

## Umami

Electric pressure cooker 4L - 法國特福鮮呼吸速燉萬用快鍋

Product number - 產品編號 : CY360170



- Thank you for purchasing this Tefal electric pressure cooker.

- 非常感謝你購買本公司的產品。

- To ensure safe and proper use, please first read these instructions
- After reading these instructions, please keep them handy for future reference.

- 使用本產品之前，請務必詳閱本使用說明手冊，確保使用上的安全。
- 閱畢使用說明手冊後，請務必妥善保存於需要時便於取用之處。

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# Safety Precautions

Please thoroughly read these Safety Precautions prior to use in order to operate this product correctly.


The precautionary items provided here are intended to facilitate the correct and safe use of this product in order to prevent harm to people as well as damage to property. Information presumed to relate to situations arising out of mistaken use are divided into the two categories of WARNING and CAUTION. Please follow all instructions noted for each category, as both refer to important safety-related content.

## Examples of pictorial indicators



The  symbol indicates prohibited conduct. Specific prohibited content is expressed inside the diagram or nearby (picture to the left indicates that disassembly is prohibited).



The  symbol indicates required conduct or an instruction.

**During pressure cooking, the inside of the electric pressure cooker becomes hot and high pressure, therefore mistaken handling is extremely dangerous as this could lead to burns or other injuries. Please pay due care to the below points when using your electric pressure cooker.**



## WARNING

Content presumed to entail risk of death or serious injury if mistakenly handled.

## Power/Power Cord



Instruction

**Individually use a 110 V AC power outlet with a 15 A rating.**

Sharing a power outlet with another appliance may result in fire or breakdown due to heat generation.

- Also, if using an extension cord, use one individually with a 15 A rating.



Instruction

**Regularly remove dust, etc. from the power plug.**

If dust, etc. builds up on the plug, it may cause insulation to deteriorate due to humidity, etc. and result in fire.

- Remove the power plug and wipe with a dry cloth.



Instruction

**Be sure to fully insert the power plug into the socket**

Failure to insert the plug fully into the socket may result in electric shock and/or high temperature and cause a fire.



Prohibited

**Do not attach/remove the power plug with wet hands.**

Doing so could result in electric shock.



Instruction

**Cease use immediately if the power plug, power cord or main unit becomes abnormally hot or stops conducting electricity during operation.**

Continuing use in such a state could result in a short circuit or fire. Please contact our Repair Center.



Prohibited

**Avoid conduct that could break the power cord or power plug.**

Do not damage, process, bring in close proximity to hot apparatus, forcibly bend, twist, pull, place under heavy objects, or bundle the power cord/power plug. Use in a damaged state could lead to electric shock, short circuit, or fire.

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.



Prohibited

**Do not use the power cord if it is damaged or sitting loosely in the power outlet.**

Doing so could result in electric shock, short circuits, or fire.

## Handling



Disassembly prohibited

**This product must never be disassembled, repaired, or modified by someone other than a repair technician.**

Doing so could result in fire or abnormal operation leading to injury.

- Please contact our Repair Center regarding repair.



Instruction

**Practice sufficient caution to ensure children do not play with this product.**

Failure to do so could result in burns, electric shock, or injury.



Prohibited

**Keep out of reach of children and do not allow children to use independently.**

Doing so could result in burns, electric shock, or injury.



Prohibited

**The container must not be opened until the pressure has decreased sufficiently. The lid will lock automatically if there is internal pressure.**

Exhaust the steam manually after pressure cooking is complete. Note that there is a possibility of pressure remaining in the cooking pot even after steam release so please practice caution. It is extremely dangerous to open the lid with even a small amount of pressure remaining in the cooking pot, as the lid may fly off or contents fly out.



Instruction

**Be sure to use the lid handle to open the lid after cooking and keep hands, face, etc. away from the steam and hot water.**

Contact with steam could result in a burn.



Prohibited

**Do not allow this product, the power cord, or power plug, to be exposed to water.**

Doing so could result in short circuits or electric shock.



Prohibited

**Only use this product with the provided accessories.**

Failure to do so could result in unexpected accidents.



Prohibited

**Do not use this product if the sealing ring is damaged.**

Doing so could result in the lid coming ajar during cooking leading to a burn or injury.



Prohibited

**Do not heat this cooking pot using an external heat source such as a microwave or oven.**

Doing so could result in damage or injury.



Instruction

**Be sure to inspect the nozzle for possible blockages prior to use.**

Using in a blocked state is hazardous as appropriate pressure adjustment could be prevented.



Instruction

**Do not put foreign objects on the lid interior. Also do not substitute the safety valve with another object.**



Prohibited

**This product is only to be used by a person with physical/intellectual/mental disabilities or person with no product knowledge/experience (including children), under the following circumstances.**

- If under supervision
- If the person has been taught how to use the product safely and/or understands the risks involved

Failure to note the above may lead to burns, electric shock, or injury.

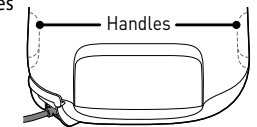


Prohibited

**Do not hold the lid handle when carrying this product. Instead, hold the handles on the bottom of the product to move carry it. When holding the handles, use oven mitts and beware of burns.**

It is extremely dangerous to open the lid with even a small amount of pressure remaining in the cooking pot, as the lid may fly off or contents fly out. Be sure to hold the handle located on the base when carrying.

Handles



Prohibited

**Do not operate this product using an external timer or remote control system.**

Doing so could result in unexpected accidents.



Prohibited

**Do not place this product on a heated oven or cooktop, or close to open fire/consumables.**

Doing so could result in fire.



Instruction

**Avoid food getting on top of the sealing ring or in the groove.**

Food in such places could cause the lid to come ajar during cooking and result in a burn or injury.

# Safety Precautions (continued)

## Points to note when cooking



Instruction

### Be aware of the below points when cooking.

- **Do not cook with the amount of ingredients exceeding the MAX line on the inside of the cooking pot.**  
To prevent the cooking pot's contents boiling over, reduce the amount of water.
- **When cooking beans, ensure that the quantity of the ingredients and the liquid combined is 1/3 of the cooking pot depth or less. Moreover, be sure to cover the beans with the steaming rack placed upside down.**  
Pressure cooking with an excessive amount of beans is hazardous as it would lead to the bean skin or other ingredients blocking the nozzle and preventing proper operation.
- **Do not use baking soda or other ingredients that foam due to sudden heat reaction. Also, avoid using an excessive amount of oil and sake (cooking alcohol) as this is also dangerous.**
- **When cooking food with a thick texture such as curry or stew that becomes paste, pressure cook the ingredients first, then add the curry paste, etc. in a depressurized state.**  
Pressure cooking thick-texture ingredients could result in such ingredients clogging up the nozzle and preventing proper operation of this product.
- **Do not use any ingredients that will swell (such as bran), since they could be dangerous for pressure cooking.**  
Those ingredients may clog up the nozzle and preventing proper operation of this product.
- **Do not use paper or aluminum foil to cover the ingredients. Make sure to cover beans with the steaming rack.**  
Failure to do so may result in the beans blocking the nozzle, etc.
- **Never heat the empty cooking pot.**
- **Do not force the lid open when the electric pressure cooker is in a pressurized state.**  
It is extremely dangerous to open the lid even with a small amount of pressure remaining in the cooking pot as the lid could fly off and the contents could spurt out.
- **Do not cook pasta or other noodles that could expand when cooked.**  
Ingredients could adhere to the pressure display pin, damage the main unit, and prevent pressure from being properly released.
- **Add a minimum of 100 ml liquid such as water, soup, or stock when cooking.**  
Doing so could result in boiling without water.
- **When cooking meat which has an outer layer of skin, be sure to pierce it in advance using a metal or bamboo skewer, etc.**  
If the skin swells due to the effects of pressure, do not pierce the skin after cooking. Doing so could result in a burn.
- **When moving the cooking pot for steaming, do so carefully.**
- **Do not put foreign objects (particularly metal objects such as pins and wire) on the hot plate.**  
Doing so could result in injury due to electric shock or abnormal operation.
- **Do not subject the cooking pot to strong impact during cooking or steaming.**
- **To prevent the cooking pot's contents boiling over, do not add more than the recommended amount of ingredients and water.**  
Doing so could damage the product or lead to injury.
- **Never use your electric pressure cooker to fry food.**
- **If heating with the lid closed, be sure to stay close to this product.**  
Also, keep out of reach of children and pets.
- **Do not pressure cook red bean paste, mashed sweet potato, oatmeal, etc.**  
Such ingredients may foam or spray back, which could lead to nozzle blockage.



Instruction

If large amounts of steam escape from the rim of the lid during pressure cooking or continuously escapes the steam outlet for 1 minute or longer, immediately unplug the power cord and check if the product is clean and the quantity of contents is appropriate.

If the problem persists, contact our Repair Center.



Instruction

**When opening the lid, press the steam release button and completely release the steam.**

If steam remains inside this product, the lid may fly off, or the contents may fly out.



Prohibited

**During or immediately after pressure cooking, do not touch or bring your face close to the steam outlet, steam, or lid.**

Hot steam is released from the steam outlet during or immediately after pressure cooking, therefore there is a risk of a burn.



Prohibited

Do not touch any part of this product other than the handle during heating or immediately after. At such times, this product will be extremely hot therefore touching anywhere other than the handle entails a risk of burns.

If necessary, use oven mitts and beware of burns.



Prohibited

**Do not open the lid during pressure cooking. If unavoidable, follow the below procedures.**

Check there is no one close by this product, then press and hold the "Start/Cancel" button to cancel cooking.

For details, be sure to refer to the procedure in "When You Need to Open the Lid Immediately (Canceling Cooking)" on page 35.



## Caution

If this procedure is handled incorrectly, there is a risk of a person being harmed or property damage.

## Power/Power Cord



Unplug from power outlet

**Keep this product unplugged from the power outlet when not in use.**

Keeping it plugged in could result in electric shock or fire from short circuit due to insulation deterioration.



Instruction

**Be careful not to get caught up in the power cord when it is connected to a power outlet.**

Doing so could result in this product falling, burns, or injury.



Prohibited

**Do not use this product if the power cord is damaged.**

Doing so could result in electric shock or fire. For purchasing a new power cord, please contact our Parts Order Center.



Instruction

**When unplugging the power plug, be sure to hold the tip of the power plug and not pull on the power cord.**

Doing so could result in electric shock, short circuit, or fire.



Prohibited

**Do not bring the power cord near the hot part of this product or allow the power cord to contact such parts.**

Doing so could result in the power cord melting due to heat.



Instruction

**Check that the electrical voltage shown on this product matches that of the power outlet.**

Please be aware that connection to the wrong voltage may result in product malfunction or other accidents not covered by warranty.

## Safety Precautions (continued)

### Handling



Instruction

**This product becomes hot during and after use, therefore please be careful when opening the lid.**

There is a possibility of sustaining a burn due to the steam. Be sure to wear oven mitts.



Prohibited

**Do not use this product if it is damaged due to impact, there is visible damage to the exterior, or it does not operate correctly.**

Using this product in the abovementioned states could result in fire, etc.

→ Please contact our Repair Center regarding repair.



Instruction

**Hold the lid handle to open the lid.**

Holding any other part of this product could result in a burn due to steam, etc.



Prohibited

**Do not turn over the lid after opening it.**

Hot water may drip and cause scalding.

It is recommended to place the lid horizontally without turning it over.



Instruction

**Handle carefully to avoid damaging the sealing ring.**

If the sealing ring is damaged, contact the Parts Procurement Center.



Instruction

**When pressurizing the electric pressure cooker, be sure to close the lid firmly, then turn the lock to the position so it locks.**

Pressurizing this product without locking the lid would be hazardous as the lid would open during operation.



Prohibited

**Keep your face and hands away from the nozzle during steam release.**

Failure to do so could result in burns.



Prohibited

**Do not place a cloth, etc. between the main unit and the lid.**

Doing so would damage the sealing ring.



Prohibited

**Do not use this product with rice or other substances adhered to the sensor, heating plate, or sealing ring.**



Instruction

**When cooking food with thick texture, such as jam or compote, gently shake the main unit to the side before opening the lid and check that food or liquid does not spurt out.**



Instruction

**When adding ingredients for browning, be careful of oil sputter.**

Failure to be careful could result in a burn.



Instruction

**When using this product, use a flat, stable, and heat resistant surface, and keep away from water and fire.**

Do not use in the following places.

- The edge of a table or kitchen counter
- On a sliding table
- On an unstable surface or near flammable material
- On a tatami mat, carpet, tablecloth, plastic surface, etc.
- Under a tableware storage shelf
- On top of other electric products, etc. Doing so could result in falls, breakdowns, or fire.
- Close to walls, furniture, or curtains
- On a cloth that may block the heat dissipation port on the bottom of the main unit
- Doing so could result in discoloration or distortion due to steam and/or heat.



Instruction

**Make sure your electric pressure cooker has sufficiently cooled down before cleaning.**

Touching hot parts could result in a burn.



Prohibited

**Only touch the safety valve when cleaning.**



Instruction

**Dissolve seasoning well before adding to contents.**

Failure to do so could result in the food being undercooked or not cooking properly.



Prohibited

**Do not use a cooking pot other than the one provided.**



Prohibited

**Do not soak the main unit in water when cleaning it after cooking.**

Doing so will cause a failure.



Prohibited

**Do not touch the heating plate for a while after cooking.**

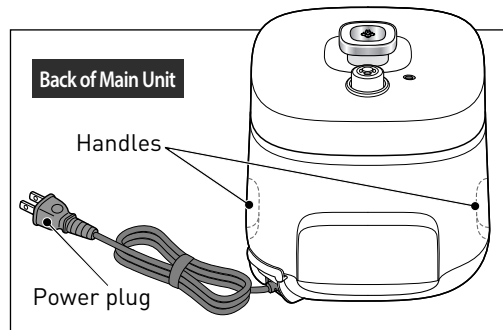
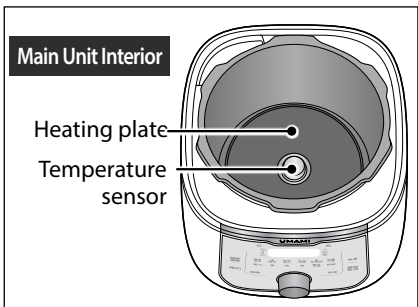
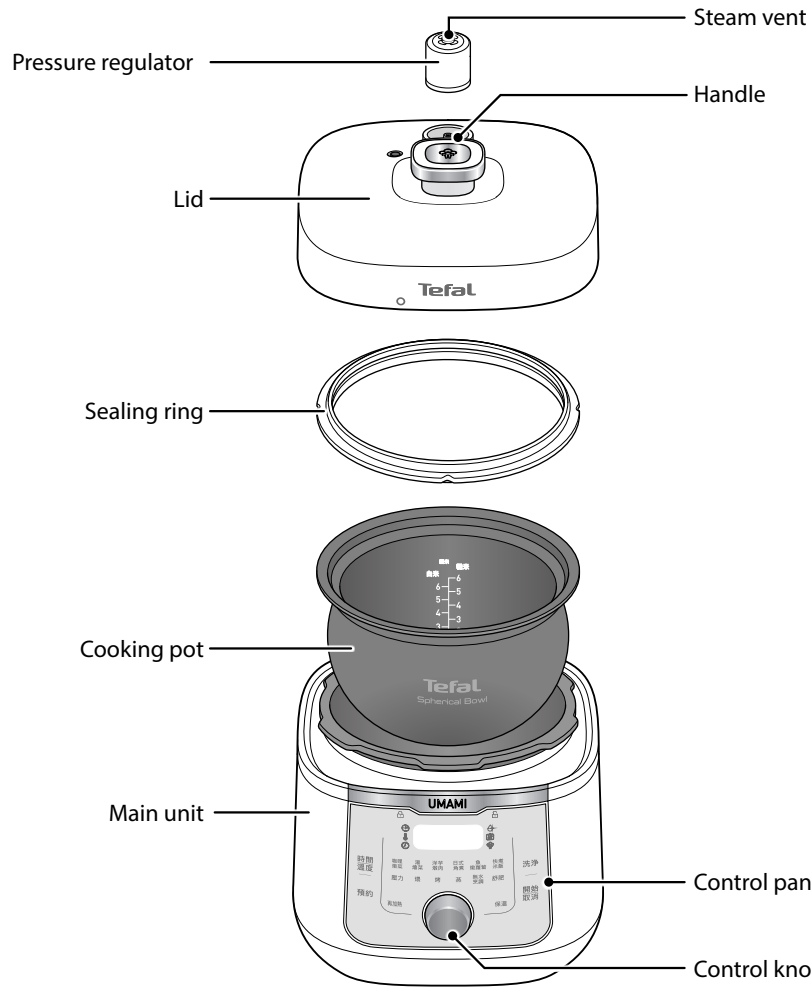
The heating plate remains hot after cooking and may cause burns.

## Requests Pertaining to Use

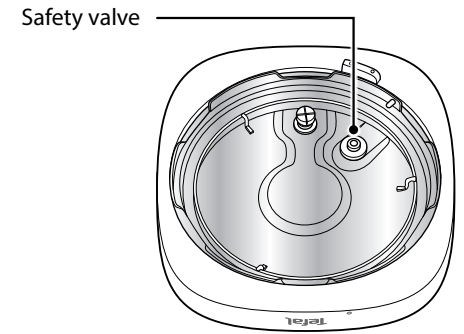
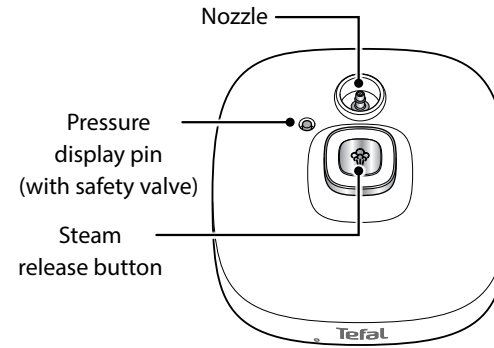
- This product is only for indoor use.
- Adhere to the quantities shown in recipes or the maximum/minimum cooking amount.
- Always use the accessories intended for use with this product
- Do not cook empty.
- Do not place the cooking pot on any other heat source.
- Only use cooking utensils such as metal spatulas which have rounded edges, otherwise the coating of this product could get scratched. To enjoy using this product for longer, we recommend using nylon rubber or wooden utensils.
- Mistakenly swallowing coating that may have peeled off is not detrimental to a person's health.
- Do not cut ingredients inside the cooking pot.
- When cooking hard, pointy ingredients (meat on bones, etc.) , do not press ingredients against the cooking pot interior or stir too vigorously.
- Use the accompanying steaming rack.
- Do not use this product for anything other than cooking food.
- This product is not a sterilizer. Do not use it to sterilize glass bottles.
- Do not directly place ingredients in the main unit without using the cooking pot.
- Maintain the cooking pot and other parts that heat up in a clean state. Also, always ensure the temperature sensor in the middle of the heating plate can move.
- Wash the cooking pot immediately after use.
- Clean the main unit by wiping with a damp cloth. Wash the cooking pot with a soft sponge and do not wash or rub it with a nylon scrubber. The sealing ring, cooking cup and steaming rack are dishwasher-safe.
- Do not immerse the main unit in water when cleaning after cooking. Doing so could result in this product falling.
- This product is designed for general household use. We bear no manufacturing liability or warranty liability whatsoever for business use, use for non-household purposes, or use breaching the instructions provided in this Instruction Manual.
- When disposing of this product, unplug the power cord then cut it to make it impossible to use.

- The heat sources for cooking are all included in this product.
- This product complies with all standards and regulations stipulated by the Low Voltage Directive, Electromagnetic Compatibility, Consumer Affairs Agency, etc.
- Cooking pots that have an abnormal used feel or that are damaged are not covered under warranty.

# Part Names



## Lid Parts

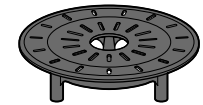


## Accessories

- Rice measuring cup (Approx. 180 ml)

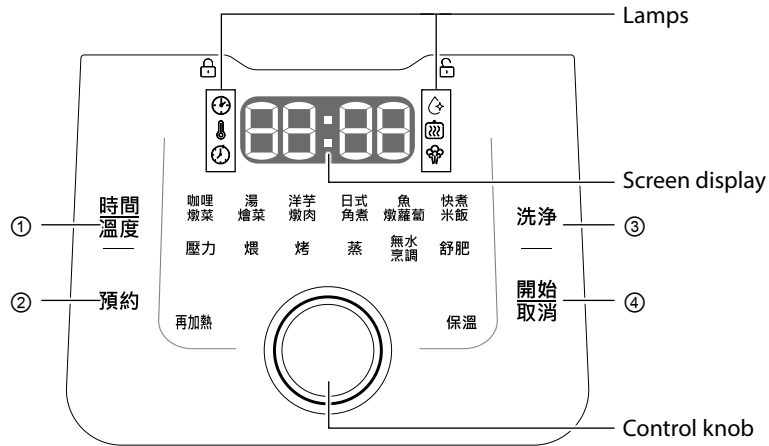


- Steaming rack



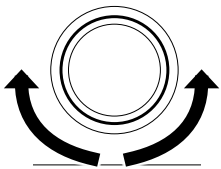
# Part Names (continued)

## Control Panel



①	<b>Time/ Temperature</b>	時間/溫度	Sets the cooking time and cooking temperature.
②	<b>Delay start</b>	預約	You can delay the cooking start time. → See page 32
③	<b>Clean</b>	洗淨	Cleans the product with steam. → See page 39
④	<b>Start/Cancel</b>	開始/取消	Press with a mode selected to start the selected mode. Cooking can be canceled by pressing this during cooking.

## Control knob



Turn the control knob  
You can select the cooking mode and set the cooking time and cooking temperature.  
If you change the cooking mode, the set cooking time and cooking temperature will be reset.



Press the control knob  
The set cooking time and cooking temperature are confirmed.

## Lamps

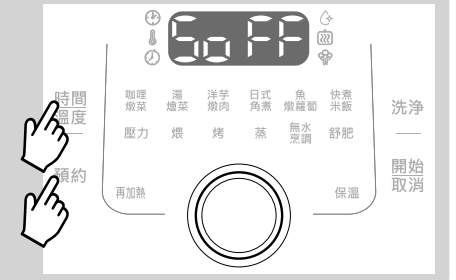
	<b>Delay start lamp</b>	Lights when the delay start time is set.
	<b>Pressure (remaining) lamp</b>	Lights when the pressure remains in the cooking pot after cooking.
	<b>Time setting lamp</b>	Flashes when the cooking time is set.
	<b>Cleaning lamp</b>	Lights during cleaning.
	<b>Keep warm lamp</b>	After cooking, this lamp lights up while keep warm mode is turned on automatically. This lamp does not light up when keep warm mode is started manually.
	<b>Temperature setting lamp</b>	Lights when preheat is completed and pressure cooking is started.

\*The time and temperature can be set when the "Delay start lamp", "Time setting lamp", and "Temperature setting lamp" are lit or flashing.

## Mute mode

If you press the "Time/Temperature" button and the "Delay start" button at the same time, "SoFF" will be displayed and the operation sounds will be muted.

- If you press the "Time/Temperature" button and "Delay start" button at the same time again, "SoON" will be displayed and operation sounds will be enabled (no longer muted).

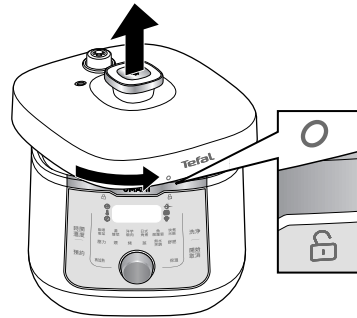
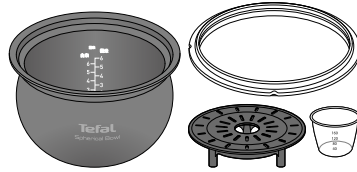


# Using Your Electric Pressure Cooker for the First Time

Before using for the first time, wash the cooking pot, sealing ring, rice measuring cup and steaming rack with a neutral detergent, then dry thoroughly.

→ Refer to P. 37 for how to remove the sealing ring.

- Before using, remove the protective film attached to the operation panel.



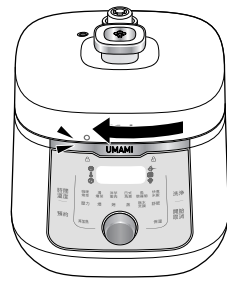
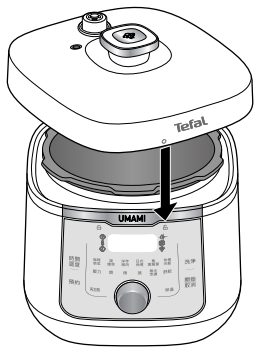
## Opening/closing the lid

### Opening the lid

- 1 Hold the handle of the lid and turn in a counter-clockwise direction until the mark on the lid aligns with the mark on the main unit.
- 2 Lift the lid to open.

### Closing the lid

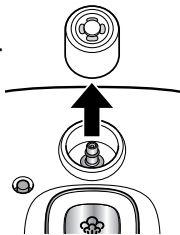
- 1 Align the mark on the lid with the mark on the main unit and place the lid down.
- 2 Turn the lid in a clockwise direction until the mark on the lid aligns with the mark on the side of the main unit. If the marks are not aligned, the pressure will not increase.



## Attaching/removing the pressure regulator

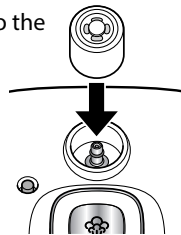
### Removing the pressure regulator

Pull upwards to remove.



### Attaching the pressure regulator

Insert vertically into the nozzle from above.



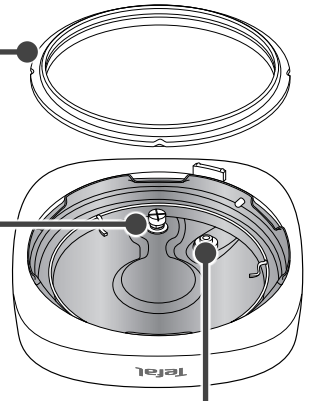
# Inspecting Your Electric Pressure Cooker Prior to Pressure Cooking

Inspect all sections before each use.

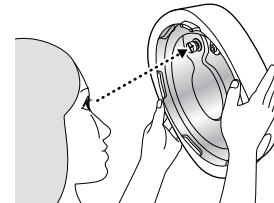
- 1 Remove the pressure regulator from the lid, and inspect each section.
- 2 After inspection, attach the pressure regulator to the lid.

## Sealing ring (Rubber portion)

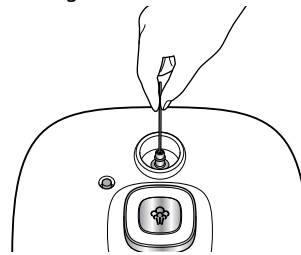
Check that it is attached to the lid properly and that there is no damage such as cracks or shrinkage. If the sealing ring is damaged, steam will leak, so please be sure to replace it  
→ Refer to P. 37 for how to attach/remove the sealing ring.



## Nozzle

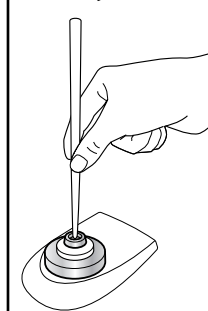


After removing the pressure regulator, hold the nozzle up in a well-lit place and inspect it for blockages.



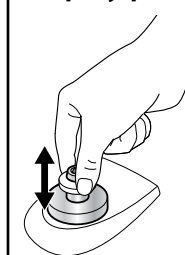
Remove any blockages with a toothpick, etc.

## Safety valve



Press forcefully using a rounded chopstick, etc. to check if the valve pushes back like a spring. Check that the safety valve is not dirty such as food or dirt adhered to the valve. If it is dirty, clean it.

## Pressure display pin



Hold in your hand and check to see if the rod moves smoothly. Check that the pressure display pin is not dirty such as food or dirt adhered to the valve. If it is dirty, clean it.

→ For how to remove the pressure display pin, see P. 38.

# Precautions Regarding Pressure Cooking

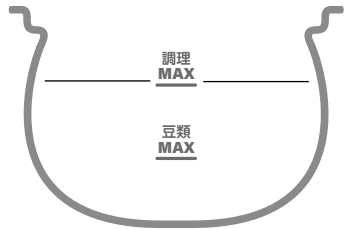
## Maximum cooking amount

Be sure to observe the below maximum cooking amounts.

Particularly when cooking beans and other ingredients that expand when cooked, if the maximum cooking amount is exceeded, bean skin or other ingredients could block the nozzle and prevent proper operation.

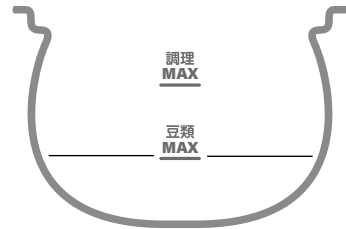
### Normal cooking

Ingredients + liquid is below the "Cooking MAX" 調理 MAX line



### Beans

Beans + liquid are below the "Beans MAX" 豆類 MAX line

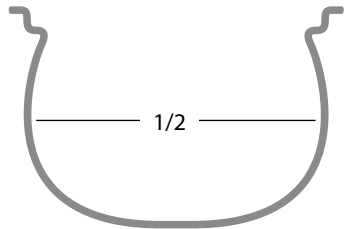


\*Do not use paper or aluminum foil to cover food directly as there is a risk of these materials blocking the nozzle, etc.

Be sure to cover the beans directly with the steaming rack.

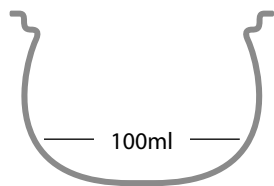
### Curry, stew, etc.

Ingredients + liquid should be 1/2 the cooking pot depth or less.



\*Curry or stew paste should be added after pressure cooking is complete.

## Minimum cooking amount



When pressure cooking, use a minimum of 100 ml of liquid, such as water, soup, or stock. As an approximate, around 100 ml of liquid evaporates after ten minutes of pressure cooking.

\*For ingredients such as rice and beans that easily absorb liquid, add more liquid according to the recipe or desired cooking results.

## Caution

Do not pressure cook noodles or other ingredients that increase in quantity.

# Cooking Mode

Function	Default cooking time *	Available cooking time		Delay time	Keep warm time	Pressure	Lid	Reference page
		Pressure cooking (P1)	Stew cooking (P2)					
Recipe Mode 咖哩/燉菜 湯/燴菜 洋芋燉肉 日式角煮 魚/燉蘿蔔	30 min (Pressure cooking: 10 min + Stew cooking: 20 min)	3 to 20 min (1 min interval)	1 to 30 min (1 min interval)	1 to 12 hours	24 hours	Yes	locked	P. 18
	20 min (Pressure cooking: 5 min + Stew cooking: 15 min)	1 to 45 min (1 min interval)	1 to 30 min (1 min interval)	1 to 12 hours	24 hours	Yes	locked	
	23 min (Pressure cooking: 8 min + Stew cooking: 15 min)	2 to 20 min (1 min interval)	1 to 30 min (1 min interval)	1 to 12 hours	24 hours	Yes	locked	
	30 min (Pressure cooking: 20 min + Stew cooking: 10 min)	5 to 20 min (1 min interval)	1 to 30 min (1 min interval)	1 to 12 hours	24 hours	Yes	locked	
	30 min (Pressure cooking: 10 min + Stew cooking: 20 min)	2 to 20 min (1 min interval)	1 to 30 min (1 min interval)	1 to 12 hours	24 hours	Yes	locked	
Cooking mode 快煮米飯 壓力 燉 烤 蒸 無水烹調 舒肥	7 min	3 to 20 min (1 min interval)		1 to 12 hours	24 hours	Yes	locked	P. 22
	10 min	1 to 50 min (1 min interval)		1 to 12 hours	24 hours	Yes	locked	
	30 min	3 min to 3 hours (1 min interval)		1 to 12 hours	24 hours	No	Open/Close	P. 26
	5 min	1 to 59 min (1 min interval)		N/A	N/A	No	Open	P. 28
	8 min	1 to 30 min (1 min interval)		1 to 12 hours	24 hours	Yes	locked	P. 22
	10 min	1 to 30 min (1 min interval)		1 to 12 hours	24 hours	Yes	locked	
3 hours	10 min to 22 hours (10 min interval)		N/A	N/A	No	Open/Close	P. 30	
Keep warm 保溫	24 hours	—		—	—	No	Open/Close	P. 34
Reheat 再加熱	3 min	3 min to 3 hours (1 min interval)		—	24 hours	No	Open/Close	P. 33
Delayed start 預約	2 hours	1 to 12 hours (10 min interval)		—	—	—	Open/Close	P. 32

- The above default cooking times and available cooking times exclude preheat time.
- For the items where "Keep warm time" is specified, keep warm will start automatically after the set cooking time has elapsed.

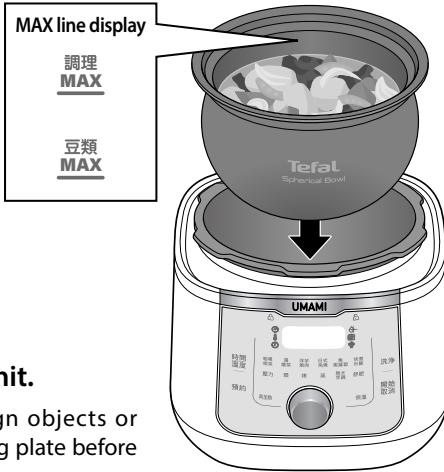
\*: Times are set in advance

# Recipe Mode (Boil Slowly to Enrich Flavor)

After pressure cooking, stew cooking (boil slowly to enrich flavor) starts automatically to permeate flavors into ingredients..

## 1 Place the ingredients in the cooking pot.

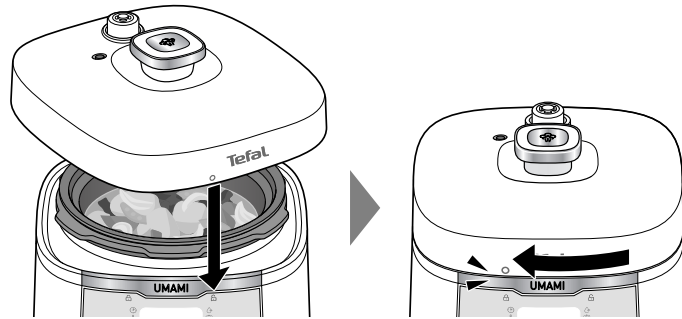
- Be sure to add liquid keeping between the minimum and maximum lines.
- Add ingredients with thick texture, such as curry paste, only after pressure cooking.
- See the supplied recipe book for details.



## 2 Place the cooking pot in the main unit.

- Check there are no grains of rice, foreign objects or grime on the temperature sensor or heating plate before placing the cooking pot in the main unit.
- If there are any foreign objects, grime, water droplets or moisture, wipe before placing cooking pot in.
- Make sure that the lid is dry before closing.

## 3 Close and lock the lid.

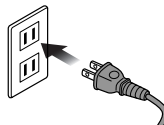


- Requests**
- Inspect before closing the lid. (P. 15)
  - Check that the pressure regulator and sealing ring are correctly attached to the lid.

## 4 Connect the main unit and a power outlet using the power cord.

The buzzer will sound and **0:10** will be displayed.

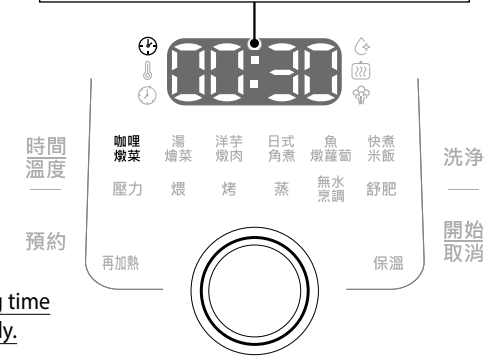
- If no operations are made within 30 seconds after turning on the power, the product goes into sleep mode and **-- --** is displayed.



## 5 Turn the control knob to select the Recipe Mode or Cooking Mode.

Recipe Mode	Curry/stew	咖喱/燉菜
	Soup	湯/燴菜
	Meat stew	洋芋燉肉
	Stew	日式角煮
	Fish stew	魚/燉蘿蔔

Once the cooking mode is selected, the default cooking time will be displayed.



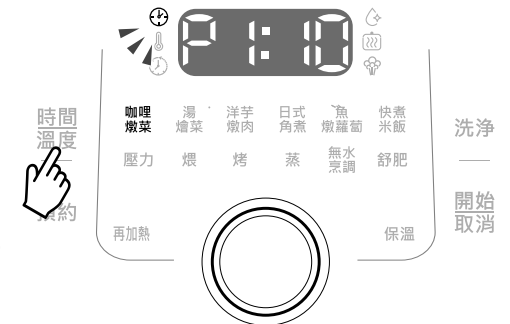
## 6 Where necessary, set the cooking time.

In the Recipe Mode, set the pressure cooking time (P1) and the stew cooking time (P2) separately.

- Press the **開始/取消** button to start cooking immediately.

### ① Press **時間溫度**

The **時間溫度** lamp will flash and the default cooking time (P1) for pressure cooking will be displayed.



### ② Turn the control knob to set the pressure cooking time (P1), and press the control knob to confirm.

- See P. 17 for the number of hours available for each mode.
- The time is displayed as "P1:(minutes)". (E.g. If "P1:10", then pressure cooking will be performed for 10 minutes.)
- The setting time excludes preheat.


### ③ The default cooking time (P2) for stew cooking will be displayed. Turn the control knob to set the stew cooking time, and press the control knob to confirm.

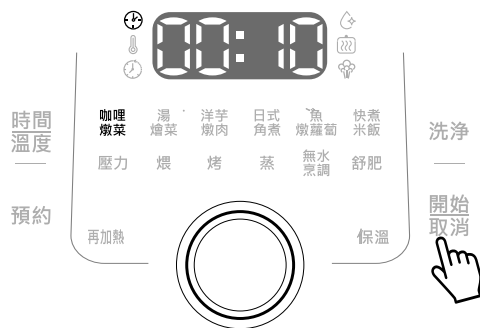
- See P. 17 for the number of hours available for each mode.
- The time is displayed as "P2:(minutes)". (E.g. If "P2:20", then cooking will be performed for 20 minutes.)
- The temperature cannot be changed in the recipe mode. When trying to set the temperature, the cooking temperature and "AUtO" are displayed alternately.



## Recipe Mode (Continued)

### 7 Press **開始** **取消** to start cooking.

- Heating will start.
- During preheat  will be displayed and rotate.
- The time until pressure cooking starts depends on the type and amount of ingredients.
- Press the **開始** **取消** button again to cancel midway through cooking.



The timer will begin counting down when pressure cooking starts.

- The first few times you use your electric pressure cooker, a small amount of steam will leak from the lid when the pressure is high, but this is normal.
- When pressure is applied, the pressure (remaining) lamp will light up.
- Steam will escape from the steam vent during pressure cooking.

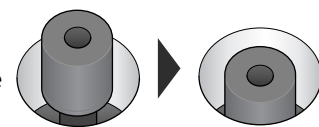
Once the countdown ends, the buzzer will sound.

- Once pressure cooking has ended, the mode will automatically change to keep warm mode, and the keep warm lamp will light up.
- The pressure (remaining) lamp will light up when the pressure is remaining in the cooking pot.

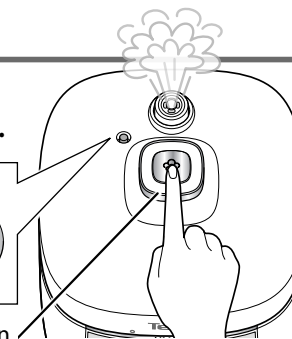
**WARNING** Pressure still remains in the cooking pot at the time when counting is complete and the buzzer sounds.

### 8 Press the steam release button to release steam.

Check that the pressure display pin is lowered. If it is not lowered, press the steam release button to release the steam.



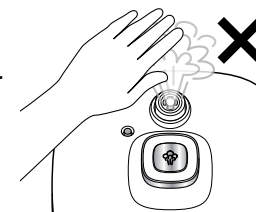
Steam release button



#### **Caution**

Hot steam will be released from the pressure regulator during steam release.

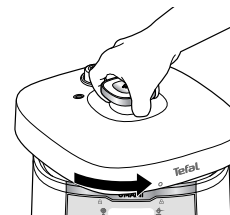
Keep your hands, face, etc. away from the pressure regulator.



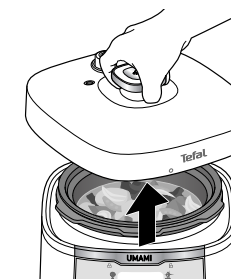
### 9 The lid can be opened once all the steam is released from the pressure regulator.

When the pressure in the cooking pot is released, no steam will be emitted from the pressure regulator. Open the lid carefully at this point.

- ① Move the handle slightly and check that there is no steam coming from the gap under the lid.



- ② Slide and lift the lid.



- If the lid is heavy when sliding it, pressure may still remain inside. Do not open it forcibly. Exhaust the steam as described in step 8.

#### **Caution**

- Be careful when opening the lid as hot steam will escape. Wear oven mitts if necessary.
- If you open the lid and turn it over, hot water may drip causing scalding, so be careful. It is recommended that you place the lid horizontally without turning it over.

### 10 If you do not need to keep the ingredients warm, press and hold **開始** **取消** to end keep warm mode.

## Cooking Mode (rice cooking, pressure cooking, steam, no-water)

Ingredients are cooked at high temperature in a closed cooking pot, so they are cooked quickly and softly

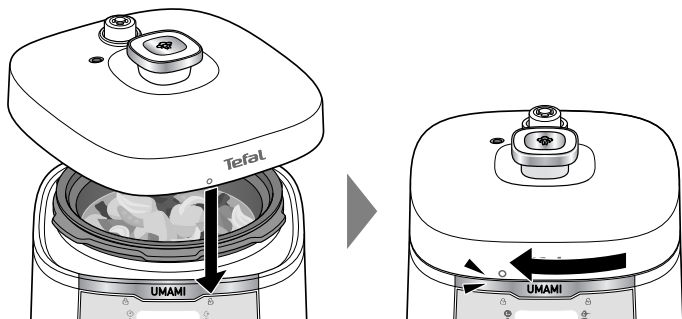
### 1 Place the ingredients in the cooking pot.

- Be sure to add liquid keeping between the minimum and maximum lines.
- Add ingredients with thick texture, such as curry paste, only after pressure cooking.
- When cooking rice, put the rice in the cooking pot first then add water to the line matching the number of rice cups.
- See the supplied recipe book for details.
- Use the steaming rack for steam cooking.

### 2 Place the cooking pot in the main unit.

- Check there are no grains of rice, foreign objects or grime on the temperature sensor or heating plate before placing the cooking pot in the main unit.
- If there are any foreign objects, grime, water droplets or moisture, wipe before placing cooking pot in.
- Make sure that the lid is dry before closing.

### 3 Close and lock the lid.

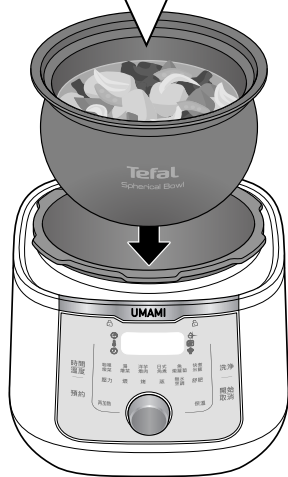
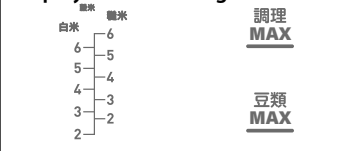


#### Requests

- Inspect before closing the lid. (P. 15)
- Check that the pressure regulator and sealing ring are correctly attached to the lid.

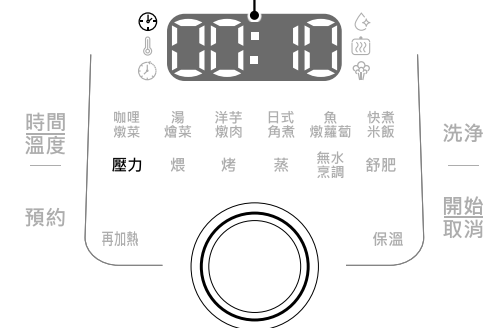
### 4 Connect the main unit and a power outlet using the power cord.

Water amount line MAX line display when cooking rice



### 5 Turn the control knob to select the Cooking Mode.

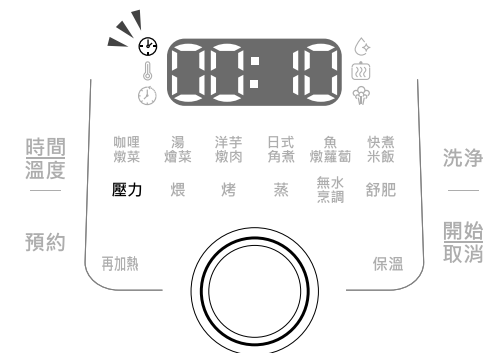
Once the cooking mode is selected, the default cooking time will be displayed.



### 6 Where necessary, set the pressure cooking time.

① Press. **時間溫度**

The lamp will flash.




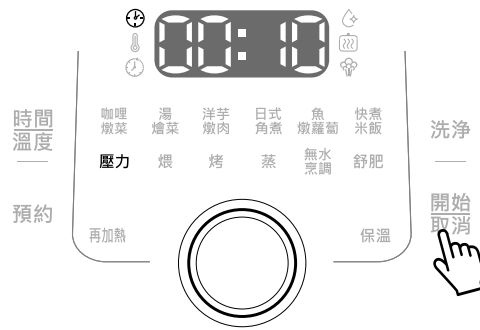
② Turn the control knob to set the pressure cooking time, and press the control knob to confirm.

- See P. 17 for the number of hours available for each mode.
- Set the time in "Hours:Minutes". (E.g. If "00:10" then pressure cooking will be performed for 10 minutes.)
- The setting time excludes preheat.

# Pressure Cooking / Steam Cooking (Continued)

## 7 Press **開始/取消** to start cooking.

- Heating will start.
- During preheat  will be displayed and rotate.
- The time until pressure cooking starts depends on the type and amount of ingredients.
- Press the "Start/Cancel" button again to cancel midway through cooking.



The timer will begin counting down when pressure cooking starts.

- The first few times you use your electric pressure cooker, a small amount of steam will leak from the lid when the pressure is high, but this is normal.
- When pressure is applied, the pressure (remaining) lamp will light up.
- Steam will escape from the steam vent during pressure cooking.

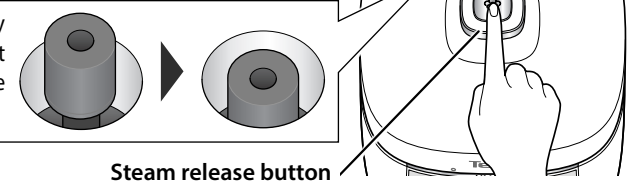
Once the countdown ends, the buzzer will sound.

- Once pressure cooking has ended, the mode will automatically change to keep warm mode, and the keep warm lamp will light up.
- The pressure (remaining) lamp will light up when the pressure is remaining in the cooking pot.

**WARNING** Pressure still remains in the cooking pot at the time when counting is complete and the buzzer sounds.

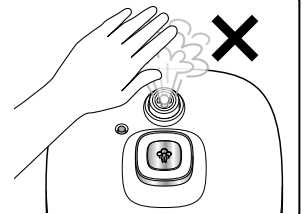
## 8 Press the steam release button to release steam.

Check that the pressure display pin is lowered. If it is not lowered, press the steam release button to release the steam.



### Caution

Hot steam will be released from the pressure regulator during steam release. Keep your hands, face, etc. away from the pressure regulator.



## 9 The lid can be opened once all the steam is released from the pressure regulator.

When the pressure in the cooking pot is released, no steam will be emitted from the pressure regulator. Open the lid carefully at this point.

- ① Move the handle slightly and check that there is no steam coming from the gap under the lid.
- ② Slide and lift the lid.



- If the lid is heavy when sliding it, pressure may still remain inside. Do not open it forcibly. Exhaust the steam as described in step 8.

**Caution**

- Be careful when opening the lid as hot steam will escape. Wear oven mitts if necessary.
- If you open the lid and turn it over, hot water may drip causing scalding, so be careful. It is recommended that you place the lid horizontally without turning it over.

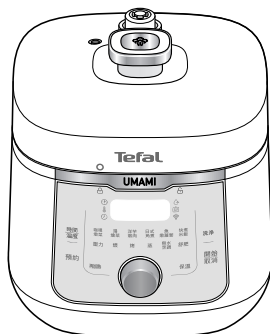
## 10 If you do not need to keep the ingredients warm, press and hold **開始/取消** to end keep warm mode.

## Cooking Mode (simmer 煨) (Non-pressure cooking)

Can cook for up to 3 hours therefore suited for preparing completed dishes.

### 1 Place ingredients in the cooking pot and put the pot into the main unit.

- Check there are no grains of rice, foreign objects or grime on the temperature sensor or heating plate before placing the cooking pot in the main unit.
- If there are any foreign objects, grime, water droplets or moisture, wipe before placing cooking pot in.
- Make sure that the lid is dry before closing.
- Do not use the steaming rack when cooking in browning mode.



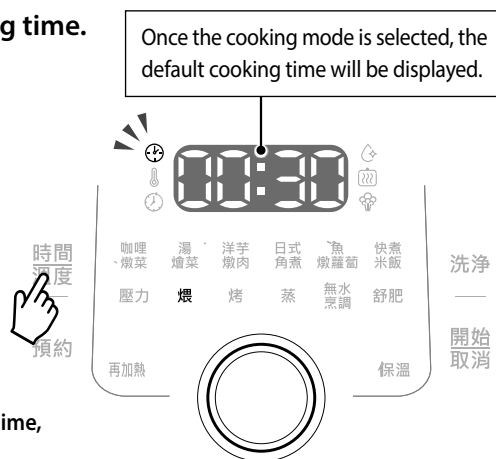
### 2 Close and lock the lid.

### 3 Connect the main unit and a power outlet using the power cord.

### 4 Turn the control knob and select "Simmer" 煨.

### 5 Where necessary, set the cooking time.

- ① Press 時間溫度
- The  lamp will flash.



- ② Turn the control knob to set cooking time, and press the control knob to confirm.

- Set the time in "Hours: Minutes". (E.g. If "00:10" then cooking will be performed for 10 minutes.)
- The available cooking times are 3 minutes to 3 hours (1 hour units).

### 6 Press 開始取消 to start cooking.

During preheat  will be displayed and rotate.

### 7 After cooking is complete, the mode will automatically change to keep warm, and the keep warm lamp will light up.

### 8 If you do not need to keep the ingredients warm, press and hold 開始取消 to end keep warm mode.

EN

# Cooking Mode (browning 烤) (Non-pressure cooking)

This mode cooks at a high temperature with the lid open.

## 1 Place the cooking pot in the main unit.

- Check there are no grains of rice, foreign objects or grime on the temperature sensor or heating plate before placing the cooking pot in the main unit.
- If there are any foreign objects, grime, water droplets or moisture, wipe before placing cooking pot in.
- Put ingredients in once preheat finishes.
- Do not use the steaming rack when cooking in browning mode.



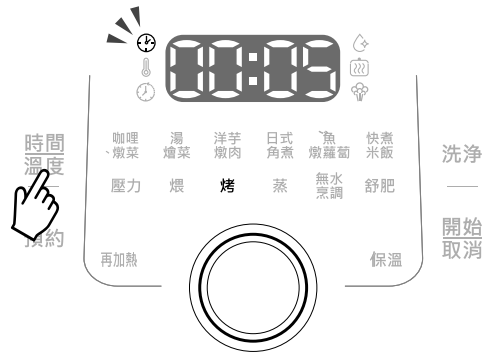
## 2 Connect the main unit and a power outlet using the power cord.

## 3 Turn the control knob to select "Browning": 烤

## 4 Where necessary, set the cooking time.

① Press **時間溫度**

The lamp will flash.



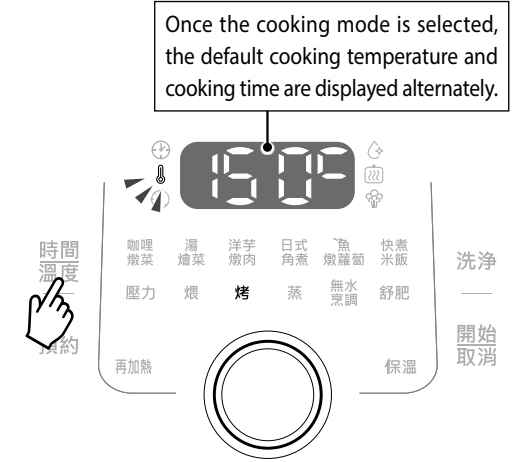
② Turn the control knob to set the cooking time, and press the control knob to confirm.

- Set the time in "Hours: Minutes". (E.g. If "00:10" then pressure cooking will be performed for 10 minutes.)
- The available cooking times are 1 to 59 minutes (1 minute units).

## 5 Where necessary, set the cooking temperature.

① Press **時間溫度**

The lamp will flash.



② Turn the control knob to set the cooking temperature, and press the control knob to confirm.

- The available cooking temperatures are 120°C minutes to 150°C (10°C units).

## 6 Press the **開始取消** button to start cooking.

- During preheat will be displayed and rotate.
- When preheating is complete, browning will start with a beep, and the timer will start counting down.

## 7 Once the cooking temperature is reached and the buzzer sounds, put the ingredients in the pot and begin browning.

The buzzer will sound again once the countdown of the set cooking time ends.

## 8 When cooking is finished, the buzzer sounds and heating ends.

Keep warm is not performed in "Browning" mode.

EN

## Cooking Mode (Sous vide 舒肥) (Non-pressure cooking)

This mode cooks for a long time up to 22 hours at a low temperature.

### Precautions for Sous vide

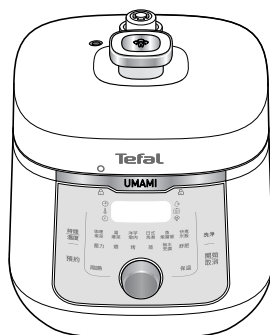
- Raw foods and foods that have not been completely pasteurized can cause health risks, so be careful.
- Take caution when serving food to people with lower immunity including pregnant women, infants, and elderly people. Do not eat if there is any concern about the state of cooking or food, health, etc.
- After purchasing ingredients, immediately store them in a refrigerator. Do not leave them at room temperature.
- Use fresh ingredients. Use a new zip-lock bag every time.
- Wash your hands thoroughly before touching food.
- If your hand is damaged or wounded, wear disposable gloves to avoid touching food directly.

### Notes on Sous vide

- Place the seasoned ingredients in a zip-lock bag and remove all air before sealing.
  - Add water to the cooking pot then cover the ingredients in the zip-lock bag in water.
- \* Refer to the supplied recipe book for ingredients and preparations.

### 1 Place ingredients in the cooking pot and put the pot into the main unit.

- Check there are no grains of rice, foreign objects or grime on the temperature sensor or heating plate before placing the cooking pot in the main unit.
- If there are any foreign objects, grime, water droplets or moisture, wipe before placing cooking pot in.
- Make sure that the lid is dry before closing.



### 2 Close and lock the lid.

### 3 Connect the main unit and a power outlet using the power cord.

### 4 Turn the control knob to select "Sous vide". 舒肥

### 5 Where necessary, set the cooking time.

① Press 

The  lamp will flash.

② Turn the control knob to set the cooking time, and press the control knob to confirm.

- Set the time in "Hours: Minutes". (E.g. If "00:10" then pressure cooking will be performed for 10 minutes.)
- The available cooking times are 10 minutes to 22 hours (10 minute units).

### 6 Where necessary, set the cooking temperature.

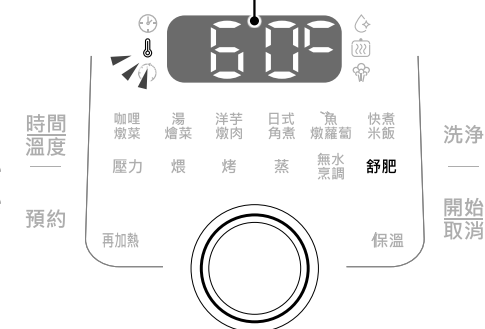
Once the cooking mode is selected, the default cooking temperature will be displayed.

① Press 

The  lamp will flash.


② Turn the control knob to set the cooking temperature, and press the control knob to confirm.

- The available cooking temperatures are 60 to 90°C (1°C units).



### 7 Press to begin cooking.

Once cooking ends, the buzzer will sound and heating will end.

- During preheat  will be displayed and rotate.
- When preheating is complete, Sous vide cooking will start with a beep, and the timer will start counting down.

### 8 When cooking is complete, the buzzer will sound and heating will end.

Keep warm will not be performed in the "Sous vide" mode.

## Delay Start Cooking 預約

It is possible to delay the time before cooking starts.

The delay function is not possible with the "Browning" and "Sous vide" modes.

**Caution** Do not use the cooking pot for cooking raw meat, raw fish, raw eggs or raw seafood. Doing so may cause decay or smell.

### 1 Place ingredients in the cooking pot then place the pot in the main unit.

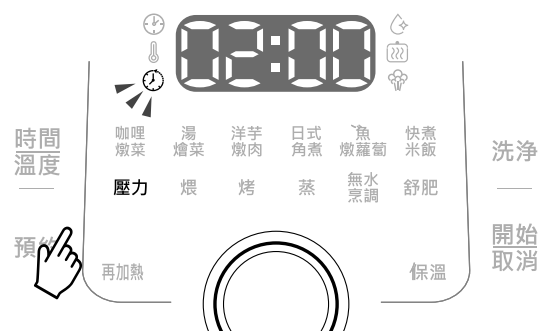
Place the lid to suit the selected cooking mode.

### 2 Connect the main unit and a power outlet using the power cord.

### 3 Select a mode and set the cooking temperature and cooking time as needed.

### 4 Press **預約**

The  lamp flashes.



### 5 Turn the control knob to set the delay start time, and press the control knob to confirm.

Cooking will start after the set time elapses.

- Set the time in "Hours: Minutes". (E.g. If "02:00" then the cooking start time will be delayed by two hours.)
- Available delay start time options are 1 to 12 hours (1 hour units).

### 6 Press **開始取消**

The countdown will begin and cooking will start once it reaches 0.

## Reheating 預熱

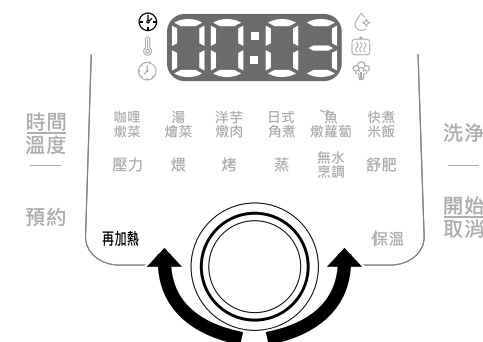
### 1 Put the food in the cooking pot and set it in the main unit.

### 2 Close the lid and lock it.

It can be reheated even without the lid.

### 3 Connect the power cord to the main unit and the outlet.


### 4 Turn the control knob to select "Reheat", and press the control knob to confirm.



### 5 Set the cooking time.

#### ① Press **時間溫度**

#### ② Turn the control knob to set the cooking time, and press the control knob to confirm.

The  lamp will flash.

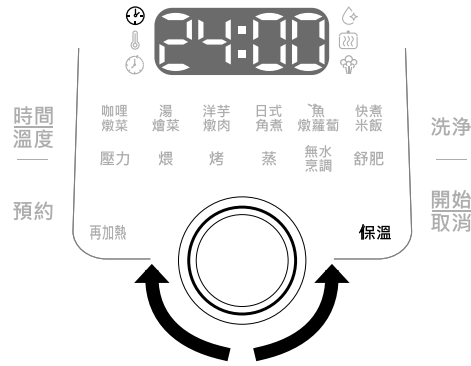
- Set the time in "Hours: Minutes". (E.g. If "00:10" then pressure cooking will be performed for 10 minutes.)
- The available cooking times are 10 minutes to 22 hours (10 minute units).
- The temperature cannot be changed in the "Reheat" mode.  
When trying to set the temperature, the cooking temperature and "Auto" are displayed alternately.

### 6 Press **開始取消** to start cooking

After cooking is complete, keep warm starts automatically and the keep warm lamp will light up.

## Keep Warm 保溫

- 1 Turn the control knob to select "Keep warm", and press the control knob to confirm.



- 2 Press **開始/取消** to start keep warm.

Keep warm will start.

If keep warm was started manually, the keep warm lamp will not light.

- To end midway, press the **開始/取消** button again.
- After 24 hours from the start of keep warm, keep warm will automatically end.
- The keep warm time cannot be set.
- The temperature cannot be changed in the "Keep warm" mode.

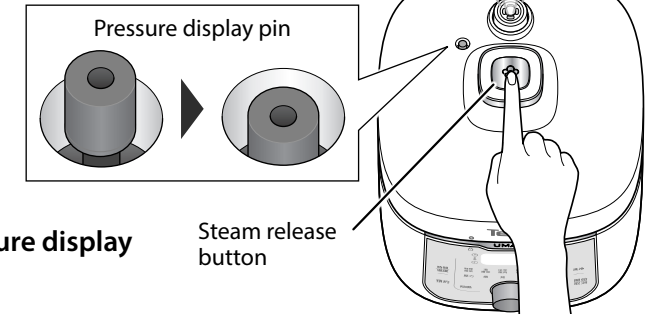
When trying to set the temperature, the cooking temperature and "Auto" are displayed alternately.

## When You Need to Open the Lid Immediately

(Canceling Cooking 取消烹飪)

- 1 Press **開始/取消** to end cooking.

- 2 Press the steam release button to discharge the steam.



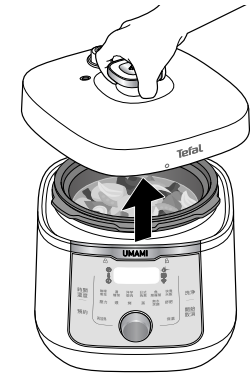
- 3 Check that the pressure display pin is lowered.

- 4 Open the lid when steam stops coming out from the pressure regulator.

- ① Move the handle slightly and check that there is no steam coming from the gap under the lid.



- ② Slide and lift the lid.



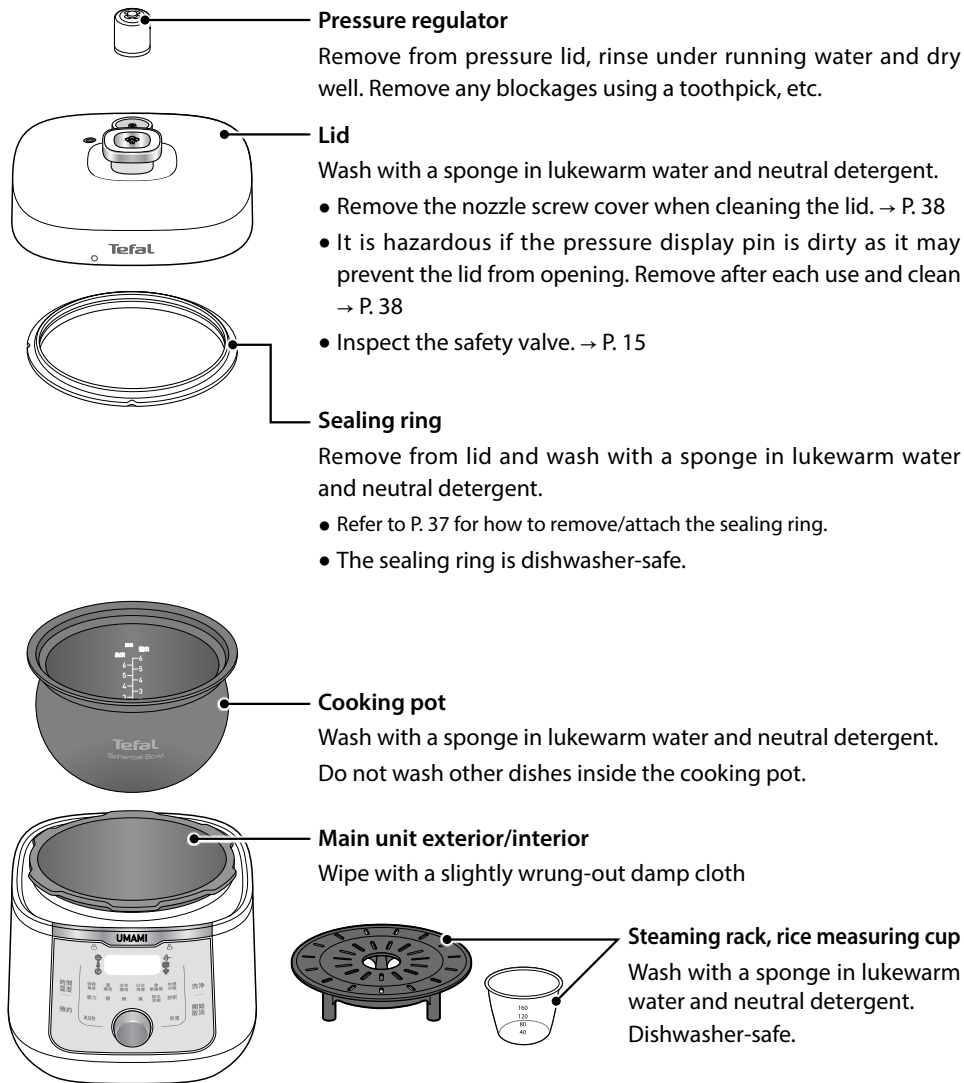
- If the lid is heavy when sliding it, pressure may still remain inside. Do not open it forcibly. Exhaust the steam as described in step 2.

**⚠ Caution**

- Be careful when opening the lid as hot steam will come out. Wear oven mitts as necessary.
- Do not turn over the lid after opening it. Hot water may drip and cause scalding. It is recommended to place the lid horizontally without turning it over.

## Care After Each Use 日常維護

After use, unplug the power plug from the power outlet, open the lid and allow the electric pressure cooker to cool. After cooking, care for your product as described below.



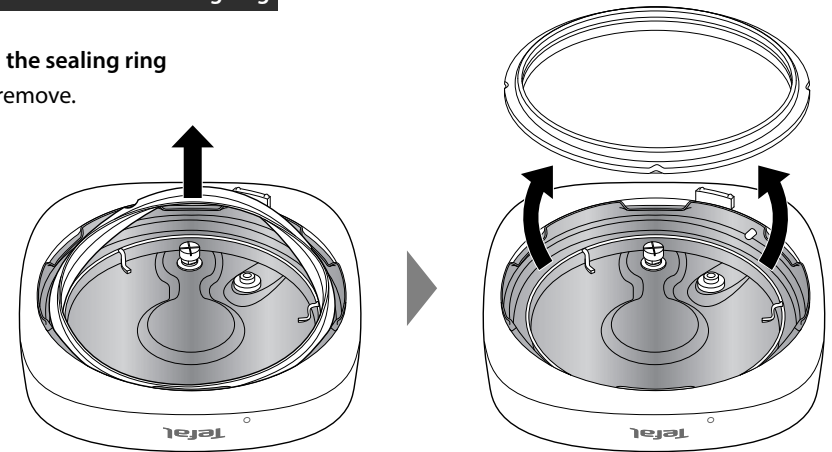
### Requests

- Do not submerge the main unit in liquid.
- Do not use steel wool or detergent/sponges etc. with abrasive as it could damage the coating on the inside of the cooking pot. Also, do not use hard, metal tools to remove burnt-on food, etc.
- Do not use benzine, thinner, bleach, sanitizing alcohol, etc.

### How to attach/remove the sealing ring

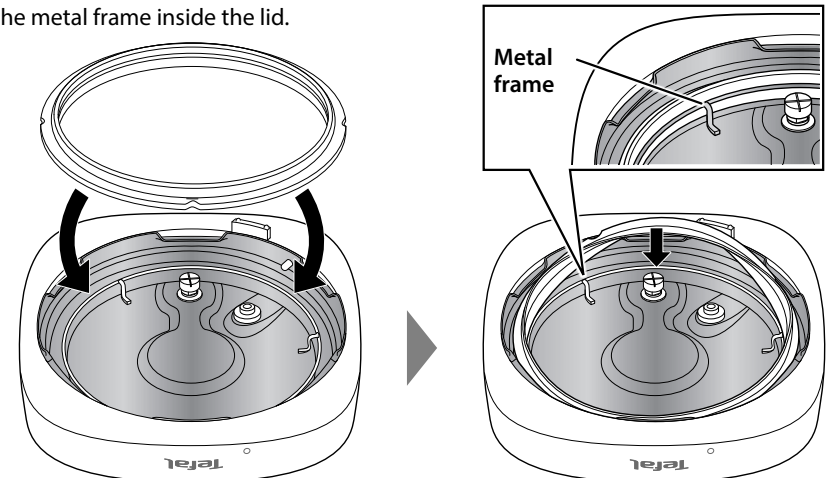
#### ■ Removing the sealing ring

Pull up to remove.



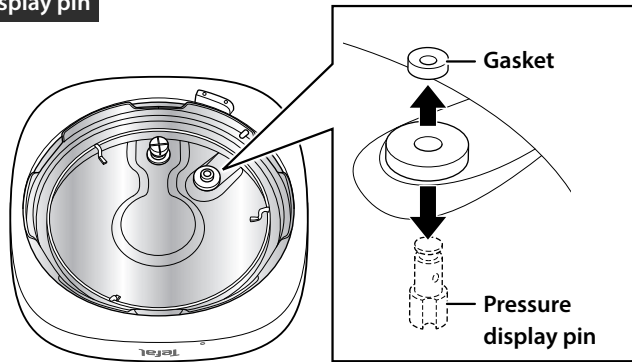
#### ■ Attaching the sealing ring

Attach to the metal frame inside the lid.



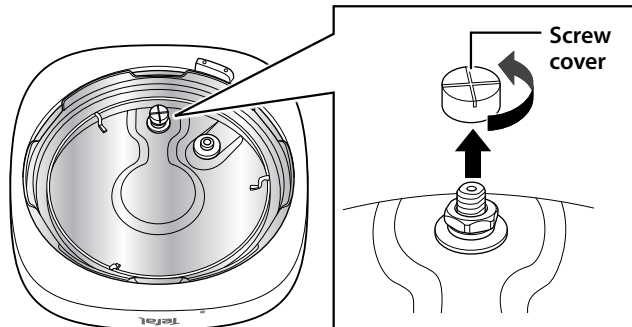
## How to remove the pressure display pin

Remove the gasket of the pressure display pin, then remove the pressure display pin.



## How to remove the nozzle screw cover

Turn the nozzle screw cover in a counter-clockwise direction to remove.

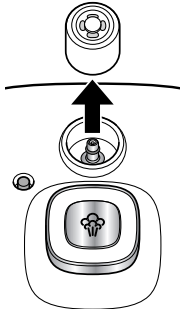


\*Be careful not to lose the gasket or pressure display pin.

## Attaching/removing the pressure regulator

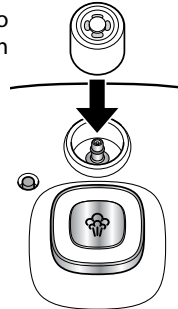
### Removing the pressure regulator

Pull upwards to remove.



### Attaching the pressure regulator

Insert vertically into the nozzle from above.



## Cleaning function

Cleaning using pressure and steam can easily remove the odor from the cooking pot. There are two cleaning methods, "steam cleaning" and "odor removal cleaning".

### 1 Pour water or vinegar and lemon in the cooking pot.

#### When performing "steam cleaning"

Pour a cup of water (about 180 ml) (using the supplied rice measuring cup) in the cooking pot.

#### When performing "odor removal cleaning"

Pour two cups of water (using the supplied rice measuring cup) and a lemon (cut into eight equal wedges) in the cooking pot.

### 2 Place the cooking pot on the main unit, close the lid and lock it.

- Check the temperature sensor and heating plate for foreign matter such as rice grains and dirt before setting it in the main unit.
- If there is foreign matter, dirt, water droplets, or other moisture on the product, wipe it off before setting.
- Before closing the lid, make sure it is dry.

#### Request

- Check before closing the lid. (P. 15)
- Make sure that the pressure regulator and sealing ring are properly attached to the lid.

### 3 Connect the power cord to the main unit and the outlet.

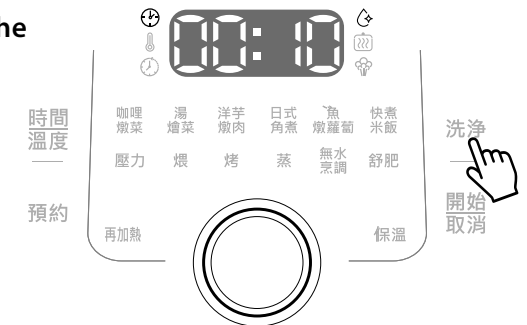
### 4 Press 洗淨

The lamp and the lamp will light up.

### 5 Press 開始取消 to start cleaning.

After preheating, cleaning will be done automatically for 10 minutes.

- During preheating, appears on the display and rotates.
- The time cannot be set.
- To end midway, press the button again.



## Care After Each Use (continued)

### The buzzer sounds when cleaning is complete.

When the pressure remains in the cooking pot, the pressure (remaining) lamp lights up.

**Warning** Even when the count is over and the buzzer sounds, there is still pressure in the cooking pot.

## 6 Press the steam release button to release the steam.

**Caution** Hot steam is emitted from the pressure regulator during steam discharge. Keep your hands and face away from the pressure regulator.

## 7 Open the lid when steam stops coming out from the pressure regulator.

- ① Move the handle slightly and check that there is no steam coming from the gap under the lid.
- ② Slide and lift the lid.

- If the lid is heavy when sliding it, pressure may still remain inside. Do not open it forcibly. Exhaust the steam as described in step 6.

**Caution**


- Be careful when opening the lid as hot steam will come out. Wear oven mitts as necessary.
- Do not turn over the lid after opening it. Hot water may drip and cause scalding. It is recommended to place the lid horizontally without turning it over.

## 8 After unplugging the power plug from the outlet and cooling the main unit, rinse the cooking pot thoroughly with water.

## Troubleshooting

### ■ Can't open lid

Possible cause	Solution
Pot still pressurized	Hold the steam release button down, release pressure from cooking pot, then open lid
Pressure display pin is dirty and won't go down	Hold the steam release button down to release pressure from cooking pot. After cooling down for at least 2 hours, press pressure display pin with a chopstick, etc. After use, clean the pressure display pin.



### ■ Can't close lid

Possible cause	Solution
Steam coming from ingredients inside cooking pot	Cool ingredients slightly until steam settles, then close lid
Sealing ring not correctly attached	Attach sealing ring correctly → P. 37
Pressure display pin is dirty/blocked	If lid is cool, press pressure display pin with a chopstick, etc. then clean pressure display pin.
Lid closed in wrong direction	Close in correct direction → P. 14

### ■ Not cooking properly

Possible cause	Solution
Rice:water ratio incorrect	After placing rice in the cooking pot using the rice measuring cup, add water referring to the line inside the pot
Setting time or water amount is incorrect	Cook in line with the correct setting time and water amount
Foreign material on heating plate or sensor	Wipe with a slightly wrung-out damp cloth

## Troubleshooting (Continued)

### ■ Steam leaking from lid

Possible cause	Solution
Sealing ring not clean.	Remove and clean sealing ring. → P. 37
Sealing ring not correctly attached.	Attach sealing ring correctly. → P. 37
Sealing ring broken.	Cease use and contact our Customer Support Center.

### ■ Excessive amount of froth or steam escaping from steam vent during preparation

Possible cause	Solution
Pressure regulator not correctly attached.	If pressure regulator is sideways or not sitting properly, press with a chopstick, etc. to correct.
Excessive ingredients/water quantity.	Do not add ingredients or liquid above the MAX line.
Lid not locked.	Lock lid completely.
Broken.	Cease use and contact our Customer Support Center.

### ■ Steam constantly coming escaping from steam vent or pressure display pin

Possible cause	Solution
Pressure display pin is dirty/blocked.	Allow the product to cool, clean the pressure display pin, then restart cooking.

### ■ Error code displayed on display portion

Display	Possible cause	Solution
E0	Pressure switch is abnormal.	Cease use and contact our Customer Support Center.
E1	Bottom temperature sensor is abnormal.	
E2	Lid is in incorrect position.	Place the lid in the correct position.
	Lid switch sensor is abnormal.	Cease use and contact our Customer Support Center.

## Product Specifications

Tefal Umami Cooker Umami Electric Pressure Cooker 4L	
Rated voltage/ frequency	110 V 60 Hz
Rated power consumption	900 W
Main unit mass	Approx. 5.0 kg
Power cord length	0.8 m
Main unit size	Approx. 307×276×288 mm
Pressure at which pressure regulator is activated	80 kPa
PS	140kPa
Nominal capacity/ cooking capacity	4.0 L/2.6 L
Accessories	Steaming rack, rice measuring cup

\*Product specifications, design, price, etc. are subject to change.

\*This product can only be used within Taiwan.

Made in China

Thank you for purchasing Tefal products. To provide complete services, we are honored to invite you to log in to the website and register as a member to provide services such as product warranty, maintenance, and consultation.

Please scan with your mobile phone or enter the URL below



Login URL: <http://tefal-home.com.tw/services/warranty>

When you successfully become a member, you can enjoy the following exclusive benefits for members:

French Tefal home appliances can enjoy a 1-year extended warranty for free.

After spending \$12,000 at department store counters, you can upgrade to a VIP member and enjoy a \$1,000 gift voucher for joining the membership.

VIP members can redeem a birthday gift with their identity documents in the month of their birthday.

From time to time, you can receive product discounts and event information.

Exclusive VIP product combination, VIP exclusive full gift message.

If you have any questions about the product, please contact the customer service center:

Customer service line: 02-7743-0640 Service hours:

Monday to Friday 9:00~13:00 and 14:00~18:00

Service mailbox: [satservice@groupeseb.com](mailto:satservice@groupeseb.com)

## **TEFAL/T-FAL\* INTERNATIONAL LIMITED GUARANTEE : [www.tefal.com](http://www.tefal.com)**

This product is repairable by TEFAL/T-FAL\*, during and after the guarantee period. Accessories, consumables and end-user replaceable parts can be purchased, if locally available, as described on the TEFAL/T-FAL internet site [www.tefal.com](http://www.tefal.com).

### **The Guarantee\*\* :**

TEFAL/T-FAL guarantees this product against any manufacturing defect in materials or workmanship during the guarantee period within those countries\*\*\* as stated in the attached country list, starting from the initial date of purchase or delivery date. The international manufacturer's guarantee covers all costs related to restoring the proven defective product so that it conforms to its original specifications, through the repair or replacement of any defective part and the necessary labour. At TEFAL/T-FAL's choice, a replacement product may be provided instead of repairing a defective product. TEFAL/T-FAL's sole obligation and your exclusive resolution under this guarantee are limited to such repair or replacement.

### **Conditions & Exclusions :**

TEFAL/T-FAL shall not be obliged to repair or replace any product which is not accompanied by a valid proof of purchase. The product can be taken directly in person or must be adequately packaged and returned, by recorded delivery (or equivalent method of postage), to a TEFAL/T-FAL authorised service centre. Full address details for each country's authorised service centres are listed on TEFAL/T-FAL website ([www.tefal.com](http://www.tefal.com)) or by calling the appropriate consumer Service centre set out in the attached country list. In order to offer the best possible after-sales service and constantly improve customer satisfaction, TEFAL/T-FAL may send a satisfaction survey to all customers who have had their product repaired or exchanged in a TEFAL/T-FAL authorised service centre.

This guarantee applies only for products purchased and used for domestic purposes and will not cover any damage which occurs as a result of misuse, negligence, failure to follow TEFAL/T-FAL instructions, or a modification or unauthorised repair of the product, faulty packaging by the owner or mishandling by any carrier. It also does not cover normal wear and tear, maintenance or replacement of consumable parts, or the following:

- using the wrong type of water or consumable
- mechanical damages, overloading
- damage as a result of lightning or power surges
- ingress of water, dust or insects into the product (excluding appliances with features specifically designed for insects)
- accidents including fire, flood, etc
- scaling (any de-scaling must be carried out according to the instructions for use)
- damage to any glass or porcelain ware in the product
- professional or commercial use
- or poor results specifically due to wrong voltage or frequency as stamped on the product ID or specification

### **Consumer Statutory Rights :**

This international TEFAL/T-FAL guarantee does not affect the Statutory Rights a consumer may have or those rights that cannot be excluded or limited, nor rights against the retailer from which the consumer purchased the product. This guarantee gives a consumer specific legal rights, and the consumer may also have other legal rights which vary from State to State or Country to Country. The consumer may assert any such rights at his sole discretion.

\*\*\*Where a product purchased in a listed country and then used in another listed country, the international TEFAL/T-FAL guarantee duration is the one in the country of usage, even if the product was purchased in a listed country with different guarantee duration. The repair process may require a longer time if the product is not locally sold by TEFAL/T-FAL. If the product is not repairable in the new country, the international TEFAL/T-FAL guarantee is limited to a replacement by a similar or alternative product at similar cost, where possible.

\*TEFAL household appliances appear under the T-FAL brand in some territories like America and Japan. TEFAL/T-FAL are registered trademarks of Groupe SEB.

Please keep this document for your reference should you wish to make a claim under the guarantee.

Country	Phone Number	Guarantee length	Address
Taiwan	+886-2-7743-0640	1 Year	SEB ASIA Ltd. 4F., No 37, Dexing W. RD., Shilin Dist., Taipei City 11158 TAIWAN (R.O.C.)

## 安全預防措施

使用本產品之前，請務必詳閱並充分瞭解以下的安全預防措施。閱畢安全預防措施後，請務必將手冊妥善保存於需要時便於取用之處。此處所列之預防措施旨在確保產品的安全使用，避免發生人身傷害，或是對於產品使用者或他人造成損害。

產品操作不正確可能導致的問題分為兩類：「警告」和「小心」。由於所有這類問題從安全的觀點而言至關重要，操作產品時請務必完全遵守以下安全預防措施。

### 圖示範例



○ 符號表示禁止的行為。特定禁止行為的詳細資訊可以在圖例或圖片中或附近找到 (例如，左圖指出拆解為禁止行為)。



● 符號表示特定強制行為或行為相關指示。

高壓烹調期間，鍋內的溫度和壓力可能大幅上升，操作不正確可能導致燙傷或其他嚴重傷害。烹調期間請留意下列事項。



**警告** 未能正確操作產品可能導致死亡或嚴重傷害的行為。

### 電源和電源線



**僅限使用額定 15-A 110-VAC 電源插座**

指示

將萬用鍋與未經核可的設備共同使用並引起火災，或是導致產品損毀。

- 僅限使用 15-A (額定) 延長線。



**定期清潔電源插頭上的灰塵**

指示

插頭上積聚灰塵以及暴露於潮濕環境，可能導致絕緣不良並引起火災。

- 請拔下電源插頭並以乾布擦拭。



**務必將電源插頭完全插進插座**

指示

如未將插頭完全插進插座，可能導致觸電及/或高溫並引發火災。



**切勿在雙手潮濕的情況下從插座拔除插頭**

禁止

可能導致觸電。



**如果電源插頭、電源線或萬用鍋本體在使用過程中產生異常高溫或發生漏電，請立即停止使用。**

指示

如未能遵循指示，可能導致短路或引發火災。請聯絡我們的特約維修中心。



**請勿損傷電源線或電源插頭**

禁止

請勿損傷、更動、用力折彎、扭曲、拉扯電源線和插頭，或將電源線綁成一束。此外，請將電源線和插頭遠離熱源，也不要在此上方放置重物。如在產品損毀的情況下繼續使用，可能導致觸電、短路及/或引發火災。若電源線損壞時，必須由製造廠商或其服務處或具有相關資格的人員加以更換以避免危險。



**請勿在電源線損毀或插座鬆脫的情況下使用**

禁止

如未能遵循指示，可能導致觸電、短路或火災。

# 安全預防措施 (續)

## 操作產品



僅能由經認證的維修工程師進行拆解、維修或以其他方式改裝產品。

禁止拆解 拆解產品可能導致火災或故障，並造成人身傷害。  
• 請聯絡我們的特約維修中心，以利進行維修。



孩童應受監護，以確保孩童不嬉玩電器如未能清除堵塞物，可能導致燙傷、觸電或人身傷害。



請勿讓孩童在沒有大人監督的情況下使用萬用鍋，且務必將產品置於嬰幼兒無法取得之處

否則可能導致燙傷、觸電或人身傷害。



壓力鍋尚未洩壓完成前，請勿嘗試打開鍋蓋

禁止

高壓烹調完成後以手動方式排出蒸氣。蒸氣散出後鍋內可能仍有殘存壓力，因此請務必小心。在未將鍋內壓力完全釋放的情況下打開鍋蓋，是非常危險的。如此可能導致蓋子飛脫，或鍋內的食物溢灑而出。



烹調完成後，請務必使用蓋上的把手打開鍋蓋，並小心避免手、臉等部位接觸到蒸氣或沸水

指示



請勿讓產品、電源線或電源插頭接觸水分或浸於水中

禁止

否則可能會導致短路或觸電。



請勿使用隨附品以外的零組件

禁止

可能導致意外狀況。



如果密封墊圈已損壞，請勿使用產品

禁止

否則可能導致鍋蓋在烹調中脫落，進而造成燙傷及/或其他人身傷害。



請勿將內鍋置於微波爐或烤箱中，或使用產品本身以外的熱源為其加熱

禁止

如未能遵循指示，可能導致人身傷害或產品損毀。



使用前請務必檢查蒸汽噴嘴是否有堵塞情形

指示

未能於使用前清除堵塞物會嚴重影響使用安全，因為堵塞可能會影響產品的壓力調節功能。



不要在鍋蓋內放置任何異物。不要使用任何其他零組件來替代安全閥

指示



生理、感知、心智能力、經驗或知識不足之使用者(包含孩童)，

禁止

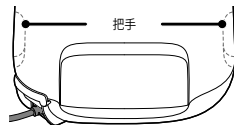
在對其負有安全責任的人員之監護或指導下安全使用



使用產品底部的提手來移動產品。不要抓住鍋蓋上的把手。請指示戴上手套握拿提手，並小心燙傷。

禁止

在沒有先將鍋內壓力完全釋放的情況下打開鍋蓋，是非常危險的。如此可能導致蓋子飛脫，或鍋內的食物溢灑而出。移動壓力鍋時，請務必握住位於鍋底的提手。



請勿嘗試使用外部計時器或遙控系統操作產品。

禁止

可能導致意外狀況。



請勿將產品置於加熱的烤箱中或爐子上，也不要將其置於明火或易燃物上方或近處。

禁止

可能導致火災。



不要在密封墊圈上或溝槽內放置食材

指示

否則可能導致鍋蓋在烹調中脫落，進而造成燙傷及/或其他人身傷害。

## 烹調



烹調期間請留意下列事項

指示

- 盛裝食材進行烹調時，請勿超過鍋內側的最大容量指示線為避免食物沸騰時溢出鍋外，請減少水量。
- 若要烹調豆類食材，水加上食材的總量應低於內鍋深度的三分之一。此外，烹調豆類食材時，請使用蒸物架(上下顛倒放置)當做蓋子蓋住食材，如果在高壓烹調時加入大量豆類食材，蒸汽噴嘴可能會吸入部分豆類外皮及其他食材，進而影響產品的壓力調節功能。
- 使用本產品時，請勿使用小蘇打，容易與熱反應快速發泡的食材或是大量的油類或酒類烹調，以免造成危險
- 烹飪如咖哩塊及高湯塊等質地較厚重易成糊狀等食材時，請先將需要高壓烹調的"其他"食材烹煮後再以"無壓力"狀況加入咖哩塊或高湯塊 註：如將咖哩塊或高湯塊等厚重糊狀食材加入壓力烹調行程中，可能會被吸入至蒸氣噴嘴造成壓力調節功能無法正常作用
- 烹調粥等黏度高的料理時，請注意份量並使用蒸物架當作蓋子蓋住食材。否則可能導致食材脹破噴出。
- 請勿使用烘焙紙或錫箔紙包覆食材。請確認烹煮豆類料理時於內鍋放置附贈蒸架(上下顛倒放置)以防豆類噴濺阻塞蒸氣噴嘴。
- 請勿在空鍋的情況下加熱，否則會導致空燒狀況。
- 當壓力鍋加壓時，請勿嘗試用力打開鍋蓋在未將鍋內壓力完全釋放的情況下打開鍋蓋，以免造成危險。如此可能導致蓋子飛脫，或鍋內的食物溢灑而出。
- 請不要烹飪體積會膨脹的食材(例如義大利麵和其他類型麵條)，這類食材可能會沾黏在感壓桿上，導致產品本體損壞並影響正常釋放壓力的功能，如此會產生危險。
- 烹調時請加入至少 100 毫升的水、湯、高湯或其他適當的水份。如未能加入適當水量，將會導致空燒狀況。
- 烹調牛舌等有外皮的食材，請務必在烹調前以金屬器具或竹籤在食材上戳多個小孔。當外皮已因為壓力膨脹時，請不要在外皮上戳孔。否則可能導致燙傷。
- 如果需要在蒸氣冒出時移動內鍋，請務必將動作放輕
- 請勿將任何非標準產品配件(如電線等金屬物品)置於加熱板上。可能導致觸電或故障。
- 進行烹調或蒸氣冒出時，請避免鍋身受到強烈撞擊或劇烈震動
- 為避免食物沸騰時溢出鍋外，加入的水或食材請勿超過烹調所需的建議量。加入超過所需的水或食材可能導致人身傷害或產品發生損毀。
- 切勿使用本產品油炸食物
- 請不要在無人照料的情況下使用萬用鍋開蓋加熱。
- 請勿讓孩童或寵物接觸使用中產品
- 請不要使用豆沙、蕃薯泥或麥片等食材進行高壓烹調。否則可能導致食材起泡滾冒或噴出，並堵塞蒸汽噴嘴。
- 避免連接器受液體潑灑

## 安全預防措施 (續)

**!** 指示 如果大量蒸氣從鍋蓋噴出，或蒸氣從蒸氣口冒出持續至少一分鐘，請立即拔除萬用鍋的電源插頭，並檢查產品是否清潔及鍋內是否有足量食材

如果狀況沒有改善，請聯絡我們的特約維修中心。

**!** 指示 打開鍋蓋時，按下蒸氣排放按鈕，將蒸氣完全排出

如果鍋內仍有殘存蒸氣，蓋子可能會飛脫，且食材可能會噴濺出來。

**!** 禁止 打開鍋蓋時，按下蒸氣排放按鈕，將蒸氣完全排出

如果鍋內仍有殘存蒸氣，蓋子可能會飛脫，且食材可能會噴濺出來。

**!** 禁止 烹調期間或烹調剛完成時，請勿觸碰壓力鍋把手以外的部位。烹調期間壓力鍋的溫度極高，如果觸碰可能導致燙傷。請視需要使用隔熱手套，並小心燙傷。

**!** 禁止 請勿在進行高壓烹調時打開鍋蓋。如果必須打開鍋蓋，請按照以下程序進行。請先確認產品附近沒有其他人，然後按住「保溫/取消」按鈕停止烹調。如需詳細資訊，請參閱第 78 頁的「如需 (於取消烹調時) 快速打開鍋蓋」程序。



小心

未能正確操作產品可能導致人身傷害或產品損害的行為。

## 電源和電源線

**!** 指示 不使用時請從插座拔除電源插頭  
如未能遵循指示，可能導致絕緣效果變差，進而導致觸電或短路引發火災。

**!** 指示 當電源插頭連接於電源插座時，請不要拉扯電源線  
拉扯電源線可能導致壓力鍋本體翻倒，或是發生燙傷或其他人身傷害。

**!** 禁止 如果電源線發生損壞，請勿使用產品  
如未能遵循指示，可能導致觸電或火災。請聯絡我們的客服專線，查詢購買替換電源線的相關資訊。

**!** 指示 拔除插頭時請務必握住插頭本體，請勿拉扯電源線  
如未能遵循指示，可能導致觸電、短路和火災。

**!** 禁止 請勿讓電源線接觸或靠近產品的高溫零件  
高溫可能導致電源線融化。

**!** 指示 確認產品本身標示的電源電壓和電源插座的電壓相同  
請注意，未能遵循指定連接程序導致的意外或損害，不包含於保固範圍內。

## 操作產品


**!** 指示 產品使用期間或剛用畢之時溫度極高，打開鍋蓋時請小心。  
如果接觸到蒸氣，可能會導致燙傷。請視需要使用隔熱手套。

**!** 禁止 如本產品因撞擊損壞或外部有損傷且無法正常運作，請勿使用本產品  
否則可能導致火災等情況。如遇此狀況，請聯絡我們的特約維修中心，以利進行維修。

**!** 指示 使用鍋蓋上的把手打開鍋蓋  
嘗試握住萬用鍋的其他部位打開鍋蓋，可能導致蒸氣燙傷等人身傷害。

**!** 禁止 打開鍋蓋後請勿翻轉鍋蓋  
滴下的水分可能導致燙傷。建議不要翻轉鍋蓋，請直接將鍋蓋放置於平坦的表面上。

**!** 指示 拿取產品時，請小心不要損壞密封墊圈  
如果產品密封性受損，請聯絡我們的客服專線。

**!** 指示 若要加壓烹調，請確認鍋蓋已確實蓋上，並將鍋蓋鎖設為  位置  
在沒有先將鍋蓋鎖定前嘗試進行鍋內加壓是非常危險的，因為如此可能導致鍋蓋再度打開。

**!** 禁止 手和臉等部位切勿於蒸氣散出時靠近蒸汽噴嘴  
可能導致燙傷。

**!** 禁止 請小心避免布巾或洗碗巾等物品夾在鍋體和鍋蓋之間  
否則可能導致密封墊圈損毀。

**!** 禁止 使用產品時，請勿將米粒等物置於感應器、加熱板或密封墊圈上

**!** 指示 烹調果醬或蜜餞等較黏稠的食材時，開蓋前請輕微搖晃產品本體，確認指示 鍋內的食物或水分不會發出

**!** 指示 若於烹調翻炒類料理時加入配料，請小心油液噴濺  
可能導致燙傷。

**!** 指示 請在遠離水分及/或明火且耐熱的平坦穩固表面使用本產品  
請勿在以下任何位置使用壓力鍋：  
● 餐桌或廚房流理台的邊緣  
● 滑動式的桌面  
● 結構不穩定或接近可燃/易燃物之處  
● 榻榻米、地毯、桌巾、塑膠立座等處  
● 廚房用具存放架下方  
● 其他電器產品上方如此可能導致產品掉落、起火或發生意外。  
● 靠近牆壁、家具或窗簾處蒸氣和熱度可能會導致變色或變形。  
● 置於覆蓋產品本體底部散熱口的布巾上

**!** 指示 維護作業應於產品本體充分冷卻後進行  
觸碰高溫狀態的壓力鍋可能導致燙傷。

**!** 禁止 除清潔產品外，其他情況下切勿觸碰安全閥

**!** 指示 只能放入已完全解凍的食材  
如未能遵循指示，可能導致食物無法煮熟或其他無法妥善烹調的狀況。

**!** 禁止 請勿將隨附品以外的配件與壓力鍋搭配使用

**!** 禁止 烹調完畢後，請不要在進行清潔時將主要裝置泡在水裡。  
這樣做會導致本產品故障。

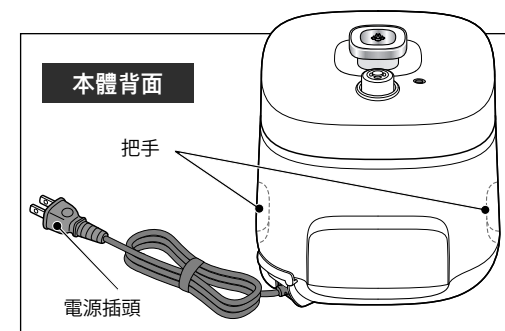
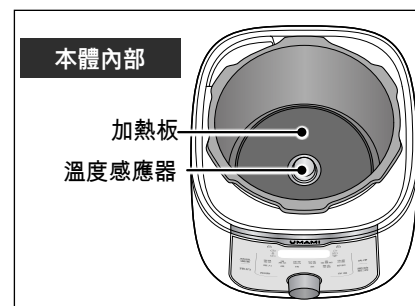
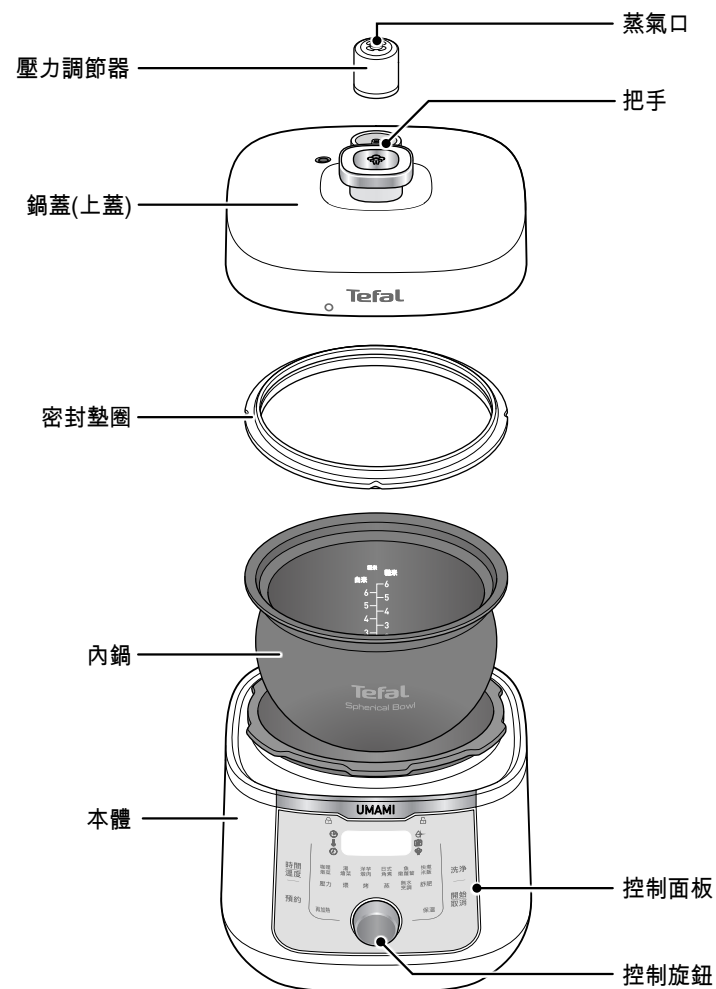
**!** 禁止 烹調完畢後，需要先稍待片刻，才能觸摸加熱盤。  
使用後加熱元件之表面可能存在餘溫。可能會造成燙傷。

## 使用相關注意事項

- 本產品僅供室內使用。
- 請按照食譜中指定的食材量進行烹調。如果不使用食譜，請將食材量保持在指定的最大與最小量之間。
- 僅限使用本產品隨附的配件。
- 請勿在空鍋的情況下通電。
- 請勿將內鍋置於其他熱源之上。
- 請務必使用圓邊的鍋鏟等烹飪用具，避免刮傷內鍋的塗層。為避免縮短內鍋的使用壽命，建議使用尼龍塑膠或木質的烹飪用具。
- 即使意外食入剝落的塗層，也不會對人體造成傷害。
- 請勿在內鍋中切剝食材。
- 如果烹調帶骨肉等邊緣質地堅硬的食材，請不要在內鍋表面上重壓或是大力翻炒食材。
- 僅限使用隨附的蒸物架。
- 請勿用於烹調之外的任何其他用途。
- 本產品不適合作為消毒工具使用。請勿用於消毒瓶罐。
- 請勿在不使用內鍋的情況下，將食材直接放置到壓力鍋本體中。
- 內鍋及任何溫度會升高的零件，請務必隨時保持清潔。讓溫度感應器保持在加熱板的中央，確保感應器可以移動。
- 內鍋使用後，請在冷卻之後盡快清洗。
- 為產品進行維護時，請以濕布將產品本體擦拭乾淨，內鍋則以柔軟的海綿清潔，請勿使用尼龍菜瓜布清潔或刷洗。密封墊圈、量米杯和蒸物架可用洗碗機清洗。
- 請勿將本體浸入液體中。這樣做可能會導致本產品故障。
- 本產品僅供一般家庭使用。若將本產品用於商業用途或於非家用環境中使用，或未遵循本使用說明手冊所述之指示使用，本公司對於任何前述使用狀況及結果概不負責，亦不提供任何保固。
- 要將產品棄置時，請務必先從插座拔除電源線。然後請將電源線剪斷，讓產品處於無法運作的狀態。

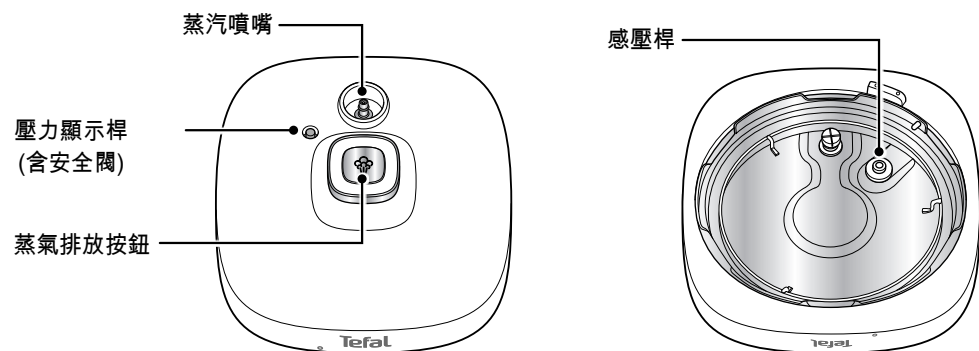
- 本產品能夠提供烹調所需的完整熱源。
- 本產品符合商品標準檢驗、電磁相容性等規定之各項標準與法規。
- 有使用跡象或損壞的壓力鍋，不在保固範圍內。

## 零件名稱



## 零件名稱 (續)

### 鍋蓋

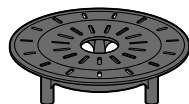


### 配件

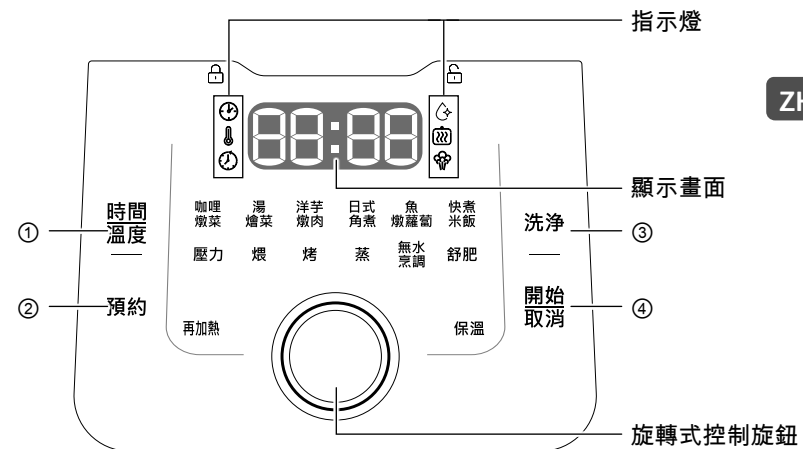
- 量米杯 (約為 180 毫升)



- 蒸物架

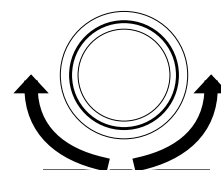


### 控制面板



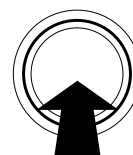
①	時間/溫度	設定烹調時間與烹調溫度。
②	預約	您可以延後烹調開始時間 → 請參閱第 75 頁
③	洗淨	利用蒸氣清潔產品 → 請參閱第 82 頁
④	開始/取消	選好模式後按下，即可啟動所選模式。烹調期間再按一次，即可取消烹調。

### ■ 旋轉式控制旋鈕



#### 轉動控制旋鈕

您可以選擇烹調模式，並設定烹調時間和烹調溫度。  
如果變更烹調模式，就會重設烹調時間和烹調溫度。









#### 按下控制旋鈕

這會確認所設定的烹調時間和烹調溫度

## 零件名稱 (續)

### ■ 燈號

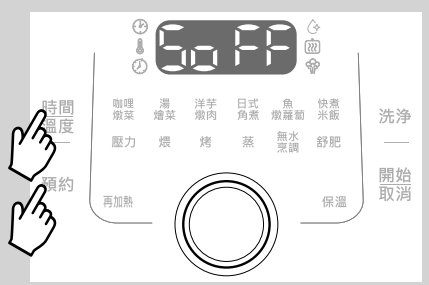
	預約 燈號	設定延遲開始時間後會亮起。
	壓力 (未釋放) 燈號	烹調完畢後，如果調理鍋裡的壓力還未釋放，就會亮起。
	時間設定燈號	設定烹調時間後會閃爍。
	清潔燈號	清潔期間會亮起。
	保溫燈號	烹調完畢後，如果自動開啟保溫模式，此燈號就會亮起。如果以手動方式開始保溫模式，此燈號不會亮起。
	溫度設定燈號	預熱完成並開始加壓烹調時，此燈號會亮起。

\*時間和溫度可以在「延遲開始燈號」、「時間設定燈號」與「溫度設定燈號」亮起或閃爍時進行設定。

### 靜音模式

如果同時按下「時間/溫度」按鈕和「延遲開始」按鈕，就會顯示「SoFF」並將操作音效靜音。

- 如果再次同時按下「時間/溫度」按鈕和「延遲開始」按鈕，就會顯示「SoON」並啟用操作音效 (不再靜音)。

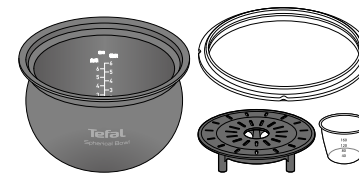


## 首次使用

在首次使用產品之前，請務必將內鍋、內蓋、密封墊圈、量米杯和蒸物架清洗乾淨並徹底乾燥。

→ 請參閱第 80 頁，瞭解如何取下內蓋與密封墊圈的相關詳細資訊。



- 使用前，請先撕下操作面板上的保護膜。

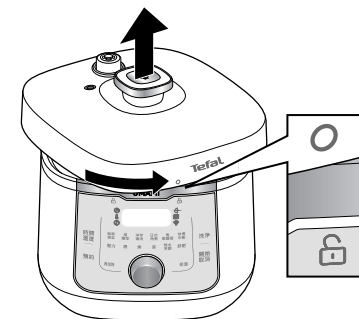


ZH

### 如何開關鍋蓋

#### ■ 打開鍋蓋

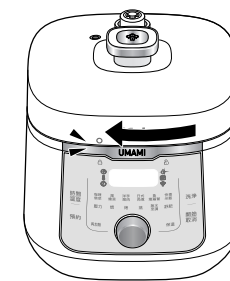
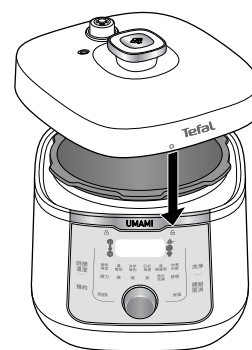
- ① 握住鍋蓋上的把手並逆時針旋轉，直到鍋蓋上 ○ 標記與本體上的  標記與本體上的  標記對齊為止。
- ② 提起鍋蓋將其打開。



#### ■ 關閉鍋蓋

- ① 將鍋蓋上的 ○ 標記對齊本體上的  標記，並蓋上鍋蓋。
- ② 將鍋蓋順時針旋轉，直到鍋蓋上的 ○ 標記與本體側面的  標記對齊為止。

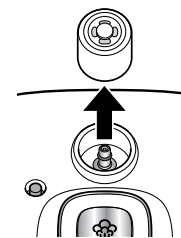
如果標記沒有對齊，就不會開始加壓。



### 裝上/取下壓力調節器

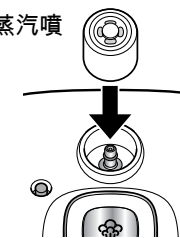
#### ■ 取下壓力調節器

向上拉起即可取下。



#### ■ 裝上壓力調節器

從上方垂直插入蒸汽噴嘴。



## 進行高壓烹調前的檢查項目

進行高壓烹調前，請檢查以下各個項目。

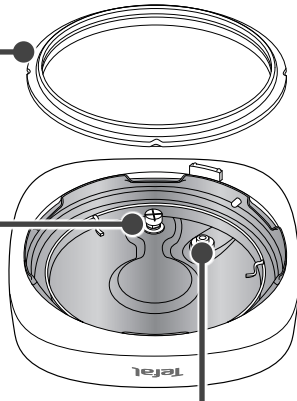
**1** 取下調壓閥，檢查各個項目。

**2** 連接調壓閥

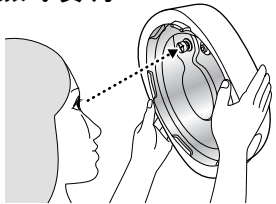
### 密封墊圈 (橡膠零件)

確認密封墊圈穩固地裝在內蓋之中，沒有鬆動、裂化或其他損壞。密封墊圈如有損壞，可能會導致蒸氣漏出，應該加以更換。

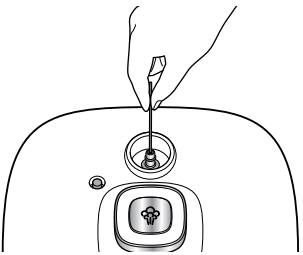
→ 請參閱第 80 頁，瞭解如何裝上和取下密封墊圈的相關詳細資訊



### 蒸汽噴嘴

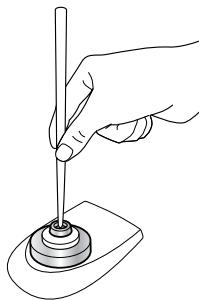


取下壓力調節器後，將鍋蓋拿起朝向明亮的光源檢查，查看蒸汽噴嘴是否無堵塞。



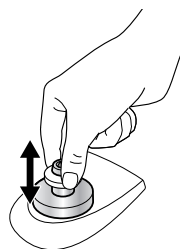
如果蒸汽噴嘴堵塞，請使用牙籤之類的物品清除堵塞物。

### 安全閥



使用一支圓頭或類似形狀的筷子，在安全閥上用力向下壓，檢查彈簧的彈性作用。確認沒有髒汙，例如黏在安全閥上的食物或污垢。如果髒汙，請進行清潔。

### 感壓桿



用手檢查感壓桿是否移動順暢。

確認壓力顯示桿沒有髒汙，例如黏在安全閥上的食物或污垢。如果髒汙，請進行清潔。

→ 如需如何取下壓力顯示桿的資訊，請參閱 P. 81

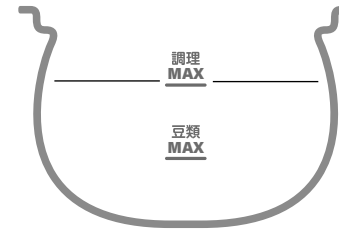
## 高壓烹調預防措施

請小心不要超過以下所述的**最大烹調量**。

特別是在烹調豆類等烹煮後體積會增加的食材，請注意不要超過最大烹調量以免造成危險。如果超過最大烹調量，蒸汽噴嘴可能會吸入豆類外皮或一些其他食材，影響產品的壓力調節功能。

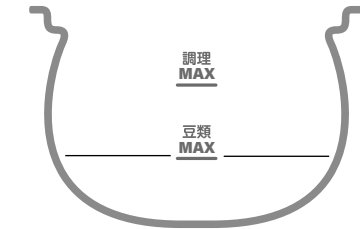
### 一般料理

食材 + 水份 = 低於「調理MAX」標線



### 豆類

豆類 + 水份 = 低於「豆類MAX」標線

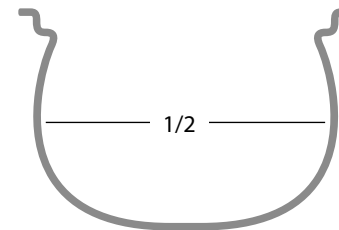


\* 請不要使用紙類和鋁箔紙等做為鍋中蓋，因為可能蓋住並堵塞蒸汽噴嘴等空隙。

烹調豆類時請務必使用所附蒸物架做為鍋中蓋。

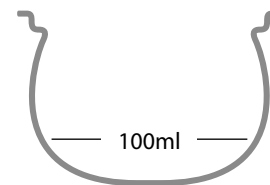
### 咖哩、燉菜等

食材 + 水份 = 最多達內鍋深度的 1/2



\* 咖哩或高湯塊只能在高壓烹調完成後放入。

### 最小烹調量



進行高壓烹調時，請加入至少 100 毫升的水、湯、高湯等。高壓烹調每 10 分鐘約蒸發 100 毫升的水分，可將此數據做為概略的參考。

\* 對於米和豆類等會吸收大量水分的食材，請加入更多水以確保食材煮熟或按食譜的要求妥善烹調。



小心

請不要烹飪體積會膨脹的食材 (例如義大利麵或其他類型麵條)

# 烹調模式

功能	預設烹調時間*1	可設定的烹調時間範圍		保溫時間	保溫時間	高壓*2	鍋蓋	參考頁	
		加壓烹調 (P1)	燉煮烹調 (P2)						
精選食譜	咖哩/燉菜	30 分鐘 (加壓烹調: 10 分鐘 + 燉煮烹調: 20 分鐘)	3 至 20 分鐘 (間隔 1 分鐘)	1 至 30 分鐘 (間隔 1 分鐘)	1 至 12 小時	24 小時	是	鎖緊	P. 61
	湯/燴菜	20 分鐘 (加壓烹調: 5 分鐘 + 燉煮烹調: 15 分鐘)	1 至 45 分鐘 (間隔 1 分鐘)	1 至 30 分鐘 (間隔 1 分鐘)	1 至 12 小時	24 小時	是	鎖緊	
	洋芋燉肉	23 分鐘 (加壓烹調: 8 分鐘 + 燉煮烹調: 15 分鐘)	2 至 20 分鐘 (間隔 1 分鐘)	1 至 30 分鐘 (間隔 1 分鐘)	1 至 12 小時	24 小時	是	鎖緊	
	日式角煮	30 分鐘 (加壓烹調: 20 分鐘 + 燉煮烹調: 10 分鐘)	5 至 20 分鐘 (間隔 1 分鐘)	1 至 30 分鐘 (間隔 1 分鐘)	1 至 12 小時	24 小時	是	鎖緊	
	魚/燉蘿蔔	30 分鐘 (加壓烹調: 10 分鐘 + 燉煮烹調: 20 分鐘)	2 至 20 分鐘 (間隔 1 分鐘)	1 至 30 分鐘 (間隔 1 分鐘)	1 至 12 小時	24 小時	是	鎖緊	
調理行程	快煮米飯	7 分鐘	3 至 20 分鐘 (間隔 1 分鐘)	1 至 12 小時	24 小時	是	鎖緊	P. 65	
	壓力	10 分鐘	1 至 50 分鐘 (間隔 1 分鐘)	1 至 12 小時	24 小時	是	鎖緊		
	煨	30 分鐘	3 分鐘至 3 小時 (間隔 1 分鐘)	1 至 12 小時	24 小時	否	開啟/關閉	P. 69	
	烤	5 分鐘	1 至 59 分鐘 (間隔 1 分鐘)	不適用	不適用	否	開啟	P. 71	
	蒸	8 分鐘	1 至 30 分鐘 (間隔 1 分鐘)	1 至 12 小時	24 小時	是	鎖緊	P. 65	
	無水烹調	10 分鐘	1 至 30 分鐘 (間隔 1 分鐘)	1 至 12 小時	24 小時	是	鎖緊		
	舒肥	3 小時	10 分鐘至 22 小時 (間隔 10 分鐘)	不適用	不適用	否	開啟/關閉	P. 73	
保溫	24 小時	-	-	-	否	開啟/關閉	P. 77		
再加熱	3 分鐘	3 分鐘至 3 小時 (間隔 1 分鐘)	-	24 小時	否	開啟/關閉	P. 76		
預約	2 小時	1 分鐘至 22 小時 (間隔 10 分鐘)	-	-	-	開啟/關閉	P. 75		

- 上面的「預設烹調時間」和「可設定的烹調時間範圍」數字不包含預熱時間。
- 「保溫時間」下列的數字，是指設定的烹調時間過後自動開始的「保溫」功能持續時間。

\*: 預設的時間

# 精選食譜 (文火慢煮以增添風味)

加壓烹調後，就會自動開始燉煮烹調 (文火慢煮以增添風味)，讓風味入味到食材中。

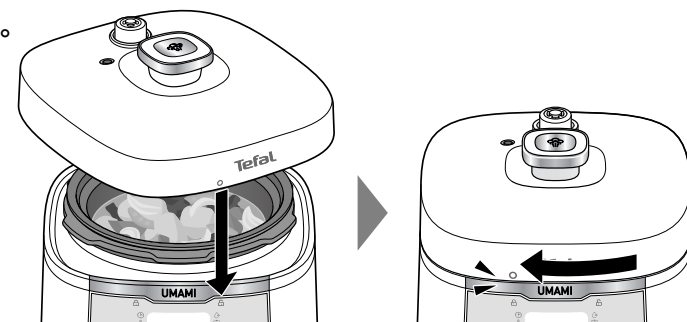
## 1 將食材放入調理鍋中。

- 務必加入液體，讓高度介於最低線與最高線。
- 加壓烹調後，再加入質地濃稠的食材，例如咖哩醬。
- 參閱隨附食譜瞭解詳細做法。

## 2 將調理鍋放進主要裝置。

- 將調理鍋放進主要裝置前，請先確認溫度感應器或加熱盤上沒有米粒、異物或污垢。
- 如果看到異物、污垢、水滴或濕氣，請先擦乾清除，再放入調理鍋。
- 蓋上鍋蓋前，請確認鍋蓋是乾的。

## 3 關上鍋蓋並鎖緊。



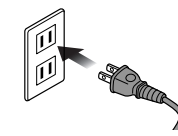
### 要求

- 在關上鍋蓋前檢查。(P. 58)
- 確認調壓閥和密封環都正確連接至鍋蓋。

## 4 使用電源線，將主要裝置接上電源插座。

蜂鳴器會響起，並會顯示

- 如果開啟電源後的 30 秒內沒有進行任何操作，產品會進入睡眠模式，並顯示



ZH

## 精選食譜 (續)

### 5 轉動控制旋鈕，選擇 [精選食譜] 或烹調模式。

精選食譜	咖哩/燉菜
	湯/燴菜
	洋芋燉肉
	日式角煮
	魚/燉蘿蔔

### 6 必要時，請設定烹調時間。

在 [精選食譜] 中，分別設定加壓烹調時間 (P1) 和燉煮烹調時間 (P2)。

- 按下 [開始/取消] 按鈕，立即開始烹調。

- ① 按下 **時間溫度**
- ☉ 燈號會閃爍，並顯示預設加壓烹調的烹調時間 (P1)。

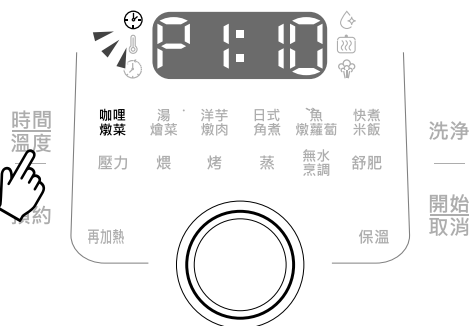
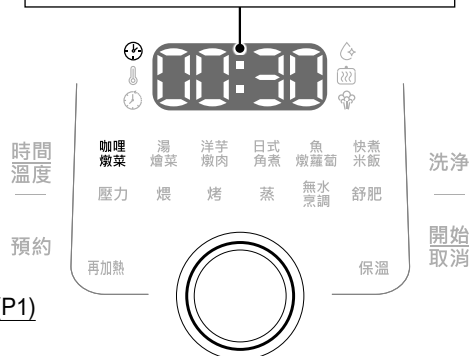
- ② 轉動控制旋鈕，設定加壓烹調時間 (P1)，然後按下控制旋鈕以確認。

- 如需每個模式可以設定的小時數，請參閱 P. 60。
- 時間會顯示為「P1:(分鐘)」。(例如，如果為「P1:10」，則會加壓烹調 10 分鐘。)
- 設定時間不包括預熱。

- ③ 燉煮烹調的預設烹調時間 (P2) 會顯示。轉動控制旋鈕，設定燉煮烹調時間，然後按下控制旋鈕以確認。

- 如需每個模式可以設定的小時數，請參閱 P. 60。
- 時間會顯示為「P2:(分鐘)」。(例如，如果為「P2:20」，則會烹調 20 分鐘。)
- 食譜模式中的溫度無法變更。嘗試設定溫度時，會交替顯示烹調溫度和「Auto」。

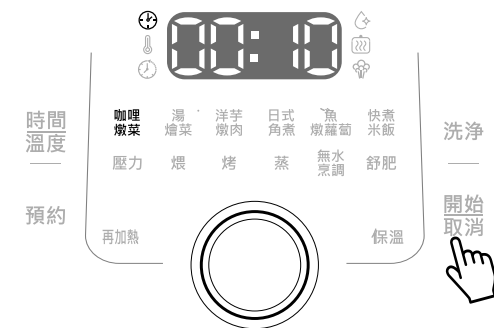
選好烹調模式後，就會顯示預設烹調時間。



### 7 按下 開始/取消 開始烹調。

- 開始會加熱。
- 在預熱操作過程中，顯示畫面中將會顯示 並呈現旋轉變化圖像。
- 高壓烹調開始前需要等待的時間，會視食材類型及用量有所不同。
- 烹調時按住「取消」按鈕可停止烹調操作

開始  
取消



高壓烹調開始時會發出通知警示音，之後計時器將會開始倒數。

- 前幾次使用時，高壓烹調時可能會有少量蒸氣從鍋蓋下散出。這是正常現象，無需
- 當鍋內仍有壓力未釋放完全時，警示燈會亮起
- 高壓烹調進行時，蒸氣會從蒸氣口排出。

倒數結束後將會聽到警示音。

- 萬用鍋的操作會在高壓烹調結束後自動切換成「保溫」，且「保溫」模式指示燈將會亮起。
- 如果鍋中仍殘存有任何壓力，壓力 (未釋放) 指示燈將會亮起。

警告

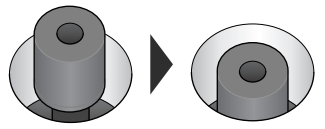
即使當計時器已到達 00:00 且已聽到警示音，鍋內將仍會留存一些壓力。蒸氣將會繼續從壓力調節器冒出，直到鍋中的壓力完全散去為止。請在蒸氣完全排出後，小心地打開鍋蓋。

ZH

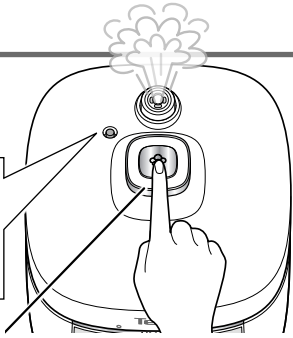
## 精選食譜 (續)

### 8 按下蒸氣排放按鈕將蒸氣排出。

確認壓力指針位於下方位置。如果壓力沒有下降，請按下蒸氣釋放按鈕以釋放蒸氣。



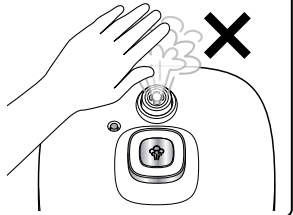
蒸氣排放按鈕



#### 小心

排放蒸氣時，高溫的蒸氣會從壓力調節器冒出。

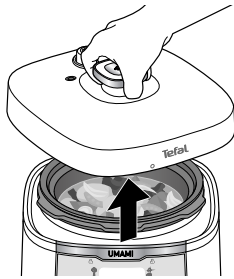
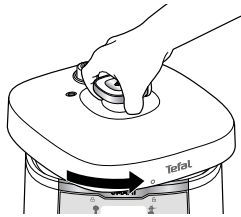
排放蒸氣時，請勿將手、臉或身體其他沒有保護的部位接觸或靠近壓力調節器。



### 9 當壓力調節器不再冒出蒸氣後，才能打開鍋蓋。

① 不再排出蒸氣後，請使用把手輕輕提起鍋蓋，檢查確認鍋蓋下方沒有殘存的蒸氣。

② 滑動並提起鍋蓋。



• 如果在滑動時感覺鍋蓋沉重難以移動，鍋內可能仍留存有一些壓力。此時不應強行打開鍋蓋，請依照步驟 8 中詳述的程序排放蒸氣。

#### 小心

- 打開鍋蓋時，請小心釋放出的高溫蒸氣。請視需要使用隔熱手套。
- 打開鍋蓋後，切勿將鍋蓋上下翻轉，以免上蓋殘留水氣造成燙傷。建議不要翻轉鍋蓋，請直接將鍋蓋放置於平坦的表面上。

### 10 按下 **開始** 可結束「保溫」操作作程。

開始  
取消

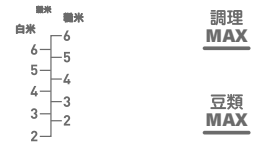
## 高壓烹調 (快煮米飯, 壓力, 蒸, 無水烹調)

在密封鍋內的高溫下烹煮，食材能夠快速且溫和地烹調完成。

### 1 將食材加入內鍋中。

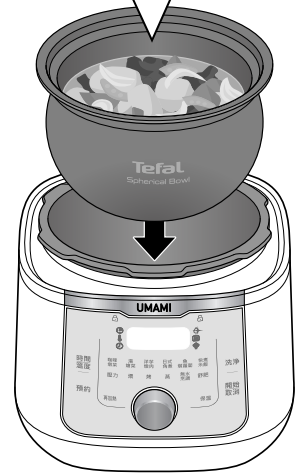
- 加入水分，同時務必遵循最大和最小烹調量的限制。
- 咖哩塊和其他黏度高的食材類型，只能在高壓烹調完成後放入鍋中。
- 煮飯時，請先將生米放入鍋中，然後對照米的份量將水加到適當的標線位置。
- 如需詳細資訊，請參閱隨附的食譜。
- 蒸煮時請使用所附蒸物架。

煮飯時的水量標線 最大量標線

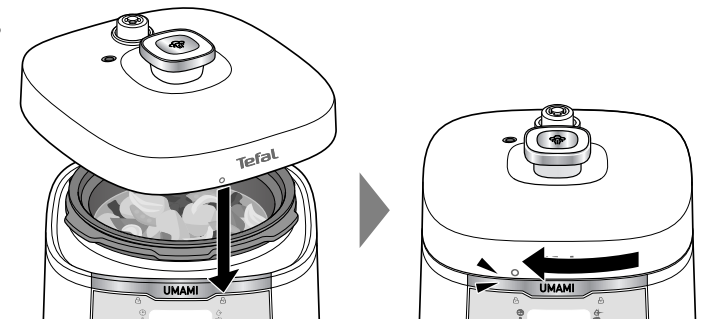


### 2 將內鍋置於本體中。

- 確認溫度感應器和加熱板上沒有灰塵或米粒等汙物，再將內鍋放入本體中。
- 如果發現任何灰塵、汙物或潮濕 (水滴等) 情形，請擦拭乾淨後再將內鍋放入本體中。
- 關上鍋蓋之前，請務必檢查確認鍋蓋是乾燥的。



### 3 關上並鎖定鍋蓋。

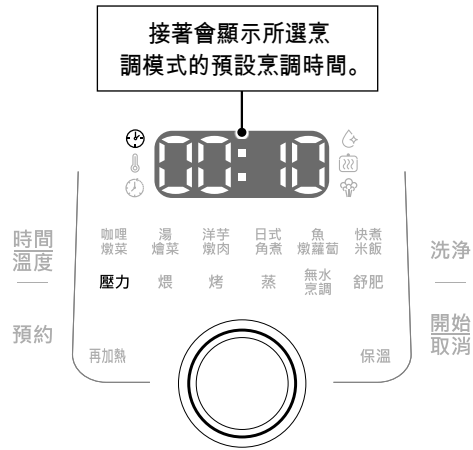


#### 注意事項

- 關上鍋蓋之前，請先進行檢查。(P.58)
- 確認壓力調節器、密封墊圈和內蓋已正確裝在鍋蓋上。

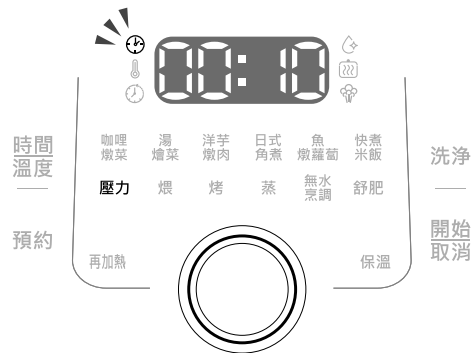
### 4 將主要裝置接上電源插座。將會聽到警示音，且顯示畫面中將會出現。

## 5 轉動控制旋鈕，選擇烹調模式。



## 6 視需要設定高壓烹調時間。

- ① 按下 **時間/溫度** 指示燈會閃爍。

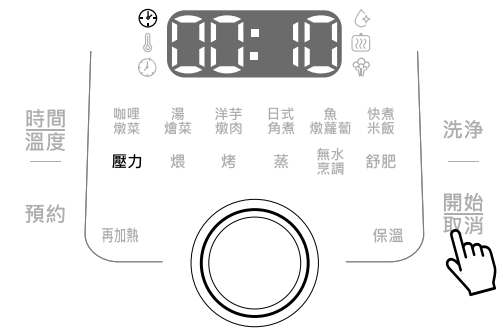


- ② 轉動控制旋鈕，設定加壓烹調時間，然後按下控制旋鈕以確認。

- 如需瞭解每個模式可設定的烹調時間範圍，請參閱第 15 頁。
- 時間會以小時與分鐘 (HH:MM) 的形式設定。(例如，將時間設定為「00:10」將會進行 10 分鐘高壓烹調)
- 設定的時間不包含預熱時間。

## 7 按下 **開始/取消** 開始烹調。

- 開始會加熱。
- 在預熱操作過程中，顯示畫面中將會顯示 **00:00** 並呈現旋轉變化圖像。
- 高壓烹調開始前需要等待的時間，會視食材類型及用量有所不同。
- 烹調時按住「取消」按鈕可停止烹調操作



高壓烹調開始時會發出通知警示音，之後計時器將會開始倒數。

- 前幾次使用時，高壓烹調時可能有少量蒸氣從鍋蓋下散出。這是正常現象，無需擔心。
- 當鍋內仍有壓力未釋放完全時，警示燈會亮起。
- 高壓烹調進行時，蒸氣會從蒸氣口排出。

倒數結束後將會聽到警示音。

- 萬用鍋的操作會在高壓烹調結束後自動切換成「保溫」，且「保溫」模式指示燈將會亮起。
- 如果鍋中仍殘存有任何壓力，壓力 (未釋放) 指示燈將會亮起。

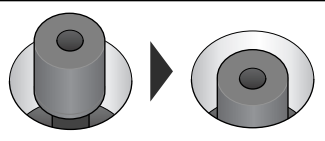
### **警告**

即使當計時器已到達 00:00 且已聽到警示音，鍋內將仍會留存一些壓力。蒸氣將會繼續從壓力調節器冒出，直到鍋中的壓力完全散去為止。請在蒸氣完全排出後，小心地打開鍋蓋。

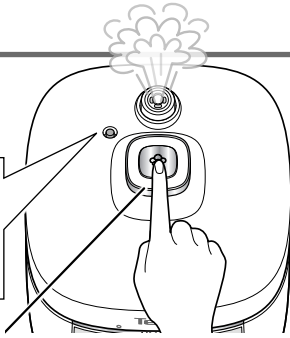
## 高壓烹調 (續)

### 8 按下蒸氣排放按鈕將蒸氣排出。

確認壓力指針位於下方位置。如果壓力沒有下降，請按下蒸氣釋放按鈕以釋放蒸氣。

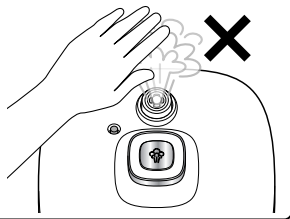


蒸氣排放按鈕



#### ⚠️ 小心

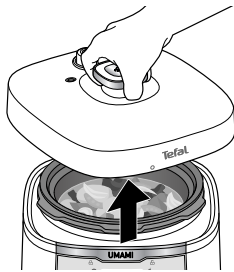
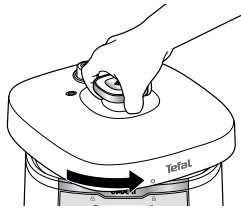
排放蒸氣時，高溫的蒸氣會從壓力調節器冒出。排放蒸氣時，請勿將手、臉或身體其他沒有保護的部位接觸或靠近壓力調節器。



### 9 當壓力調節器不再冒出蒸氣後，才能打開鍋蓋。

① 不再排出蒸氣後，請使用把手輕輕提起鍋蓋，檢查確認鍋蓋下方沒有殘存的蒸氣。

② 滑動並提起鍋蓋。



• 如果在滑動時感覺鍋蓋沉重難以移動，鍋內可能仍留存有一些壓力。此時不應強行打開鍋蓋，請依照步驟 8 中詳述的程序排放蒸氣。

#### ⚠️ 小心

- 打開鍋蓋時，請小心釋放出的高溫蒸氣。請視需要使用隔熱手套。
- 打開鍋蓋後，切勿將鍋蓋上下翻轉，以免上蓋殘留水氣造成燙傷，建議不要翻轉鍋蓋，請直接將鍋蓋放置於平坦的表面上。

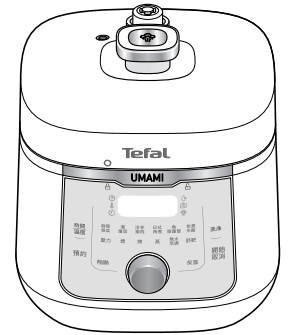
### 10 按下 **開始/取消** 可結束「保溫」操作作程。

## 煨 (非高壓烹調)

使用此模式可進行長達三小時的烹調，可用於完成烹調的最後工序。

### 1 將食材加入內鍋中，然後將內鍋放入本體中。

- 確認溫度感應器和加熱板上沒有灰塵或米粒等汙物，再將內鍋放入本體中。
- 如果發現任何灰塵、汙物或潮濕（水滴等）情形，請擦拭乾淨後再將內鍋放入本體中。
- 關上鍋蓋之前，請務必檢查確認鍋蓋是乾燥的。



ZH

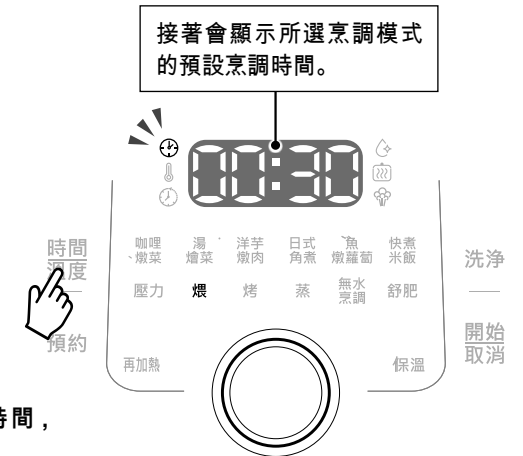
### 2 關上並鎖定鍋蓋。

### 3 將主要裝置接上電源插座。

### 4 轉動控制旋鈕，選擇煨。

### 5 視需要設定烹調時間。

- ① 按下 **時間/溫度**
- ② 指示燈會閃爍。




- ② 轉動控制旋鈕，設定加壓烹調時間，然後按下控制旋鈕以確認。

- 時間會以小時與分鐘 (HH:MM) 的形式設定。(例如，將時間設定為「00:10」將會進行 10 分鐘高壓烹調)
- 設定的時間不包含預熱時間。

## 煨 (續)

- 6 按下 **開始**  
**取消** 開始烹調。

在預熱操作過程中，顯示畫面中將會顯示  並呈現旋轉變化圖像。

- 7 萬用鍋的操作會在高壓烹調結束後自動切換成「保溫」，且「保溫」模式指示燈將會亮起。

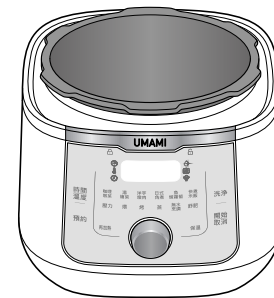
- 8 按下 **開始**  
**取消** 可結束「保溫」操作作程。

## 烤 (非高壓烹調)

在開蓋的情況下進行高溫烹調。

- 1 將內鍋置於本體中。

- 確認溫度感應器和加熱板上沒有灰塵或米粒等汙物，再將內鍋放入本體中。
- 如果發現任何灰塵、汙物或潮濕(水滴等)情形，請擦拭乾淨後再將內鍋放入本體中。
- 只有在預熱操作完成後才能加入食材。
- 使用「烤」的烹飪模式時，請勿置放蒸架於內鍋中



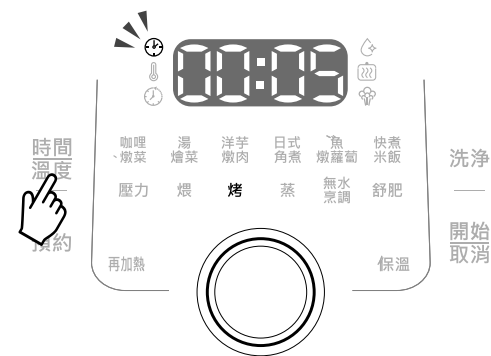
ZH

- 2 將主要裝置接上電源插座。

- 3 轉動控制旋鈕，選擇 烤

- 4 視需要設定烹調時間。

- ① 按下 **時間**  
**溫度**  
⏰ 指示燈會閃爍。



- ② 轉動控制旋鈕，設定加壓烹調時間，然後按下控制旋鈕以確認。

- 時間會以小時與分鐘 (HH:MM) 的形式設定。(例如，將時間設定為「00:10」將會進行 10 分鐘烹調)
- 可用的烹調時間為 1 到 59 分鐘 (增量單位為 1 分鐘)。

## 烤 (續)

### 5 視需要設定烹調溫度。

① 按下 **時間溫度**


指示燈會閃爍。



② 轉動控制旋鈕，設定烹調溫度，然後按下控制旋鈕以確認

- 可設定的烹調溫度範圍介於 120°C 和 150°C 之間 (設定單位為 10°C)。

### 6 按下 **開始取消** 開始烹調。

- 在預熱操作過程中，顯示畫面中將會顯示  並呈現旋轉變化圖像。
- 預熱完畢後，就會開始舒肥烹調並響起嗶聲，且計時器會開始倒數。

### 7 到達指定的烹調溫度後將會聽到警示音。接著可加入食材並快炒。

倒數結束後將會再次聽到警示音。

### 8 烹調完成時將會聽到警示音，同時加熱操作將會停止。

保溫功能無法在「烤」模式中使用。

## 舒肥 (非高壓烹調)

以舒肥法烹調 (最長可達 22 小時)。

### 舒肥預防措施

- 請注意，未充分加熱殺菌的生食可能帶來健康方面的風險。
- 讓孕婦、嬰兒或年長者等免疫系統較弱的人士食用這類食物時，請留意這方面的問題。如果對於食物是否適當烹煮及食材是否新鮮有疑慮，或從健康觀點而言對食物的安全性沒有把握，請不要食用這類食物。
- 食材應於購買後盡快置於冰箱存放，請勿將食材置於室溫環境中。
- 使用新鮮的食材，同時每次應使用新的塑膠袋包裝。
- 接觸食材前請徹底洗淨雙手。
- 如果你的手指有傷口，請於處理食材時戴上一一次性手套，不要直接觸碰食材。

### 舒肥料理相關重點

- 為食材調味並將食材裝進夾鏈式塑膠袋中。將空氣擠出並密封袋口。
  - 在鍋中加入水，然後將裝在夾鏈式塑膠袋中的食材浸沒在水中。
- \* 請參閱隨附的食譜，瞭解不同食材及如何備製的相關詳細資訊。

### 1 將食材加入內鍋中，然後將內鍋放入本體中。

- 確認溫度感應器和加熱板上沒有灰塵或米粒等汙物，再將內鍋放入本體中。
- 如果發現任何灰塵、汙物或潮濕 (水滴等) 情形，請擦拭乾淨後再將內鍋放入本體中。
- 關上鍋蓋之前，請務必檢查確認鍋蓋是乾燥的。



### 2 關上並鎖定鍋蓋。

### 3 將主要裝置接上電源插座。

### 4 轉動控制旋鈕，選擇「舒肥」。

## 舒肥 (續)

### 5 視需要設定烹調時間。

① 按下 **時間溫度**

指示燈會閃爍。

② 轉動控制旋鈕，設定加壓烹調時間，然後按下控制旋鈕以確認。

- 時間會以小時與分鐘 (HH:MM) 的形式設定。(例如，將時間設定為「00:10」將會進行 10 分鐘高壓烹調)
- 可用的烹調時間為 10 分鐘到 22 小時 (增量單位為 10 分鐘)。

### 6 視需要設定烹調溫度。


① 按下 **時間溫度**

指示燈會閃爍。

② 轉動控制旋鈕，設定烹調溫度，然後按下控制旋鈕以確認

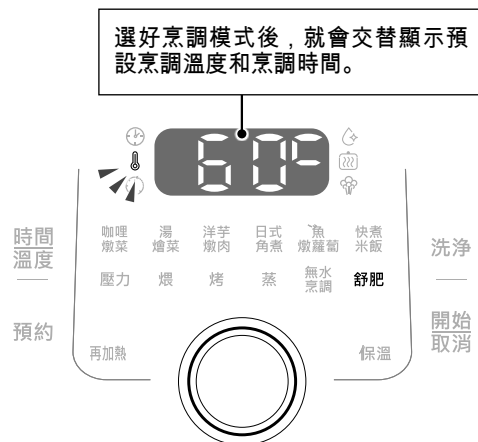
- 可設定的烹調溫度範圍介於 60°C 和 90°C 之間 (設定單位為 1°C)。

### 7 按下 **開始取消** 開始烹調。

- 在預熱操作過程中，顯示畫面中將會顯示  並呈現旋轉變化圖像。
- 預熱完畢後，就會開始舒肥烹調並響起嗶聲，且計時器會開始倒數。

### 8 烹調完成時將會聽到警示音，同時加熱操作將會停止。

保溫功能無法在舒肥模式中使用。



## 預約

可以設定烹調開始前要等候的時間。

選擇煨與舒肥行程 無法使用預約功能



生的肉類、魚類、海鮮類、蛋類等食材請盡量避免預約烹調。如此可能導致食物變質或散發異味。

ZH

### 1 將裝有食材的內鍋置於本體中。

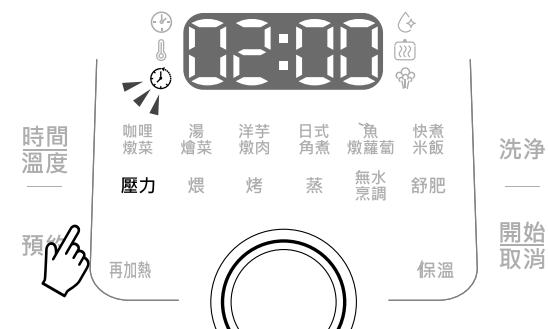
視指定烹調模式的需求裝上鍋蓋。

### 2 將主要裝置接上電源插座。

### 3 選擇所要的模式，然後設定所需的烹調溫度和時間。

### 4 按下 **預約**

指示燈會亮起。



### 5 轉動控制旋鈕，設定延後開始時間，然後按下控制旋鈕以確認。

烹調將在設定的時間開始。

- 時間會以小時與分鐘 (HH:MM) 的形式設定。(例如，將時間設定為「02:00」將會於 2 小時後開始烹調)
- 可設定的預約烹調時間範圍介於 1 和 12 小時之間 (增量單位為 1 小時)。

### 6 按下 **開始取消**

計時器將會開始倒數。當計時器到達「0」時，將會開始烹調。

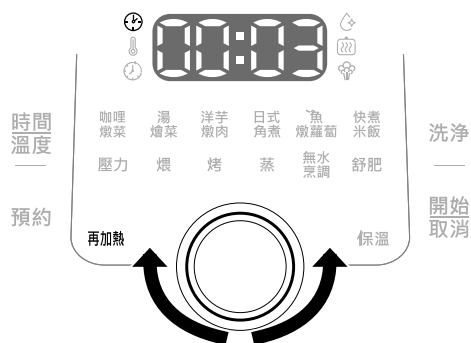
## 再加熱

- 1 將裝有食材的內鍋置於本體中。
- 2 視指定烹調模式的需求裝上鍋蓋。  
即使沒有蓋上鍋蓋，也可以再加熱。
- 3 將主要裝置接上電源插座。

- 4 轉動控制旋鈕，選擇「再加熱」，然後按下控制旋鈕以確認。

- 5 設定烹調時間。

① 按下 **時間溫度**



- ② 轉動控制旋鈕，設定烹調時間，然後按下控制旋鈕以確認。

⊕ 指示燈會亮起。

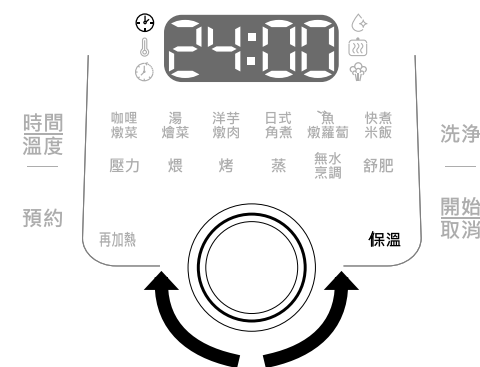
- 時間會以小時與分鐘 (HH:MM) 的形式設定。(例如，將時間設定為「02:00」將會於 2 小時後開始烹調)
- 可用的烹調時間為 10 分鐘到 22 小時 (增量單位為 10 分鐘)。
- 「再加熱」模式中的溫度無法變更。  
嘗試設定溫度時，會交替顯示烹調溫度和「Auto」。

- 6 按下 **開始取消** 開始烹調。

烹調操作結束時「保溫」模式會自動開始，且「保溫」模式指示燈將會亮起。

## 保溫

- 1 轉動控制旋鈕，選擇「保溫」，然後按下控制旋鈕以確認。



- 2 按下 **開始取消** 以開始保溫

「保溫」操作將會開始。

如果是手動開始保溫，保溫燈號就不會亮起

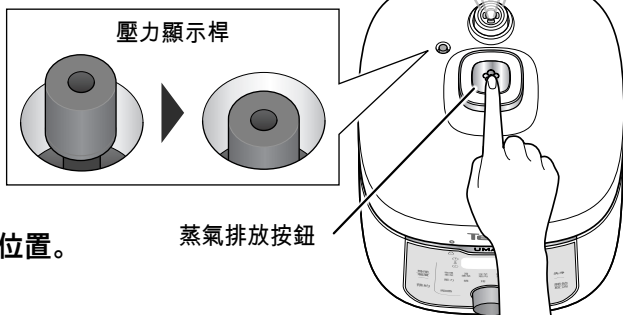
- 如果想在「保溫」操作開始後將其取消，請再次按下「保溫/取消」按鈕。
- 「保溫」模式將會於運作 24 小時後自動結束。
- 保溫時間無法設定。
- 「保溫」模式中的溫度無法變更。

嘗試設定溫度時，會交替顯示烹調溫度和「Auto」。

## 如需 (於取消烹調時) 快速打開鍋蓋

1 按住 **開始/取消** 可結束烹調操作。

2 按下蒸氣排放按鈕將蒸氣排出。

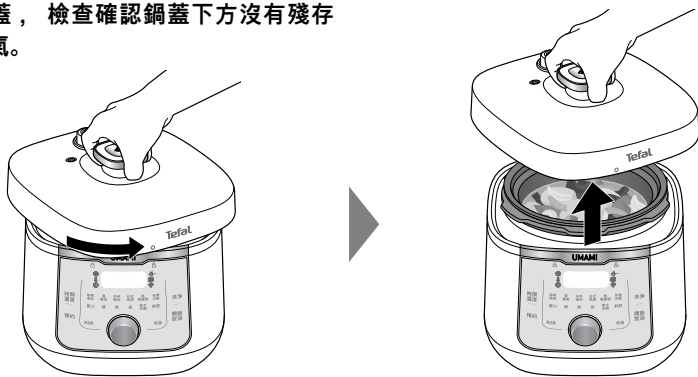


3 確認壓力指針位於下方位置。

4 當壓力調節器不再冒出蒸氣後，才能打開鍋蓋。

① 不再排出蒸氣後，請使用把手輕輕提起鍋蓋，檢查確認鍋蓋下方沒有殘存的蒸氣。

② 滑動並提起鍋蓋。



• 如果在滑動時感覺鍋蓋沉重難以移動，鍋內可能仍留存有一些壓力。此時不應強行打開鍋蓋，請依照步驟 2 中詳述的程序排放蒸氣。

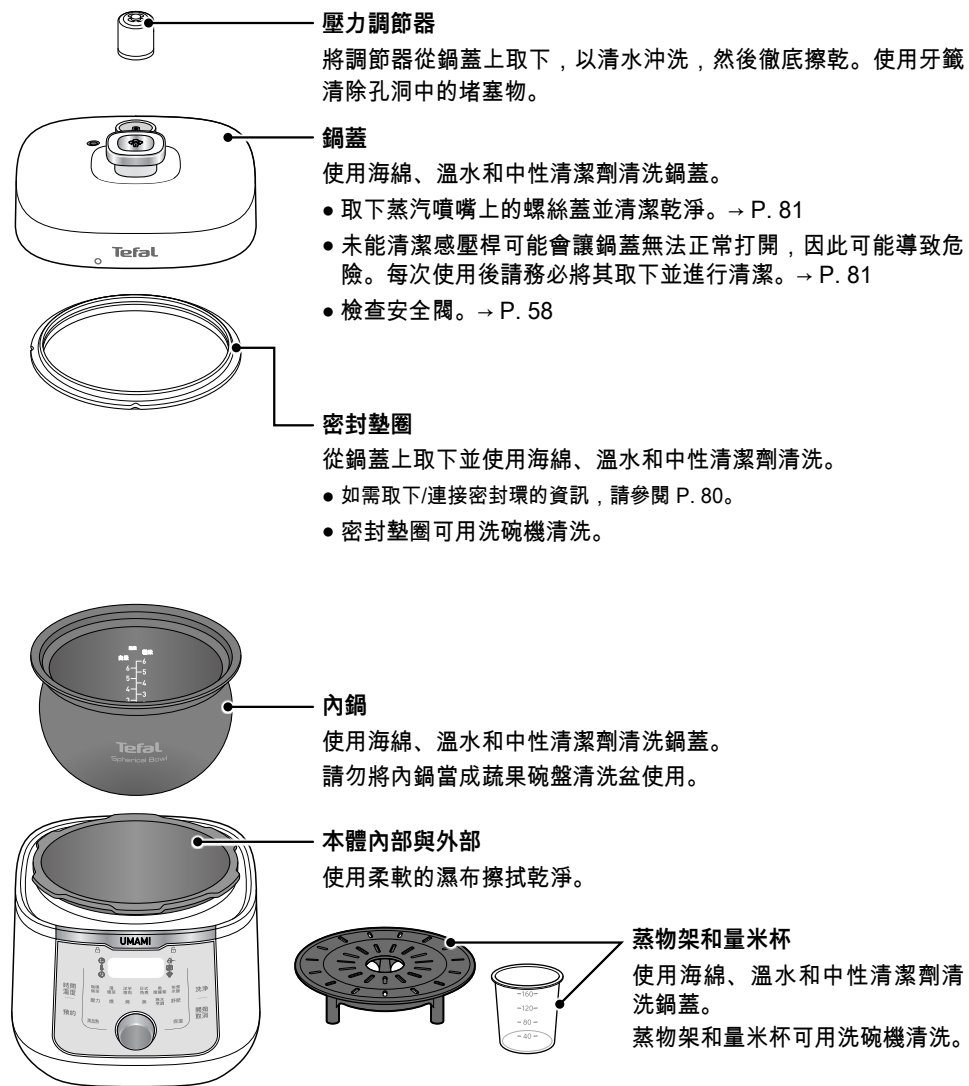


小心

- 打開鍋蓋時，請小心釋放出的高溫蒸氣。請視需要使用隔熱手套。
- 打開鍋蓋後，切勿將鍋蓋上下翻轉，以免上蓋殘留水氣造成燙傷。建議不要翻轉鍋蓋，請直接將鍋蓋放置於平坦的表面上。

## 使用後的產品保養 (每次使用後)

使用後，請從插座拔除電源插頭並打開鍋蓋讓其冷卻。冷卻後，請進行以下詳述的產品保養程序。



ZH

## 使用後的產品保養 (續)

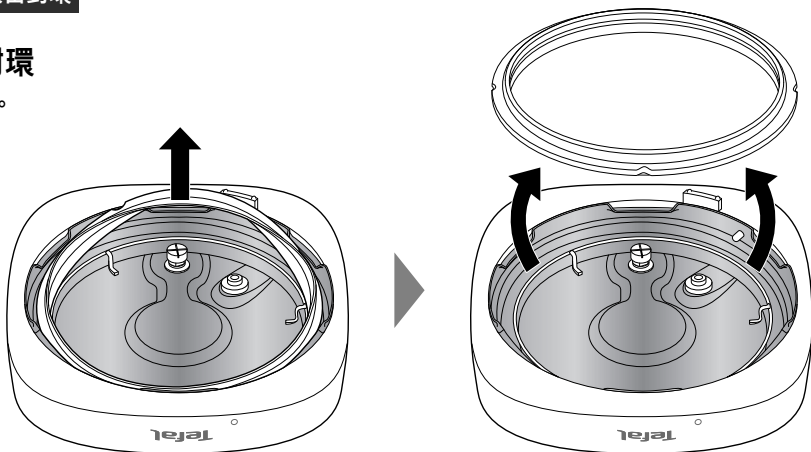
### 注意事項

- 請勿將本體浸入液體中。
- 請勿使用鋼絲菜瓜布或海綿，或是具有研磨作用的清潔劑清洗。否則可能會破壞內鍋內側的塗層。此外，請勿使用任何硬質金屬物件清除燒焦黏附的食物等殘留物。
- 請勿使用揮發油、稀釋劑、漂白劑、消毒用酒精等。

### 如何取下/連接密封環

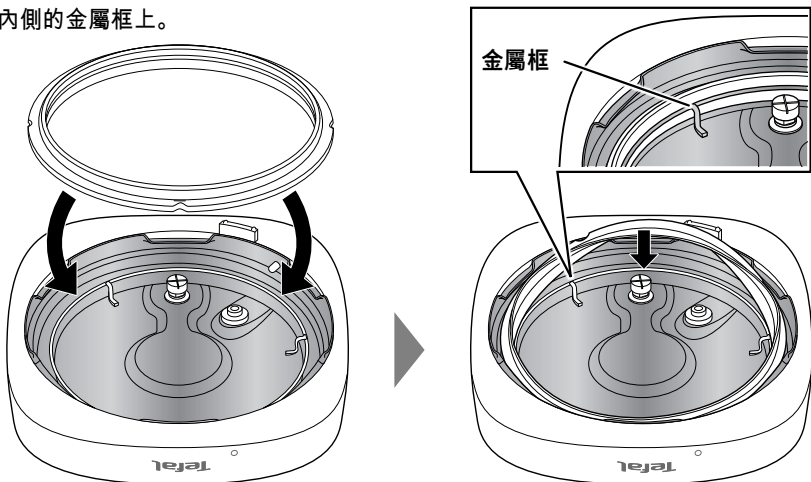
#### ■ 取下密封環

拉起以取下。



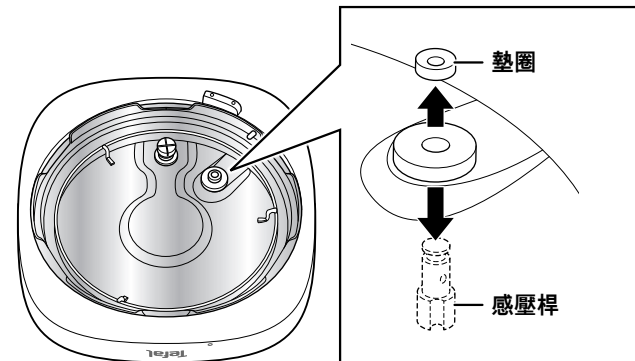
#### ■ 連接密封環

連接到鍋蓋內側的金屬框上。



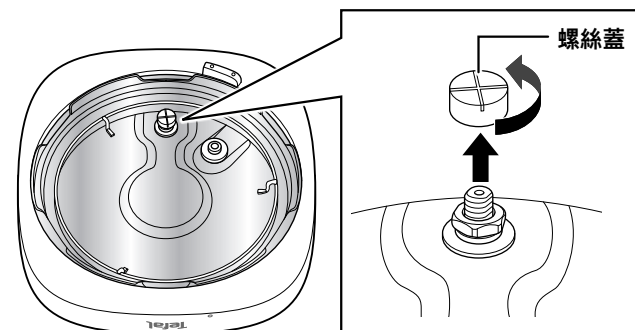
### 取下感壓桿

將感壓桿上的墊圈取下，再取下感壓桿本體。



### 取下蒸汽噴嘴上的螺絲蓋

逆時針旋轉蒸汽噴嘴的螺絲蓋，將其取下。

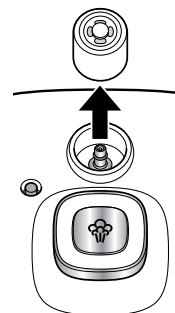


\*請小心不要遺失密封墊圈和感壓桿。

### 連接/取下調壓閥

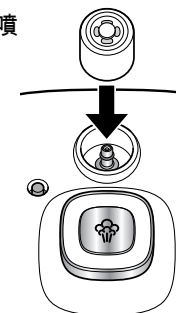
#### ■ 取下調壓閥

向上拉以取下。



#### ■ 連接調壓閥

從上方垂直插入噴嘴。



## 使用後的產品保養 (續)

### [洗淨] 功能

使用壓力與蒸氣清潔可輕鬆清除調理鍋中的氣味。  
有兩種清潔方式：「洗淨」和「去味清潔」。

#### 1 將水或醋與檸檬倒入調理鍋。

##### ■ 當您使用“洗淨”功能

將180 ml 的水倒入內鍋 (使用附贈的量杯)

##### ■ 當您使用“去味”功能

在內鍋倒兩杯水(使用附贈的量杯)以及放入一顆檸檬(切成八等份)

#### 2 將調理鍋放在主要裝置上，關上鍋蓋並鎖緊。

- 放進主要裝置前，請先檢查溫度感應器和加熱盤是否有異物，例如米粒與污垢。
- 如果發現任何灰塵、汗物或潮濕 (水滴等) 情形，請擦拭乾淨。
- 蓋上鍋蓋前，請先確定鍋蓋是乾的。

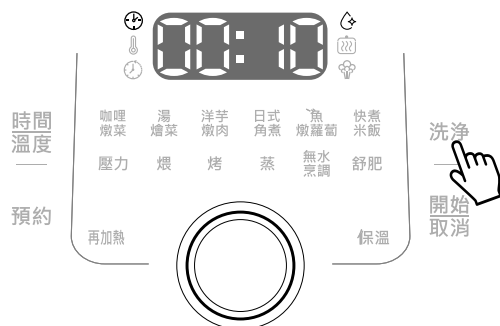
#### 要求

- 在關上鍋蓋前檢查。(P. 58)
- 確認調壓閥和密封環都正確連接到鍋蓋。

#### 3 將主要裝置接上電源插座。


#### 4 按下 **洗淨**

和 燈號會亮起



#### 5 按下 **開始/取消** 開始清潔。

預熱後，會自動進行清潔 10 分鐘。

- 在預熱操作過程中，顯示畫面中將會顯示  並呈現旋轉變化圖像。
- 時間無法設定。
- 如果要中途要停止，請再次按下 [開始/取消] 按鈕。

清潔完成後，蜂鳴器會發出音效。

調理鍋中仍有壓力時，壓力 (未釋放) 燈號會亮起。



**警告**

即使倒數結束且蜂鳴器發出音效，調理鍋中仍有壓力。

#### 6 按下蒸氣釋放鈕以釋放蒸氣。



**小心**

釋放蒸氣期間，熾熱蒸氣會從調壓閥排出。  
請勿讓手部和臉部靠近調壓閥。

#### 7 當壓力調節器不再冒出蒸氣後，才能打開鍋蓋。

- ① 不再排出蒸氣後，請使用把手輕輕提起鍋蓋，檢查確認鍋蓋下方沒有殘存的蒸氣。
- ② 滑動並提起鍋蓋。

- 如果在滑動時感覺鍋蓋沉重難以移動，鍋內可能仍留存有一些壓力。此時不應強行打開鍋蓋，請依照步驟 6 中詳述的程序排放蒸氣。



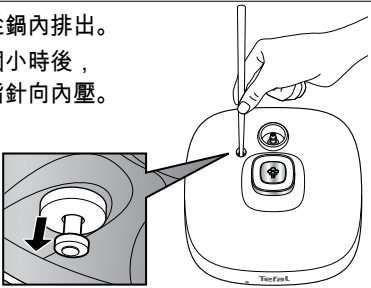
**小心**

- 打開鍋蓋時，請小心釋放出的高溫蒸氣。請視需要使用隔熱手套。
- 打開鍋蓋後，切勿將鍋蓋上下翻轉，因為蓋子上的水滴可能會滴下導致燙傷。
- 建議不要翻轉鍋蓋，請直接將鍋蓋放置於平坦的表面上。

#### 8 在移除電源後並等產品冷卻後，用清水仔細清潔內鍋

## 疑難排解

### ■ 無法打開鍋蓋

可能的原因	解決方法
鍋內仍留存有一些壓力。	按住蒸氣排放按鈕，直到所有壓力從鍋內完全排出為止。在壓力完全排出時打開鍋蓋。
壓力指針有髒汙且無法下降。	按住蒸氣排放按鈕，將壓力從鍋內排出。 接著，在萬用鍋冷卻至少兩個小時後，用筷子或類似的工具將壓力指針向內壓。 在使用後清潔感壓桿。 

### ■ 無法關上鍋蓋

可能的原因	解決方法
鍋中的食材冒出蒸氣。	讓食材冷卻一下，當蒸氣消退後再次關上鍋蓋。
密封墊圈未正確安裝。	正確裝上密封墊圈。 → P. 80
感壓桿有髒汙/堵塞情形。	如果鍋蓋已經冷卻，用筷子或類似的工具將壓力指針向內壓。 接著清潔感壓桿。
關上鍋蓋時方向錯誤。	以正確的方向關上鍋蓋。 → P. 57

### ■ 烹調的成品和預期有差距

可能的原因	解決方法
米和水的比例不正確。	取下密封墊圈並加以清潔。
密封墊圈未正確安裝。	正確裝上密封墊圈。
密封墊圈損壞。	停止使用產品並聯絡客戶服務中心。

### ■ 蒸氣從鍋蓋下方散出

可能的原因	解決方法
密封墊圈有髒汙。	取下密封墊圈並加以清潔。→ P. 80
密封墊圈未正確安裝。	正確裝上密封墊圈。→ P. 80
密封墊圈損壞。	停止使用產品並聯絡客服專線。

### ■ 烹調時有過量的蒸氣/烹調水分從蒸氣口散出

可能的原因	解決方法
壓力調節器未正確安裝。	如果壓力調節器傾斜或不在下方位置，請使用筷子或類似的工具將其壓回下方。
鍋中加入過多水及/或過多食材。	將食材和水加入鍋中時，份量切勿超過鍋內側的最大量標線。
鍋蓋未確實關好。	確認已將鍋蓋正確關上。
產品損壞。	停止使用產品並聯絡客戶服務中心。

### ■ 蒸氣持續從蒸氣口/壓力指針處散出

可能的原因	解決方法
感壓桿有髒汙/堵塞情形。	讓產品冷卻，接著清潔感壓桿。清潔後再次嘗試進行烹調。

### ■ 顯示畫面中出現錯誤碼

顯示的錯誤碼	可能的原因	解決方法
E0	壓力開關發生問題。	停止使用產品並聯絡客服專線。
E1	下方溫度感應器發生問題。	
E2	鍋蓋位置不正確。	確認已將鍋蓋置於正確位置。
	鍋蓋開關感應器發生問題。	停止使用產品並聯絡客戶服務中心。

## 產品規格

法國特福鮮呼吸速燉萬用快鍋	
額定電壓/頻率	110 V 60 Hz
額定功率	900 W
本體重量	約 5 公斤
電源線長度	約 0.8 公尺
尺寸 (僅本體)	約307×276×288 公釐
工作壓力	80 kPa
PS	140kPa
標稱容量/烹調容量	4.0 公升/2.6公升
配件	蒸物架、量米杯

\*產品規格、設計、價格等可能有所變動。

\*本產品僅適合於台灣國內使用。

中國製造

感謝您購買Tefal法國特福產品，為了提供完整的服務，很榮幸邀請您登入網站並註冊會員，進行商品保固、維護、諮詢等服務。

請用手機掃描或進入下方網址



登入網址: <http://tefal-home.com.tw/services/warranty>

當您成功加入會員後，即可享受以下會員專屬權益：

法國特福家電類產品可享免費延長1年保固。

於百貨專櫃消費滿\$12,000即可升等為VIP會員，獨享入會\$1,000商品券乙張。

VIP會員於生日當月憑身份證明文件可兌換生日禮乙件。

不定期可收到商品折扣及活動訊息。

不定期專屬VIP商品組合、VIP專屬滿額贈訊息。

若您對產品有任何問題，歡迎聯繫客服中心：

客服專線：02-7743-0640 服務時間：週一至週五9:00~13:00及14:00~18:00

服務信箱：[satservice@groupeseb.com](mailto:satservice@groupeseb.com)

## TEFAL/T-FAL\* 國際有限保用證 : [www.tefal.com](http://www.tefal.com)

在保用期內及後, TEFAL/T-FAL\* 會為您提供產品的維修服務附件, 耗材及用戶可更換的零件, 可於當地購買 (如有售), 詳細請瀏覽 TEFAL/T-FAL internet 網站 [www.tefal.com](http://www.tefal.com)

### 保用證\*\*:

TEFAL/T-FAL 根據所附國家列表中所載之國家\*\*\*及保用期, 在保用期內 (自產品購買日或購買交易日後之產品交付日起計) 提供產品因任何材料或工藝缺陷的保用。此生產商國際保用證涵蓋已被證實為缺陷產品相關的修復費用, 包括通過維修或更換任何缺陷零件以及必要的人力, 以使產品符合原本的規格。TEFAL/T-FAL 有權選擇更換同等或更高級的產品而不維修缺陷的產品。本保用證下 TEFAL/T-FAL 的唯一責任及您專享的解決方法只限於維修或更換產品。

### 條款及免責:

TEFAL/T-FAL 不會維修或更換未能出示有效購買證明的產品。客戶可親自將產品直接送交 TEFAL/T-FAL 授權的售後服務中心, 或必須妥善包裝並以掛號形式 (或其他同等郵遞方式) 送交至 TEFAL/T-FAL 授權的售後服務中心。各國獲授權的售後服務中心之詳細地址請見 TEFAL/T-FAL 網址, 或可致電國家列表中合適的客戶服務中心查詢。為提供最好的售後服務並繼續增進客戶的滿意, TEFAL/T-FAL 可能向曾經由 TEFAL/T-FAL 授權服務中心維修或更換其產品的客戶發出滿意程度的調查。

本保用證只適用於已被購買的產品並以家用為目的, 本保用證亦不包括任何因錯誤使用、疏忽、未有遵從 TEFAL/T-FAL 使用說明、或更改或未經授權而維修產品所產生的損壞, 或產品持有人的包裝不當或運送途中的處理不當所引起的損壞。保用證亦不包括正常的磨損及耗損、耗材的維護或更換, 及以下情況:

- 使用不適當的水或耗材
- 機件故障, 負荷過重
- 未遵從產品規格或產品上的指示, 使用錯誤電壓或頻率而引起的損壞或不良結果
- 產品內入水、灰塵或昆蟲 (不包括專用於捕捉或驅趕昆蟲的電器)
- 生鏽 (如需去銹, 必須根據使用說明進行)
- 產品上任何玻璃或瓷器的損壞
- 火災、水災等意外
- 專業或商業用途
- 閃電、功率驟變造成的損壞

### 消費者法定權利:

TEFAL/T-FAL 國際保用證並不影響消費者法定權利, 這些權利不被排除或局限, 亦不影響消費者對購自該產品的零售商的消費者權利。本保用證給予消費者特定合法權益, 而消費者在不同州份或國家, 或可享有其他合法權利。消費者可根據個人判斷維護任何有關權利。

\*\*\*倘產品購自國家列表內其中一個列舉的國家, 而在另一個列舉的國家使用, TEFAL/T-FAL 國際保用證保用期按照使用產品時所在的國家, 即使有別於購買該產品時所在列舉國家的保用期。倘產品不是購自當地的 TEFAL/T-FAL, 可能需要較長的維修時間。倘在使用產品的國家中不能修復該產品, TEFAL/T-FAL 國際保用證只限於更換同類產品或相近價錢的其他產品 (如適用)。

\* TEFAL 家電在一些地區如美洲及日本以 T-FAL 品牌出現, TEFAL/T-FAL 為 SEB 集團的註冊商標。

請保留此文件, 供閣下提出保用要求時參考。

國家	電話	保固	地址
台灣	+886-2-7743-0640	1 年	台北市士林區德行西路37號4樓

**限用物質含有情況標示聲明書**  
**Declaration of the Presence Condition of the Restricted Substances Marking**

設備名稱：法國特福鮮呼吸速燉萬用快鍋 Equipment name		型號 ( 型式 ) : CY360170 Type designation (Type)				
單元 Unit	限用物質及其化學符號 Restricted substances and its chemical symbols					
	鉛Lead (Pb)	汞 Mercury (Hg)	鎘 Cadmium (Cd)	六價鉻 Hexavalent chromium (Cr <sup>+6</sup> )	多溴聯苯 Polybrominated biphenyls (PBB)	多溴二苯醚 Polybrominated diphenyl ethers (PBDE)
電源線組 Power cord set	○	○	○	○	○	○
塑料件 Plastic parts	○	○	○	○	○	○
金屬件 Metallic parts	-	○	○	○	○	○
內部線材 Internal wire	○	○	○	○	○	○
電路板組 Printed circuit board assembly	○	○	○	○	○	○
加熱元件	○	○	○	○	○	○
<p>備考1. “超出0.1 wt %”及“超出0.01 wt %”係指限用物質之百分比含量超出百分比含量基準值。          Note 1 : “Exceeding 0.1 wt %” and “exceeding 0.01 wt %” indicate that the percentage content of the restricted substance exceeds the reference percentage value of presence condition.</p> <p>備考2. “○” 係指該項限用物質之百分比含量未超出百分比含量基準值。          Note 2 : “○” indicates that the percentage content of the restricted substance does not exceed the percentage of reference value of presence.</p> <p>備考3. “-” 係指該項限用物質為排除項目。          Note 3 : The “-” indicates that the restricted substance corresponds to the exemption.</p>						

**PRODUCT WARRANTY / 保固文件**

Product name 產品名稱		Tefal Umami Electric Pressure Cooker 4L 法國特福鮮呼吸速燉萬用快鍋
Warranty period 保固期間		Date of purchase : DD/MM/YYYY (valid one year from this date) 主體：購買日期：DD/MM/YYYY (自此日期起一年間有效)
Customer 客戶	Name 姓名	
	Address 地址	
	Phone number 電話號碼	
Retailer 零售商		

EN

