

Canning Recipes

6-PIECE CANNING KIT



**Power
Quick Pot™**

GENERAL INFORMATION

- **Magnetic Lid Lifter:** Use the lid lifter to remove sterilized canning lids from hot water for easy placement on jars.



- **Canning Funnel:** The wide-mouth funnel features a fast-flow design that is ideal for wide and regular jars.



- **Kitchen Tongs:** The sure-grip tongs are great for handling, turning, and serving hot foods with comfortable handles.



- **Jar Wrench:** Use the jar wrench to loosen jar caps and any size screw-on lids easily.



- **Jar Lifter:** Use the cushion-coated lifter to remove hot jars from the Power Quick Pot.



GENERAL INFORMATION



Caution Hot surface when heated.

- Hand-washing is recommended.

60-Day Limited Warranty

Tristar warrants that all parts and components are free of defects in materials and workmanship for 60 days. This warranty is valid only in accordance with the conditions set forth below:

1. The warranty extends only to the original consumer purchaser and is not transferable. In addition, proof of purchase must be provided for the 60-day warranty to be applicable.
2. This limited warranty is the only written or express warranty given by Tristar. Any implied warranty of merchantability or fitness for a particular purpose on this product is limited to the duration of this warranty. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.
3. This warranty gives you specific legal rights, and you may also have other rights which may vary from state to state.

Procedure for Replacement or Return within 60 Days:

Your item is covered by our 60-day money-back guarantee, which starts upon receipt of your item. To return the product, the original purchaser must package the product securely and include the following information: (1) name, (2) address, (3) the reason for return or request for refund or replacement, and (4) either proof of purchase or order number. Place the information inside an envelope, place the envelope inside the package with the unit, and mail the package to the address listed below:

Tristar Products, Inc.
500 Returns Road
Wallingford, CT 06495



Warning

For California Residents

This product can expose you to Bisphenol A, which is known to the State of California to cause cancer and/or birth defects or other reproductive harm. For more information, go to www.P65Warnings.ca.gov.

GENERAL INFORMATION

Pressure cookers use steam pressure that builds up inside the closed pot to cook food. As the pot heats up, the liquid inside forms steam, which raises the pressure in the pot, ultimately cooking food at up to triple the normal rate. After active cooking is complete, the pressure built up inside the cooker needs to be released.

The Power Quick Pot pressure cooker has a safety mechanism that prevents the Lid from opening until the pressure has been lowered. There are two ways to release the pressure: natural release and rapid release. While both methods depressurize the cooker, the process for each differs and affects food differently.

When and How to Use Natural Release:

Natural release works exactly the way it sounds. Using this method, you are letting the pressure reduce on its own slowly. Once the active cooking cycle is finished, you can press the Cancel button and the pressure will automatically slowly drop inside the Power Quick Pot. Because of this slow drop in pressure and heat, when

using natural release, food continues cooking even though active cooking is complete.

Use this method when cooking meat, foods that increase in volume or foam (like dried beans and legumes), soups, or any other foods that are primarily liquid.

To open the cooker using the natural release method:

1. Once the timer reaches 0, the Power Quick Pot will automatically switch to Keep Warm. Press the Keep Warm/Cancel Button to cancel.
2. Let the Power Quick Pot sit to naturally release the pressure (the time for natural release varies depending on the type of food and the level of fill. Overall, it can take between 10 and 30 mins.).
3. After all steam has evacuated the Power Quick Pot, remove the Lid by twisting the Lid clockwise approximately 30° (NOTE: The Lid will not turn if the Magnetic Pressure Sensor detects that the Unit is still highly pressurized or if the Release Switch is still being held). Use the Lid Handle to lift the Lid. The Lid should come off easily.

GENERAL INFORMATION

When and How to Use Rapid Release:

Rapid release works best with foods like eggs, vegetables, or delicate ingredients that don't benefit from any extra cooking time. This method is also helpful when you need to check the

doneness of food or add additional ingredients to the Power Quick Pot, as you might with a stew.

To open the cooker using the rapid release method:

1. Once the timer reaches 0, the Power Quick Pot will automatically switch to Keep Warm. Press the Keep Warm/Cancel Button to cancel the cooking cycle.
2. Switch the Pressure Release Valve to the Open position (be careful as steam will evacuate and could burn you.)
3. After all steam has evacuated the cooker, remove the Lid by twisting the Lid clockwise approximately 30° (NOTE: The Lid will not turn if the Magnetic Pressure Sensor detects that the Unit is still highly pressurized or if the Release Switch is still being held). Use the Lid Handle to lift the Lid. The Lid should come off easily.

Does Which One You Use Really Make a Difference?

Yes, the method you use to depressurize your Power Quick Pot makes a difference. It's best to avoid using rapid release when cooking foods that increase in volume, froth, or foam, like legumes, or those that are mostly liquid,

like soup, as the hot liquid can boil up and vent through the Release Valve. In addition, the method of release can affect the food you are cooking.

Follow This Rule

Use natural release when cooking meat, dried beans and legumes, rice, soup, and other foods that are mostly liquid.

Use rapid release when adding additional ingredients to the pot (like with a stew) or cooking eggs, vegetables, delicate foods, or ingredients that do not benefit from additional cook time.

Special Instructions for Cooking Thick-Texture & High-Fat Foods:

Foods with a thick texture (beans and lentils, for example) and those with a high fat content (soups, stews, and chili, for example), will naturally bubble or spit when the Lid is opened. To help prevent this from happening after releasing the pressure, while the Power Quick

Pot is on the counter, and before opening it, you can hold the Power Quick Pot by its handles and gently rock the unit from side to side 2–3 times. **Do NOT pick up the Power Quick Pot to shake it.**

Spaghetti Sauce

INGREDIENTS

6 QT. - Makes 6 Jars

2 tbsp. olive oil
½ onion, minced
3 cloves garlic, minced
2 28-oz cans crushed tomatoes
½ cup water
1 tbsp. chopped basil
½ tsp. chopped fresh oregano
1 tsp. sea salt
½ tsp. freshly ground black pepper
1 tbsp. sugar

8 QT. - Makes 9 Jars

3 tbsp. olive oil
¾ onion, minced
5 cloves garlic, minced
3 28-oz cans crushed tomatoes
¾ cup water
1 ½ tbsp. chopped basil
¾ tsp. chopped fresh oregano
1 ½ tsp. sea salt
¾ tsp. freshly ground black pepper
1 ½ tbsp. sugar

At the end of the cooking cycle, the pressure must be released before you can open the Power Quick Pot. Before opening the Unit, go to the Releasing Pressure section in the Owner's Manual of the the Power Quick Pot and read the instructions for releasing the pressure.



DIRECTIONS

1. Place the Inner Pot in the Power Quick Pot.
2. Press the Sauté Button, scroll to the Vegetables setting, and press the Program Dial. Press the Program Dial again to confirm the default setting and begin the cooking cycle (370° F/170° C for 10 mins.).
3. Add the olive oil to the Inner Pot and heat the oil.
4. Add the onion and garlic and sauté until translucent.
5. Add the tomatoes, water, basil, oregano, salt, ground black pepper, and sugar and cook for 8 mins.
6. Press the Cancel Button. Carefully ladle the warm sauce through the Canning Funnel into half-pint jars in even amounts. Clean the rims of the jars with white vinegar and seal the jars.
7. Quick Pot, and place a steaming rack inside the Inner Pot. Place the jars on the steaming rack. Pour water into the Inner Pot until the water reaches one fourth of the way up the jars. Multiple batches may be required.
8. Place the Lid on the Power Quick Pot and turn the Lid counterclockwise. The Lid will lock and the Pressure Release Valve will close.
9. Press the Canning Button and then the Program Dial to confirm the Custom setting. Press the Program Dial again to confirm the default setting and begin the cooking cycle (1-hr. cooking time).
10. When the timer reaches 0, the Power Quick Pot will automatically switch to Keep Warm. Press the Cancel Button. Let the Power Quick Pot sit to naturally release pressure. Then, slide the Steam Release Switch to the Open position. When the steam is released, remove the Lid.
11. Use the Jar Lifter to carefully remove the jars from the Inner Pot.

Roasted Red Peppers

INGREDIENTS

6 QT. - Makes 3 Jars

6 large red peppers
¼ cup olive oil
4 cloves garlic, sliced
1 tbsp. sea salt
½ tsp. ground black pepper
3 tbsp. white balsamic
vinegar

8 QT. - Makes 4 Jars

8 large red peppers
⅓ cup olive oil
6 cloves garlic, sliced
1 ½ tbsp. sea salt
¾ tsp. ground black pepper
4 ½ tbsp. white balsamic
vinegar

At the end of the cooking cycle, the pressure must be released before you can open the Power Quick Pot. Before opening the Unit, go to the Releasing Pressure section in the Owner's Manual of the the Power Quick Pot and read the instructions for releasing the pressure.



DIRECTIONS

1. Place the peppers on a grill and rotate to cook all sides evenly.
2. Place the peppers in a bowl, cover the bowl with plastic wrap, and let the peppers cool.
3. Peel the skin off the peppers.
4. Place the Inner Pot in the Power Quick Pot.
5. Press the Sauté Button, scroll to the Vegetables setting, and press the Program Dial. Press the Program Dial again to confirm the default setting and begin the cooking cycle (370° F/170° C for 10 mins.).
6. Add the olive oil to the Inner Pot and heat the oil.
7. Add the garlic and sauté until translucent.
8. Press the Cancel Button. Add the salt, ground black pepper, and vinegar to finish the balsamic dressing.
9. Use the Kitchen Tongs to place the roasted peppers in half-pint jars and ladle the balsamic dressing into the jars until only ½ in. of space is left at the top of the jars. Clean the rims of the jars with white vinegar and seal the jars.
10. Place a steaming rack inside the Inner Pot. Place the jars on the steaming rack. Pour water into the Inner Pot until the water reaches one fourth of the way up the jars.
11. Place the Lid on the Power Quick Pot and turn the Lid counterclockwise. The Lid will lock and the Pressure Release Valve will close.
12. Press the Canning Button and then the Program Dial to confirm the Custom setting. Press the Program Dial again to confirm the default setting and begin the cooking cycle (1-hr. cooking time).
13. When the timer reaches 0, the Power Quick Pot will automatically switch to Keep Warm. Press the Cancel Button. Let the Power Quick Pot sit to naturally release pressure. Then, slide the Steam Release Switch to the Open position. When the steam is released, remove the Lid.
14. Use the Jar Lifter to carefully remove the jars from the Inner Pot.

Pickled Beets

INGREDIENTS

6 QT. - Makes 3 Jars

½ onion, sliced
½ cup cider vinegar
¼ cup sugar
1 tbsp. pickling spice
3 tbsp. sea salt
6 small beets, cooked,
peeled & sliced

8 QT. - Makes 5 Jars

¾ onion, sliced
¾ cup cider vinegar
½ cup sugar
1 ½ tbsp. pickling spice
4 ½ tbsp. sea salt
9 small beets, cooked,
peeled & sliced

At the end of the cooking cycle, the pressure must be released before you can open the Power Quick Pot. Before opening the Unit, go to the Releasing Pressure section in the Owner's Manual of the the Power Quick Pot and read the instructions for releasing the pressure.



DIRECTIONS

1. Place the Inner Pot in the Power Quick Pot.
2. Press the Sauté Button, scroll to the Vegetables setting, and press the Program Dial. Press the Program Dial again to confirm the default setting and begin the cooking cycle (370° F/170° C for 10 mins.).
3. Add the onion, vinegar, sugar, pickling spice, and salt to the Inner Pot and bring the mixture to a boil.
4. Press the Cancel Button. Use the Kitchen Tongs to place the beets in half-pint jars and then ladle the mixture from the Inner Pot into the jars until only 1 in. of space is left at the top of the jars. Clean the rims of the jars with white vinegar and seal the jars.
5. Clean out the Inner Pot, return the Inner Pot to the Power Quick Pot, and place a steaming rack inside the Inner Pot. Place the jars on the steaming rack. Pour water into the Inner Pot until the water reaches one fourth of the way up the jars.
6. Place the Lid on the Power Quick Pot and turn the Lid counterclockwise. The Lid will lock and the Pressure Release Valve will close.
7. Press the Canning Button and then the Program Dial to confirm the Custom setting. Press the Timer Button, scroll to set the cooking time to 15 mins., and press the Program Dial to begin the cooking cycle.
8. When the timer reaches 0, the Power Quick Pot will automatically switch to Keep Warm. Press the Cancel Button. Let the Power Quick Pot sit to naturally release pressure. Then, slide the Steam Release Switch to the Open position. When the steam is released, remove the Lid.
9. Use the Jar Lifter to carefully remove the jars from the Inner Pot.

Applesauce

INGREDIENTS

6 QT. - Makes 4 Jars

8 apples, cored & halved

½ cup sugar

juice of ½ lemon

1 cinnamon stick

8 QT. - Makes 6 Jars

12 apples, cored & halved

¾ cup sugar

juice of ¾ lemon

1 ½ cinnamon sticks

At the end of the cooking cycle, the pressure must be released before you can open the Power Quick Pot. Before opening the Unit, go to the Releasing Pressure section in the Owner's Manual of the the Power Quick Pot and read the instructions for releasing the pressure.



DIRECTIONS

1. Place the Inner Pot in the Power Quick Pot.
2. Press the Sauté Button, scroll to the Vegetables setting, and press the Program Dial. Press the Program Dial again to confirm the default setting and begin the cooking cycle (370° F/170° C for 10 mins.).
3. Add all the ingredients to the Inner Pot.
4. Place the Lid on the Power Quick Pot and turn the Lid counterclockwise. The Lid will lock and the Pressure Release Valve will close.
5. Press the Pressure Button, scroll to the Vegetables setting, and press the Program Dial. Scroll to the Low setting and press the Program Dial to begin the cooking cycle (2-min. cooking time).
6. When the timer reaches 0, the Power Quick Pot will automatically switch to Keep Warm. Press the Cancel Button. Let the Power Quick Pot sit to naturally release pressure. Then, slide the Steam Release Switch to the Open position. When the steam is released, remove the Lid.
7. Remove and discard the cinnamon stick. Let the apples cool slightly and then mash the warm apples. Carefully ladle the apple sauce into half-pint jars through the Canning Funnel. Clean the rims of the jars with white vinegar and seal the jars.
8. Place a steaming rack inside the Inner Pot. Place the jars on the steaming rack. Pour water into the Inner Pot until the water reaches one fourth of the way up the jars.
9. Place the Lid on the Power Quick Pot and turn the Lid counterclockwise. The Lid will lock and the Pressure Release Valve will close.
10. Press the Canning Button and then the Program Dial to confirm the Custom setting. Press the Program Dial again to confirm the default setting and begin the cooking cycle (1-hr. cooking time).
11. When the timer reaches 0, the Power Quick Pot will automatically switch to Keep Warm. Press the Cancel Button. Let the Power Quick Pot sit to naturally release pressure. Then, slide the Steam Release Switch to the Open position. When the steam is released, remove the Lid.
12. Use the Jar Lifter to carefully remove the jars from the Inner Pot.

Canned Pears

INGREDIENTS

6 QT. - Makes 4 Jars

1 cup sugar
1 ½ cups water
4 pears, peeled, cored
& quartered

8 QT. - Makes 6 Jars

1 ½ cups sugar
2 ¼ cups water
6 pears, peeled, cored
& quartered

At the end of the cooking cycle, the pressure must be released before you can open the Power Quick Pot. Before opening the Unit, go to the Releasing Pressure section in the Owner's Manual of the the Power Quick Pot and read the instructions for releasing the pressure.



DIRECTIONS

1. Place the Inner Pot in the Power Quick Pot.
2. Press the Sauté Button, scroll to the Vegetables setting, and press the Program Dial. Press the Program Dial again to confirm the default setting and begin the cooking cycle (370° F/170° C for 10 mins.).
3. Add the sugar and water to the Inner Pot and boil until the sugar dissolves to make a syrup.
4. Press the Cancel Button. Use the Kitchen Tongs to place the pears into half-pint jars and use the Canning Funnel to pour the warm syrup into the jars until only 1 in. of space is left at the top of the jars. Clean the rims of the jars with white vinegar and seal the jars.
5. Clean out the Inner Pot, return the Inner Pot to the Power Quick Pot, and place a steaming rack inside the Inner Pot. Place the jars on the steaming rack. Pour water into the Inner Pot until the water reaches one fourth of the way up the jars.
6. Place the Lid on the Power Quick Pot and turn the Lid counterclockwise. The Lid will lock and the Pressure Release Valve will close.
7. Press the Canning Button and then the Program Dial to confirm the Custom setting. Press the Program Dial again to confirm the default setting and begin the cooking cycle (1-hr. cooking time).
8. When the timer reaches 0, the Power Quick Pot will automatically switch to Keep Warm. Press the Cancel Button. Let the Power Quick Pot sit to naturally release pressure. Then, slide the Steam Release Switch to the Open position. When the steam is released, remove the Lid.
9. Use the Jar Lifter to carefully remove the jars from the Inner Pot.

Raspberry Jam

INGREDIENTS

6 QT. - Makes 3 Jars

6 cups fresh raspberries
juice of ½ lemon
2 tbsp. pectin
6 cups sugar

8 QT. - Makes 4 Jars

8 cups fresh raspberries
juice of ¾ lemon
2 ⅔ tbsp. pectin
8 cups sugar

At the end of the cooking cycle, the pressure must be released before you can open the Power Quick Pot. Before opening the Unit, go to the Releasing Pressure section in the Owner's Manual of the the Power Quick Pot and read the instructions for releasing the pressure.



DIRECTIONS

1. Place the Inner Pot in the Power Quick Pot.
2. Press the Sauté Button, scroll to the Vegetables setting, and press the Program Dial. Press the Program Dial again to confirm the default setting and begin the cooking cycle (370° F/170° C for 10 mins.).
3. Add the raspberries, lemon juice, and pectin to the Inner Pot. Add 2 cups sugar at a time until each batch of sugar dissolves. Then, boil until the mixture is thickened (3-4 mins.).
4. Press the Cancel Button. Use the Canning Funnel to pour the warm jam into half-pint jars. Clean the rims of the jars with white vinegar and seal the jars.
5. Clean out the Inner Pot, return the Inner Pot to the Power Quick Pot, and place a steaming rack inside the Inner Pot. Place the jars on the steaming rack. Pour water into the Inner Pot until the water reaches one fourth of the way up the jars.
6. Place the Lid on the Power Quick Pot and turn the Lid counterclockwise. The Lid will lock and the Pressure Release Valve will close.
7. Press the Canning Button and then the Program Dial to confirm the Custom setting. Press the Program Dial again to confirm the default setting and begin the cooking cycle (1-hr. cooking time).
8. When the timer reaches 0, the Power Quick Pot will automatically switch to Keep Warm. Press the Cancel Button. Let the Power Quick Pot sit to naturally release pressure. Then, slide the Steam Release Switch to the Open position. When the steam is released, remove the Lid.
9. Use the Jar Lifter to carefully remove the jars from the Inner Pot.

Power
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