

# Tefal

SECURE<sup>5</sup>



User's Guide

[www.tefal.com](http://www.tefal.com)

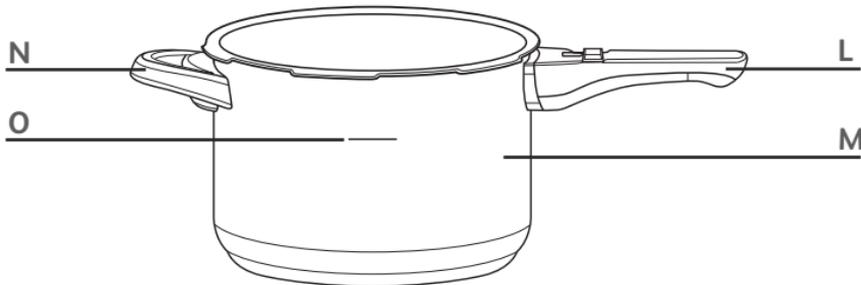
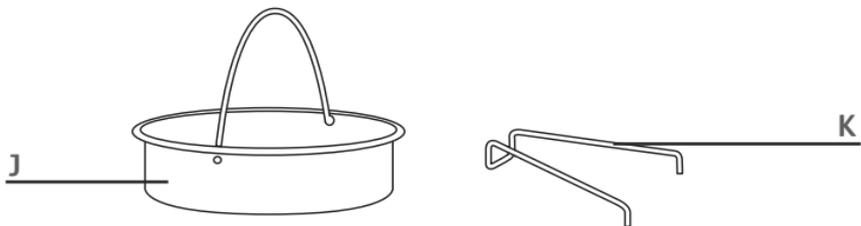
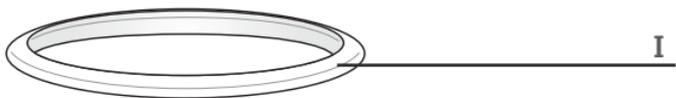
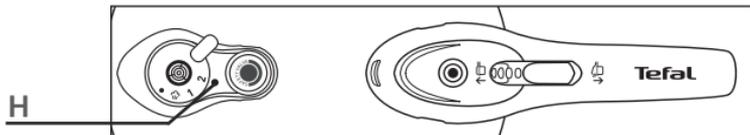
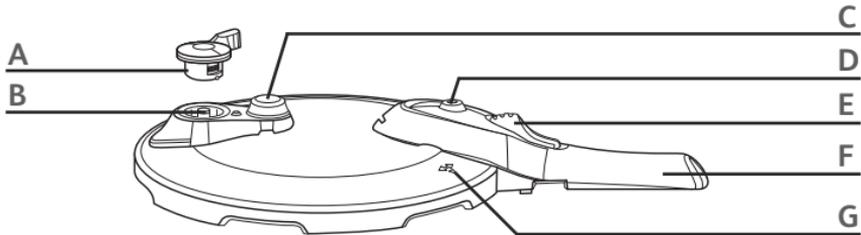




Fig 1



Fig 2

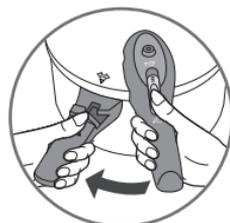


Fig 3



Fig 4

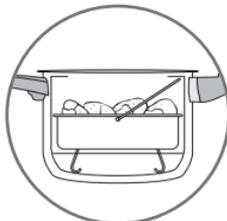


Fig 5

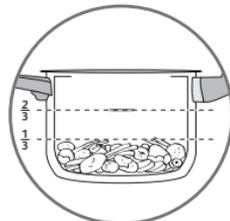


Fig 6



Fig 7

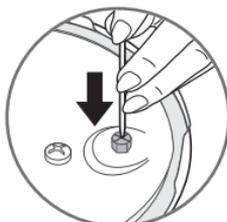


Fig 8

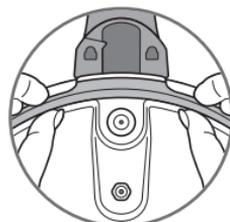


Fig 9

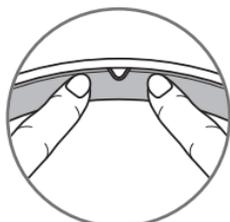


Fig 10



Fig 11

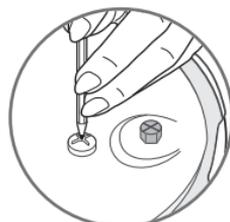


Fig 12

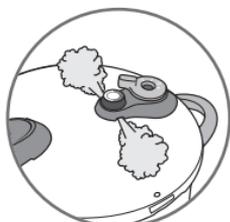


Fig 13



Fig 14

# Important safety information

For your safety, this appliance complies with applicable standards and regulations:

- Pressure vessel directive
- Materials in contact with food
- This product has been designed for domestic use only. Any commercial use, inappropriate use or failure to comply with the instructions, the manufacturer accepts no responsibility and the guarantee will not apply.
- Take time to read all of the instructions and always refer back to the “User’s Guide”.
- 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.
- Never place your pressure cooker in a hot oven.
- Always be very careful when moving your pressure cooker under pressure. Never touch hot surfaces. Use the handles and knobs. Use gloves where necessary.
- Never use your pressure cooker for any purpose other than the one it was designed for.
- Your pressure cooker cooks under pressure. Scalding injuries may result from unsuitable use. Always make sure that the pressure cooker is properly closed before starting to use it. Refer to the “Closing” heading.
- Always make sure that the operating valve is in the open (pressure released) position before attempting to open your pressure cooker.
- Never force your pressure cooker open. Always make sure that the pressure inside it has dropped. Refer to the “Safety” heading.
- Never use your pressure cooker without any liquid in it for this will seriously damage it. Always make sure that there is enough liquid in it during cooking.
- Use heat source(s) that are compatible with your pressure cooker, in line with the instructions for use.
- Never fill your pressure cooker more than two-thirds full (the maximum mark).
- For food that expands during cooking, like rice or dried vegetables or stewed fruit, ... never fill your pressure cooker more than half full.
- For meat with an outer layer of skin (e.g. ox tongue...), which could swell due to the effects of pressure, pierce the meat before cooking. At the end of cooking, if the skin looks swollen, wait before taking it out the cooker and never stab the meat as hot juices and steam may scald you.
- When cooking food with a thick texture (e.g. split peas, rhubarb, stewed fruit, etc) the pressure cooker should be shaken slightly before opening to ensure that the food does not spurt out.
- Always make sure that the operating and safety valves are not blocked before use. Refer to the “Before cooking” heading.
- Never use your pressure cooker to deep fry using oil under pressure.
- Never take any action on the safety systems other than that which is described in the instructions for cleaning and maintenance.
- Only use TEFAL genuine spares designed for your model of appliance. This especially means only using a **SECURE5** model cooker body and lid.
- Alcohol vapour is inflammable. Bring alcohol to the boil two minutes before putting the lid on. Watch over your appliance when making alcohol based recipes.
- Never use your pressure cooker to store acidic or salty foods, prior to and after cooking for this may damage your pressure cooker body.

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## Keep these instructions

## Description diagram

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A - Operating valve  
B - Operating valve seat  
C - Safety valve  
D - Pressure indicator  
E - Opening button  
F - Long lid handle  
G - Lid positioning mark  
H - Operating valve positioning mark

I - Lid seal  
J - Steaming basket  
K - Steaming basket support  
L - Long pressure cooker body handle  
M - Pressure cooker body  
N - Short pressure cooker handle  
O - Maximum filling mark

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## Characteristics

Pressure cooker base diameter - model references

Capacity	Cooker diameter	Base diameter	Stainless steel model
4 L	22 cm	19 cm	P25042
6 L	22 cm	19 cm	P25007
7 L	22 cm	19 cm	P25008

**Standards information:**

Upper operating pressure limit: 80 kPa (12 psi).

Maximum safety pressure limit: 170 kPa (25 psi).

## Compatible heat sources

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- The **SECURE5** pressure cooker can be used on all heat sources, except on Aga cookers.
- When using an electric hob or induction, make sure that the size of the hot plate does not exceed the size of the pressure cooker base.
- On a ceramic or halogen hob, always make sure that the pressure cooker base is clean and dry.
- On a gas hob, the flame should not lick past the diameter of the pressure cooker base.

## TEFAL accessories

- The following **SECURE5** pressure cooker accessories are available from shops:

Accessory	Reference number
Seal	X2010003

- To replace other parts or have repairs performed, please call on your local TEFAL Approved Service Centre.
- Only use TEFAL genuine parts designed for your product model.

## Use

### Opening

- Using your thumb, pull on the opening knob (E) and move it back to the  - Fig 1  
Hold the long pressure cooker handle (L) with your left hand, while turning the long lid handle (F) anti-clockwise with your right hand, until it opens - Fig 2. Then lift the lid off.

### Closing

- Place the lid down flat on the pressure cooker taking care to line up the triangles on the lid and the pressure cooker handle - Fig 3
- Turn the lid to the left until it stops - Fig 3
- Push the opening knob (E) to move it to the  position - Fig 4

### Minimum filling

- Always pour a minimum amount of liquid of at least 250 ml (two glasses) into the pressure cooker.

#### For steaming

- At least 750 ml (6 glasses) of water must be poured in.
- Place the basket (J) onto the support (K) provided for this purpose - Fig 5
- Food placed in the steaming basket must not touch the pressure cooker lid.

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## Maximum filling

- Never fill your pressure cooker more than two-thirds full (maximum mark) - Fig 6

### For some food

- For food that expands during cooking, like rice or dried vegetables or stewed fruit...never fill your pressure cooker more than half full - Fig 6

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## Using the operating valve (A)

### To cook delicate food and vegetables

- Move the **1** on the valve (A) opposite the mark (H).  
Pressure **1** operates at 7lb (7 psi).

### To cook meat and frozen foods

- Move the **2** on the valve (A) opposite the mark (H).  
Pressure **2** operates at 12 lb (12 psi)

### To release steam

- Move the  on the valve (A) opposite the mark (H).

### To remove the operating valve

- Let the appliance cool down before removing the valve (A).
- Press down on the valve and turn it to align its position  with the mark (H) - Fig 7
- Remove the valve.

### To refit the operating valve

- Place the operating valve in place taking care to align it  with the mark (H).
- Press the valve then turn it until the desired position is reached.

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## Using for the first time

- Fill the pressure cooker to the two-thirds mark (the maximum mark) with water.
- Place the basket support (K) in the bottom of the pressure cooker and place the basket (J) on top of it.
- Close the pressure cooker.
- Move the operating valve (A) to position **2**.
- Place the pressure cooker on a heat source set to maximum power.
- Once steam starts to escape from the valve, turn the heat down and set a timer for 20 minutes.

- Once the 20 minutes are up, turn off the heat.
- Turn the operating valve **(A)** to position 
- Once the pressure indicator **(D)** drops back: your pressure cooker is no longer under pressure.
- Open the pressure cooker.
- Rinse the pressure cooker with water and dry it.
- Note: The presence of stains on the inside of the pressure cooker base has no effect on the quality of the metal. This is simply a scale deposit. To remove these deposits, you can use a scouring pad and some diluted vinegar.

## Before cooking

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- Before each use of the pressure cooker, always remove the valve **(A)** (Refer to the “Using the operating valve” heading) and visually check that the operating valve seat **(B)** is not blocked. If necessary, clean it with a toothpick - Fig 8
- Check that the safety valve **(C)** can move: Refer to the “Cleaning and maintenance” heading.
- Fit the operating valve **(A)** and select the position **1** or **2**.
- Always make sure that the pressure cooker is properly closed before starting to heat it. The opening button **(E)** must be in the  position.
- Place the pressure cooker on a heat source set to maximum power.

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## During cooking

- Once the operating valve **(A)** starts to continually release steam and a regular hissing sound can be heard, cooking has started. Reduce the heat setting.
- Set a timer for the cooking time stated in your recipe.
- Once the cooking time is up, turn off the heat.

## Finishing cooking

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### To release the steam

- Once the heat is turned off, you have two options:
- **Slow pressure release:** gradually turn the operating valve (A) to the  position. Make sure that the cooker is positioned so that the steam is directed away from you. Once the pressure indicator (D) drops down: your pressure cooker is no longer under pressure. This is used for stews, vegetables, meat joints and fish dishes.
- **Fast pressure release:** place your pressure cooker under cold running water, directing the flow onto the metal part of the lid. Once the pressure indicator (D) drops down: your pressure cooker is no longer under pressure. Turn the operating valve (A) to the  position. This is used for soups, rice, pasta, milk puddings, egg custards, cake and pudding mixes, recipes containing rice or pasta and recipes with a high liquid content. If in doubt, use the fast pressure release method.
- Now you can open it.

If food or liquid starts to spray out from the valve while you are releasing the steam, turn it back to position **1** and switch off the heat, wait a few minutes and then gradually turn the operating valve to the  position, making sure nothing else spurts out.

## Cleaning and maintenance

### Cleaning the pressure cooker

Browning and scratching that may appear following long periods of use are normal and will not affect the performance of the pressure cooker

You can wash the pressure cooker body and the basket in a dishwasher.

Never wash the lid in a dishwasher.

For a longer pressure cooker life: do not overheat your pressure cooker pan when it is empty.

- For best appliance operation, be sure to follow these cleaning and maintenance recommendations every time the pressure cooker is used.
- Always wash the pressure cooker after use with warm water with a little washing up liquid added. Do the same for the basket.
- Never use bleach or chlorine products.
- Never overheat the pressure cooker body when it is empty.

#### To clean the inside of the pressure cooker

- Clean it with a scouring pad and washing up liquid.
- If the inside of the stainless steel cooker shows iridescent reflections, clean it with vinegar.

#### To clean the outside of the pressure cooker

- Clean it with a sponge and washing up liquid.

#### To clean the lid

- Wash the lid under a gentle stream of running warm water using a sponge and washing up liquid.

#### To clean the lid seal

- After using the pressure cooker, always clean the seal (I) and its groove.
- To refit the seal, refer to the drawings - Fig 9 - 10

#### To clean the operating valve (A)

- Remove the operating valve (A): Refer to the "Using the operating valve" heading.
- Clean the operating valve (A) under running tap water - Fig 11

Never use a cutting or pointed object to do this, you can use a cotton bud.

Always have your pressure cooker checked by a TEFAL Approved Service Centre after ten years of use.

#### **To clean the operating valve seat located in the lid**

- Remove the valve (A).
- Visually inspect the seat and the steam release pipe in daylight to make sure that it is round and clear. If necessary, clean it with a Toothpick - Fig 8

#### **To clean the safety valve (C)**

- Clean the part of the safety valve located inside the lid by placing it under running water.
- Check that it works properly by lightly pressing on the plunger which should move without difficulty - Fig 12

#### **To replace your pressure cooker seal**

- Replace your pressure cooker seal every year.
- Replace your pressure cooker seal if it shows any signs of splitting or damage.
- Always use a TEFAL genuine seal that matches your model of pressure cooker.

#### **To store your pressure cooker**

- Turn the lid over and place it on the pressure cooker body.

## **Safety**

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Your pressure cooker is provided with a number of safety mechanisms:

#### **• Closure safety:**

- If the appliance is not properly closed, the pressure indicator cannot rise and therefore the pressure cooker will never come up to pressure.

#### **• Opening safety:**

- While the pressure cooker is under pressure, the opening knob cannot be activated. Never force the pressure cooker open. Never tamper with the pressure indicator. Always make sure that the pressure inside the pressure cooker has been released.

#### **• Two excess pressure safety features:**

- First feature: the safety valve (C) releases pressure and the steam will escape horizontally from the top of the lid - Fig 13
- Second feature: the seal (I) lets steam escape vertically from the side of the lid - Fig 14

If one of the two excess pressure safety systems is triggered:

- Turn off the heat.
- Allow the pressure cooker to cool down completely.
- Open it.
- Check and clean the operating valve (A), the operating valve seat and pipe (B), the safety valve (C) and the seal (I).

## Recommendations for use

- 1 - The steam is very hot when it leaves the operating valve.
- 2 - As soon as the pressure indicator rises, you can no longer open your pressure cooker.
- 3 - Just like for any other cooking appliance, always pay close attention to it, especially during use in the presence of children. Never leave unattended whilst in use.
- 4 - Beware of the horizontal steam jet.
- 5 - To move the pressure cooker, always use both of the handles.
- 6 - Never leave food in your pressure cooker.
- 7 - Never use bleach or chlorine products for they could affect the quality of the stainless steel.
- 8 - Never wash the lid in the dishwasher. Never leave the lid to soak in water.
- 9 - Replace the seal every year.
- 10 - A pressure cooker may only be cleaned when cold and when empty.
- 11 - Always have your pressure cooker checked by a TEFAL Approved Service Centre after ten years of use.

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## Guarantee

- Your new TEFAL pressure cooker comes with a **ten-year guarantee** for use under the conditions set out in these instructions. This guarantee covers:
  - Any defects relating to the metal structure of the pressure cooker body,
  - Any premature deterioration of the metal base.
- **For other parts, a one year parts and labour guarantee is provided** (except where applicable law in your own country states otherwise). This guarantee covers any defects or manufacturing faults.
- **The contractual guarantee cover is provided only on presentation of a valid proof of purchase which shows the date of purchase.**
- **The guarantee cover excludes:**
  - The normal life of the seal, pressure control valve or locking indicator seal is limited. These parts are excluded from the guarantee and will require periodic renewal.
  - Any damage consecutive to a failure to follow the major recommendations made or due to negligent use, especially:
    - Dropping, falls, bangs or knocks, placing in an oven...
    - Washing the lid in the dishwasher.
- Only TEFAL Approved Service Centres are authorised to provide service under guarantee.
- Please call the Helpline number below for the address of your nearest TEFAL Approved Service Centre.  
Helpline: 0845 602 1454 - UK  
(01) 677 4003 - Ireland  
Or consult our web site: [www.tefal.co.uk](http://www.tefal.co.uk)

## TEFAL and your Frequently Asked Questions

Problems	Recommendations
If the pressure cooker has heated up under pressure with no liquid inside:	<ul style="list-style-type: none"> <li>• Have your pressure cooker inspected by a TEFAL Approved Service Centre.</li> </ul>
If the pressure indicator did not rise and nothing escapes from the valve during cooking:	<ul style="list-style-type: none"> <li>• This is normal for the first few minutes.</li> <li>• If the problem persists, check that:               <ul style="list-style-type: none"> <li>- There is enough heat, if not, turn up the heat.</li> <li>- The amount of liquid in the pressure cooker is adequate.</li> <li>- The operating valve is set to <b>1</b> or <b>2</b>.</li> <li>- The pressure cooker is properly closed and the opening button is in the  position.</li> <li>- The lid seal has not perished.</li> </ul> </li> </ul>
If the pressure indicator has risen but still nothing escapes from the valve during cooking:	<ul style="list-style-type: none"> <li>• This is normal for the first few minutes.</li> <li>• If the problem persists, place your appliance under cold water. Then open it.</li> <li>• Clean the operating valve and the valve seat - Fig 8 and check that the safety valve can be pushed in without difficulty - Fig 12.</li> </ul>
If steam escapes from around the lid, check:	<ul style="list-style-type: none"> <li>• That the lid is properly closed and the opening button is in the  position.</li> <li>• The seal is correctly fitted into the lid.</li> <li>• That the seal is in good condition, and if necessary, replace it.</li> <li>• That the lid, the seal, its seat in the lid, the safety valve and the operating valve are clean.</li> <li>• That the rim of the pressure cooker body is in good condition and not damaged.</li> </ul>
If food has burnt on the bottom of the pressure cooker:	<ul style="list-style-type: none"> <li>• Leave the pressure cooker to soak for a while before washing.</li> <li>• Never use bleach or chlorine products.</li> </ul>
If you cannot open the lid:	<ul style="list-style-type: none"> <li>• Check that the pressure indicator is down.</li> <li>• If not: release pressure and if necessary cool the pressure cooker under a stream of cold water.</li> </ul>
If food is not cooked or has burnt, check:	<ul style="list-style-type: none"> <li>• The cooking time.</li> <li>• The heat level.</li> <li>• Whether the operating valve was in the right position.</li> <li>• The amount of liquid.</li> </ul>

## Regulation markings

Marking	Location
Manufacturer's identification or trademark	Lid handle
Year and batch of manufacture	Inside the lid
Model reference Operating pressure (PF) Max. safety pressure (PS) Capacity	On the outside of the pressure cooker body

# Table of cooking times

These cooking times are approximate and may need slight adjustment according to personal taste.

## Vegetables

	Preparation	Cooking	FRESH PRODUCE Valve position 1	FROZEN PRODUCE Valve position 2
Artichoke	Whole	- steam	18 min.	
		- immersion	15 min.	
Asparagus		- immersion	5 min.	
Beetroot, red	Peel after cooking	- steam	20-30 min depending on size	
Broccoli	Florets	- steam	3 min.	3 min.
Brussels sprouts		- steam	7 min.	5 min. - immersion
Cabbage, green	sliced	- steam	6 min.	
	leaves	- steam	7 min.	
Carrots	sliced	- steam	7 min.	5 min.
Cauliflower	Florets	- immersion	3 min.	4 min.
Celery	5-cm pieces	- steam	6 min.	
		- immersion	10 min.	
Courgettes	2.5-cm slices	- steam	6 1/2 min.	9 min
		- immersion	2 min.	
Endives		- steam	12 min.	
Green beans	Whole or sliced	- steam	8 min.	9 min.
Green lentils (dried pulses)		- immersion	10 min.	
Leek	5-cm slices	- steam	2 1/2 min.	
Mushrooms	sliced	- steam	1 min.	5 min.
	whole	- immersion	1 1/2 min.	
Peas		- steam	1 1/2 min.	4 min.
Potatoes (such as King Edwards)	quartered	- steam	12 min.	
		- immersion	6 min.	
Pumpkin (mashed)	pieces	- immersion	8 min.	
Rice (Long grain white)	see note below	- immersion	7 min.	
Spinach		- steam	5 min.	8 min.
		- immersion	3 min.	
Split peas (dried pulses)		- immersion	14 min.	
Turnips	2.5-cm cubes	- steam	7 min.	
		- immersion	6 min.	

Steam = cooked in the steam basket

Immersion = cooked directly in water

RICE : never fill more than half full including liquid as rice froths and boils up during cooking. Use 225 g rice and 1.75 litre water from a boiling kettle.

## Meat - Fish

	Weight	FRESH PRODUCE Valve position 2	FROZEN PRODUCE Valve position 2
Beef	1 kg (topside)	40 min (medium)*	1 hr (medium)*
Chicken	1.2 kg (whole)	27 min	Do not cook from frozen
Lamb	1.3 kg (half leg)	50 min (medium)*	1hr 10 min (1 kg half leg - medium)*
Monkfish	0.6 kg (fillets)	4 min	6 min
Pork	1 kg (leg joint)	35 min	Do not cook from frozen
Salmon	0.6 kg (4 steaks)	6 min	8 min
Tuna	0.6 kg (4 steaks)	7 min	9 min

\* Cook for an additional 5 minutes for well done meat.

## Golden rules when pressure cooking (for UK Consumers)

- The minimum quantity of liquid required for normal cooking is 250 ml (½ pint) for the first ¼ hour cooking. For each additional ¼ hour, or part of ¼ hour, add a further 150 ml (¼ pint) of liquid. For example, 45 minutes cooking requires 600 ml (1 pint) of liquid. Note: This is only a general guide. Certain foods, such as rice, pulses, steamed puddings and Christmas puddings may require extra water (see text below).
- When steaming foods in the basket use a minimum of 750 ml (1¼ pint) water in the cooker.
- Always use a liquid that gives off steam when boiled e.g. water stock, wine, beer, cider, or milk. Never use oil or fat. All pressure cooking requires some liquid.
- Whatever the size of pressure cooker, the maximum filling level when all the ingredients and liquid have been added are:
  - Solid foods e.g. vegetables, meat joints:* no more than two-thirds full
  - Liquids and cereals e.g. soups, stews, rice, cereal and pasta:* no more than half full
  - Pulses e.g. dried beans and dried peas:* no more than one-third full
- When cooking pulses they swell up and tend to froth up. Use 1.2 litres (2 pints) water for every 450 g (1 lb) pre-soaked weight of pulses. Remember all dried peas and dried beans, must be soaked in boiling water for 1 hour before cooking. Drain, rinse thoroughly and cook in fresh water. Never eat uncooked beans or peas. Soaking is not necessary for red lentils. The high temperatures achieved in the pressure cooker ensure that any natural toxins in the pulses are destroyed. Canned beans and pulses can simply be drained and rinsed before adding to the pressure cooker.
- For steamed suet puddings, sponge puddings or Christmas puddings, a short pre-steaming time is best to enable the raising agent to activate and prevent a heavy, close texture. Extra liquid is required so use a minimum of 1½ pint/900 ml of boiling water for a combined steaming and cooking time of up to 1 hour. For each additional ¼ hour of cooking, or part of ¼ hour, add a further ¼ pint/150 ml of boiling water. Pre-steaming is done with the operating valve in the steam release position on a low heat for the required time. Then turn the operating valve to either 1 or 2, and increase the heat to bring to full pressure. Lower the heat and pressure cook for the required time. Pressure 1 operates at 7 lb (7 psi) and pressure 2 at 12 lb (12 psi)
- Never cook dumplings with the lid tightly closed, as they could rise up and block the safety devices. Cook the stew and at the end of cooking, release the steam and cook gently for about 10 - 15 minutes without the lid on.
- Pressure cooking times vary according to the size of individual pieces or thickness of the food, not the weight.
- To prevent discolouration of the interior, caused by mineral deposits in hard water areas, add a tablespoon of lemon juice or vinegar.
- Cooking containers must withstand temperatures of 130°C (250°F). Any covering on containers, e.g. foil, greaseproof paper or cling film, must be securely tied otherwise they could block the safety devices. Do not use plastic lids as they prevent steam from being in contact with the food. Also, they could distort and come off during cooking which could block the safety outlets.
- Accurate timing is essential when pressure cooking to prevent overcooking, especially with vegetables, fruit and fish.

