

# Sunbeam

## Express Turbo Pressure Multicooker

### User Guide

PEM2200SS



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## Important Instructions - retain for future use

تأكد من تفهم الاحتياطات السلامة المذكورة اعلاه

請務必理解上述的安全預防措施。

Assurez-vous que les précautions ci-dessus relatives à la sécurité sont bien comprises

Versichern Sie sich daß die obenstehenden Sicherheitsmaßnahmen Verstanden werden

Βεβαιώνετε πως οι παραπάνω προφυλάξεις ασφαλείας γίνονται κατανοητές

Pastikan bahwa tindakan-tindakan keselamatan seperti di atas dimengerti anda

Accertatevi che le suddette norme di sicurezza siano comprese a dovere

上記の注意事項をよくお読みになり、安全を御確認ください

Уверете се дека погоре споменатите мерки на претпазливост се добро разбрани

Asegúrese de que las precauciones de seguridad precedentes sean bien comprendidas

کاری بکنید که احتیاطهای بالا حتماً درک بشوند

ต้องแน่ใจว่า ข้อควรระวังเรื่องความปลอดภัยข้างต้น เป็นที่เข้าใจกันดี

Yukarda belirtilen güvenliک önlemlerinin anlaşıldığından emin olunuz

Xin kiểm chắc rằng những biện pháp làm an toàn kể trên được hiểu rõ

## Sunbeam's Safety Precautions

### SAFETY PRECAUTIONS FOR YOUR MULTI COOKER.

- Do not plug in or switch on the unit without having the cooking pot inside the unit.
- Do not operate the unit on an inclined surface.
- Use your unit well away from walls and curtains, and do not use in confined spaces.
- Check the pressure and steam release valve before use, and if clogged clean as necessary.
- Do not operate the unit without food or liquid in the cooking pot. Never exceed the maximum markings on the inside of the cooking pot, or maximum and minimum quantities stated in the recipes provided. Some foods expand during cooking, and it may result in developing excess pressure.
- Place the unit so that the pressure and steam release valve is positioned away from the body.
- Ensure the lid is locked before use. Brown/Sauté function does not require the lid to be used.
- Never use any lid except the lid provided with your Express Multicooker.
- Never place any part of the body including face, hands and arm over the Steam Release Valve. Steam can result in serious burns.
- Do not move or cover the unit whilst in operation
- Do not touch any metal surfaces of the unit while it is in use as they will be hot.
- **After pressure cooking, do not open the lid until the internal pressure has been released. If the lid will not turn to unlock, this is because there is pressure inside the unit. Do not force the lid open.**
- Do not cook more than 4 cups of dried beans/legumes with 8 cups of water. Cooking with more beans or water may result in the build up of excess pressure. Leave for ten minutes after cooking before releasing the pressure valve.
- Be careful when lifting and removing lid after cooking. Always tilt the lid away from you as steam is hot and can result in serious burns. Never place face over the unit.
- The pressure cooker operates under pressure. Incorrect use may result in injury.
- Use handles and oven gloves to move the unit, the cooking pot and the lid when hot.
- Unplug the unit when not in use and before cleaning. Allow the unit to cool before putting on or taking off parts to clean.
- Certain foods are not suited for pressure cooking as they can foam, froth, splatter and clog the pressure and steam release valve. Noodles, macaroni, spaghetti, cranberry, apple sauce, rhubarb, split peas, pearl barley, oatmeal and other cereals should not be cooked with pressure cook mode.
- Do not immerse the base of the unit in water or any other liquid.
- Do not use the cooking pot for food storage or place in the freezer.
- To prevent damage to the unit do not use alkaline cleaning agents when cleaning, use a soft cloth and a mild detergent.
- Do not operate the unit when placed directly onto a bench top. Place a heat proof mat or chopping board underneath to protect the surface.
- Avoid spillage on the connector.
- The heating element surface is subject to residual heating after use.
- Misuse may potentially cause injury or physical damage to the user.

## Sunbeam's Safety Precautions

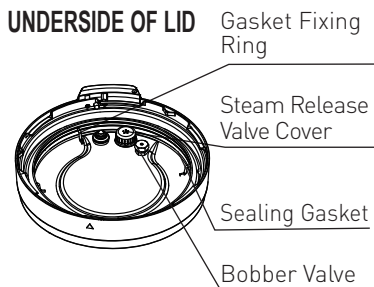
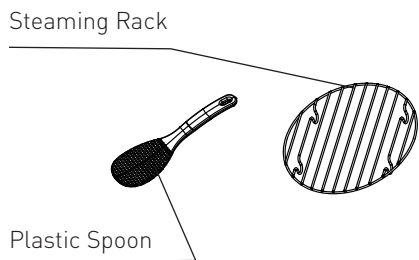
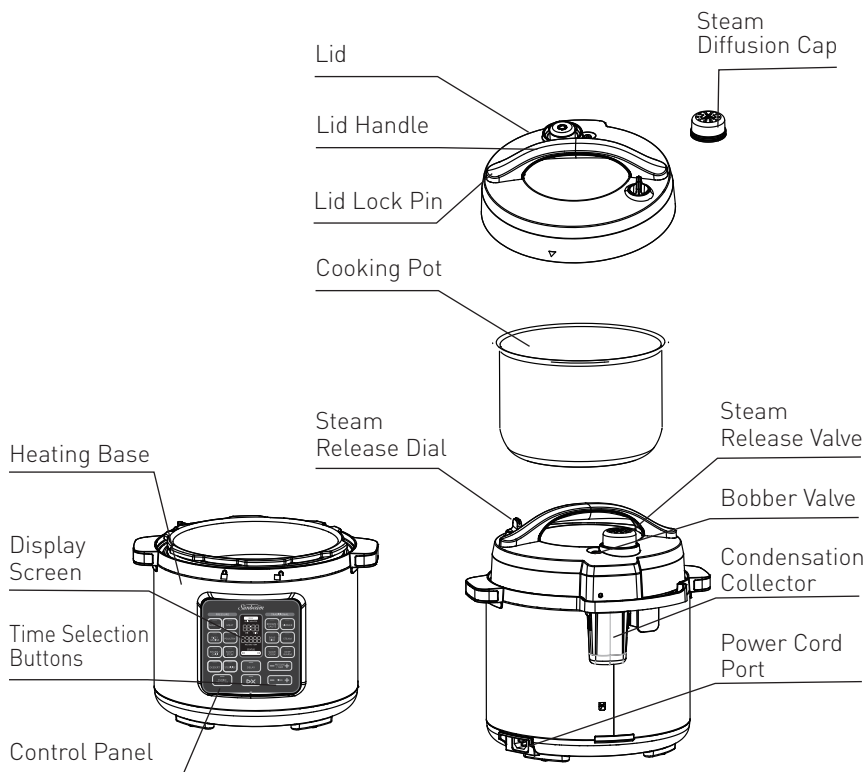
**Sunbeam is very safety conscious when designing and manufacturing consumer products, but it is essential that the product user also exercise care when using an electrical appliance. Listed below are precautions which are essential for the safe use of an electrical appliance:**

- Read carefully and save all the instructions provided with an appliance.
- Always turn the power off at the power outlet before you insert or remove a plug. Remove by grasping the plug - do not pull on the cord.
- Turn the power off and remove the plug when the appliance is not in use and before cleaning.
- Do not use your appliance with an extension cord unless this cord has been checked and tested by a qualified technician or service person.
- Always use your appliance from a power outlet of the voltage (A.C. only) marked on the appliance.
- 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.
- The temperature of accessible surfaces may be high when the appliance is operating.
- Never leave an appliance unattended while in use.
- Intended for household countertop use only. Keep 15cm clear from the wall and on all sides. Always use appliance on a dry, stable, level surface.
- Do not use an appliance for any purpose other than its intended use.
- Do not place an appliance on or near a hot gas flame, electric element or on a heated oven.
- Do not place on top of any other appliance.
- Do not let the power cord of an appliance hang over the edge of a table or bench top or touch any hot surface.
- Do not operate any electrical appliance with a damaged cord or after the appliance has been damaged in any manner. If damage is suspected, return the appliance to the nearest Sunbeam Appointed Service Centre for examination, repair or adjustment.
- The appliance should be supplied through a residual current device (RCD) having a rated residual operating current not exceeding 30 mA.
- Do not immerse the appliance in water or any other liquid unless recommended.
- Appliances are not intended to be operated by means of an external timer or separate remote control system.
- This appliance is intended to be used in household and similar applications such as: 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.
- The supply cord should be regularly examined for signs of damage and the appliance is not to be used if the cord is damaged.


If you have any concerns regarding the performance and use of your appliance, please visit [www.sunbeam.com.au](http://www.sunbeam.com.au) or contact the Consumer Service Line.

Ensure the above safety precautions are understood.

# Sunbeam Turbo Multicooker Components



## Getting To Know Your Sunbeam Turbo Multicooker

- 1. READ ALL THE IMPORTANT SAFEGUARDS FOR PRESSURE COOKING BEFORE USING THE PRESSURE COOKING FUNCTION.** Keep this user guide for reference.  
**WARNING:** FAILURE TO FOLLOW IMPORTANT SAFETY INSTRUCTIONS MAY RESULT IN SERIOUS PERSONAL INJURIES, INCLUDING BURNS FROM HOT CONTENTS, OR PROPERTY DAMAGE
- Pressure cooking is an ideal way to create quick, flavourful meals. Pressure cooking is a method of cooking food in liquid (water, stock, wine, etc.) in a sealed Cooking Pot. The sealed Multicooker retains steam and builds pressure, raising the temperature of the liquid inside the pot above boiling point. The increased temperature of the liquid and the steam results in reduced cooking times.
- HIGH Pressure Setting** is 6.5 - 10 PSI (45 - 70 kPa). It is suitable for a wide range of foods.
- LOW Pressure Setting** is 3.3 - 6.5 PSI (23 - 45 kPa). It is more suited to delicate foods like chicken fillets, fish and some vegetables.
- TURBO Pressure Setting** is 13-15 PSI (90 - 110 kPa). It is suitable for a wide range of foods such as larger cuts of meat that can be tough, soups, chili, whole chicken. For best results, delicate foods such as white rice should not be cooked on turbo setting.
- KEEP WARM Setting:** When cooking time is completed, the Multicooker automatically switches to the KEEP WARM setting to prevent overcooking and to keep your cooked food warm until serving - perfect for busy families, those on the run and those who need flexible meal times. This setting is not hot enough to cook and should only be used to keep warm, cooked food for serving.
- Ideal Meals to Pressure Cook:** Soups, stocks, casseroles, sauces (e.g. pasta sauces), meat, rice, firm vegetables (beetroot, potatoes) and desserts (e.g. pudding).
- Capacity:** Never fill the Cooking Pot above the MAX line. Foods that expand during cooking should never go above the 1/2 mark. The Multicooker cannot pressure cook without liquid. Ensure a minimum of 1 cup (250ml) of liquid is used inside the removable Cooking Pot.
- Pressure will not build if the Steam Release Dial has not been turned to the Seal  position.
- Over filling may cause a risk of clogging the Steam Release Valve and developing excess pressure.
- The gasket and the valves can be removed for cleaning.
- Once the pressure increases, the Lid should not be opened. Safety sensors ensure the pressure remains within the set range.
- The Steam Release Dial is designed to keep the hand away from the Steam Release Valve. See **RELEASING PRESSURE AT THE END OF COOKING** Instructions on page 9.
- The pressure cooking functions require liquid to work. If the inside of the Cooking Pot does not have enough liquid, an error will appear in the Display Screen. See **ERROR CODES** chart.
- At the end of cooking, the Lid should not be opened until all the pressure is released and the Bobber Valve has dropped completely. This can be done using the Natural Pressure Release Method or Quick Pressure Release Method explained on page 10.
- The Steam Diffusion Cap is designed to help diffuse the steam when releasing pressure from the Multicooker. The cap should be pressed to fit onto the lid to enclose the Steam Release Valve before using the Multicooker's pressurised functions. We recommend always using the cap when cooking with the **TURBO PRESSURE** function.

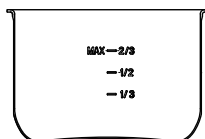
17. The TIME Selection Buttons (+ and -) are used to set the cooking time. To advance slowly, simply press the + or - button and release. To advance quickly, press and hold the + or - button. If you have passed the desired time, simply press the opposite arrow button to return to the desired time.  
**NOTE:** The timer can be selected for all programs except Sterilise and can be changed at any time during cooking by pressing START/STOP (▷X) and selecting a new function.
18. The TEMP/PRESSURE buttons (+ and -) can be used to select your desired cooking pressure (Hi or Lo). Each preset cooking setting automatically selects the optimum pressure for that selection, but it can be manually selected with this button. See the Cooking Guide for available adjustments.
19. The TURBO PRESSURE button is used to reduce the cooking time by 85%\*. The TURBO PRESSURE function is not compatible with Traditional non-pressurised functions. [\*vs when cooking with High Pressure settings]
20. The TEMP/PRESSURE buttons (+ and -) can be used to select your desired temperature. To advance slowly, press the + or - button and release. To advance quickly, press and hold the +/- button. See the Cooking Guide for available adjustments.
21. The START/STOP (▷X) button starts and stops a cooking function. It must be pressed to change from one cooking function to another after cooking has begun.
22. The Display Screen shows how much longer the food needs to cook from the selected time in hours and minutes once the Multicooker is preheated. While the Multicooker is preheating, the display screen will show, "HEAT". The status bar will also gradually light up and when all 5 lights are illuminated, this indicates the desired temperature/pressure has been reached.

## Warning: Important Safeguards For Pressure Cooking

**READ ALL THE IMPORTANT SAFEGUARDS FOR PRESSURE COOKING BEFORE USING THE PRESSURE COOKING FUNCTION.** Keep this user guide for reference.

**WARNING:** FAILURE TO FOLLOW IMPORTANT SAFETY INSTRUCTIONS MAY RESULT IN SERIOUS PERSONAL INJURIES, INCLUDING BURNS FROM HOT CONTENTS, OR PROPERTY DAMAGE.

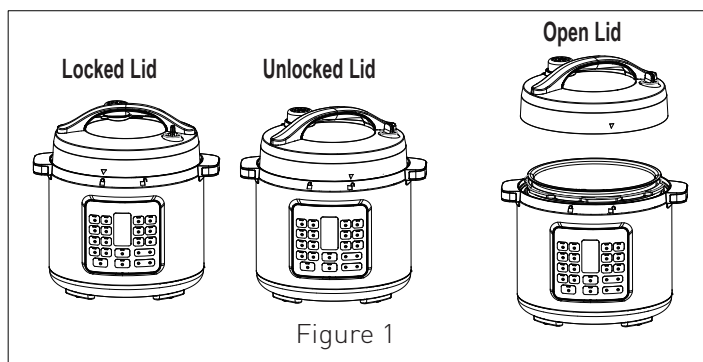
1. Do not use the pressure cooker function for pressure frying with oil.
2. **WARNING:** This appliance cooks under pressure when using pressure cooking functions. Improper use may result in scalding injury. Make certain unit is properly closed before operating in pressuring cooking mode.
3. **WARNING:** Do not fill the unit over maximum fill line at 2/3 full. When cooking foods that expand during cooking such as rice or dried vegetables, do not fill the unit beyond the recommended level at 1/2 full. Over filling may cause a risk of clogging the Steam Release Valve and developing excess pressure. Follow all cooking and recipe instructions.



4. Foods that expand during cooking (e.g. rice) should never go above the 1/2 mark.  
**Note:** The Multicooker cannot pressure cook without liquid. Ensure a minimum of 1 cup (250ml) of liquid is used inside the removable Cooking Pot.
5. Always check the Bobber Valve and Steam Release Valve for clogging before use. Clean as necessary.
6. **WARNING:** To prevent risk of injury due to excessive pressure, replace Lid Sealing Gasket only as recommended by the manufacturer. See Care and Cleaning instructions.
7. **WARNING:** Place the Multicooker so that the Steam Release Valve is positioned away from the body. Never place any part of the body, including face, hands, and arms over the Steam Release Valve. Steam can result in serious burns.
8. Do not cover or obstruct the steam release valve and/or bobber valve with cloth or other objects.
9. **WARNING:** After pressure cooking, do not open the pressure cooker until the unit has cooled and all internal pressure has been released. If the Lid is difficult to remove, this indicates that the cooker is still pressurised – DO NOT FORCE LID OPEN. Any pressure in the cooker can be hazardous. See RELEASING PRESSURE AT THE END OF COOKING. Attempting to open the appliance while pressurised may lead to a sudden release of hot contents and many cause burns, personal injury and/or property damage.
10. Be aware that certain foods, such as applesauce, cranberries, pearl barley, oatmeal or other cereals, split peas, noodles, macaroni, rhubarb, or spaghetti can foam, froth, and sputter, and clog the pressure release device (Steam Release Valve). Recipes using these items must be followed carefully to avoid problems. The use of parts, accessory or attachments not recommended by the manufacturer may cause a risk of personal injury, fire and/or property damage.

## How To Use Your Sunbeam Turbo Pressure Multicooker

1. **READ ALL THE IMPORTANT SAFEGUARDS FOR PRESSURE COOKING BEFORE USING THE PRESSURE COOKING FUNCTION.** Keep this user guide for reference.  
**WARNING:** FAILURE TO FOLLOW IMPORTANT SAFETY INSTRUCTIONS MAY RESULT IN SERIOUS PERSONAL INJURIES, INCLUDING BURNS FROM HOT CONTENTS, OR PROPERTY DAMAGE.
2. Remove all packaging, stickers, and cardboard (including any located between the Cooking Pot and Heating Base). Read and save the user guide.
3. Remove the Lid by turning clockwise to unlock, aligning ▼ with 🔒. Remove the Sealing Gasket from the Lid and wash the gasket and the Lid in warm soapy water. Dry the Sealing Gasket and Lid thoroughly before reattaching the Sealing Gasket to the Lid. Ensure the Sealing Gasket is smoothly and securely in place in the gasket holder. If the Sealing Gasket is not in the correct position the Lid will not be able to form a seal and will not be able to gain pressure.
4. Remove the Cooking Pot and the Condensation Collector and wash in warm, soapy water. Dry thoroughly before replacing it back in the Multicooker.
5. Add desired ingredients to Cooking Pot. Place Lid on top of Multicooker and align ▼ with 🔒. To lock, twist clockwise, aligning ▼ with 🔒.




6. Plug provided Power Cord into the Power Cord Port of the Multicooker.
7. Plug other end of the Power Cord into a wall power outlet.
8. Select the cooking function you would like to use.
9. The START/STOP (▷X) button and the time on the screen will flash.
10. Select the desired temperature and pressure using the TEMP/PRESSURE + and - buttons (if applicable). Please refer to the Cooking Guide chart for time and temperature recommendations.
11. Press the START/STOP (▷X) button. For pressure cooking functions, the word "HEAT" will appear on the Display Screen during preheating time. Once the Multicooker is preheated, the selected cooking time will appear on Display Screen and all 5 lights on the status bar will be illuminated.
12. NOTE: For Pressure Cooking functions, the average preheat time can vary depending on the volume and temperature of the food being cooked. This can range from 5-30 minutes.
13. This Multicooker allows you to delay the start of your cooking so that cooking

finishes when you need it. Please see the How to use the time delay section

14. After the set cooking time has elapsed, the Multicooker will beep again and will automatically switch to the KEEP WARM setting. The Display Screen will then change from the cook time to a new timer that will count up to 4:00 (4 hours) or until you press the START/STOP (▷X) button. After 4 hours in the KEEP WARM setting, the Multicooker will turn off.
15. To end a cooking function at any time, press the START/STOP (▷X) button.
16. When finished, unplug the Multicooker and wait for it to cool completely before attempting to clean.
  - i. After the set cooking time has elapsed, the Multicooker will beep and will automatically switch to the KEEP WARM setting. The Display Screen will then change from the cook time to a new timer that will count up to 4:00 (4 hours) or until you press the START/STOP (▷X) button. After 4 hours in the KEEP WARM setting, the Multicooker will go into standby mode, and the Display Screen will illuminate with four dashes (----).

**Note:** Always ensure that food is fully cooked before consuming.

**TIP:**

1. The pressure cooking settings are in the Cooking Guide table.
2. If the lid is not shut correctly or if the Steam Release Dial is not in the "Seal"  position, the Multicooker cannot gain pressure and an ERROR message will appear in the Display Screen. Ensure that the Sealing Gasket is placed evenly in the lid. See the ERROR CODES chart.
3. It is common for some steam to release through the Bobber Valve during the cooking cycle. This is part of normal operation of the unit.

**Note:** The Multicooker cannot pressure cook without liquid. Ensure a minimum of 1 cup (250ml) of liquid is used inside the removable Cooking Pot.

**WARNING:** During cooking, steam will build up in the Multicooker, so when lifting the lid use an oven glove to protect your hands.

## Using The Manual Function For Pressure Cooking

This function allows the user to select their own pressure cooking time ranging from 1 minute to 4 hours, with a temperature selection of Low or High and the option to use TURBO PRESSURE. This is particularly suitable for those users who would like to pressure cook food items not covered by our other cooking functions. This also gives the user greater scope for sourcing recipes from a wide range of sources. Please follow our guidelines for Pressure Cooking.

**READ ALL THE IMPORTANT SAFEGUARDS FOR PRESSURE COOKING BEFORE USING THE PRESSURE COOKING FUNCTION.** Keep this user guide for reference

**WARNING:** FAILURE TO FOLLOW IMPORTANT SAFETY INSTRUCTIONS MAY RESULT IN SERIOUS PERSONAL INJURIES, INCLUDING BURNS FROM HOT CONTENTS, OR PROPERTY DAMAGE.

## Using The Turbo Pressure Function

The TURBO PRESSURE function will reduce the selected cooking time by 85%\*. The TURBO PRESSURE function can be used with the RICE/GRAINS, BEANS/CHILI, MEAT, POULTRY, STEAM, SOUP/STEW and MANUAL settings.

1. Select your desired cooking function and adjust the time and pressure as required.
2. Press the TURBO PRESSURE button. The time on the display screen will reduce by 85% and 'turbo' will be displayed on screen. If needed, the cooking time can be adjusted further to suit your preferences.
3. Press START/STOP (▷X) to begin cooking.
4. Once cooking the time is complete, the Multicooker will beep and automatically switch to the KEEP WARM setting. Always ensure that food is fully cooked before consuming.

**Note:** The TURBO PRESSURE function cannot be used with non-pressurised (traditional) settings or when the Multicooker is set to Low Pressure.

\*vs when cooking with High Pressure settings.

## Releasing Pressure At The End Of Cooking

- A. Natural Pressure Release Method:** After cooking cycle is complete, let the Multicooker naturally release pressure through the Bobber Valve. The unit will gradually cool down on its own. Wait at least 10 minutes after cooking has completed. If using a higher volume of food and liquid, this can take up to 20 minutes. And then, turn the Steam Release Dial to the "Release" position. [see Figure 2]. **Do not place any part of your hand or body over the steam outlet on top of the valve, as steam is very hot and can scald skin.** The pressure has been released when steam is no longer escaping from the valve and the bobber valve has dropped down. Only then is it safe to remove the Lid and serve food. When lifting the lid, use an oven glove to protect your hands.
- B. Quick Pressure release method should be used with caution:** Turn the Steam Release Dial to the "Release" setting (see Figure 2). Steam will release rapidly from the Steam Release Valve. **Do not place any part of your hand or body over the steam outlet on the top of the valve, as steam is very hot and can scald skin.** Use this method with caution when cooking liquid ingredients such as casseroles, soups, stocks, beans, and pulses. Never use this method when cooking rice, as rice tends to be very delicate. Natural pressure release is recommended for these types of food to prevent liquid from leaking during pressure release. The pressure has been released when steam is no longer escaping from the valve and the bobber valve has dropped down. Only then is it safe to remove the Lid and serve food. When lifting the lid, use an oven glove to protect your hands.

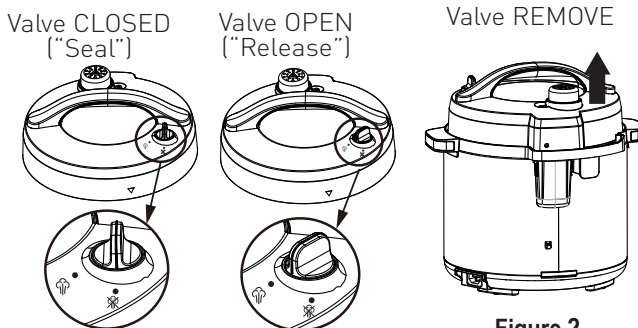
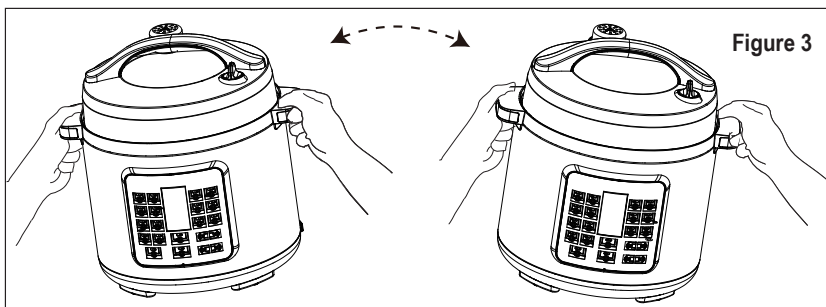


Figure 2

**WARNING:** Air bubbles may form when pressure cooking foods with a higher fat content (such as meats with visible fat or poultry with skin and visible fat) or thicker foods (such as stews, sauces, heavy soups, dried beans, lentils, and grains such as rice and barley). Even after all pressure has been released, the air bubbles can rise to the surface when the cover is opened, unless they are dispersed beforehand. If the air bubbles are not dispersed, hot food may erupt out of the cooker, which could cause serious burn injuries.

1. To disperse the air bubbles, follow these steps:
  - a. Verify the pressure has been released (The pressure has been released when steam is no longer escaping from the valve and the bobber valve has dropped down). Next, prior to opening the cover, gently rock the Multicooker from side to side. To rock, grasp the handles and tilt the cooker to the left, so the right side of the cooker lifts 5cm off the counter (figure 3). Then rock to the right so the left side of the cooker lifts 5cm off the counter (figure 3).
  - b. Repeat once. Verify the bobber valve is still down before attempting to open the cover.



- **WARNING: DO NOT FORCE THE LID OPEN.** If it does not open easily this means that the Multicooker is still under pressure. Contents are under extreme pressure.
- **WARNING: FAILURE TO FOLLOW IMPORTANT SAFETY INSTRUCTIONS MAY RESULT IN SERIOUS PERSONAL INJURIES, INCLUDING BURNS FROM HOT CONTENTS, OR PROPERTY DAMAGE.**
- During cooking, steam will build up in the Multicooker, so when lifting the Lid use an oven glove to protect your hand.
- To prevent suction when removing or securing the Lid, turn the Steam Release Valve to the "Release" (open) position.
- Steam ejected from the Steam Release Valve is hot. Keep face and hands away from valves when releasing steam to avoid risk of personal injury.

## How To Use The Time Delay

This Multicooker allows you to delay the start of your cooking so that cooking finishes when you need it.

**Note:** The DELAY function is not available on the BROWN/SAUTÉ, KEEP WARM, SIMMER, or SOUS VIDE settings.

**Note:** Do not use the DELAY function when the recipe has perishable ingredients such as meat, fish, eggs, or dairy, as these may spoil.

1. Adjust the Multicooker settings.
2. After setting the cooking time, press the DELAY button. The DELAY and START/STOP buttons will flash, and "0:30" will flash on the Display Screen, to indicate the Multicooker is being programmed on the delay setting.
3. Press the + and - buttons until you reach the number of hours and minutes you want the cooking process to be delayed (i.e., set the amount of time you wish to delay the cooking cycle).
4. Press START/STOP (▷×) button to begin the delay feature. The timer and DELAY button will stop flashing, while the START/STOP (▷×) button will continue flashing. This will indicate that the Multicooker has been set on the DELAY setting. The Display Screen will countdown the delay time until 0:00 is reached. When 0:00 is reached, the DELAY light will turn off and the START/STOP (▷×) light will stop flashing to show that time delay has finished. The word "HEAT" will appear on the display screen until the Multicooker is fully pressurised. When the selected pressure has been reached, the timer will start counting down.

### Example:

It's 4pm and you want to have a soup cooked and ready in 2 hours' time for dinner at 6pm. You want to set the machine now so you are free to do other things.

The preset function (if unchanged) will cook for 30 minutes at High Pressure. Time to gain pressure varies according to humidity and water temperature, but let's assume it takes 15 minutes to gain pressure before cooking and 15 minutes to lose pressure after cooking. Therefore, total time is 1 hour.

To have the stew ready by 6pm, you will need to delay the start of your cooking by approximately 1 hour .

1. Press SOUP
2. The Display Screen will flash "0:30"
3. Press the DELAY button and set for "1:00"
4. Press START/STOP (▷×)

## Slow Cooking

**LOW Setting:** This is suitable for simmering and slow cooking. Recommended cooking times in LOW are from 6 to 8 hours.

**HIGH Setting:** This is for faster cooking. Recommended cooking times in HIGH are from 2 to 4 hours.

**KEEP WARM Setting:** When cooking time is completed, the Multicooker automatically switches to the KEEP WARM setting to prevent overcooking and to keep your cooked food warm until serving - perfect for busy families, those on the run and those who need flexible meal times. This setting is not hot enough to cook and should only be used to keep hot, cooked food warm for serving.

**Note:** When slow cooking, the ideal fill level for your ingredients is between the 1/2 and 2/3 marks. Never fill the Cooking Pot above the MAX line.




**Due to the multi-functionality of this appliance, its slow cooking function works in a slightly different way to regular Multicookers. If using a recipe for a similar-sized Multicooker, you may need to increase the cooking time for use with this model.**

## Using The Slow Cook Function

The SLOW COOK function does not use pressure in the cooking process, but some pressure can build inside the unit during cooking. When using this function, ensure the Steam Release Dial is in the "Release" position. This function will cook similarly to standard slow cookers, using lower temperatures and longer cooking times to achieve tender, flavourful meals.

Place the Multicooker on a flat, level surface.

Place Cooking Pot inside Heating Base. Plug the Multicooker into a wall outlet. The Multicooker will beep, and the Display Screen will illuminate with four dashes (- - - -).

1. Place your food and liquid inside the removable Cooking Pot.
2. Place the Lid onto the Multicooker and align ▼ with ■. To lock, rotate clockwise to the LOCKED  position.
3. Rotate the Steam Release Dial to the "Release" position.  
**Note:** Although this setting will not use pressure in the cooking process, some pressure can build up inside the unit during cooking. This is why keeping the Steam Release Dial in the "Release" position is important.
4. Press the SLOW COOK button and adjust the time and temperature as needed.  
**Note:** See the Cooking Guide to find the possible time and temperature adjustments.
5. Press START/STOP (  ). The time will begin to count down.
6. After the set cooking time has elapsed, the Multicooker will beep and will automatically switch to the KEEP WARM setting. The Display Screen will therefore change from the cook time to a new timer that will count up to 4:00 (4 hours) or until you press the START/STOP (  ) button. After 4 hours in the KEEP WARM setting, the Multicooker will turn off.

**TIP:** The SLOW COOK settings are in the Cooking Guide.

**CAUTION:** During slow cooking, steam may build up in the Multicooker, so when lifting the lid use an oven glove to protect your hand.

## Cooking Guide

Cooking Function	Default Setting	Pressure Adjustments	Temperature Adjustments	Cook Time Range
<b>SLOW COOK</b>	High temp / 4 hours	N/A	Low-High	30 minutes – 20 hours
<b>STEAM</b>	High Pressure / 10 minutes	Low, High, Turbo	N/A	1 minute - 1 hour
<b>BROWN/ SAUTÉ</b>	High temp / 30 minutes	N/A	Low-High	5 minutes - 30 minutes
<b>SOUS VIDE</b>	60°C / 1 hour	N/A	24 -90°C	5 minutes - 24 hours
<b>SIMMER</b>	Low temp / 15 minutes	N/A	Low-High	5 minutes - 4 hours
<b>KEEP WARM</b>	4 hours	N/A	Warm	30 minutes – 4 hours
<b>MEAT</b>	High Pressure / 35 minutes	Low, High, Turbo	N/A	5 minutes - 2 hours
<b>BEANS/ CHILI</b>	High Pressure / 20 minutes	Low, High, Turbo	N/A	1 minute - 4 hours
<b>RICE/ GRAINS</b>	High Pressure / 12 minutes	Low, High, Turbo	N/A	3 minutes - 30 minutes
<b>POULTRY</b>	High Pressure / 35 minutes	Low, High, Turbo	N/A	5 minutes - 2 hours
<b>DESSERT</b>	Low Pressure / 10 minutes	Low-High	N/A	5 minutes – 2 hours
<b>SOUP/ STEW</b>	High Pressure / 30 minutes	Low, High, Turbo	N/A	5 minutes – 2 hours
<b>MANUAL</b>	High Pressure / 30 minutes	Low, High, Turbo	N/A	1 minute - 4 hours
<b>STERILISE</b>	Turbo Pressure / 45 minutes	N/A	N/A	

**NOTE:** Using the TURBO PRESSURE function will reduce the selected cooking time by 85%\*. The TURBO PRESSURE function can be used with the STEAM, RICE/ GRAINS (for best results, white rice should not be cooked on turbo setting), BEANS/ CHILI, MEAT, POULTRY, SOUP/STEW and MANUAL settings.

\*vs. when cooking with High Pressure setting.

## Steaming

The STEAM function is perfect for gently steaming fish and vegetables. It is pre-programmed to use the High Pressure cooking setting. When steaming, use the Steaming Rack.

**Capacity:** When the Multicooker is used with the STEAM function, the maximum capacity of liquid should be just under the rack wires, so that the liquid is not touching the food.




**Note:** The unit cannot pressure cook without liquid. Ensure a minimum of 1 cup (250ml) of liquid is used inside the Cooking Pot.

## Using The STEAM Function

**READ ALL THE IMPORTANT SAFEGUARDS FOR PRESSURE COOKING BEFORE USING THE STEAMING FUNCTION** Place the Multicooker on a flat, level surface.

**WARNING:** FAILURE TO FOLLOW IMPORTANT SAFETY INSTRUCTIONS MAY RESULT IN SERIOUS PERSONAL INJURIES, INCLUDING BURNS FROM HOT CONTENTS, OR PROPERTY DAMAGE.

Place Cooking Pot inside Heating Base. Plug the Multicooker into a wall outlet. The Multicooker will beep, and the Display Screen will illuminate with four dashes (- - - -).

1. Add 1 cup (250ml) of water to the bottom of the removable Cooking Pot and insert the cooking rack. Ensure water is just under the wires of the rack so that food is not touching water.
2. Place your food on the cooking rack.
3. Place the Lid on and lock by rotating clockwise to the LOCKED  position.
4. Rotate the Steam Release Dial to the "Seal" position.
5. Press the STEAM button and adjust the time and temperature as needed.  
**Note:** See the Cooking Guide to find the possible time and pressure adjustments.
6. Once you have made the desired adjustments, if any, press START/STOP (  ).
7. The Multicooker needs to gain pressure before pressure cooking can begin. When the Multicooker is gaining pressure, "HEAT" will appear on the Display Screen and the time will not count down. When pressure has been reached, "HEAT" will disappear on the Display Screen, all 5 lights on the status bar will be illuminated and the time will begin to count down.
8. After the set cooking time has elapsed, the Multicooker will beep and will automatically switch to the KEEP WARM setting. The Display Screen will therefore change from the cook time to a new timer that will count up to 4:00 (4 hours) or until you press the START/STOP (  ) button. After 4 hours in the KEEP WARM setting, the Multicooker will turn off.
9. The STEAM function is a pressure function. Please follow the safe steam release instructions in this user guide at the end of the cooking cycle.

**TIP:** See the Steaming Chart.

**NOTE:** Some steam will exit through the steam release valve and condensation may accumulate when steaming with the lid on.

**CAUTION:** During cooking, steam will build up in the Multicooker, so when lifting the Lid use an oven glove to protect your hand.

## Steaming Chart

Food	Amount	Amount of water	Pre-prep	Cooking Time, minutes
Asparagus	250g	250ml	Trim woody ends	2-5
Broccoli	300g	250ml	Trim stalks	2-5
Brussel Sprouts	400g	250ml	Peel outer leaves, leave whole	4-6
Pumpkin	1 whole, 900g-1kg	250ml	Cut in half, remove seeds, slice into 6	7-10
Carrots	500g	250ml	Sliced into 1 cm rounds	5-7
Cauliflower	500g	250ml	Cut into 5cm florets	3-6
Corn on the Cob	2	250ml	Remove any outer leaves	3-6
Frozen Chunky Vegetables	500g	250ml	Cook from frozen	3-6
Sweet Potatoes	900g-1kg	250ml	Peel and cut into large chunks	5-9
Potatoes, ideal for mash	900g-kg	250ml	Peel and cut into large chunks	8-12
Eggs	6	250ml	Whole in shell	7-10
Chicken fillet	2-4 fillets	250ml	Season before cooking	6-10
Salmon	2-4 fillets	250ml	Season before cooking	4-6
Shrimp	225-500g	250ml	Shell-on season as desired	6-8
Lobster	1-4 tails	250ml	Shell-on Season as desired	4-10

## Using The Brown/Sauté Function

This setting does not cook under pressure. It works similarly to standard cooking, requiring dry heat, and therefore does not need the Lid. Do not use the Lid with this function.

Place the Multicooker on a flat, level surface.

Place Cooking Pot inside Heating Base. Plug the Multicooker into a wall outlet. The Multicooker will beep, and the Display Screen will illuminate with four dashes (- - - -).

1. Select the BROWN/SAUTÉ function and adjust the time and temperature if necessary, using the TEMP/PRESSURE and TIME buttons (+ and -).
2. Press START/STOP (▷×).
3. When the Multicooker is pre-heating, "HEAT" will appear on the Display Screen. When the temperature has been reached and all 5 lights on the status bar are illuminated, the timer will start counting down. Using plastic tongs, carefully add your food to the hot pot.

BROWN/SAUTÉ can be used for each of the following:

- A. Brown (sear) meats for casseroles and soups. Browning meat prior to pressure cooking and slow cooking not only gives your food great colour, but it also seals in the juices and flavours and keeps the meat tender.
- B. Sauté onions or mirepoix (mixture of chopped onion, carrot, and celery), among many other foods, often used in pressure cookers and slow cooker recipes. Sautéing onions allows caramelisation which contributes to flavour and colour in the end dish.

**Capacity:** When the Multicooker is used to brown or sauté it may be best to cook in batches to ensure the food is evenly cooked.

## Rice Cooking

**READ ALL THE IMPORTANT SAFEGUARDS FOR PRESSURE COOKING BEFORE USING THE STEAMING FUNCTION** Place the Multicooker on a flat, level surface.

**WARNING:** FAILURE TO FOLLOW IMPORTANT SAFETY INSTRUCTIONS MAY RESULT IN SERIOUS PERSONAL INJURIES, INCLUDING BURNS FROM HOT CONTENTS, OR PROPERTY DAMAGE







When cooking rice, use the RICE/GRAINS function. This is suitable for all types of rice, including white and/or brown rice. The RICE/GRAINS function cooks under pressure for faster cooking.

**Capacity:** Since rice expands during cooking, do not fill Cooking Pot above the 1/2 mark when using the RICE/GRAINS function.

## Using The Rice/Grains Function

Place the Multicooker on a flat, level surface.

Place Cooking Pot inside Heating Base. Plug the Multicooker into a wall outlet. The Multicooker will beep, and the Display Screen will illuminate with four dashes (- - - -).

1. Measure the desired quantity of rice.  
**Note:** 1 cup uncooked white rice = 2 cups of cooked white rice (approximately).  
1 cup uncooked brown rice = 2 cups cooked brown rice (approximately).
2. Place the measured rice in a strainer and wash rice thoroughly under cold water. Wash until the water runs clear. This removes excess starch which helps to achieve fluffier rice, and prevents rice grains sticking to the Cooking Pot. Rinsing the rice reduces the build-up of starchy water and bubbles that sometimes form around the Valve Cover and Lid, which can cause spitting from the Steam Release Valve.
3. Ensure the Cooking Pot is clean and dry before placing it inside the Heating Base.
4. Place the washed rice in the Cooking Pot. Add the quantity of water needed for your recipe (Standard ratio -- 1 cup of uncooked rice : 1.5 cups of water). Ensure that a minimum of 1 cup (250ml) of liquid is placed inside the Cooking Pot.
5. Place the Lid on and lock by rotating clockwise to the LOCKED  position.
6. Turn the Steam Release Dial to the "Seal"  position.
7. Press the RICE/GRAINS button and adjust the time and pressure as needed.  
Note: See the Cooking Guide on page 13 to find the possible time and pressure adjustments.
8. Once you have made the desired adjustments, if any, press START/STOP ( ).
9. The Multicooker needs to gain pressure before pressure cooking can begin. When the Multicooker is gaining pressure, "HEAT" will appear on the Display Screen and the time will not count down. When pressure has been reached, "HEAT" will disappear on the Display Screen all 5 lights on the status bar will be illuminated and the time will begin to count down.
10. After the set cooking time has elapsed, the Multicooker will beep and will automatically switch to the KEEP WARM setting. The Display Screen will therefore change from the cook time to a new timer that will count up to 4:00 (4 hours) or until you press the START/STOP (  ) button. After 4 hours in the KEEP WARM setting, the Multicooker will turn off.

### TIPS:

1. Do not keep rice in the pot for extended periods of time on the KEEP WARM setting, as the rice will become dry and the quality will deteriorate. Use the supplied plastic spoon to stir and serve the rice. Do not use metal utensils, as these will scratch the non-stick coating.
2. As rice grains can be delicate, at the end of cooking wait until the pressure releases naturally. Do not use the Quick Pressure Release Method (see instructions on the Natural Pressure Release Method).
3. Standard ratio for cooking rice -- 1 cup of uncooked rice : 1.5 cups of water.

**CAUTION:** During cooking, steam will build up in the Multicooker, so when lifting the Lid use an oven glove to protect your hand.

If food sticks or burns to the surface of the Cooking Pot, then fill it with hot soapy water and let it soak before cleaning. Use a rubber or nylon spatula to remove stubborn residue. If scouring is necessary, use a non-abrasive cleaner and a nylon scouring pad or brush.

Although the Cooking Pot is dishwasher safe, we recommend hand-washing to preserve the non-stick coating and avoid potential discolouration of the outer surface of the cooking pot.

If white spots form on surface of Cooking Pot, then soak it in a solution of vinegar or lemon juice and warm water for 30 minutes. Rinse and dry.

**NOTE:** Never use metal utensils or cleaning devices on the Cooking Pot, as this may result in scratching and damaging the non-stick coating.

## Sous Vide



The SOUS VIDE function is perfect for sous vide cooking deliciously tender meat, poultry, fish and vegetables. The sous vide cooking process involves vacuum sealing food, submerging it in water heated to a precise temperature and maintaining this temperature for a period of time to achieve consistent cooking results.

The SOUS VIDE function allows for precise temperature control and can be adjusted in 1 degree increments from 24-90°C. The cooking time can be adjusted as required from 0:05-24:00hrs.

**NOTE:** You will need vacuum sealed pouches in order to use this function. FoodSaver® bags and systems are recommended.

## Using The Sous Vide Function

Place the Multicooker on a flat level surface and place the Cooking Pot inside the heating base. Plug the Multicooker into a wall outlet. The Multicooker will beep and the display screen will illuminate with 4 dashes (----).

1. Add water to the desired level, depending on the weight/quantity of the food to be cooked, making sure that the food is completely submerged. Keep in mind that adding food will increase the water level in the pot.
2. Press the Sous Vide button and adjust the temperature and time to your preference.  
**NOTE:** See the Sous Vide cooking guide for guidance on cooking temperatures and times.
3. Place the Lid onto the Multicooker and align ▼ with ■. To lock, rotate clockwise to the LOCKED  position.
4. Rotate the Steam Release Dial to the 'Release' position.
5. Press START/STOP (  ) and allow the water to heat. The status bar indicates when heating is in progress and the flashing display indicates that further time is needed to reach the selected temperature. Once the correct temperature is reached the unit will display the set time.  
**NOTE:** If the water added is over the selected temperature then the screen will display 'Hot' and status bar will flash.
6. Carefully remove the lid and completely submerge the vacuum sealed pouch of food into the water.
7. Replace the Lid and do not lock into place. Allow the food to cook for the programmed time.
8. Once complete the unit will switch off and you can remove your food pouch safely using a pair of tongs.

### SOUS VIDE TIPS & TRICKS:

1. To help reduce preheat times you may use hot tap water or a kettle to initially heat the water before pouring it inside the pot.
2. Refrain from lifting or removing the lid often during preheating.
3. To ensure even cooking, place the ingredients in an even layer when sealing and do not overlap once submerged.
4. For any sharp foods, such as shrimp or lobster (tails on), wrap in aluminum foil to avoid piercing the bag.
5. Wait until the water has been preheated before submerging your sealed ingredients. This will help with precise and even cooking.
6. To prevent food from floating, place a heavy object such as a serving spoon, coffee mug or ceramic bowl on the bag.
7. Use tongs when submerging or removing bagged ingredients as the water will be very hot.
8. To finish proteins or to crisp veggies, sear on a grill or in a hot pan with butter or oil. Be sure to pat food dry to ensure caramelisation before searing.

## Sous Vide Cooking Guide



Food	Recommended Thickness	Cooking Temperature	Cooking Time
<b>Beef</b>			
Fillet, sirloin, rib eye, T-bone, chops	2-5cm	49°C or higher	1-1.5 hours
Topside, top rump, silverside	8-12cm	56°C or higher	24 hours
Braising steak, ox tail	2-5cm	56°C or higher	8-10 hours
<b>Lamb</b>			
Rump, fillet, chops, rack	4-6cm	49°C or higher	1-2 hours
Shoulder, leg, shank	8-10cm	56°C or higher	8-10 hours
<b>Pork</b>			
Chops, Loin	2-4cm	56°C or higher	4 hours
Belly, Ribs			
<b>Poultry</b>			
Chicken Breast	3-5cm	62°C	1-2 hours
Chicken Thigh	3-5cm	65°C	1-2 hours
Chicken Thigh (with bone)	3-6cm	82°C	1.5-3 hours
Duck Breast	3-5cm	64°C	2-4 hours
<b>Fish</b>			
Fillets	2-4cm	50°C or higher	1 hour
Whole fish	4-6cm	60°C	1-1.5 hours
<b>Shellfish</b>			
Prawns	1-3cm	60°C	1 hour
Lobster	4-6cm	60°C	1 hour
Scallops	2-4cm	60°C	1 hour
<b>Vegetables</b>			
Tender Vegetables	1-5cm	83°C or higher	1 hour
Root Vegetables	1-5cm	83°C or higher	1-1.5 hours

## Using The Sterilise Function

READ ALL THE IMPORTANT SAFEGUARDS FOR PRESSURE COOKING BEFORE USING THE STERILISE FUNCTION.

**WARNING:** FAILURE TO FOLLOW IMPORTANT SAFETY INSTRUCTIONS MAY RESULT IN SERIOUS PERSONAL INJURIES, INCLUDING BURNS FROM HOT CONTENTS, OR PROPERTY DAMAGE.

Place the Multicooker on a flat level surface and place the Cooking Pot inside the heating base. Plug the Multicooker into a wall outlet. The Multicooker will beep and the display screen will illuminate with 4 dashes (----).

1. Place the steaming rack into the bottom of the pot and add approx. 300ml of water.
2. Add items to be Sterilised, ensuring any bottles or jars are inverted upside down.
3. Place the lid on and lock by rotating clockwise to the LOCKED  position.
4. Rotate the steam release dial to the "Seal"  position.
5. Press the Sterilise button.

**NOTE:** Time and pressure cannot be adjusted on this setting.

6. Press START/STOP (  ).

**NOTE:** The Multicooker needs to build pressure before Sterilising can begin. When all the lights on the status bar are illuminated, the Multicooker has reached the correct pressure level and is ready to begin Sterilising.

7. After the Sterilise time has elapsed, the Multicooker will go into standby mode, and the display screen will illuminate with four dashes (----).
8. Once pressure has been released from the unit you will be able to safely open the lid.

**NOTE:** During Sterilisation, steam will build in the Multicooker, so when lifting the lid, use an oven glove to protect your hand.

## Using The Simmer Function

Place the Cooking Pot inside the heating base. Plug the Multicooker into a wall outlet. The Multicooker will beep and the display screen will illuminate with 4 dashes (----).

1. Add water to the desired level.  
**NOTE:** Do not fill beyond the MAX line inside the bowl.
2. Select the SIMMER button and adjust the time and temperature to your preference. Use the HI temperature setting to bring the water to boil and then use the LO temperature setting to reduce the water to a simmer.
3. Press START/STOP (▷×) and allow the water to heat to the selected temperature. The status bar indicates when heating is in progress. When all the lights on the status bar are illuminated the water has reached the correct temperature.
4. Add food to the Cooking Pot and do not place the Lid on the Multicooker.  
**NOTE:** When boiling and simmering thick sauces and soups, hot spots can develop causing the food to bubble and spit. Please ensure that food is not left unattended and the pot is stirred regularly and carefully.
5. Once the cooking time is complete the unit will automatically switch to the KEEP WARM setting. The display screen will change from the cooking time to a new timer that will count up to 4:00 (4 hours) or until you press the START/ STOP button. After 4 hours on the KEEP WARM setting the Multicooker will go into stand by mode and the display screen will illuminate with four dashes.

## To Change A Setting

It's easy to switch functions during cooking.

Press the START/STOP (▷×) button and then select the new desired cooking function. A new timer will flash on the Display Screen, and the selected function will also flash. Select the desired time, pressure, and/or temperature. Press the START/STOP (▷×) button and the new function will begin preheating.

### To Change the Cooking Time:

You can change the cooking time before cooking begins by pressing the + and - buttons before pressing START/STOP (▷×). Press and release to change slowly. Press and hold to change time quickly. If you pass the desired temperature or time, press the opposite button.

### To Change the Pressure:

You can change the pressure on certain preset functions before cooking begins by pressing the TEMP/PRESSURE + and - buttons or TURBO PRESSURE button before pressing START/STOP (▷×).

### To Change the Temperature:

You can change the temperature on certain functions before cooking begins by pressing the TEMP/PRESSURE + and - buttons before pressing START/STOP (▷×).

## Care and Cleaning

Cleaning should only be carried out when the Multicooker is cool and unplugged. Allow the Multicooker to cool completely before cleaning. Do not use the removable Cooking Pot on the stovetop, inside a microwave oven, or inside an oven. Use the pot only inside the Multicooker Heating Base. The Cooking Pot is dishwasher safe or can be washed in warm, soapy water. Wash the Sealing Gasket and Lid by hand in warm, soapy water. Dry all parts thoroughly.

### Cooking Pot:

When removing the Cooking Pot from the Heating Base, always use two hands and lift directly upward. Failure to do so may result in scratching the outside of the Cooking Pot (see figure 4).

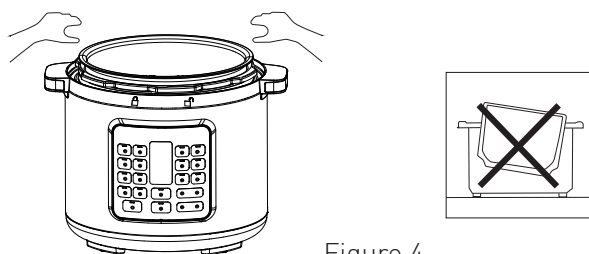


Figure 4

### Exterior

Wipe the exterior of the Heating Base with a damp cloth and polish dry. DO NOT use harsh abrasives, scourers or chemicals, as these will damage the surfaces. To prevent damage to the Multicooker do not use alkaline cleaning agents when cleaning. Only use a soft cloth and mild detergent. Never immerse the heating base, or power cord and plug in water or any other liquid.

### Condensation Collector

Empty any collected water from the Condensation Collector after each use. Wash in warm, soapy water.

### Lid and Sealing Gasket

Always examine the gasket before each use. The silicon Sealing Gasket on the inside of your Multicooker Lid may deteriorate over time. Remove Sealing Gasket for cleaning as needed. Hand clean using warm, soapy water, dry thoroughly, and replace Sealing Gasket in Lid before use. Leave the Lid upturned for storage, as this will also extend the life of the gasket. Sealing Gasket may need to be replaced every 1 – 2 years depending on regular use. Contact Sunbeam customer service for information on replacement parts.

### Steam Release Valve

Ensure the Steam Release Valve is clear from debris before you begin using the Multicooker. Remove the valve and gently clean. Ensure it is completely dry before replacing.

## Steam Diffusion Cap

Ensure the Steam Diffusion Cap is clear from debris before you begin using the Multicooker. The Steam Diffusion Cap is press-fit onto the lid covering the steam release valve. Remove the Steam Diffusion Cap by gripping and lifting up and off the lid, and gently clean. The Steam Release Valve can be removed in the same way to be gently cleaned and placed back on prior to use.

## Steam Release Valve Cover

The Steam Release Valve Cover is on the underside of the Lid. Ensure it is clear from debris before you begin using the Multicooker. To clean, carefully pull the cover off and clean using warm, soapy water. Press the cover back into its place after cleaning is complete.

## UNDERSIDE OF LID

### Bobber Valve

Gently press the valve up and down 2-3 times and ensure it is clear from debris before you begin using the Multicooker.

### Lid Lock Pin

Gently press the pin and ensure it is clear from debris before you begin using the Multicooker.

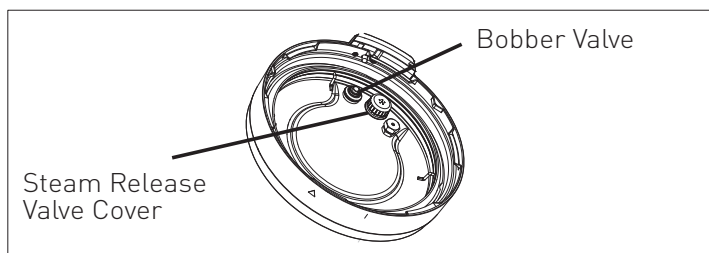





Figure 5






## Note:

1. Condensation may collect inside the Heating Base under the removable Cooking Pot. This is normal. Allow to cool, and then dry using kitchen cloth.
2. Always make sure that each component (pot, valves, gasket, etc.) is completely dry before you put back into the Multicooker.
3. This appliance has no user-serviceable parts. Any servicing beyond that described in the Cleaning Section should be performed by an Authorised Service Representative only. See warranty.

## Troubleshooting

Subject	Question	Solution
Power	My Multicooker will not turn on	Make sure outlet is functioning properly.
		Check that the Multicooker is plugged in.
		Contact customer service.
Doneness of food	My food was undercooked	Make sure you selected the proper cooking setting.
		Make sure the Lid is properly placed and locked, and that Steam Release Valve in "Seal"  (closed) position.
		Check the recipe to see that the proper pressure, temperature, and time selection were made.
		Be sure the power was not interrupted.
		Make sure the Cooking Pot has enough liquid to create desired steam and build pressure. Minimum of 1 cup (250ml) of liquid should be used when pressure cooking. Never fill over the "MAX" line.
My food was overcooked	Make sure the Cooking Pot was at least 1/2 full.	
	Check that the proper pressure, temperature, and time were selected.	
Programming	Can I set a time for the Brown/Sauté program?	Because sautéing is a function that generally requires your full attention this may not be necessary. However, if desired a time can be selected.
	Can I change the cooking function, time or temperature once the food is cooking?	Yes, to change the cooking function, press START/STOP (  ) and select a new cooking function. Change the time and temperature as required for the food. Press START/STOP (  ) again. The time and temperature can be changed at any time.
Cooking	Can the Cooking Pot and Lid be used on top of the stove or in the oven?	The Cooking Pot and Lid are not oven safe. Neither can be used on the stove or in the oven.
	I stopped the cooking process and changed pressure settings, and now the Multicooker is preheating again.	If a cooking cycle is stopped and a new one is started, the Multicooker may display "HEAT" until the new pressure is achieved.
Steam	Steam is leaking out of the Multicooker	<ul style="list-style-type: none"> <li>It is normal for a small amount of steam to come out of the Bobber Valve before the Multicooker is pressurised.</li> <li>If steam is coming out from the perimeter of the Lid, the Lid has not been closed and locked completely.</li> </ul>
Lid	I am having trouble removing the Lid.	There is a safety feature to keep Lid from being removed while the Multicooker is under pressure. Please make sure to de-pressurise the unit by rotating the Steam Release Valve into the "Release" (open) position. Refer to Releasing Pressure section for further instructions.
Turbo Function	I have incorrectly selected the the Turbo function. How do I de-select?	Press the Turbo button again to de-select and return to the original cooking time.

## Error Codes

Error	Solution
"LID" blinking and beep	Ensure that the Lid is closed completely and in the LOCKED  position, aligning ▼ with  .
Display "E1"	The Multicooker will stop the cooking cycle. Unplug Multicooker and contact customer service.
Display "E2"	The Multicooker will stop the cooking cycle. Unplug Multicooker and contact customer service.
Display "E3"	The Multicooker will stop the cooking cycle. Unplug Multicooker, and allow to cool down completely. Once Multicooker has cooled down, check all parts of the Lid (See page 23). Turn Lid to LOCKED  position. Ensure Steam Release Dial is in "Seal"  (closed) position. If this error code occurs again, unplug Multicooker and contact customer service.
Display "E5"	The Multicooker will stop the cooking cycle. Unplug Multicooker and allow to cool down completely. Once Multicooker has cooled down remove the lid and check the cooking pot. Do not use the lid when using the BROWN/SAUTE and SIMMER functions. When using SLOW COOK, SOUS VIDE and KEEP WARM functions, make sure that the steam release dial is in the "Release" (open) position before starting the cooking cycle.
Display "E6"	The Multicooker will stop the cooking cycle. Unplug Multicooker and allow to cool. Once it is cooled down, remove the Lid and check the Cooking Pot. Add liquid as necessary. Ensure a minimum of 250ml of liquid is used inside the removable Cooking Pot. If using a pressure cooking function, ensure that the Steam Release Dial is in the "Seal"  (closed) position.
Display "E7"	The Multicooker will stop the cooking cycle. Unplug Multicooker and contact customer service.
Display "EU"	The Multicooker will stop the cooking cycle. Unplug Multicooker and contact customer service.

## Hints and Tips

With your Multicooker you can create a large variety of delicious meals, snacks and desserts. Various foods take different times to cook perfectly, so sometimes it may take some trial and error to get the cooking times right for you.

1. Please refer to your user guide when using your Multicooker.
2. Never fill the Cooking Pot past the MAX line.
3. Do not leave Multicooker plugged in when not in use.
4. Make sure Multicooker is kept away from cabinets and walls when in use.
5. The Cooking Pot is designed to be used only in this Multicooker. Do not use on stovetop, in microwave, or in oven.
6. The provided Steaming Rack is designed to be used in this Multicooker. It should not damage the surface of the Cooking Pot.
7. When removing the Lid, lift away from your body to allow steam to escape.
8. Always place a trivet or pot holder under the Cooking Pot if it is removed from the Heating Base.
9. Do not leave the steaming rack submerged in water for prolonged periods of time.

## Hints And Tips For Slow Cooking

If you are slow cooking, you can use the BROWN/SAUTÉ function first, which allows you to sear meats and vegetables at the beginning but also allows you to thicken sauces and make gravies at the end. Browning meat prior to slow cooking not only gives your food great colour, but it also seals in the juices and flavours and keeps the meat tender.

- To thicken a casserole at the end of cooking, use the BROWN/SAUTÉ function and stir a small amount of cornflour with water. Allow to simmer, stirring until thickened.
- When using the SLOW COOK function, make sure the Steam Release Dial is in the "Release" (open) position.
- When using the SLOW COOK function, the Multicooker does not recover lost heat quickly, so only lift the Lid if necessary or if instructed to do so in the recipe. It's a good idea to monitor your slow cooking results throughout the cooking cycle by quickly removing the Lid and checking, then quickly replacing the Lid. Different cuts and thickness of meats and vegetables can vary cooking times.
- It is not uncommon for meat to cook faster than root vegetables. It is for this reason that we recommend chopping all vegetables to a similar small size. Meat can be cut into larger chunks because if it is cut too small, it will break up once cooked and tenderised.
- Slow Cooking reduces evaporation, resulting in the flavours and juices being maintained. Keep this in mind when creating your own recipes, as you may not require as much liquid as you would when using other cooking methods.

Temperature	Temperature Suggestions	Recipes Ideas
High	Use this setting for recipes that require shorter cooking times, generally 4-6 hours.	Ideal for sauces, chili, potato dishes, cheese dishes, chicken wings and meatballs in sauce
Low	Use this setting for recipes that require longer cook times. This setting is used for recipes that usually require cooking for more than 8 hours. Perfect for less tender cuts of meats.	Ideal for less tender cuts of meat, braised meats, dried beans, soups and stews

## Hints And Tips For Sous Vide Cooking

- Sous Vide cooking requires all foods to be completely vacuum-sealed first. FoodSaver® bags and vacuum sealers can be used for this.
- Fill the Cooking Pot approximately half full for larger, heavier foods and 2/3 full for lighter foods. Ensure that all food is completely submerged before cooking.
- Fill the Cooking Pot with warm water to decrease the time taken to heat up to the desired temperature.
- During Sous Vide cooking, the lid does not need to be locked into place; when you have added your food, simply place the lid on the top of the pot with the steam valve opened.
- If the food is not going to be consumed immediately, plunge the pouch into iced water to quickly reduce the temperature. Refrigerate until required and when ready, reheat the food until the internal temperature is above 75°C.
- When Sous Vide cooking is complete you may wish to sear meats to enhance the flavour and add colour.

**12**  
**Month**  
**Guarantee**

This Sunbeam product is covered by a 12 month replacement or repair warranty, which is in addition to your rights under the Australian Consumer Law (if your product was purchased in Australia) or New Zealand Consumer Guarantees Act (if your product was purchased in New Zealand).

Should you experience any difficulties with your product during the warranty period, please contact our customer service line for advice on 1300 881 861 in Australia, or 0800 786 232 in New Zealand.

**Australia**

[www.sunbeam.com.au](http://www.sunbeam.com.au)  
1300 881 861

**New Zealand**

[www.sunbeam.co.nz](http://www.sunbeam.co.nz)  
0800 786 232

Upon receipt of your claim, Sunbeam will seek to resolve your difficulties or, if the product is defective, advise you on how to obtain a replacement or refund.

To assist us in managing warranty claims, we recommend you register your product as soon as practicable after purchase, on our Sunbeam website and uploading a copy of your original receipt. View the Support section of the Sunbeam website.

In order to make a claim under our warranty, you must have the original proof of purchase documentation for the product and present it when requested (if not already uploaded to our website).

Under our warranty, should your product develop any defect within 12 months of purchase because of faulty materials or workmanship, we will replace or repair it, at our discretion, free of charge. A product presented for repair may be replaced by a refurbished product of the same type rather than being repaired. Refurbished parts may be used to repair the product.

Our replacement or repair warranty only applies where a defect arises as a result of faulty material or workmanship during the warranty period. Our warranty does not cover misuse or negligent handling (including damage caused by failing to use the product in accordance with this instruction booklet), accidental damage, or normal wear and tear.

Our warranty does not:

- cover freight or any other costs incurred in making a claim, consumable items, accessories that by their nature and limited lifespan require periodic renewal (such as filters and seals) or any consequential loss or damage; or
- cover damage caused by:
  - power surges, power dips, voltage supply problems, or use of the product on incorrect voltage;

- servicing or modification of the product other than by Sunbeam or an authorised Sunbeam service centre;
- use of the product with other accessories, attachments, product supplies, parts or devices that do not conform to Sunbeam specifications; or
- exposure of the product to abnormally corrosive conditions; or
- extend beyond 3 months if the product is used in commercial, industrial, educational or applications (other than for internal or own use in an office environment).

**The benefits given to you by our warranties are in addition to other rights and remedies under law in relation to the product.**

**In Australia our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.**

**Our goods also come with guarantees that cannot be excluded under the New Zealand Consumer Guarantees Act.**

If your warranty claim is not accepted, we will inform you and if requested to do so by you, repair the product provided you pay the usual charges for such repair. You will also be responsible for all freight and other costs.

Should your product require repair or service after the warranty period, contact your nearest Sunbeam service centre. For a complete list of Sunbeam's service centres, visit our website or call our customer service line for advice on 1300 881 861 in Australia, or 0800 786 232 in New Zealand.

## Need help with your appliance?

Contact our customer service team or visit our website for information and tips on getting the most from your appliance.

Australia | visit [www.sunbeam.com.au](http://www.sunbeam.com.au)  
phone 1300 881 861

New Zealand | visit [www.sunbeam.co.nz](http://www.sunbeam.co.nz)  
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Due to minor changes in design or otherwise,  
the product you buy may differ slightly from the one shown here.

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02/26

Printed in China

COOK1988 5.7 Turbo Multicooker\_PEM2200SS\_26EM1 (ANZ)\_GCDS-LD

P.N: NWL0001785915 Rev A