

### Cook4me#



Guides you to create delicious meals quickly and easily www.tefal.com.au

#### SAFETY INSTRUCTIONS

- Read these instructions for use carefully before using your appliance for the first time. Any use which does not conform to these instructions will absolve the manufacturer from any liability and invalidate the guarantee.
- Check that your power supply voltage corresponds to that shown on the appliance (alternating current only). Any error in plugging in your appliance may cause irreversible damage and invalidate the quarantee.
- Indoor use only.
- For cleaning your appliance, please refer
  to instructions for use. You can wash the
  cooking bowl and steam basket in soapy hot
  water or in the dishwasher. Clean the body
  of the appliance using a damp cloth.

 Do not immerse the appliance in water or any other liquid.

# Take the time to read all the following instructions carefully.

- Improper use of the appliance and its accessories may damage the appliance and cause injury.
- Do not touch hot parts of the appliance.
   After use, the heating element surface is subject to residual heat after use.
- For your safety, this appliance conforms to all applicable standards and regulations (Low Voltage Directive, Electromagnetic Compatibility, Food Compliant Materials, Environment, ...).
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities,

- or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Children should be supervised to ensure that they do not play with the appliance.
- If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard. Do not replace the power cord supplied with other cords.
- This appliance is intended for domestic household use only. It is not intended to be used in the following applications, and the guarantee will not apply for:
  - staff kitchen areas in shops, offices and other working environments;
  - farm houses:
  - by clients in hotels, motels and other residential type environments;
  - bed and breakfast type environments.
- This appliance shall not be used by children.
   Keep the appliance and its cord out of reach of children.

- Appliances can be used by persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and if they understand the hazards involved.
- Children shall not play with the appliance.
- Place the appliance on a flat stable, heatproof work surface, away from any water splashes or any sources of heat.
- Never place or use the appliance close to a wall or below a wall cupboard as the steam produced by the appliance can cause damage.
- Do not place your appliance near a heat source in operation (hob, household appliance, etc.).
- Do not fill your appliance to more than the MAX mark on the bowl. Do not fill it more than half full for food that expands during cooking, such as rice, dried vegetables. Reduce the volume of water to avoid the risk of boiling over.

- When in operation, never leave the appliance unattended.
- Please follow the recommendations on the volume of food and water to avoid the risk of boiling over which can damage your appliance and cause injury.
- Before using your appliance, check that the manometric rod and the safety valve are clean (see section Cleaning and maintenance).
- Do not place any foreign objects in the pressure release system. Do not replace any of the safety device yourself.
- When you open the lid, first unlock it by holding the lid open/close handle. Then position your arms in alignment with the side carrying handles, hold each side lid handle with your hands and raise the lid.
- Be careful also about the risk of scalding from the steam coming out of the appliance when you open the lid. First open the lid very slightly to allow the steam to escape gently.

- Never force the appliance open. Make sure that the inside pressure has returned to normal. Do not open the lid when the appliance is under pressure. To do so, see page 42 "Problem & Solutions" section "The lid does not open once the steam is released".
- Use only the appropriate spare parts for your model. This is particularly important for the sealing gasket, the cooking bowl and its safety devices.
- Do not damage the sealing gasket. If it is damaged, have it replaced in an approved Service Centre.
- The heat source necessary for cooking is included in the appliance.
- Do not place the appliance in a heated oven or on a hot hob. Do not place the appliance close to an open flame or a flammable object.
- Do not heat the cooking bowl with any other heat source other than the heating plate of the appliance and do not use any other bowl. Do not use the cooking bowl with other appliances.

- Move the appliance with great care when it is under pressure. Do not touch the hot surfaces. Use the carrying handles when moving it and wear oven gloves, if necessary. Do not use the lid handle to lift the appliance.
- Do not use the appliance for other than the intended purpose.
- This appliance is not a steriliser. Do not use it to sterilise jars.
- The appliance cooks food under pressure.
   Incorrect use may cause risks of burns due to steam.
- Make sure that the appliance is properly closed before bringing it up to pressure (see Instructions for use).
- Do not use the appliance empty, without its bowl or without liquid inside the bowl if using a mode cooking under pressure. This could cause serious damage to the appliance.
- After cooking meat which has an outer layer of skin (such as ox tongue), which could swell due to the effects of pressure, do not pierce the skin after cooking if it appears

- swollen: you could get burnt. Pierce it before cooking.
- When cooking food with a thick texture (chick peas, rhubarb, compotes, etc.), shake the appliance slightly before opening it to ensure that the food or cooking juices do not spurt out.
- Do not use the appliance to deep fry food in oil. Only browning is allowed.
- In browning mode, be careful of risks of burns caused by splattering when you add food or ingredients into the hot bowl.
- During cooking and automatic steam release at the end of cooking, the appliance releases heat and steam. Keep your face and hands away from the appliance to avoid scalding. Do not touch the lid during cooking.
- Do not use a cloth or anything else between the lid and the housing to leave the lid ajar.
   This can permanently damage the gasket.
- Do not touch the safety devices, except while cleaning and maintaining the appliance in accordance with the instructions given.

- Make sure that the bottom of the cooking bowl and the heating element are always clean. Make sure that the central part of the heating plate is mobile.
- Do not fill up the interior body of your appliance without its cooking bowl.
- Use a plastic or wooden spoon to prevent any damage to the non-stick coating of the bowl.
   Do not cut food directly in the cooking bowl.
- If a great deal of steam is released from the rim of the lid, unplug the power cord at once and check whether the safety devices are clean. If necessary, send the appliance to an approved Service Centre for repair.
- Do not carry the appliance by holding it by the handles of the removable bowl. Always use the two side handles on the housing of the appliance. Wear oven gloves if the appliance is hot. For more safety, make sure

- that the lid is locked before transporting the appliance.
- If pressure is released continuously through the valve of the appliance (for more than 1 minute) while pressure cooking, send the appliance to an approved Service Centre for repair.
- Do not use a damaged appliance. Take it to your approved Service Centre.
- The guarantee does not cover the abnormal wear and tear of the cooking bowl.
- In accordance with current regulations, before disposing of an appliance no longer needed, the appliance must be rendered inoperative (by unplugging it and cutting off the supply cord).
- Use only spare parts sold in an approved Service Centre.

SAVE THESE INSTRUCTIONS CAREFULLY.



P. 10 P. 11 P. 28-33 P. 34-35

P. 01-03 INGREDIENTS-RECIPES LIST P. 04-05 **BEFORE USE** P. 06-09 USF AND OPERATION **ON/OFF MENU SETTINGS MENU** P. 12-17 MANUAI MFNU P. 18-19 **INGREDIENTS MENU** P. 20-21 **INGREDIENTS RECIPE** P. 22-23 **RECIPES MENU** P. 24-27 **FAVORITES MENU** 

CLEANING MAINTENANCE

SAFFTY FFATURES

**TROUBLESHOOTING** 

#### **SERIE EPC09-A**

P. 36

Low pressure 40kPa (109°C) / High pressure: 70kPa (115°C) PRODUCT CAPACITY: 6L / USEFUL CAPACITY: 4L Built-in heating

The operational pressure is achieved 4 minutes after the beep.



Lid open/close handle



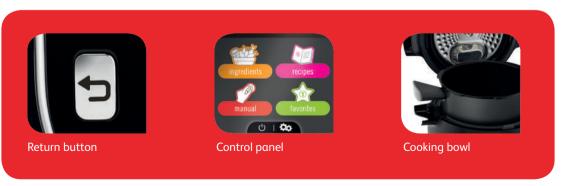


Silent pressure valve



Main operation button











Beef Lamb Pork Poultry Rabbit Veal



Fish Mussels Prawns Scallops



Barley Brown rice Buckwheat Bulgur Quinoa Wheat White rice Apples
Asparagus
Beetroot
Broccoli
Brussel sprouts
Cabbage
Carrot
Cauliflower

Celery Eggplant Fennel

Green bean Green cabbage

Leek Lentils Mushrooms

Peas Pear

Pepper/ capsicum

Potatoes Spinach Turnip Zucchini

Sweet potatoes

#### RECIPE LIST

#### www.tefal.com.au



Bacon and olive risotto Beetroot dip Broccoli with almonds Cauliflower soup Chilli jam Crab and corn soup Cranberry relish Creamy broccoli soup Creamy mashed potato Cumin ratatouille Dahl Fish and cauliflower soup Fish cakes French onion soup Glazed carrots Greek potato salad Greek guinoa salad Greek style mushrooms Ham and mustard flans Hot spicy tom yum soup

Hummus Indian-style cauliflower Lentil and smoked bacon soup Minestrone Miso soup Mushroom soup Porridae Potato and leek soup Pumpkin dip Pumpkin soup Quinoa salad with orange Rice and prawn salad Speedy vegetable chowder Spinach and ricotta tortellini Split pea soup Summer succotash Sweet potatoes and chickpea Vegetarian pumpkin White squce



Asian pork meatballs Balsamic chicken winas Barbecue chicken drumsticks Beef and cheddar potatoes Beef and stuffed peppers Beef bolognaise sauce Beef bourguignon Beef casserole Beef massaman curry Beef stew with beer Beef stroaanoff Beef tacos Beef teriyaki stir-fry Bibimbap Braised pork with tofu Bulgur wheat pilaf Chicken cacciatore Chicken drumsticks chickpeas Chicken paella Chicken satav Chicken teriyaki

Chicken tikka curry Chicken wings with curry Chicken with creamy mushroom Chicken with lime and coconut Chicken with rice Chilli con carne Cog au vin Coriander prawns Corned beef Creamy polenta Curried rice, chickpeas & tofu Duck breast with peaches Eggplant biryani rice Fettucine carbonara Fish curry Fish with lemon and herbs Gnocchi with pancetta Greek lamb Green chicken curry

Ham and parmesan tortellini Ham and pea risotto Hungarian goulash Lamb koftas Lamb rogan josh curry Lamb shanks Lamb tomatoes and rosemarv Ling fillet with prawns Macaroni cheese Meathalls with tomato sauce Montreal BBO brisket Mushroom and spinach risotto Mustard pot roast beef One pot pizza style pasta Pesto chicken risotto Poached salmon Pork spare ribs Pork with harvest vegetables Potato Bake Express



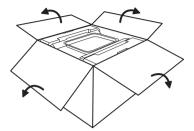
Prawn marinara Pulled pork Pumpkin risotto Quick and easy moussaka Ouinoa and veaetables Ouinoa salad with cucumber Rice vermicelli with prawns Roast pork with pineapple Saffron salmon Salmon white asparagus sauce San choy bow Sausage and bean stew Savory mince Seafood couscous Spicy chicken and capsicum Spicy mince pork with beans Spring lamb stew

Steamed mussels Steamed sweet chilli salmon Stuffed zucchini Sweet and sour pork ribs Tandoori spiced chicken Thai chicken and rice Thai vegetable curry Tomato calamari Tomato passata sauce Tuna mornay Veal goulash Veal osso bucco Veal roast and carrots prunes Veal rolls with tomato sauce Veal with lemon and oregano Vietnamese soup with chicken Whole chicken with potatoes



Bread and butter pudding Caramel pudding Chocolate orange cheesecake Chocolate sponge pudding Cream with apple compote Golden syrup steamed puddings Lemon delicious Light chocolate cream Madeleines with lemon syrup Mint chocolate cheesecake Peach puddings Spiced pears Steamed fruit pudding Steamed golden cake Sticky rice with mango Traditional cheesecake Upside-down chocolate cream Vanilla custard

#### BEFORE USE







To open the product, turn the open/close handle on top of the lid, until the marking is in line with the open padlock.



Install the appliance on a flat dry surface that is not hot. Remove all the packaging, stickers or different accessories inside and outside the appliance.

Remove the appliance from its packaging and read the instructions carefully before using the product for the first time.













#### **CLEAN THE DIFFERENT COMPONENTS**

- 1 Cooking bowl
- 2 Metal lid
- 3 Valve cover
- 4 Condensation trap
- 5 Steam basket
- 6 Decompression ball

#### BEFORE USE

#### HOW TO DISASSEMBLE AND REASSEMBLE THE LID



### HOW TO DISASSEMBLE THE METAL LID:

Grip the lid sub-assembly holding it by the seal, and unscrew the central nut in an anti-clockwise direction. Remove the nut then the lid.



#### HOW TO TAKE THE VALVE COVER OFF:

Clasp the valve cover by its middle part (as shown); Then turn it slightly to unclip it. Clean the valve cover, paying special attention to the inside (check that there is no left over food).



#### **ACCESSING THE DECOMPRESSION BALL:**

Turn the ball cover, anti-clockwise, so the  ${\bf I}$  marker is positioned on the pictogram  ${\bf \hat m}$ . Lift the cover up. Remove the ball, and gently clean it, along with its cover, with water and some washing-up liquid. Dry the ball using a soft cloth, then put it back in position. Put the ball cover back in place, and the marker  ${\bf I}$  in position  ${\bf \hat m}$ . Lock it by turning the ball cover clockwise, so the  ${\bf I}$  marker is positioned on the pictogram  ${\bf \hat m}$ .



### PUTTING THE METAL LID SUB-ASSEMBLY BACK IN TO PLACE:

Grip the lid sub-assembly by the seal as shown in the picture.

Line up the lid with the central axis and press it flat against the sub-assembly.
Put the nut back on and turn it clockwise, tightening it as far as it will go.



#### PUTTING THE VALVE COVER BACK:

Take the valve cover as shown in the picture (gripping the middle).

Line up the interior circular shape with the three hooks and then push so that the valve cover clips on (you should hear a "click" sound).

The valve cover must be right up against the inside of the lid.



# INTERFACE CONTROLS



SELECT



CONFIRM



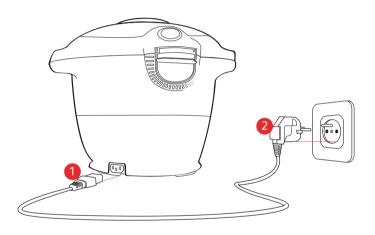
BACK



**RESTART** 







When turning on for the first time, you will see the settings menu:









Select your language

Select your country







#### Never use the appliance without the cooking bowl



#### **OPEN THE LID:**

To open the product turn the open/close handle on the top of the lid to show the open padlocks.



### INSTALLING THE CONDENSATION TRAP:

Check that the condensation tank is empty then install it behind the appliance.



When using your appliance for the first time, the bowl may release a slight odour. This is normal.







### INSTALLING THE STAND UNDER THE STEAM BASKET:

Pinch the stand between your thumb and index finger to install under the steam basket as shown.



### POSITIONING THE BOWL IN THE APPLIANCE:

Wipe the bottom of the cooking bowl. Make sure there are no food remains or liquid under the bowl or on the heating plate.



Then place the bowl in the appliance by positioning the bowl handles into the slots.















Pressing ON/OFF will allow you to switch off the appliance.





#### SETTINGS MENU



N.B.: each confirmation takes you back to the main menu.

N.B.: even if the sound is deactivated, the alert sounds remain active.







Select «language / country»





Select the «screen / sounds» setting





Select your language





Select «screen»





Select «sounds»



**(**+ **(** 

Select your country





Adjust the light







#### COOKING MODE

## PRESSURE COOKING

#### **MANUAL MENU:**

With the manual menu, you guide the cooking yourself. Select the cooking mode: classic cooking, pressure cooking, reheat or keep warm, as well as the cooking time.







Select the «manual» menu





Set the cooking time





Select the «pressure cooking» mode





delayed start (p.17)



Insert the bowl then add the ingredients



Close and bolt the lid



#### COOKING MODE

# PRESSURE COOKING



The appliance is preheating



Cooking has started



Cooking has finished



Its ready to eat!







#### MANUAL MENU

#### COOKING MODE

#### CLASSIC COOKING

With classic cooking mode, you can:



w browning

depending on the desired result. The lid remains open for these types of cooking.

NB: The operation is the same, only the temperature is different.







Select the «manual» menu



Open the lid







«classic cooking» function











Select the desired function



The appliance is preheating









To stop the gentle cooking press the back button. Press yes. Then you can stop the cooking or proceed to pressure cooking



#### COOKING MODE

#### REHEAT





Select the «manual» menu







Select the «reheat» mode



Insert the bowl



Close and bolt the lid



Reheat has started



Press **to** interrupt





Do you want to stop reheat?

N.B.: Reheating starts and the time increases





### COOKING

#### **KEEP WARM**





Select the «manual» menu





Select the «keep warm» function



Insert the bowl



The appliance is preheating



The keeping warm function has started

N.B.: Reheating starts and the time increases





To stop the keep warm function, press the «back» button and select «yes»





#### COOKING MODE

#### **DELAYED START**

(pressure cooking mode)





The end of cooking time may vary depending on the amount of food in the product















current time



Delayed start is programmed

NB : The delayed start is available for Ingredients menu (depending on the ingredients type)



#### INGREDIENTS MENU

#### INGREDIENTS MENU:

With the ingredients menu, cook single ingredients without having to program the cooking mode or time: Cook4Me+ provides you with instructions for all weights and types of ingredients: meat, fish, vegetables, fruits and cereals.







Select the «ingredients» menu





of ingredients



The recommended cooking time is displayed





Select «fruits & vegetables»





Start the recipe





Select the required ingredient





Follow the instructions on screen



#### INGREDIENTS MENU

# INGREDIENTS MENU: (continued)





Start the recipe



The appliance is preheating



Cooking has started



Cooking has finished



It's ready to eat!



#### INGREDIENTS RECIPE

#### WHITE RICE





Select the «ingredients» menu





Select «rice and cereals»





Select «white rice»





Select the desired rice quantity





Start the recipe





Follow the instructions







The recommended cooking time appears



The appliance is preheating



Cooking has finished







Select «immediate start»



Cooking has started









#### RECIPES MENU

#### STEAMED SWEET CHILLI SALMON

#### **RECIPES MENU:**

With the recipes menu, choose from 150 savoury or sweet recipes divided into three categories: starters / mains / desserts.

You can go back to the initial menu by pressing the return button for 3 seconds, or back one step by pressing the return button once.







Select the «recipes» menu





Select the number of people





Select the type of recipe





Show recipe





Select a recipe





Prepare the ingredients





Start the recipe





Follow the instructions







Start the cooking







Cooking time









It's ready to eat!



#### FAVORITES MENU

#### SAVE A RECIPE AS A FAVORITE

### FAVORITES MENU:

With the favorites menu, create a link to your favorite recipes in the recipes menu.







Select the «favorites» menu

















O2 PERS

Select the numbe of people





Select the required cooking time



#### FAVORITES MENU







#### FAVORITES MENU

#### **PREPARE**

A RECIPE ALREADY SAVED AS A FAVORITE







Select the «favorites» menu









Select the recipe that you want to prepare





Follow the instructions as for a normal recipe



#### **FAVORITES**

# DELETE A RECIPE FROM THE FAVORITES MENU







Select delete







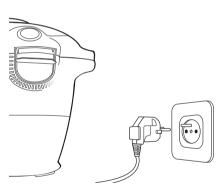
Select the recipe you want to delete





Delete the favorite





Once you have finished cooking your dish, disconnect the appliance to clean. Clean the appliance after each use.



You can wash the cooking bowl and steam basket in soapy hot water or in the dishwasher. Clean the body of the appliance using a damp cloth. After several times in the dishwasher, the exterior of the tank may become discoloured. You may clean it using a soft cloth (do not use something abrasive as it will damage the bowl).



After each use, remove the condensation trap and wash carefully in water or in the dishwasher. Take care to dry well. Return to its original position.







To clean the metal lid, by hand or in the dishwasher, you need to remove the valve cover. Refer to page 5 for more information regarding disassembling the metal lid.

- 1 Unscrew the nut at the centre of the metal lid
- 2 Take off the metal lid
- 3 Remove the valve cover



#### **CLEANING IN THE DISHWASHER:**

You can place the metal lid as it is in the dishwasher, without removing the valve. After washing the metal lid in the dishwasher, remove the decompression ball and blow in the pipe to check that it is not blocked. Dry the ball and its support carefully using a soft cloth.



#### **CLEANING BY HAND:**

You can clean the metal lid using soapy hot water. Firstly, remove the ball then clean completely. Dry the ball and its support using a soft cloth.





Before reinstalling the ball, check that the pipe is not blocked by blowing into it.



Press on the internal part of the safety valve spring to check that it is not clogged.



Before removing the internal lid, clean the upper part of the cooking bowl. Clean the inside of the appliance's metal lid using a damp sponge and check that the manometric rod (above) is properly positioned to ensure that it is not blocked.







Clean the outside of the appliance's lid using a damp sponge. Clean the silencing valve at the back of the lid.







Clean the upper part of the cooking bowl using a damp cloth. Clean the condensation trap using a damp cloth. Rinse under water and check that the manometric rod can move ground.









Clean the seal on the metal lid using a damp cloth then rinse thoroughly. Do not use sharp objects.



Replace the watertight seal at least every three years. This operation will be performed in an approved Service Centre.



• In the event of accidental immersion of the appliance or if water is spilt directly on the heating element when the bowl is not in position, take the appliance to an Approved Service Centre.



Do not store the appliance with the lid closed. Leave open or half open; this will prevent unpleasant odours.



For greater safety, check that the handle is in the closed position and the lid is locked when you carry your appliance.

#### SAFETY FEATURES

Your pressure cooker contains several safety features:

#### Safety When Opening:

- If your pressure cooker is under pressure, the manometric rod is in the upper locking position, which prevents the cover from opening. Never try to force open your pressure cooker.
- It is especially important not to apply pressure to the manometric rod.
- Ensure that the internal pressure has fallen (additional steam escaping from the safety valve) prior to trying to open the cover.

#### Two Overpressure Safety Features:

- First device: the safety valve releases the pressure see chapter on Cleaning and Maintenance, page 28-33
- Second device: the sealing gasket lets the steam escape from the back of the lid

#### If one of the overpressure safety features is triggered:

Turn off your appliance.

Let your pressure cooker completely cool down.

Open it.

Check and clean the safety valve, decompression ball and gasket. See chapter on Cleaning and Maintenance.

If your product leaks or is no longer operational after having performed these checks and cleaning,

return it to a SEB authorised Service Centre.

#### Regulating your appliance:

The pressure is regulated by the heating element that automatically switch on or off to ensure the adapted pressure level. To minimise the effects of thermal inertia and improve regulation accuracy, the decompression ball can be automatically triggered to briefly release steam from time to time.

PROBLEMS	POSSIBLES CAUSES	SOLUTION
The lid does not close	There are foreign bodies between the bowl and the heating plate	Remove the bowl, check that the heating plate, central element and under the bowl are clean. Also check that the central element can move around
	The lid open handle is not correctly positioned	Check that the open handle is completely open
	The metal lid and/or the tightening nut are not properly installed or fully screwed	Check that you have positioned all of the elements of the metal lid and that the nut is tight
The product does not decompress	The ball cover is not in place	Let the product cool completely and then remove the metal lid and position correctly the ball cover (fixed in the lock position)
The lid does not open once the steam is released	The manometric rod is still in the high position	After ensuring that no more steam is released and that the product is completely cold, insert a pick into the hole located between the open handle and the silencing valve. Be careful of steam being released once the stick is pushed in. When no more steam is released, try to open the appliance
The appliance does not become pressurised	The seal, safety valve and manometric rod may be clogged or not clean	Clean your appliance by following the instructions in the Cleaning Maintenance section found on pages 28-33. Ensure that the manometric rod can be moved around
	The lid is not locked and/or the I marking is not properly aligned with the closed padlock	Lock the lid by ensuring the I marking is aligned with the closed padlock
	The decompression ball is not positioned correctly or dirty	Check that the ball is correctly positioned and that the cover is in the locked position. Clean and dry the ball and its support
ERROR CODES	Code 24: the pressure decreases while pressure cooking Code 21 and 26: pressure fails to raise	Add liquid to your recipe (water, stock or a liquid sauce) 50-100ml at a time and re-start the recipe
Steam is released from the sides of the lid during cooking (leaks)	The seal of the metal lid and/or the edges of the bowl are dirty	Clean the sides of the bowl and seal using a damp cloth. Do not use any sharp instruments
	Wear, cuts and deformation of the seal	The seal must be changed every three years at most. Take your appliance to an Approved Service Centre
	Bowl edges damaged	Take your appliance to an approved service centre
	The metal lid nut was not screwed enough	Tighten the nut to the metal lid centre correctly
Water flows behind the appliance	The condensation trap is not in position or is overflowing	Make sure that the condensation tank is properly positioned behind the appliance and that the flow pipe is not blocked
The control panel does not light up	The appliance is not connected or is on standby	Check that the power lead is connected both to the appliance and the mains. Check that the appliance is not on standby by pressing the «OK» button
	The appliance is damaged	Take your appliance to an Approved Service Centre
The metal lid can not be removed, it is blocked	The metal lid ball cover was not well positioned	Unscrew the nut in the metal lid centre, and then press the probe into the centre of the nut. This releases the lid and you can access the ball cover. Make sure it is well put back and the ball too





