

Instruction Manual  
sizzle



COOK  
VISION by B/R/K

# sizzle

## enjoying cooking – just quicker and healthier

Cooking more quickly and healthily, without altering your own favourite cooking preferences: you picked just the right product with your new **sizzle**. And that's not all: in future you'll get even more enjoyment from your cooking, as the innovative **sizzle** by Cookvision combines all the advantages of boiling, pressure-cooking and steaming. As its operation is so simple, you can just start cooking right away and every day whether you cook for yourself or for family or friends you will experience all the benefits of mature technology which we have perfected for you in the **sizzle**.

### See for yourself how you can

... make use of different cooking processes in a single saucepan – the range of cooking has never been so easy

... prepare a complete meal in only a few moves – thanks to intuitive operation

... enjoy a thoroughly tasty dish considerably faster – saving time and energy

... cook in steam and automatically cook a more healthy meal – vitamins, minerals and the real taste of the food are all preserved

... season and top up as you want to – cooking such as you are used to

... appreciate the good choice you made when you selected an attractive saucepan to a prize-winning design with individual colour coding to grace your home kitchen and which will also impress your guests.

Incidentally, the **sizzle** was awarded the LifeCare Initiative ‚Kitchen innovation prize‘ at the Frankfurt exhibition AMBIENTE 2013, as you can read on [www.kuecheninnovationspreis.de](http://www.kuecheninnovationspreis.de).



2013



The **sizzle** – developed for contemporary cooking without unnecessary frills, but with its own individual personality. For people who enjoy cooking, appreciate something special and to whom high quality with modern technology combined with an attractive design is important.

We wish you long-lasting enjoyment with your new **sizzle**!

Peter and Verena Rommerskirchen  
Managing Partners B/R/K Group



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# Product Description

## Designated use

You have made a good choice by deciding to purchase a premium product from B/R/K. High quality materials, first-class manufacturing and thorough quality checks guarantee long lasting use and durability. Exciting design, sophisticated technology and outstanding user friendliness offer excellent product use.

You can cook or steam meals with the **sizzle** steam cooker fast and gently while saving time and energy. **sizzle** is suitable for all commercially available stoves, including gas, ceramic glass, electric, as well as halogen and induction stoves. The pot should not be used in the oven.

## Description of operation

**sizzle** displays its true strength when cooking gently with a closed lid so that the loss of steam is reduced to a minimum and nutrients are preserved. Potatoes, vegetables, meat and fish, all retain their own taste, as well as form and colour.

Similar to traditional steaming, when cooking with **sizzle** vitamins and micronutrients are not flushed out and the results are thus altogether healthier. You can cook especially gently for maximum nutrient protection with the steamer insert, since the food is cooked only with steam and does not come in contact with the water.

The lid's patented one-hand closing mechanism enables easy use and closes air tight onto the pot, thanks to the specially-developed silicone gasket. Due to the slight build-up of pressure inside the pot, a temperature of just over 100° C is reached inside the pot.

This leads to a noticeable **acceleration** of the entire cooking process.

The pressure release valve constantly regulates the equalisation of pressure and prevents excess pressure from building up inside the pot.

A specially developed, patented spherical valve enables the easy opening and lifting of the lid at any time.

In addition to saving energy with shorter cooking times, energy is also saved by the reduced time for heating up the pot, since you can cook with a lot less water than with traditional cooking pots.

**sizzle** has also set a new benchmark where safety is concerned: thanks to its sophisticated valve technology, the pot is guaranteed to never to boil over.

# Description of the Parts



# Instructions



## General instructions

- Just like all cooking pots, **sizzle** must be thoroughly cleaned before the first use (see Cleaning steam cooker). Use hot water, rinse with clean water and dry the cooker off..
- Make sure that the pressure release valve is manoeuvrable and not stuck.
- Check that the gasket is undamaged, i.e. has no cracks.  
**Tip:** The gasket could become hard over time and therefore no longer forms a complete seal. If steam is released on the rim of the lid, this is a sign that the gasket needs to be replaced.

Spare and replacement parts are available from your specialist retailer or under [www.cookvision-shop.com](http://www.cookvision-shop.com).

## Cooking with low steam pressure

- Fill the pot with the desired amount of food. Make sure that at least 0.2 l (ø 20 cm) or approx. 0.3 l (ø 24 cm) liquid or some oil is in the pot, so that it does not overheat and cause damage.
- If the food is going to expand, fill the pot no more than half full (maximum to scale mark 1) and for all other foods, no more than 2/3 full (maximum to scale mark 2).
- To close the lid, push both buttons to the left and right of the lid handle simultaneously with one hand. Place the lid straight into the corresponding indentations on the rim of the pot and press the lid lightly onto the pot. Release both buttons and make sure the markings are no longer visible – now the pot is hermetically closed and you can begin cooking.

- Place the pot on the stove and use the highest heat to start.
- As soon as the liquid boils or the food is seared, turn down the stove heat setting; you will recognise the right setting by the heat escaping from the steam pressure valve.
- Regulate the heat as necessary:
  - Only a small amount of steam should escape through the steam valve.
  - The food should only boil slightly.
- You can open the lid at any time to add seasoning or to top up the liquid. To do so, push on the pot with light pressure and at the same time press both buttons on the lid handle with one hand and lift the lid.
- It is inevitable that steam will be released from the pressure release valve and depending on the type of cooking, some drops of liquid could escape. These drops can be collected using the silicon cover, provided as an accessory in the package.



# Instructions

## Steaming

Steaming is the gentlest way of preparing food, especially for fish and vegetables. The food only comes in contact with the hot steam during preparation and not with the water. This way, the vitamins and minerals are not flushed out of the food. Steamed vegetables are healthier, have a natural and more intense taste and usually always look more appetising.



For steaming, use the steamer insert, available as an accessory.



If the pot is deep enough you can stack two steamer inserts, e.g. for steaming food with different cooking times separately.

- Fill the pot with enough liquid (normally up to the steamer insert at a maximum).
- Place the food in the steamer insert.
- Place the steamer insert in the pot.
- Follow the steps as described in point "Cooking with light steam pressure".

## Opening your sizzle

You can open the lid at any time, the same way you are accustomed to opening other cookware.

### Important:

**The more often you open the pot while cooking, the longer the cooking time will be and the energy savings are reduced.**

Pressure equalisation is constantly achieved via the steam valve. This way, dangers are avoided, which can occur with pressure cookers when the high pressures is able to develop.

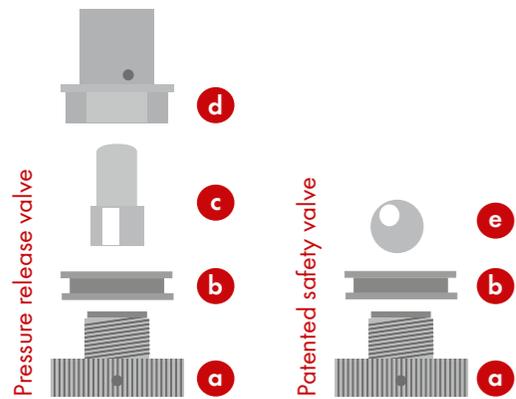


# Cleaning, Care, Maintenance

Your new **sizzle** is exceptionally easy to maintain. You should always execute the following cleaning recommendations thoroughly so that you may enjoy using your **sizzle** for a long time to come.

1 Pressure release valve 2 Gasket

3 Patented safety valve



a Knurled nut b Gasket c Valve dowel

d Valve stem guide e Steel ball

## Cleaning sizzle

- Do not use any harsh or abrasive cleansers, since the surface of the **sizzle** could be damaged.
- Clean your **sizzle** – if possible – directly after using, so that leftover food does not have a chance to dry and stick onto your cooker.
- Stains on the bottom of the pot can be easily removed with lemon or vinegar. If you have limescale deposits, use a limescale remover.
- Clean all parts after each use:
  - Wash all parts with hot water and washing-up liquid
  - Rinse them with clean water
  - Dry the parts off in order to avoid water spots
- Should the pressure release valve be very soiled, you can unscrew it under the lid, clean the valve and screw it in again.
- You can easily disassemble the lid to exchange or clean the gasket thoroughly:

Remove the knurled nuts under the lid.

**Attention:** Don't lose the gasket.

Press the lid closure mechanism until the clamps are open. Now you can remove the glass plate.

# Cleaning, Care, Maintenance



After that you can exchange the seal easily.

The valves can be disassembled and cleaned easily.

The cover panel of the lid handle is only clipped on and can simply be removed.

- Especially sticky leftover food can also be carefully removed with a wooden spatula and some stove cleanser.
- The gasket should be replaced once a year when used regularly.

## sizzle Storage

- **sizzle** should not be stored with the lid closed. In the absence of ventilation, condensation can form and develop unpleasant odours or cause damage.
- **The gasket should never be stored folded or deformed.**
- Should the handle screws loosen, they can be tightened with a suitable screwdriver.

## Tips

- We recommend that you hand wash the **sizzle** lid in the sink.
- Pot and steamer insert can easily be washed in the dishwasher.
- The gasket cannot be washed in the dishwasher, since it would cause it to harden prematurely.
- If some leftover food is difficult to remove soak the parts before cleaning in some dishwater.



## Cooking Times

With **sizzle**, the water temperature inside the pot is over 100 °C, thus excess pressure inside the pot, which, as in all pressure cookers, leads to a considerable reduction of the cooking time. We forgo general cooking instructions, since cooking times depend on various factors, such as size of the food, power of the hotplate etc.

Assume that the cooking time with **sizzle** will be up to 50% shorter than when using conventional cooking methods.

Cook as you always have, only with a lot less liquid, and check on cooking progress in plenty of time.

## Warranty

The **sizzle** steam pressure cooker is made of high quality stainless steel or aluminium. If used correctly and maintained properly, it should last you a lifetime.

We guarantee that **sizzle** is free from material and manufacturing flaws.

Should repair be necessary despite our thorough inspections **10 years** of purchase as the result of a manufacturing or material flaw, carried out free of charge.

The replacement of wear and tear parts, such as the gasket, is excluded from the warranty.

The warranty does not apply if parts are used not recommended in these instructions, nor is it valid for normal wear and tear, attempted repairs on your own, and the use of force or improper usage.

## ø 20 cm

pot 3.0 litre

pot 4.0 litre

pot 5.0 litre

lid for pot ø 20 cm

steamer for pot ø 20 cm

silicone gasket for pot ø 20 cm

## ø 24 cm

pot 3.0 litre

pot 4.0 litre

pot 6.0 litre

pot 8.0 litre

pot 10.0 litre

lid for pot ø 24 cm

steamer for pot ø 24 cm

silicone gasket for pot ø 24 cm

**Spare and replacement parts** are available from your specialist retailer or under [www.cookvision-shop.com](http://www.cookvision-shop.com).

# Safety Tips

Please read these instructions and tips thoroughly before using and keep them in a safe place for your reference later!

- Only use the steam cooker for the intended purpose.
- Check the cleanliness and functionality of the safety valve, the pressure control valve as well as the gasket before each use.
- Pressure develops while cooking. Therefore, it is important that the cooker is closed properly before use. Since misuse can lead to injury or damage of the cooker, the instructions and safety tips in the user manual should be read completely and followed.
- Do not go below the indicated minimum capacity or exceed the indicated maximum capacity (= liquid + food).
- Only use the heat sources indicated in the instruction manual.
- The cooker may never be used to cook and fry with oil with the **sizzle** lid closed.
- The steam cooker may not be used in the oven; this could damage the cooker handles.
- When hot, only touch the pot on the handles.
- **sizzle** is an enclosed cooking system. Steam generated during cooking is released gradually by the steam pressure control valve, and this is quite normal.
- The steam cooker should never be opened by force.
- When using the lid, be aware that steam may be released from the pressure control valve.
- Never leave the steam cooker unattended while cooking.
- Keep the steam cooker out of reach for children when in use.
- Do not wash the lid (or parts of it) in the dishwasher.
- Use only original replacement parts.
- Should your cooker need repair, please contact customer service (See reverse side).
- Never use a scouring agent or steel wool for cleaning.
- Please keep the instruction manual in a safe place.
- Use the lid only with the **sizzle**-pot.



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