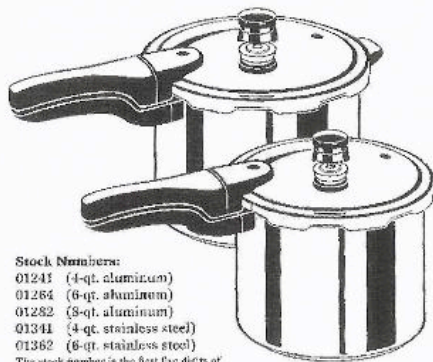


Pressure Cooker



A four Quart Pressure cooker is large enough to hold forceps and other surgical instruments. The six Quart size may be cheaper but the four quart is easier to pack. Steel would be better than Aluminum but may cost more. I usually leave the pressure cooker at the mission site as a gift to the host. A four quart cooker can be bought for less than \$40 on the web. When using the pressure cooker for an autoclave it is important to **let it get up to pressure (the Pressure Regulator will jiggle) before you start counting the 20 min** (a little more time does not hurt) needed for sterilization. After the regulator starts to jiggle the heat should be turned down to the point the pressure regulator jiggles only lightly. After the 20 minutes remove the cooker from the heat and let the pot cool until the top can be safely removed. If the instruments are still hot when removed from the cooker they will dry more quickly. I place them on a dry bath towel to help them dry.

PRESTO[®] Pressure Cookers



Stock Numbers:
01241 (4-qt. aluminum)
01264 (6-qt. aluminum)
01282 (8-qt. aluminum)
01341 (4-qt. stainless steel)
01362 (6-qt. stainless steel)
The stock number is the first five digits of the model number.



© 2004 by National Presto Industries, Inc.

Visit us on the web at
www.GoPresto.com

Instructions and Recipes

GETTING ACQUAINTED

Your pressure cooker is like a saucepan with a very special cover that locks in place. Air is automatically exhausted and steam is sealed inside creating pressure within the unit. Under pressure, internal temperatures in the cooker are raised above the normal boiling point of water, causing foods to cook faster. At 15 pounds of pressure, a temperature of 250° F. (or 121°C.) is reached inside the pressure cooker. These higher temperatures speed cooking, and the moist steam atmosphere tenderizes meats naturally.

It is important to become familiar with the various parts of the pressure cooker (Fig. C) and to read the "HOW TO USE" section beginning on page 8 before using the unit for the first time.

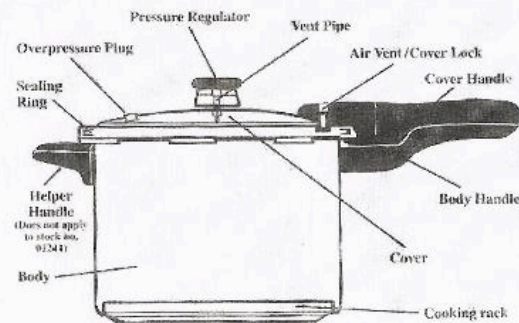


Fig. C