, discard the water and rinse the legumes. Cook legumes according to recipe.

Why does the steam escape between the base and the cover?

Steam can escape from around the edge of the cover if the gasket is not well seated; if this happens, remove from the heat, release the pressure, open the cooker, inspect and/or reseal the gasket, and start over. If the gasket has a tear or nick, you will need to replace it.

Why does steam escape from the main valve?

If steam escapes from the main pressure release valve, either turn the temperature down or check that the pressure release valve can move freely before starting to cook. If the valve sticks or does not move freely, disassemble and clean it as there may be small pieces of food residue built up inside. Check the valve cap to make sure it is tightened all the way.

To keep your gasket properly lubricated, apply a small amount of vegetable oil on your forefinger and thumb, and rub it evenly on all surfaces of the gasket. This will help to create a waterproof seal that will prevent steam from escaping. If you care for the gasket, washing and lubricating it regularly, it will be time well spent for ease of cooking and for prolonging the life of your unit.

Remember to always clean and maintain valves after cooking any starchy food including beans, rice, potatoes, pasta or cereal grains such as wheat, oats, barley or rye.

What causes rice to stick in the pressure cooker?

If you start the rice without sealing the cover, stir it once it boils, and then close the Nutrex Cooker cover, rice will cook more evenly. Remember that rice is cooked at level 1 and doesn't take more than a few minutes!

Why is my roast tough when I cook it in the Nutrex Cooker?

Remember that solid foods with a lot of mass, like a roast, need at least one-half cup of liquid to get best results in the Nutrex Cooker.

We recommend searing the meat first without covering, and then adding the liquid and the cover; and then cooking at the proper level.

Note: Your Rena Ware Nutrex Cooker™ is for household use only. It is not designed for commercial purposes.

For additional information, watch the Nutrex Cooker Use & Care video on YouTube at:

English: <https://goo.gl/4gMhL1>