

UL Listed appliance. The following important safeguards are recommended by most portable appliance manufacturers.

IMPORTANT SAFEGUARDS

To reduce the risk of personal injury or property damage, when using electrical appliances basic safety precautions should always be followed, including the following:

1. **Read all instructions.**
2. To protect against electrical shock or burns, do not immerse heat control or magnetic cord assembly in water or other liquid.
3. Be sure that handles and legs are assembled and fastened properly before using this appliance (see page 3).
4. Be sure handle is properly attached to basket and locked in place. See detailed assembly instructions on page 4. Failure to securely attach basket handle can result in release of basket during use which may result in severe burns.
5. Do not touch hot surfaces. Use handles or knobs.
6. Do not let children handle or put electrical cords or plugs in their mouths.
7. Close supervision is necessary when any appliance is used by or near children.
8. It is recommended that this appliance not be moved when it contains hot oil or other hot liquid. If it must be moved when it contains hot oil or other hot liquid, use extreme caution.
9. Always attach heat control and magnetic cord assembly to appliance first, then plug cord into the wall outlet. To disconnect heat control and magnetic cord, turn control to "OFF" and remove plug from wall outlet and cord assembly from heat control. Allow appliance to cool, then remove heat control from unit.
10. Unplug from outlet and remove heat control from appliance when not in use and before cleaning. Allow appliance to cool before putting on or taking off parts and before cleaning.
11. Do not operate any appliance with a damaged cord or plug or in the event the appliance malfunctions or has been damaged in any manner. Return the appliance to the Presto Factory Service Department for examination, repair, or adjustment.
12. The use of accessory attachments not recommended by the appliance manufacturer may cause injuries.
13. Do not use outdoors.
14. Do not let cord hang over edge of table or counter or touch hot surfaces.
15. Do not place on or near a hot gas or electric burner or in a heated oven.
16. Do not use appliance for other than intended use.

SAVE THESE INSTRUCTIONS

THIS PRODUCT IS FOR HOUSEHOLD USE ONLY.

Important Cord and Plug Information

A short power supply cord (or cord set) is provided to reduce the risk resulting from becoming entangled in or tripping over a longer cord. **DO NOT USE WITH AN EXTENSION CORD.**

Do not allow the cord to run underneath or around the unit. The magnetic cord may not detach easily if the cord is positioned in this fashion.

This appliance has a polarized plug (one blade is wider than the other). To reduce the

risk of electric shock, this plug is intended to fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to modify the plug in any way. Connect the power supply cord to a 120VAC electrical outlet only.

How to Install Legs and Handles

Tools Required: Phillips type screwdriver

Parts Included: 4 Legs
2 Handles

To Install Legs to Base

1. Place multi-cooker upside down on table or counter.
2. Using the screwdriver, remove the screws from each of the four mounting projections on the bottom of the unit. These screws are for attaching the legs to the multi-cooker base.
3. Position one of the legs, with the rubber insert facing up, over one of the mounting projections (Fig. A). Align the hole in the leg with the hole in the mounting projection and fasten securely with screw. Leg should not rock or move if twisted.
- NOTICE:** Continuing to tighten, once secure, can result in stripping of screws or cracking of legs.
4. Repeat step 3 for other three legs.
5. Turn multi-cooker right side up on table or counter. When properly assembled, the multi-cooker should sit level with no leg rock.

To Attach Handles to Base

1. With multi-cooker upside down on table or counter, remove the screws from the tabs on each side of the multi-cooker base. These screws are for attaching the handles to the base.

Hint: When removing the screw under the plug guard, hold the screwdriver at a slight angle or use a short screwdriver or a screwdriver with a long shank.

2. Slide one of the handles, with the screw hole facing up, onto the tab so the screw hole on the tab aligns with the screw hole on the handle (Fig. A). Fasten with screw and tighten fully. Handle should not wobble, but slight movement from side to side is normal. **NOTICE:** Continuing to tighten, once secure, can result in stripping of screws or cracking of handles.
3. Repeat step 2 for other handle.
4. When properly installed, the handles should appear parallel with the table or counter.

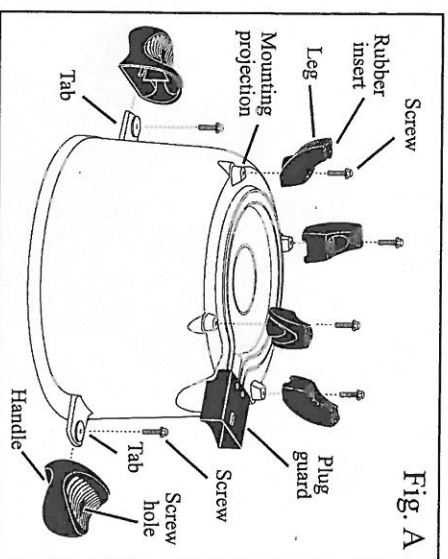
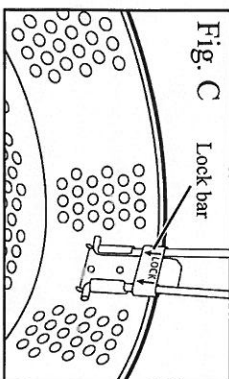
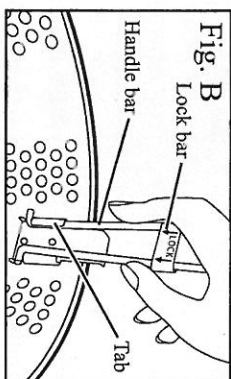


Fig. A

To Attach Basket Handle

1. Slide lock bar up on handle (Fig. B) and place one of the handle bars into one of the tabs on bracket. Then squeeze the handle bars together, and fit the other handle bar into the opposite tab on bracket.
2. After attaching handle to basket, make sure to slide the lock bar down (Fig. C) to the locked position to insure against accidental detachment of handle from basket.

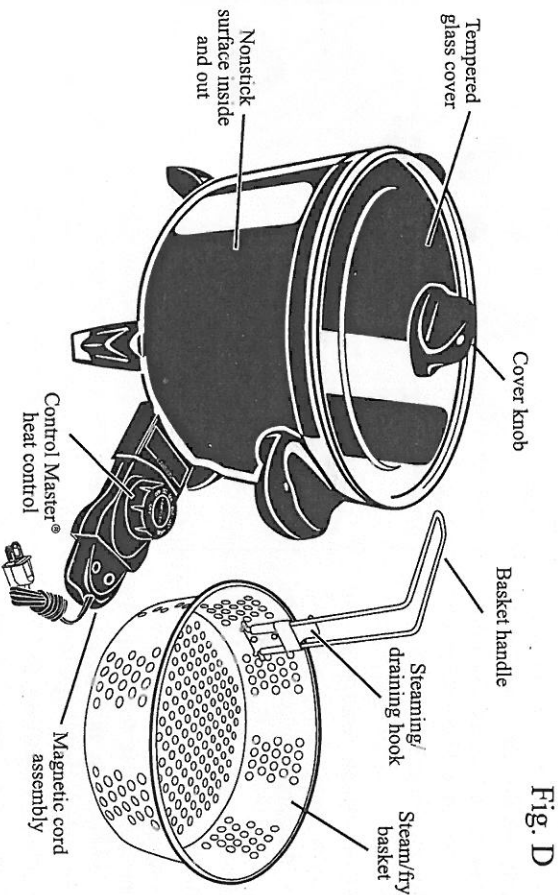


Before First Use

Become familiar with the various parts of the multi-cooker (Fig. D) and read the instructions carefully. Prior to the first use, wash the multi-cooker according to the "Care and Cleaning" instructions on page 6.

This versatile electric multi-cooker braises, blanches, boils, deep fries, steams and more. It is also great for making soups, stews, and desserts.

CAUTION! This product is not intended to melt wax, gels, plastics, or other materials for making candles or for other hobbyist activities or in any commercial or business application.



How To Use

NOTICE: Avoid using no stick cooking sprays as they may cause the cooking surface to become tacky. In addition, use heat-resistant nylon, plastic, wooden, or rubber utensils to turn, stir, or remove food when not using the steam/fry basket. Do not use metal utensils as they may scratch the nonstick surface.

1. Place multi-cooker on a dry, level, heat-resistant surface. The cover should not be on the multi-cooker.

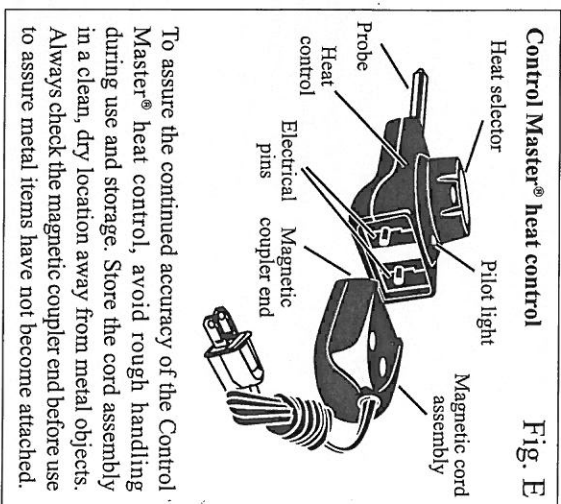
CAUTION! To avoid personal injury, position multi-cooker well back from edge of counter or table. Do not let cord hang or drape over edge of counter or table within reach of children.

2. Insert the probe end of the heat control into the multi-cooker so the two electrical pins on the appliance are fully inserted into the heat control. Then attach the magnetic cord assembly to the heat control by aligning the magnetic coupler end with the two electrical pins located on the back of the heat control (Fig. E). Due to the fact that the magnetic coupler end is polarized, it can only be attached to the heat control one way. When properly aligned, the plug will magnetically attach itself to the heat control. Attach the cord so that the printed patent information on the magnetic plug is facing up. The daisy and cautionary language will be facing towards the counter. If positioned upside down, it will not attach.

IMPORTANT: The magnetic cord was designed to detach easily from the multi-cooker. As a result, if it is bumped or touched during use, it could possibly detach causing the unit to stop heating. Avoid contact with cord during operation. If contact occurs, verify that the cord is still properly connected.

3. Plug the multi-cooker into a 120VAC electrical outlet only.
4. Using the index on page 6, determine the type of cooking method you will be following and turn to the referenced page.

5. Preheat multi-cooker as indicated in the cooking method and follow the cooking instructions. During cooking, the pilot light will go on and off indicating temperature is being maintained. **NOTE:** Occasionally you may hear a pop or clicking sound while the multi-cooker is preheating. This is normal and a sign of fast heatup. You may also notice this sound as the unit cools down.



6. When cooking is complete, turn heat control to "OFF". Remove plug from wall outlet and then remove magnetic coupler end from heat control. Allow appliance to cool and detach heat control from multi-cooker before cleaning.

Specific Uses

Your Kitchen Kettle™ multi-cooker/steamer is truly versatile as you can prepare soups and stews, steam vegetables and seafood, deep fry, and even prepare fruits and vegetables for freezing (known as blanching). Because this pot does so many things, this book provides a general overview of how to use, clean, and care for the appliance and then specific sections which provide more detailed instructions, along with many delicious recipes.

Detailed instructions and recipes for the various methods of cooking that you can perform with your multi-cooker can be found on the pages indicated below:

SPECIFIC USES	PAGES
Simmering (Soups and Stews)	7
Braising	10
Steaming (Vegetables and Fish)	11
Boiling (Pasta and Rice)	12
Blanching	12
Deep Frying	13

Care and Cleaning

Wash the multi-cooker in the dishwasher or in hot, soapy water, rinse, and dry. **Do not immerse the heat control or magnetic cord assembly in water or let them come in contact with any liquid.**

NOTICE: If you choose to wash the multi-cooker in the dishwasher, the basket and the bottom of the multi-cooker will likely discolor due to the caustic nature of the dishwashing detergent.

When washing by hand, clean the nonstick base with a non-metal cleaning pad, such as Scotch-Brite® Multi-Purpose Scrub Sponge or Scotch-Brite® Dobie® Cleaning Pad. Firm pressure can be applied, if necessary. **Do not use steel wool or abrasive kitchen cleaners.** Soaking the multi-cooker to loosen food residue is not necessary. If, however, soaking the multi-cooker is desired, do not soak for more than two hours. Soaking for more than two hours may damage the nonstick finish.

In time, the nonstick finish may darken over the heating element. To remove this discoloration, use a commercial cleaner designed for cleaning surfaces, such as dip-it® destainer. These cleaners are available at most grocery and hardware stores. For best results, follow the manufacturer's instructions, being careful that any cleaning solution coming in contact with the exterior of the appliance is wiped off. After treating the appliance with a commercial cleaner, it is recommended that the cooking surface be wiped lightly with vegetable oil before using.

Periodically check the screws on the two handles and four legs for looseness. Retighten, if necessary, with a Phillips type screwdriver. **NOTICE:** Continuing to tighten, once secure, can result in stripping of screws or cracking of handles and legs.

Any maintenance required for this product, other than normal household care and cleaning, should be performed by the Presto Factory Service Department, see page 16.

*Scotch-Brite and Dobie are registered trademarks of 3M Company; dip-it is a registered trademark of Economics Laboratory, Inc. Presto is not affiliated with these companies.



Thai Herbal Ball Treatments

Introduction

Thai herbal balls (or *Luk Pra Kob* in Thai) are a method of treatment employed in traditional Thai medicine. The herbal balls can be a useful way to apply heat along Sen Sib Lines (similar to meridians in Traditional Chinese Medicine), acupressure points and joints. The Thai herbal balls are steamed and the warm bundles are then applied directly to the skin.

Thai massage is documented as far back as 3000 years and is believed to trace as far back as 5000 years. This ancient art has been used as a way of life for centuries in treating physical ailments, and more recently in enhancing relaxation, rejuvenation, and pleasure.

Preparation

1. Soak the herbal ball in water up to the handle, for a minimum of 3 minutes.
2. Place wet herbal balls in the steamer for a minimum of 10 – 20 minutes at 400 degrees.
3. Lower steamer temperature to 200 - 210 degrees so that it is producing a light steam.
4. Take special care that steamer is always kept filled with water. (Often water must be added halfway through the treatment.)
5. Using two balls allows for one to always have a hot ball ready – as one cools down during the treatment, the therapist simply exchanges as required.
6. We recommend the steamer be placed in a location convenient to the therapists reach, or on a stainless cart similar to those used in the medical practice.

Safety notes

- ✓ Follow steamer instructions above to avoid burning yourself.
- ✓ Take care when lifting the steamer lid to release the steam away from the body.
- ✓ The temperature of the Sa-wan Ball is very hot when first taken out of the steamer and cools over time.
- ✓ Ball handle can be very hot when lifting from the steamer; use wash cloth or tongs to grab handle when necessary.
- ✓ The ball is often very hot when retrieved from the steamer. A way to utilize this heat effectively is to “stamp” with rapid movements along the body, gradually working more slowly and detailed, as the ball begins to lose some of its heat. (Should not do this to the face.)
- ✓ Always test the temperature of the ball before applying to the client, whenever a new ball is retrieved from the steamer, and also during its use to feel the evolution of the heat of the ball.
- ✓ The temperature that the client experiences from the herbal ball, is related to the temperature of the ball, the time that it is touching a single point on the body, and the pressure with which it is applied.