

# Tefal<sup>®</sup>

Cook4me ⊕ connect

The One-Touch Easy&Fast  
Multicooker, **FULL OF IDEAS**



[www.tefal.com.au](http://www.tefal.com.au)



## SAFETY INSTRUCTIONS

### **Take the time to read all the following instructions carefully.**

- The appliance can be used up to an altitude of 2000m
- Indoor use only.
- For cleaning your appliance, please refer instructions for use. You can wash the cooking bowl and steam basket in soapy hot water or in the dishwasher. Clean the body of the appliance using a damp cloth.
- Do not immerse the appliance in water.
- Improper use of the appliance and its accessories may damage the appliance and cause injury.
- Do not touch hot parts of the appliance. After use, heating element surface is subject to residual heat after use.
- For your safety, this product conforms to all applicable standards and regulations (Low Voltage Directive, Electromagnetic Compatibility, Food Compliant Materials, Environment, ...).
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Children should be supervised to ensure that they do not play with the appliance.
- Cleaning and maintenance shall not be made by children.
- If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similar qualified persons in order

to avoid a hazard. Do not replace the power cord supplied with other cords.

- This appliance is intended for domestic household use only. It is not intended to be used in the following applications, and the guarantee will not apply for:
  - staff kitchen areas in shops, offices and other working environments;
  - farm houses;
  - by clients in hotels, motels and other residential type environments;
  - bed and breakfast type environments.
- This appliance shall not be used by children. Keep the appliance and its cord out of reach of children.
- Appliances can be used by persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and if they understand the hazards involved.
- Children shall not play with the appliance.
- Do not fill your appliance more than the MAX mark on the pot. Do not fill it more

than half full for food that expands during cooking, such as rice, dehydrated vegetables.

**Reduce** the volume of water to avoid the risk of boiling over.

- Please follow the recommendations on the volume of food and water to avoid the risk of boiling over which can damage your appliance and cause injury.
- Do not spill liquid on the connector (depending on model).
- Before using your appliance, check that the float valve and the pressure limit valve are clean (see section Cleaning and maintenance).
- Do not place any foreign objects in the pressure relief system. Do not replace the valve.
- When you open the lid, always hold it by the lid handle. Position your arms in alignment with the side carrying handles. Boiling water could remain trapped between the gasket support and the lid and could cause burns.
- Be careful also about the risk of scalding from the steam coming out of the appliance when you open the lid. First open the lid

very slightly to allow the steam to escape gently.

- Never force the appliance open. Make sure that the inside pressure has returned to normal. Do not open the lid when the product is under pressure. To do so, see the Instructions for use.

- Only use manufacturer's spare parts in accordance with the relevant model. In particular, use a body and a lid from the same manufacturer indicated as being compatible.
- Do not damage the sealing gasket. If it is damaged, have it replaced in an Approved Service Centre.
- The heat source necessary for cooking is included in the appliance.
- Do not place the appliance in a heated oven or on a hot hob. Do not place the appliance close to an open flame or a flammable object.
- Do not heat the cooking pot with any other heat source than the heating plate of the appliance and do not use any other pot. Do not use the cooking pot with other appliances.
- Move the appliance with great care when it is under pressure. Do not touch the hot surfaces. Use the carrying handles when moving it and wear oven mitts, if necessary. Do not use the lid handle to lift the appliance.



- Do not use appliance for other than the intended purpose.
- This appliance is not a steriliser. Do **not** use it to sterilise jars.
- The appliance cooks food under pressure. Incorrect use may cause risks of burns due to steam.
- Make sure that the appliance is properly closed before bringing it up to pressure (see Instructions for use).
- Do not use the appliance empty, without its pot or without liquid inside the pot. This could cause serious damage to the appliance.
- After cooking meat which has an outer layer of skin (such as ox tongue), which could swell due to the effects of pressure, do not pierce the skin after cooking if it appears swollen: you could get burnt. Pierce it **before** cooking.
- When cooking food with a thick texture (chick peas, rhubarb, compotes, etc.), shake the appliance slightly before opening it to ensure that the food or cooking juices do not spurt out.
- Do not use the appliance to fry food in oil. Only browning is allowed.
- In browning mode, be careful of risks of burns caused by spattering when you add food or ingredients into the hot pot.
- During cooking and automatic steam release at the end of cooking, the appliance releases heat and steam. Keep your face and hands away from the appliance to avoid scalding. Do not touch the lid during cooking.
- Do not use a cloth or anything else between the lid and the housing to leave the lid ajar. This can permanently damage the gasket.
- Do not touch the safety devices, except while cleaning and maintaining the appliance in accordance with the instructions given.
- Make sure that the bottom of the cooking pot and the heating element are always clean. Make sure that the central part of the heating plate is mobile.
- **Do not fill up your appliance without its cooking pot.**
- Use a plastic or wooden spoon to prevent any

damage to the non-stick coating of the pot.  
Do not cut food directly in the cooking pot.

- If a great deal of steam is released from the rim of the lid, unplug the power cord at once and check whether the appliance is clean. If necessary, send the appliance to an Approved Service Centre for repair.
- Do not carry the appliance by holding it by the handles of the removable pot. Always use the two side handles on the housing of the appliance. Wear oven mitts if the appliance is hot. For more safety, make sure that the lid is locked before transporting the appliance.
- If pressure is released continuously through the valve of the appliance (for more than 1 minute) while pressure cooking, send the appliance to a service centre for repair.

- Do not use a damaged appliance. Take it to your approved service centre.

### **SAVE THESE INSTRUCTIONS CAREFULLY.**

- Use only spare parts sold in an approved service centre.
- The warranty does not cover the abnormal wear and tear of the cooking pot.
- Read these instructions for use carefully before using your appliance for the first time. Any use which does not conform to these instructions will absolve the manufacturer from any liability and void the warranty.
- In accordance with current regulations, before disposing of an appliance no longer needed, the appliance must
- be rendered inoperative (by unplugging it and cutting off the supply cord).



#### **Environment protection first!**

- ① Your appliance contains valuable materials which can be recovered or recycled.
- ② Leave it at a local civic waste collection point.

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📶 CONNECTION

PRESSURE COOKING/ CLASSIC  
COOKING  
(gentle cooking/simmer/brown)/  
REHEATING/  
KEEP WARM/ DELAYED START

INGREDIENTS MENU

RECIPES MENU

LIBRARY MENU

GOLDEN RULES OF COOKING

CLEANING MAINTENANCE

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TROUBLESHOOTING

## **SERIE EPC09-A**

Low pressure 40kPa/5.8psi (109°C) / High pressure: 70kPa/10.2psi (115°C)

Product capacity: 6L / Useful capacity: 4L

Frequency: 2.40 GHz. Maximum transmitted power: 7.7 dBm

Built-in heating

The operational pressure is achieved 10 minutes after the beep.



Lid open/close handle



Silent pressure valve



Main operation button



Open/close marker



Return button



Control panel



Blue light indicates that the Bluetooth connection is activated



Cooking bowl



## INGREDIENTS



### MEAT

Beef  
Lamb  
Pork  
Poultry  
Rabbit  
Veal



### FISH & SHELLFISH

Fish  
Mussels  
Prawns  
Scallops



### RICE & CEREALS

Barley  
Brown rice  
Buckwheat  
Bulgar  
Quinoa  
Wheat  
White rice



### FRUITS & VEGETABLES

Apples  
Asparagus  
Beetroot  
Broccoli  
Brussel sprouts  
Cabbage  
Carrot  
Cauliflower  
Celery  
Eggplant  
Fennel  
Green bean  
Green cabbage  
Leek  
Lentils  
Mushrooms  
Peas  
Pear  
Pepper/ capsicum  
Potatoes  
Spinach  
Turnip  
Zucchini  
Sweet potatoes

## RECIPE LIST

[www.tefal.com.au](http://www.tefal.com.au)



### STARTER

Bacon and olive risotto	Hummus
Beetroot dip	Indian-style cauliflower
Broccoli with almonds	Lentil and smoked bacon soup
Cauliflower soup	Minestrone
Chilli jam	Miso soup
Crab and corn soup	Mushroom soup
Cranberry relish	Porridge
Creamy broccoli soup	Potato and leek soup
Creamy mashed potato	Pumpkin dip
Cumin ratatouille	Pumpkin soup
Dahl	Quinoa salad with orange
Fish and cauliflower soup	Rice and prawn salad
Fish cakes	Speedy vegetable chowder
French onion soup	Spinach and ricotta tortellini
Glazed carrots	Split pea soup
Greek potato salad	Summer succotash
Greek quinoa salad	Sweet potatoes and chickpea
Greek style mushrooms	Vegetarian pumpkin
Ham and mustard flans	White sauce
Hot spicy tom yum soup	



### MAIN

Asian pork meatballs	Chicken tikka curry	Ham and parmesan tortellini
Balsamic chicken wings	Chicken wings with curry	Ham and pea risotto
Barbecue chicken drumsticks	Chicken with creamy mushroom	Hungarian goulash
Beef and cheddar potatoes	Chicken with lime and coconut	Lamb koftas
Beef and stuffed peppers	Chicken with rice	Lamb rogan josh curry
Beef bolognaise sauce	Chilli con carne	Lamb shanks
Beef bourguignon	Coq au vin	Lamb, tomatoes and rosemary
Beef casserole	Coriander prawns	Ling fillet with prawns
Beef massaman curry	Corned beef	Macaroni cheese
Beef stew with beer	Creamy polenta	Meatballs with tomato sauce
Beef stroganoff	Curried rice, chickpeas & tofu	Montreal BBQ brisket
Beef tacos	Duck breast with peaches	Mushroom and spinach risotto
Beef teriyaki stir-fry	Eggplant biryani rice	Mustard pot roast beef
Bibimbap	Fettucine carbonara	One pot pizza style pasta
Braised pork with tofu	Fish curry	Pesto chicken risotto
Bulgur wheat pilaf	Fish with lemon and herbs	Poached salmon
Chicken cacciatore	Gnocchi with pancetta	Pork spare ribs
Chicken drumsticks chickpeas	Greek lamb	Pork with harvest vegetables
Chicken paella	Green chicken curry	Potato Bake Express
Chicken satay		
Chicken teriyaki		



## MAIN

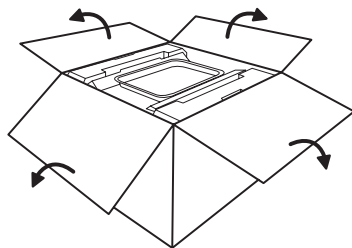
Prawn marinara	Steamed mussels
Pulled pork	Steamed sweet chilli salmon
Pumpkin risotto	Stuffed zucchini
Quick and easy moussaka	Sweet and sour pork ribs
Quinoa and vegetables	Tandoori spiced chicken
Quinoa salad with cucumber	Thai chicken and rice
Rice vermicelli with prawns	Thai vegetable curry
Roast pork with pineapple	Tomato calamari
Saffron salmon	Tomato passata sauce
Salmon white asparagus sauce	Tuna mornay
San choy bow	Veal goulash
Sausage and bean stew	Veal osso bucco
Savory mince	Veal roast and carrots prunes
Seafood couscous	Veal rolls with tomato sauce
Spicy chicken and capsicum	Veal with lemon and oregano
Spicy mince pork with beans	Vietnamese soup with chicken
Spring lamb stew	Whole chicken with potatoes



## DESSERT

Bread and butter pudding  
Caramel pudding  
Chocolate orange cheesecake  
Chocolate sponge pudding  
Cream with apple compote  
Golden syrup steamed puddings  
Lemon delicious  
Light chocolate cream  
Madeleines with lemon syrup  
Mint chocolate cheesecake  
Peach puddings  
Spiced pears  
Steamed fruit pudding  
Steamed golden cake  
Sticky rice with mango  
Traditional cheesecake  
Upside-down chocolate cream  
Vanilla custard

## BEFORE USE



To open the product, turn the open/close handle on top of the lid, until the marking is in line with the open padlock.



Install the appliance on a flat dry surface that is not hot. Remove all the packaging, stickers or different accessories inside and outside the appliance.

Remove the appliance from its packaging and read the instructions carefully before using the product for the first time.



### CLEAN THE DIFFERENT COMPONENTS

- 1 Cooking bowl
- 2 Metal lid
- 3 Valve cover
- 4 Condensation trap
- 5 Steam basket
- 6 Decompression ball



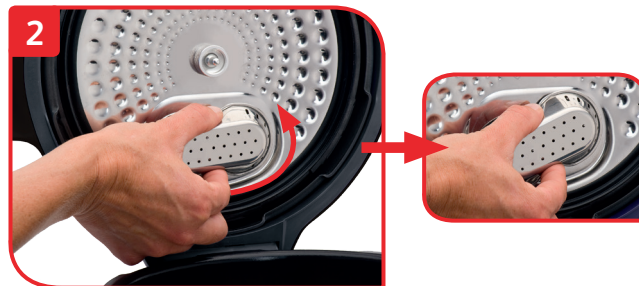
BEFORE USE

## HOW TO DISASSEMBLE AND REASSEMBLE THE LID



### HOW TO DISASSEMBLE THE METAL LID:

Grip the lid sub-assembly holding it by the seal, and unscrew the central nut in an anti-clockwise direction. Remove the nut then the lid.






### HOW TO TAKE THE VALVE COVER OFF:

Clasp the valve cover by its middle part (as shown) ; Then turn it slightly to unclip it.  
Clean the valve cover, paying special attention to the inside (check that there is no left over food).



### ACCESSING THE DECOMPRESSION BALL:

Turn the ball cover, anti-clockwise, so the **I** marker is positioned on the pictogram . Lift the cover up. Remove the ball, and gently clean it, along with its cover, with water and some washing-up liquid. Dry the ball using a soft cloth, then put it back in position. Put the ball cover back in place, and the marker **I** in position . Lock it by turning the ball cover clockwise, so the **I** marker is positioned on the pictogram .



### PUTTING THE METAL LID SUB-ASSEMBLY BACK IN TO PLACE:

Grip the lid sub-assembly by the seal as shown in the picture.  
Line up the lid with the central axis and press it flat against the sub-assembly.  
Put the nut back on and turn it clockwise, tightening it as far as it will go.

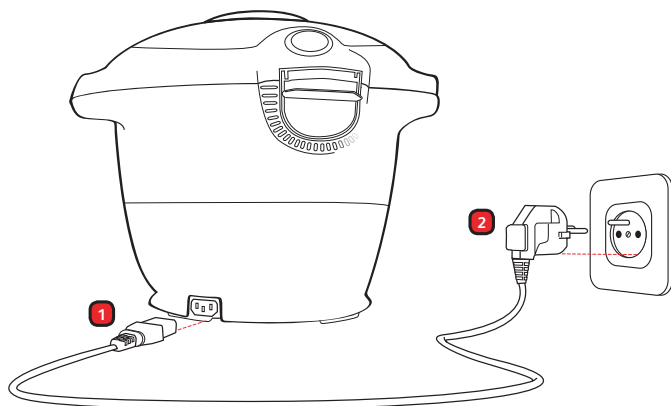


### PUTTING THE VALVE COVER BACK:

Take the valve cover as shown in the picture (gripping the middle).  
Line up the interior circular shape with the three hooks and then push so that the valve cover clips on (you should hear a "click" sound).  
The valve cover must be right up against the inside of the lid.



## OPERATION



When turning on for the first time, you will first see the settings menu:



Select your country



Select your language



### INTERFACE CONTROLS



SELECT



CONFIRM



BACK



RESTART

3 secs



## USE

Never use the appliance without the cooking bowl.


When using your appliance for the first time, the bowl can release a slight odour. This is normal.

When cooking under pressure it is normal for the Cook4me  to connect to vent steam during cooking.

After each use check the safety valve and manometric rod move freely and clean if necessary as instructed on page 38.



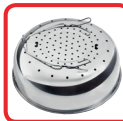
### OPEN THE LID:

To open the appliance, turn the open/close handle so that the open padlock is showing. Never try to force the lid to open if it is stuck. 



### INSTALLING THE CONDENSATION COLLECTOR:

Check that the condensation collector is empty then install it behind the appliance.



### INSTALLING THE STAND UNDER THE STEAM BASKET:

Pinch the stand between your thumb and index finger to install it under the steam basket as shown.



### POSITIONING THE BOWL IN THE APPLIANCE:

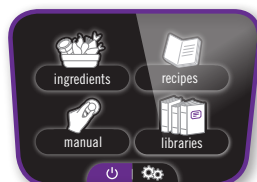
Wipe the bottom of the cooking bowl. Make sure there are no food remains or liquid under the bowl or on the heating plate.



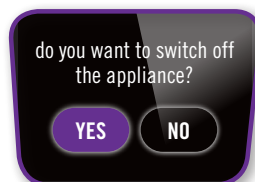
Then install the bowl in the appliance by positioning the bowl handles into the slots.



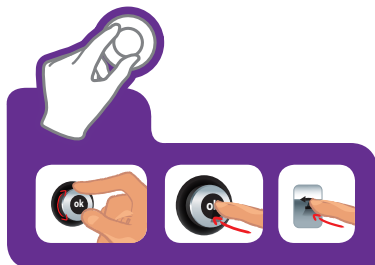
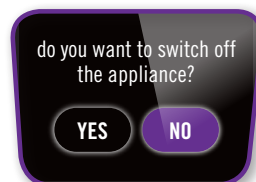
## ON/OFF MENU



Select and confirm

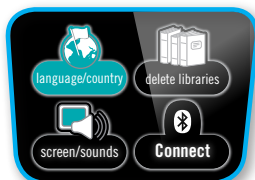


Selecting Yes or No will allow you to switch the appliance on and off.





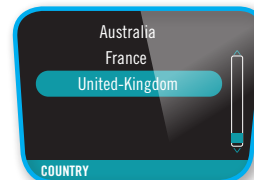
## SETTINGS MENU



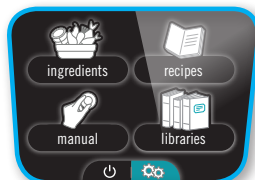
Select "language/country"



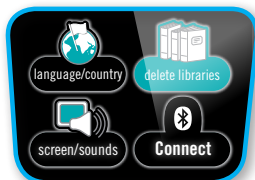
Select your language



Select your country



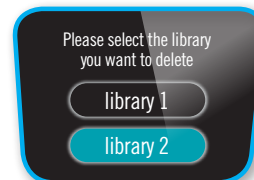
N.B.: even if the sound is deactivated, the alert sounds remain active.



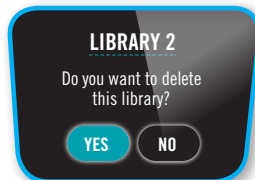
Select "delete libraries"



Select "libraries"



Select "library 2"



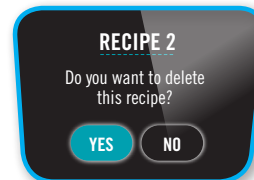
Do you want to delete this library?



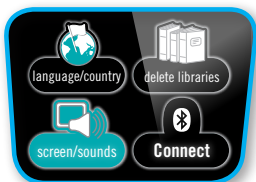
Select "recipes"



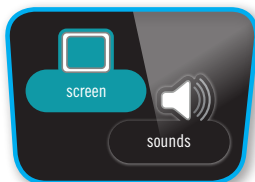
Select "recipe 2"



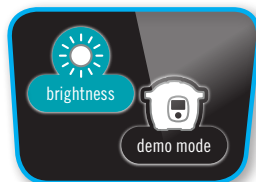
Do you want to delete this recipe?



Select "screen/sounds"



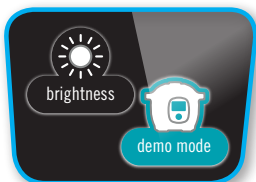
Select "screen"



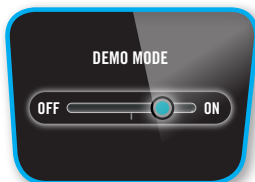
Select "brightness"



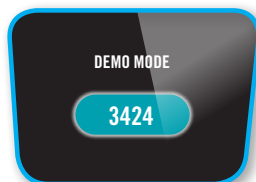
Adjust the light



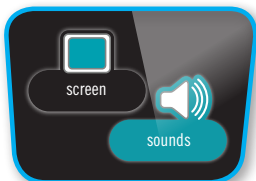
Select "demo mode"



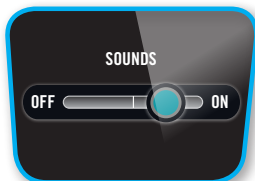
To activate or deactivate the demo mode,  
please enter the code: 3424



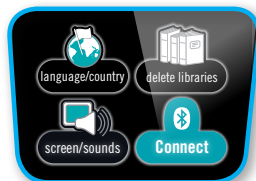
N.B.: DEMO mode allows  
you to operate the  
appliance without heating  
or pressurising it.



Select "sounds"



Adjust the volume



Select "Connect"



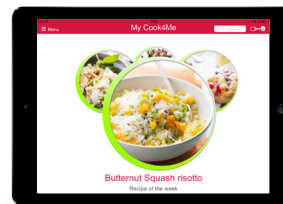
Activate or deactivate the  
connect mode (Bluetooth, BLE)



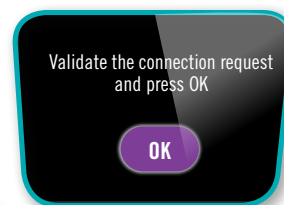
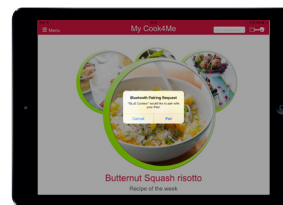
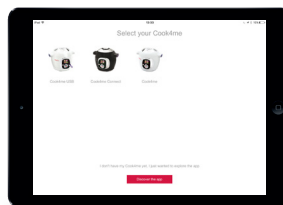
## CONNECTION

Your **Cook4me + connect** is operational, you can now use your appliance with the **150 pre-programmed recipes** even without the app.

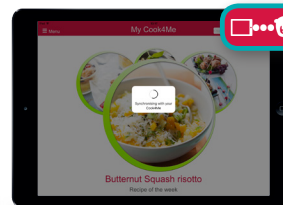
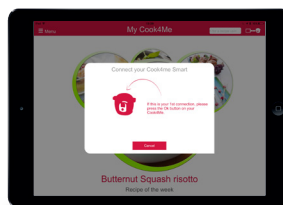
When you turn on your **Cook4me + connect**, the blue light will start flashing (awaiting connection), unless you manually deactivate the connect function (See 'Settings' chapter).



Download the **My Cook4me** app  
(on the App Store and on Google Play)  
via your tablet or mobile.



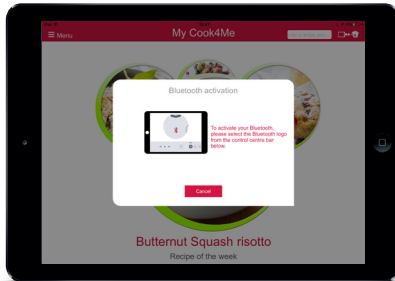
When you use the appliance for the first time, pair your product to your tablet or mobile by following the instructions on screen.



If the connection is successful,  
the light will stay blue.

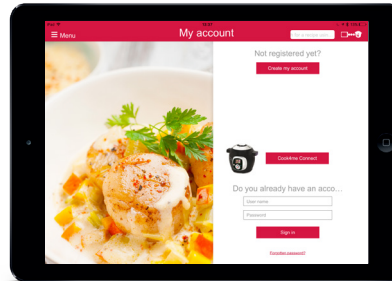


## CONNECTION



### Connection problem:

If the connection failed, you will see an error message. Follow the instructions on your screens to establish a new connection.



### Creating an account:

Follow the instructions on the app.



### Search bar:

Type the key words in the search bar and access the search filter.

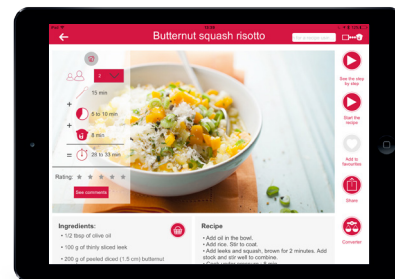
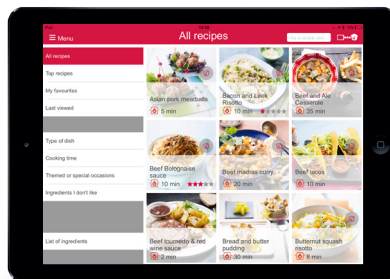
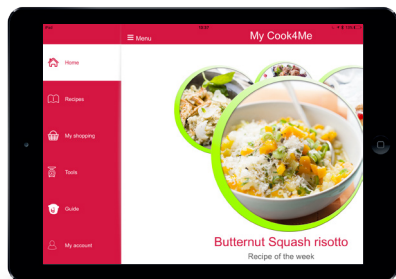
N.B.: only one connection possible at any time.

N.B.: if you don't use your Cook4me  connect for 30 minutes, it will switch to stand-by mode and the connection will be lost. When exiting stand-by mode, it will automatically re-connect.





## CONNECTION



### Browsing:

You can also browse via the app by accessing the Menu:

- **welcome**
- **recipes**
- **my shopping**
- **tools**
- **guide**
- **my account**



Recipes in your Cook4me 



Favourites




Library

### From the app, you can either:

- view the step by step
- launch the recipe step by step in interaction with your **Cook4me  connect**

No information about the cooking time can be provided if there is no connection.

You will always have a direct access to the 150 programmed recipes and ingredients. The cooking continues even if you do not have connection.

N.B.: you can start the cooking from your Cook4me  connect by pressing the OK button (as instructed on the app).

NB: Ensure that you never leave the appliance unattended whilst in operation.



## MANUAL MENU

### COOKING MODE

### PRESSURE COOKING

#### MANUAL MENU:

With the manual menu, you set the cooking yourself. Select the cooking mode: pressure cooking, classic cooking (gentle cooking, simmer, brown), reheat or keep warm, as well as the cooking time.



Select the  
«manual» menu



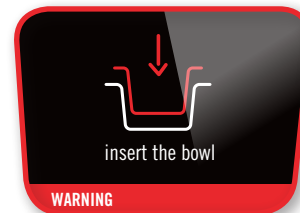
Set the cooking time



Select the  
«pressure cooking» mode



Select immediate or  
delayed start



**WARNING**

Insert the bowl then  
add the ingredients



**WARNING**

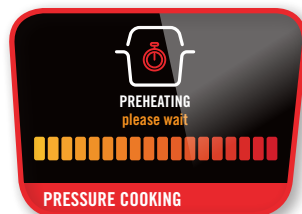
Close and bolt the lid



## MANUAL MENU

### COOKING MODE

### PRESSURE COOKING



The preheating time will vary between 3-10 minutes depending on the quantity of food, the quantity of liquid and whether the food is fresh or frozen



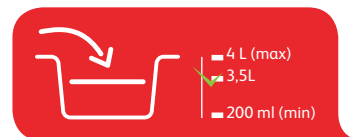
Cooking has started (the cooking time counts up)



Cooking has finished



It's ready to eat! The appliance automatically goes to keep warm mode



Note: 4 litre max and 200 ml min capacity for pressure cooking.



Do not touch the hot appliance during cooking.








## MANUAL MENU

### COOKING MODE

### CLASSIC COOKING

With classic cooking mode,  
you can:

-  gentle cooking
-  simmering
-  browning

The lid remains open for these  
types of cooking.

NB: The operation is the same, only  
the temperature is different.



Select the  
«manual» menu



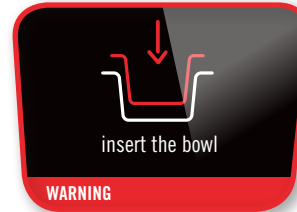
Select the  
«classic cooking» function



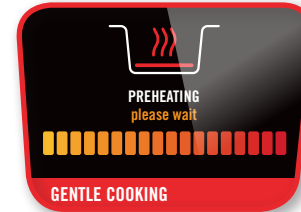
Select the  
desired function



Open the lid



Insert the bowl



The appliance is preheating



Add the ingredients



To stop classic cooking select ok and then confirm by  
selecting yes.





## MANUAL MENU

## COOKING MODE

## REHEAT



Select the "manual" menu



Select the "reheat" mode



**WARNING**

Insert the bowl



**WARNING**

Close and lock the lid



Reheat has started

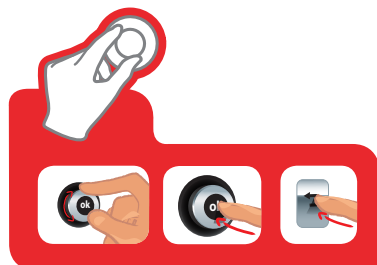


Do you want to stop reheat?  
To stop reheating select yes.  
Ensure food is piping hot  
before serving



It's ready to eat!  
The appliance automatically  
goes to keep warm mode

**N.B.:** Reheating starts and  
the time increases.





## MANUAL MENU

### COOKING MODE

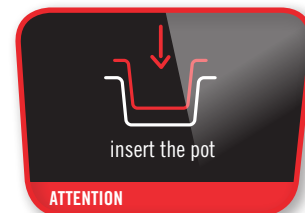
### KEEP WARM



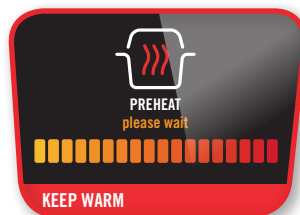
Select the  
«manual» menu



Select the  
«keep warm» function



Insert the bowl



The appliance  
is preheating



The keeping warm  
function has started



To stop the keep warm  
function, press the «back»  
button and select «yes»

**N.B.:** Reheating  
starts and the  
time increases





## MANUAL MENU

### COOKING MODE **DELAYED START**

(pressure cooking mode)

The delayed start feature is only possible with the manual menu “pressure cooking” and the ingredients menu “fruits & vegetables” or “Rice & Cereals”.



Do not use delayed start for recipes containing meat, chicken, fish, milk or eggs as these foods can deteriorate if left at room temperature before cooking.

The end of cooking time may vary depending on the amount of food in the product



Select  
«delayed start»



Select the  
current time



Select the end  
of cooking



Delayed start  
is programmed

**NB :** The delayed start time always includes 15 minutes for the appliance to preheat.



## INGREDIENTS MENU

### INGREDIENTS MENU:

With the ingredients menu, cook single ingredients without having to program the cooking mode or time: Cook4me connect provides you with instructions for different weights and types of ingredients: meat, fish, vegetables, fruits and cereals.



Select the  
«ingredients» menu



Select the quantity  
of ingredients



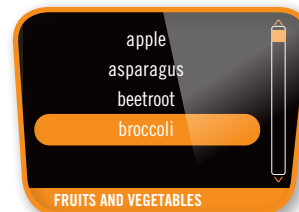
The recommended cooking time is displayed.  
You can adjust the cooking time to your  
personal taste by turning the OK button.



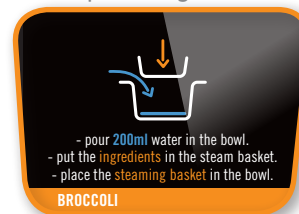
Select  
«fruits & vegetables»



Start the recipe



Select the  
required ingredient



Follow the instructions  
on screen

Note: The weights displayed on the Cook4me connect are the prepared weight of the ingredients.

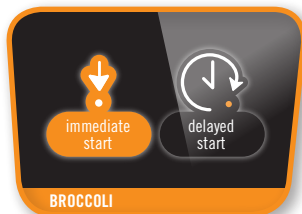




## INGREDIENTS MENU



The recommended cooking time is displayed.  
You can adjust the cooking time to your  
personal taste by turning the OK button.



Select immediate or  
delayed start (p.27)



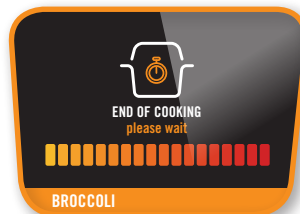
Follow the instructions



The appliance is preheating  
**Note:** depending on the type of  
ingredient and the quantity the  
preheating time will take between  
3-10 minutes



Cooking has started



Cooking has finished



It's ready to eat! The  
appliance automatically  
goes to keep warm mode



**Note:** The delayed start can be used on the Ingredients Menu with the Fruits & Vegetables  
and Rice & Cereals programs.

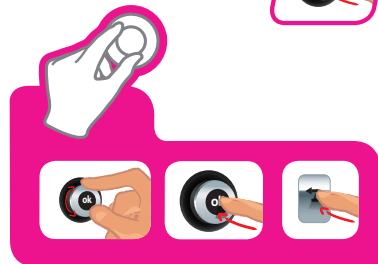


## RECIPES MENU

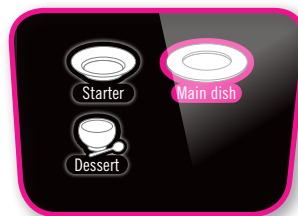
### STEAMED SWEET CHILLI SALMON

#### RECIPES MENU:

With the recipes menu, choose from 150 savoury or sweet recipes divided into **three** categories: **starters / main dish / desserts**. You can go back to the initial menu by pressing the return button for 3 seconds, or back one step by pressing the return button once.



Select the  
«recipes» menu



Select the  
type of recipe



Select  
a recipe



Select the  
number of people



Show recipe



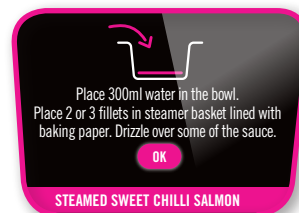
Prepare the ingredients



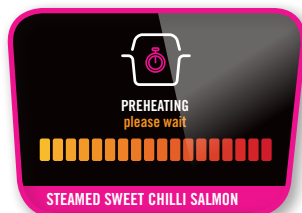
Start the recipe



Follow the instructions



Start the cooking



Preheating



Cooking time



Cooking has finished




It's ready to eat!

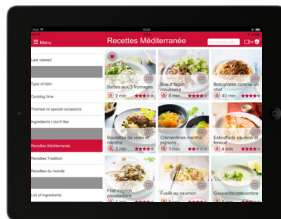





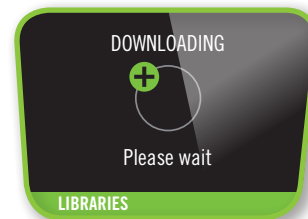
## LIBRARIES

### DOWNLOADING RECIPE PACKS:

When the app is connected to your Cook4me  Connect, you can download the recipe packs.



Select a pack and press the "Download on Cook4me  connect" button



Download in progress



N.B.: You can stop the transfer at any time by pressing the return button on Cook4me  connect.



## LIBRARIES

### ACCESS THE LIBRARIES:

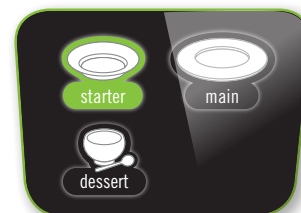
You can find your downloaded packs. Launch your recipes from your Cook4me ⊕ Connect by accessing your library.



Select the  
“libraries” sub-menu



Select the desired theme



Select “starter”, “main” or  
“dessert” and choose  
your recipe



## GOLDEN RULES OF COOKING WITH YOUR COOK4ME ⊕ CONNECT

- Always use plastic or wooden utensils to avoid damaging the non-stick coating of the cooking bowl. Never cut food in the bowl.

### Liquid quantities

- Programs that cook under pressure – pressure cooking, ingredients menu and recipes menu – always require some liquid. See the cooking guides on pages 30-33 for advice on the quantity of liquid to use or follow the instructions on the Cook4me ⊕ connect display screen.
- Always use a liquid that gives off steam when boiled e.g. water, stock, wine, beer, cider, etc. Never use oil or fat. Do not use milk as it can froth up under pressure.
- When steaming foods in the basket always use a minimum of 200 ml of water in the Cook4me ⊕ connect.

### Maximum Filling level

- The ingredients plus liquid must not exceed the maximum filling level.
- Some foods such as rice and pulses (e.g. dried beans and dried peas) swell up and tend to froth during cooking and the bowl should not be more than half full with these ingredients and liquid.

### Foods which require special care when cooking in Cook4me ⊕ connect

- See the point above about cooking rice & pulses.
- Take care when cooking fruit which froths during pressure cooking, such as stewed apple. Instead steam some fruits,

such as apple, in the steaming basket instead.

- Never cook dumplings in the Cook4me ⊕ connect under pressure, as they could rise up and block the safety devices.

### Cooking times

- The cooking times programmed into the Cook4me ⊕ connect are only a guide and can be adjusted to your personal taste by manually adjusting the advised cooking time.
- For the programs that cook under pressure – pressure cooking, ingredients menu and recipes menu – the pressure cooking time will vary according to the size of the individual pieces or thickness of the food, not the weight.
- To prevent overcooking with delicate foods such as vegetables, fruit and fish the suggested cooking times may need slight adjustment for your personal taste.
- Cook4me ⊕ connect is not a slow cooker. The “gentle cooking” mode operates using a low temperature (approx 75°C) for gentle cooking such as melting butter.
- The “simmer” mode operates using a temperature of approximately 90°C and can be used for such things as reducing sauces.

### Cook4me ⊕ connect Meat & Chicken Cooking Tips

- Choose meat joints of an even shape and thickness to ensure they cook evenly. Boneless joints which are tied into an even cylindrical shape are ideal.
- The maximum recommended weight for meat joints is 1 kg.

- The maximum recommended weight for a whole chicken is 1.5 kg.
- Choose pieces of meat, such as chops, cubed meat for stews, of the same size and thickness to ensure they cook evenly.
- Before browning meat joints dry the outside with kitchen paper towel if it is moist on the outside. This helps reduce spitting during browning,
- Use about ½ – 1 tablespoon sunflower or vegetable oil when browning joints of meat.
- During browning, turn joints or meat using a spatula so it browns on all sides. Take care as hot oil may spit from the bowl. For pieces of meat, e.g. chops, or chicken, e.g. drumsticks, brown in batches, if necessary.
- After browning, take care when adding liquid to the hot bowl as it may spit or give off hot steam.
- Meat or joints with a layer of fat on the outside, such as chops or pork joints, will not turn crisp when cooked in the Cook4me ⊕ connect.

#### **Adapting your own recipes for use in Cook4me ⊕ connect**

- For the programs that cook under pressure – pressure cooking and ingredients menu – reduce the liquid quantity when adapting a conventional recipe as there is less evaporation in Cook4me ⊕ connect.
- The cooking time will be shorter than in a conventional oven or on the hob. Find a similar recipe in the Recipe Menu as a guide to the cooking time.
- Recipes are best thickened after cooking using Instant Thickening Granules available in larger supermarkets and are usually sold in the aisle near to cornflour. Just stir the

thickening granules into the boiling hot dish or liquid until all the granules dissolve and the liquid thickens.

Alternatively, blend cornflour with a little cold liquid to form a smooth paste (see packet instructions for advice on quantities); stir into the hot dish and then bring to the boil in a separate saucepan.

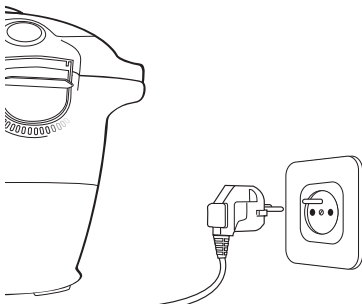
- To remove any unpleasant odours left in the Cook4me ⊕ connect after cooking strong foods, such as fish or curry, clean the appliance afterwards including dismantling the metal plate and cleaning all safety parts. Reassemble and leave the lid open for a few hours.

#### **About the recipe program**

- The cooking times in the recipes are approximate and may need adjustment to suit your personal taste.
- Eggs used in the recipes are medium size unless stated otherwise.
- All spoon measures are level unless stated otherwise.
- The weight stated in the recipes are for the prepared weight of the food, for example, 100 g sliced carrots is the weight of carrots after peeling and trimming off the top and bottom.
- The recipes have been specifically developed for use in Cook4me ⊕. If the recipes are prepared in an appliance other than this, the results and cooking times may vary.

## CLEANING MAINTENANCE

**Note:** To ensure the correct operation of your Cook4me ® connect, follow these cleaning and maintenance instructions after each use.



Once you have finished cooking your dish, disconnect the appliance to clean. Clean the appliance after each use.



You can wash the cooking bowl and steam basket in hot water and washing up liquid or in the dishwasher. Clean the body of the appliance using a damp cloth. After several washes in the dishwasher, the exterior of the bowl may become discoloured.



## CLEANING MAINTENANCE

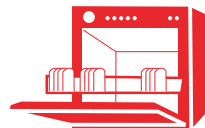


After each use, remove the condensation collector and wash carefully in soapy water or in the dishwasher. Take care to dry it well. Return to its original position.



To clean the metal plate, by hand or in the dishwasher, you need to remove the valve cover.

- 1 Unscrew the screw at the centre of the metal plate and keep it in a safe place
- 2 Take off the metal plate
- 3 Remove the valve cover



### **CLEANING IN THE DISHWASHER:**

you can place the metal plate in the dishwasher, without removing the valves. After placing in the dishwasher, remove the decompression ball and blow in the pipe to check that it is not blocked. Dry the ball and its support carefully using a soft cloth.



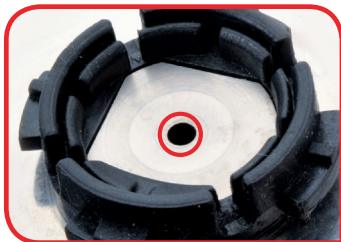
### **CLEANING BY HAND:**

you can clean the metal plate using washing up liquid and hot water. Firstly, remove the ball then clean completely. Dry the ball and its support using a soft cloth.

## CLEANING MAINTENANCE



Do not clean any part of the Cook4me  $\oplus$  connect with abrasive sponges or wire wool.



Before reinstalling the ball, check that the pipe is not blocked by blowing into it, from the opposite side to the picture above.



Press on the internal part of the safety valve spring, from the opposite side to the picture shown above, to check that it is not clogged.



Clean the metal plate using a damp sponge and check that the manometric rod (shown in picture to the left) is not blocked and correctly positioned. Rinse with water and check it moves freely.



Replace the watertight seal at least every three years. This seal can only be replaced by an Approved Service Centre.



Do not store the appliance with the lid closed. Leave open or half open or slightly ajar. This will prevent unpleasant odours.

## CLEANING MAINTENANCE



- In the event of accidental immersion of the appliance or if water is spilt directly on the heating element when the bowl is not in position, take the appliance to an Approved Service Centre.



Transport the appliance using the two side handles. To carry the appliance, close the lid and lock it.



Clean the outside of the appliance's lid using a damp cloth. Clean the silencing pressure valve at the back of the lid. Pull out the valve cover from the lid, then take out the valve and clean it under running water. Reassemble the valve and return it to its original position in the lid.

**Note:** The seal is non-removable from the metal plate.



Clean the upper part of the cooking bowl using a damp cloth. Clean the area behind the condensation collector using a damp cloth. Rinse the condensation collector and replace.

Clean the seal on the metal plate using a damp cloth then rinse thoroughly. Do not use sharp objects.



## SAFETY FEATURES

Your pressure cooker contains several safety features:

### **Safety When Opening:**

- If your pressure cooker is under pressure, the manometric rod is in the upper locking position, which prevents the cover from opening. Never try to force open your pressure cooker.
- It is especially important not to apply pressure to the manometric rod.
- Ensure that the internal pressure has fallen (additional steam escaping from the safety valve) prior to trying to open the cover.

### **Overpressure Safety Features:**

- The safety valve releases the pressure – see chapter on Cleaning and Maintenance, page 36

**If one of the overpressure safety features is triggered:**

Turn off your appliance.

Let your pressure cooker completely cool down.

Open it.

Check and clean the safety valve, decompression ball and gasket. See chapter on Cleaning and Maintenance.

If your product leaks or is no longer operational after having performed these checks and cleaning, return it to a SEB authorised Service Centre.

**Regulating your appliance:**

The pressure is regulated by the heating element that automatically switch on or off to ensure the adapted pressure level.

To minimise the effects of thermal inertia and improve regulation accuracy, the decompression ball can be automatically triggered to briefly release steam from time to time.

PROBLEMS	POSSIBLES CAUSES	SOLUTION
The lid does not close.	There are foreign bodies between the bowl and the heating plate.	Remove the bowl, check that the heating plate, central element and under the bowl are clean. Also check that the central element can move around.
	The lid open/close handle is not correctly positioned.	Check that the open/close handle is completely open.
	The metal plate and/or the tightening screw are not properly installed or fully tightened.	Check that the nut is fully tightened and that the notches on the rotating inner part of the lid are correctly aligned with the notches on the rim of the bowl and then try locking the lid closed. The nut must be fitted with the flat side facing the metal plate.
The appliance does not depressurise.	The ball cover is not in place.	Let the appliance cool completely and then remove the metal plate and correctly position the ball cover (fixed in the lock position).
The lid does not open once the steam is released.	The manometric rod is still in the high position.	After ensuring that no more steam is released and that the appliance is completely cold, insert a fine metal skewer into the hole located between the open handle and the silencing valve. Be careful of hot steam being released once the skewer is pushed in. When no more steam is released, try to open the appliance.
The appliance does not become pressurised.	Check that the seal, purple safety valve and manometric rod are clean.	Clean your appliance by following the cleaning and maintenance instructions in this book.
	Check that the lid is locked and the marking is properly aligned with the closed padlock. Check that the manometric rod can move around and if it needs cleaning.	Clean the manometric rod as instructed in the Cleaning and Maintenance section.
	The decompression ball is not positioned correctly or dirty.	Check that the ball is correctly positioned and that the cover is in the locked position. Clean and dry the ball and its support.

PROBLEMS	POSSIBLES CAUSES	SOLUTION
<b>ERROR CODES</b>  Steam is released from the sides of the lid during cooking (leaks).	Code 24: the pressure decreases while pressure cooking. Code 21 and 26: pressure fails to raise.	Add liquid to your recipe (water, stock or a liquid sauce) 50-100ml at a time and re-start the recipe.
	The seal of the metal plate and/or the edges of the bowl are dirty.	Clean the sides of the bowl and seal using a damp cloth. Do not use any sharp instruments.
	Wear, cuts and deformation of the seal.	The seal must be changed at least every 3 years. Take your appliance to an Approved Service Centre.
	Bowl edges damaged.	Take your appliance to an approved service centre.
	The nut for the metal plate was not tightened enough.	Fully tighten the nut so the metal plate is correctly positioned. The nut must be fitted with the flat side facing the metal plate.
Water flows behind the appliance.	The condensation collector is not in position or is overflowing.	Make sure that the condensation collector is properly positioned behind the appliance and that the flow channel is not blocked. The nut must be fitted with the flat side facing the metal plate.
	The safety valves and/or openings are obstructed.	Check that the bowl is not too full with food or that foods have been cooked which expand (see Safety Instructions pages).
The control panel does not light up.	The appliance is not connected or is on standby.	Check that the power lead is connected both to the appliance and the mains. Check that the appliance is not on standby by pressing the "OK" button.
	The appliance is damaged.	Take your appliance to an Approved Service Centre.
Condensation appears on the indicator.	There is condensation on the lid.	Let the appliance dry in fresh air for a few hours.
The metal plate can not be removed, it is blocked.	The ball cover was not well positioned on the metal plate.	Unscrew the nut on the metal plate, then press the spring loaded screw spindle to release the metal plate. Check that the ball cover and decompression ball are correctly positioned and re-fit if necessary.

**For any connection-related problems, go to [www.tefal.com.au](http://www.tefal.com.au) or the My Cook4me app (Menu/ guide/ FAQ).**

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### NOTE







**Tefal®**