

CROCK·POT[®]

///EXPRESS

6 QT EASY RELEASE PRESSURE COOKER

Congratulations on receiving your new Crock-Pot[®] Express Easy Release Pressure Cooker!

To keep you as happy and informed about your Crock-Pot[®] Express as possible, we have added some additional helpful hints & tips below to guide you through the pressure cooking process.

WARNING : This info sheet is not intended to be a substitute for the Owner's Manual, and you should read and understand the instructions in the Owner's Manual before using this Cooker.

A NOTE ABOUT PRESSURE COOKING

Pressure cookers generate steam in order to build pressure. Liquid is needed to create steam. So in order for your Crock-Pot[®] Express to build enough pressure to cook your meal, there needs to be enough liquid in the pot to boil and generate steam. One cup or 8 oz of liquid (it can be water, chicken stock, etc.) is usually enough liquid to successfully build pressure. Foods that expand during cooking (e.g., rice, beans, dried vegetables, potatoes, carrots, etc.) should never go above the 1/2 mark in the Cooking Pot. If your recipe is too thick or doesn't have enough liquid in it, then you will receive an E6 Notification Code during the cooking cycle (more on this below). The amount of time the Cooker takes to gain pressure varies according to altitude and water temperature, but average pressurization time is 13-15 minutes. The progress of pressurization can be easily tracked with the LED Status Bar located on the control panel.


Note: Do not use the Quick Pressure Release Method when cooking foods with high liquid content, like soup, stew, etc. For these, please use the Natural Release Method, waiting at least 10 minutes after cooking is complete to rotate the Steam Release Dial.

Using a Manual Setting While Pressure Cooking:

If you have a recipe that requires a manual pressure setting - or if you simply want to cook using your own pressure setting and cook time - then select Manual Pressure and adjust the pressure and cook time as desired.

"E" NOTIFICATION CODES

Your Crock-Pot[®] Express has been designed to help you achieve just the right results for every meal. If the Crock-Pot[®] Express notices that something in the recipe or cooking cycle needs to be optimized at any point, it will stop cooking and give you an "E" Notification Code on the Display Screen.

- **E3 NOTIFICATION CODE** - If you receive this code while using one of the pressure cooking settings, then the Lid did not seal correctly.
- **E5 NOTIFICATION CODE** - This code appears when either the Lid or Steam Release Dial is being used incorrectly for a non-pressure cook setting. Please note that the Lid should never be used when using the **BROWN/SEAR, SAUTÉ, BOIL** or **SIMMER** setting. When using the Lid during the **SLOW COOK** or **YOGURT** setting, the Steam Release Dial must be turned to the open or "Release"  position.
- **E6 NOTIFICATION CODE** - If you receive this code while cooking, it means that the Crock-Pot[®] Express was unable to generate enough steam to pressurize completely.

For more information on resolving the "E" notification codes, refer to the Owner's Manual under "NOTIFICATION CODES" to ensure that your meal gets cooked to perfection.

INITIAL WATER TEST - PRACTICE WITH PRESSURE

First time pressure cooking? Practice and familiarize yourself with your Crock-Pot® Express by trying this water test.

1. Add 3 cups of water into the Cooking Pot.
2. Place the Lid on top of the Cooker and align ▼ with 🔒. To lock, twist counterclockwise, aligning ▼ with 🔒.
3. Turn the Steam Release Dial to the “Seal” 📦 position.
4. Press the **MANUAL PRESSURE** button, leave on HIGH, and adjust timer to 2 minutes using the +/- buttons. Press **START/STOP**.

TIP: To advance quickly, press and hold to the + or - button. If you have passed the desired time, simply press the opposite button to return to desired time.

5. The Status Bar will illuminate to show the progress as the unit builds pressure and “HEAT” will appear on the Display Screen. Once pressurized, the 2 minute countdown will begin.
6. The Cooker will beep after 2 minutes and automatically switch to **KEEP WARM**. At this time, the Display Screen time will begin counting up.
7. Rotate the Steam Release Dial to the “Release” 📦 position. This is the Quick Pressure Release Method. Steam will rapidly release from the Steam Release Valve on the back of the Lid. For the Natural Release Method, allow timer to count up until pressure has decreased and the Bobber Valve has dropped completely.
8. The pressure has been released when steam is no longer escaping from the valve, the Bobber Valve has dropped completely, and the Lid opens freely with minimal force. Never force the Lid open.



If any issues arise, or when in doubt, refer to the Owner’s Manual or call the customer care line at 1-800-323-9519.

AND FINALLY, THIS HANDY CHART BELOW WILL HELP YOU DETERMINE HOW TO USE THE LID AND STEAM RELEASE DIAL CORRECTLY FOR ALL OF THE CROCK-POT® EXPRESS COOK SETTINGS:

FUNCTION	PRESSURE COOK	LID REQUIRED	STEAM RELEASE DIAL POSITION
MANUAL PRESSURE	Yes	Yes	Seal
MEAT/POULTRY	Yes	Yes	Seal
BEANS/CHILI	Yes	Yes	Seal
RICE/GRAINS	Yes	Yes	Seal
YOGURT	No	Yes (in some steps)	Release
DESSERT	Yes	Yes	Seal
SOUP/STEW	Yes	Yes	Seal
SLOW COOK	No	Yes	Release
STEAM	Yes	Yes	Seal
BROWN/SEAR	No	No	Do Not Use Lid
SAUTÉ	No	No	Do Not Use Lid
BOIL	No	No	Do Not Use Lid
SIMMER	No	No	Do Not Use Lid

Notes:

1. Optional Glass Lid accessory may be used for any NON-pressure functions.
2. Never attempt to Boil or Simmer thick sauces. These functions are intended for liquid only.

For additional information, recipes, tips & more, refer to the Owner’s Manual and visit the Crock-Pot® website at www.crockpot.com or follow us:  



CAUTION: When in the “Seal” 📦 position, please note steam may still be released from the Steam Release Valve on the Lid to regulate the proper amount of pressure for cooking. Always keep face and hands clear of the Steam Release Valve.