

Bei weiteren Fragen wenden Sie sich bitte an Ihren
Silit-Fachhändler



T-Nr. 8658 0018 30 05/2009

Silit



TEAMS  DESIGN

Schnellkochtopf

Sicomatic® t-plus

- DE** Gebrauchsanleitung und Garzeiten
- EN Instructions for use and cooking times
- FR Mode d'emploi et temps de cuisson
- ES Instrucciones y tiempo de cocción
- IT Istruzioni e tempi di cottura
- NL Gebruiksaanwijzing en gaartijden
- PT Instruções e tempo de cozedura
- GR Οδηγίες χρήσεως και χρόνοι μαγειρέματος
- TK Kullanım talimatı ve pişirme süreleri
- HR Uputa za uporabu i vremena kuhanja
- SI Navodilo za uporabo in čas za pripravo
- SE Bruksanvisning och koktider

Der **Sicomatic® t-plus** von Silit bewährt und sicher seit über 80 Jahren

Die Sicomatic® t-plus Schnellkochtöpfe haben sich millionenfach bewährt. In mehr als 80 Jahren Forschung und Entwicklung haben wir unsere Schnellkochtöpfe in Form und Technik immer weiter verbessert.

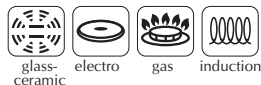
Die neue Sicomatic® t-plus Generation macht das Schnellkochen noch

zeit- und energiesparender: Die Garzeiten im Sicomatic® t-plus sind bis zu 70% kürzer als beim herkömmlichen Kochen. Das spart wertvolle Zeit und Energie. Auch Auftau- oder Einkochzeiten verkürzen sich auf wenige Minuten.

gesünder: Kurze Garzeiten und die hermetisch abgeschlossene Garmethode, ohne Einwirken von Sauerstoff, schonen lebenswichtige Vitamine und Mineralstoffe.

schmackhafter: Die Speisen garen im eigenen Saft. Im Einsatz werden die Speisen nicht im Wasser, sondern im Dampf schonend gegart. Das Aroma, der Eigengeschmack und die natürliche Farbe bleiben intensiv erhalten.

Edelstahl Rostfrei



e⁺/Silargan®/Silitstahl®



vielfältiger: Ob Dünsten, Dämpfen, Braten, Schmoren, ob Gemüse, Kartoffeln, Fisch oder Fleisch – der Sicomatic® t-plus ist ein Alleskönner für die moderne Küche. Sogar leichte Schonkost oder nahrhafte Vollwertkost bis hin zur Babynahrung gelingen im Sicomatic® t-plus mühelos.

Sicomatic® Perfekte Technik für gesundes Kochen

Wartungsfreies Ventilsystem: Modernste Ventildesign garantiert sicheres und bequemes Kochen. Der Dampf wird über das Ventil sanft und gleichmäßig abgelassen, das Ventil muss zum Reinigen weder abgenommen noch zerlegt werden. Einfach nur unter fließendem Wasser abspülen.

Hermetic-System: Das innovative Hermetic-System sorgt im Vergleich zu herkömmlichen Schnellkochtöpfen für deutlich kürzere Garzeiten. Durch das schnellere Garen unter Luftausschluss sparen Sie Zeit und Energie.



Silit

EG-Konformitätserklärung

Silit-Werke GmbH & Co. KG
Postfach 1352
D-88493 Riedlingen

bestätigen, dass die Dampfdruckkochtöpfe

Sicomatic®-E Sicomatic®-D Sicomatic®-L
Sicomatic®-T Sicomatic® t-plus

mit folgenden harmonisierten EG-Richtlinien und Normen übereinstimmen:

EG-Richtlinie: 97/23/EG
Entwurfkontrolle: Modul B (EG-Baumusterprüfung)
Produktionskontrolle: Modul A (interne Fertigungskontrolle)
Norm: DIN EN 12778

Ort und Datum der Ausstellung
Riedlingen – 15. Mai 2009


Name, Funktion und Unterschrift des Befugten
Dipl.-Kfm. Ulrich Frank
Geschäftsführer

Silit Ganz und gar genießen.

All the benefits of your new Sicomatic® t-plus at a glance

1. A revolution in easy handling

All the technology integrated in the ergonomic handle: From closing to setting selection and steam release. All functions can be operated with one hand - at the press of a thumb.

2. Unbeatable safety

Maximum safety assured by several independent safety devices. The cooker cannot be opened unintentionally when pressurized. Cool touch plastic handles and flame-proof cladding on the cooker handles.

3. Unique, maintenance-free

3-way safety valve system

Advanced valve technology assures safe, healthy cooking. Steam is released gently and gradually.

4. Hermetic system

The hermetic system comprises the transparent operating valve and sealed pressure indicator system. The hermetic system prevents unnecessary steam release. You therefore require less cooking water – and the Sicomatic® is quicker and more energy-efficient when parboiling and simmering. The fully hermetically sealed cooking method prevents loss of flavour and preserves valuable vitamins and minerals.

5. Three preset cooking levels with automatic temperature control

Setting 0 – Cooking level without steam pressure

Normal cooking without any steam pressure. More water and energy-efficient than conventional cooking.

Setting 1 – Gentle cooking level

For steaming and stewing foods which require a short cooking time such as fish, poultry and vegetables. The temperature is automatically limited to approx. 105 °C (0.2 bar / 20 kPa).

Setting 2 – Fast cooking level

For cooking and stewing foods which require longer cooking times such as meat and stews. The temperature is automatically limited to approx. 119° C (0.9 bar / 90 kPa).

6. Easy cleaning

The maintenance-free, transparent operating valve need neither be removed or disassembled for easy cleaning. Simply rinse off under running water.

7. Large, clearly visible cooking setting indicator

8. Future-focused

Attractive design, optimum ergonomics and various materials to suit all requirements

- 1.) Silargan®: rugged, easy-care, nickel-free, anti-bacterial and guaranteed induction cooker and sensor cook zone-ready.
- 2.) Stainless steel: also for induction cookers.

9. Lots of sizes and designs suitable for domestic use

Practical special inserts

Various inserts are available for our Sicomatic® assuring top cooking results, e.g. perforated insert for fish or vegetables, non-perforated insert for defrosting frozen food, juicing or preserving etc. and further accessories, see pages 58.

10. Quality seal for TÜV-tested safety



11. 10 years availability guarantee on spare parts

12. Made in Germany

Important safety instructions



Only use the pressure cooker on suitable cookers, the heating methods of which are listed in the instruction manual.

Stainless steel:

e30/Silargan®/Silit steel®



glass electro gas induction
ceramic



glass electro gas induction sensor
ceramic



Never heat up when empty, unattended or on the highest setting and observe the cooker manufacturer's instruction manual to avoid overheating and damage to cooking utensils, especially in the case of induction cookers.



As soon as steam is released, switch down the power.



When releasing steam please always keep your hands, head and body away from the danger area over the middle of the lid. Please observe this especially in the case of releasing steam via slide control.



The pressure cooker must not be used with too much liquid. Non-observance can result in serious damage. Please adhere strictly to the specified filling quantities (cf. pg.41).



During use never touch the hot outer surfaces of the cooker, only the two handles and lid handles. During use the outer surfaces of the Sicomatic t-plus can heat up to 130°C.



When the pressure cooker is filled with hot contents it must be carried with a sure and firm grip, held only by the handles and lid handles. If necessary use oven gloves.



Never leave the pressure cooker unattended during use, especially if children are in the vicinity.



When heated excessively the water can evaporate in an explosive manner in the opened pressure cooker and cause serious burns. Please therefore always shake briefly before opening.



Non-observance of the cleaning instructions may result in malfunctions on the Sicomatic® t-plus.



Never open the pressure cooker by force and do not change safety devices! The pressure cooker can only be opened easily when pressureless.

Important safety instructions



On induction cookers a buzzing sound may be emitted at high settings. This noise is due to technical reasons and is no indication of a defect on your cooker or Sicomatic® t-plus.



Usage for a purpose other than that intended results in the exclusion of the manufacturer's liability.



Safety systems can be impaired by soiling. Apart from the steps described in the care instructions they must not be modified. In the event of repairs please contact your specialist dealer.



Store this operating manual safely for subsequent reference.

Tips for using the Sicomatic® t-plus

1. Before using your pressure cooker for the first time, please read these instructions carefully and rinse the pressure cooker and lid thoroughly.
2. **For Sicomatic® stainless steel only:** Before using for the first time, please boil the cooking utensils for approx. 5-10 minutes with vinegar water (water and 2-3 tablespoons of household vinegar) and then rinse. Dry well afterwards.
3. Before use check that all safety features, the pressure indicator and rubber gasket for lid are working properly.
4. **Please take special care if using the pressure cooker near children.**
5. Always add enough liquid to allow for steam generation. The cooker must under no circumstances be allowed to "boil dry", as otherwise overheating can result in damage to the pressure cooker (melting of the ER sandwich base, splintering of the coating or adherence of the base) and cooking zone.
 - Always supervise when bringing to the boil on the highest setting. Gas flames must not be allowed to damage the handles.
 - Switch down the power on the cooker in good time.
 - Only use the pressure cooker on a cook zone of a corresponding size, regardless of whether you are using it with an insert or not.
6. Please adhere to the prescribed filling quantities:

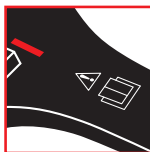
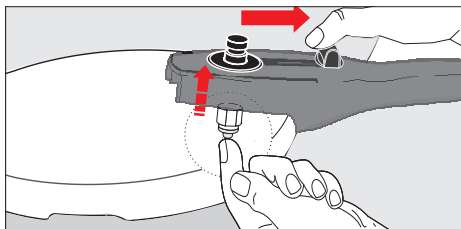
Minimum: 2.5 l Sicomatic® = 1/8 l water
3.0 l Sicomatic® = 1/4 l water
4.5 l Sicomatic® = 1/4 l water
6.5 l Sicomatic® = 3/8 l water

Maximum: 2/3 of the pressure cooker capacity: for 2.5 l = 1.7 l, 3.0 l = 2.0 l, 4.5 l = 3.0 l, 6.5 l = 4.3 l.

Important! Max. 1/2 of the pressure cooker capacity for swelling and extremely frothing foodstuffs (e.g. pulses; first bring to the boil in the open pressure cooker, skim off and only then close the lid): for 2.5 l = 1.3 l, 3.0 l = 1.5 l, 4.5 l = 2.3 l, 6.5 l = 3.3 l.
7. **Do not use the pressure cooker to deep fry food under pressure.** Pressure cookers must not be used in the medical sector. Especially not as sterilizers, as pressure cookers are not designed for the required sterilization temperature.
8. The pressure cooker must be used only for its intended purpose, i.e. cooking food. Please never use it in the oven or microwave cooker.
9. The pressure cooker must never be exposed to temperatures over 150°C as this destroys plastic and rubber parts and safety devices.
9. Only begin cooking with the lid closed once the handles are locked in place, one over the other.
10. **Move the pressure cooker very carefully when under pressure.** Do not touch the hot surfaces but use the handles instead. If necessary, use oven gloves.
11. Never open the pressure cooker (by force) when under pressure. Please observe the opening instructions. Do not change the safety devices as this might otherwise result in a risk of scalding due to released steam. When releasing steam always keep hands, head and body out of range of the danger area (steam release area).
12. **If you have cooked meat with the skin on** (e.g. ox tongue) that can swell under pressure, do not pierce the meat as long as the skin is swollen. You might burn yourself.
13. At the end of the cooking time, take the pressure cooker off the heat and place it on a stable, heat-resistant surface. Shake the pressure cooker briefly prior to opening. The pressure cooker can only be opened easily when pressureless. Only open when not under pressure.
14. Please only use original Sicomatic® spare parts. Only then can the operation and safety of your pressure cooker be assured. If your Sicomatic® or parts of it have been damaged or their working does not match the description in the operating manual, you must not use it. In such cases, please contact your Silit specialist dealer immediately. Do not intervene or make any changes. Only use spare parts, lid or bottom parts approved for use with the model. Never change the pressure cooker.
15. It is essential that the rubber gasket (lid sealing ring) be stamped with the name "Sicomatic®". In the case of recognizable brown discoloring or damage, replace the rubber gasket and transparent operating valve with new original spare parts. Handles that are cracked or do not sit properly must be replaced with new original spare parts.
16. Do not under any condition use a deformed or damaged pressure cooker, but have it remedied by a body authorized to do so (Silit service partner).
17. Have an authorized partner check the pressure cooker at least every 10 years.
18. **Keep these instructions.**





Before First Use

1. Before using your pressure cooker for the first time it is imperative that you read the safety instructions carefully (see pages 39 to 41), observe the instruction manual and keep it in a safe place!
2. Remove all tags and stickers.
3. Hand rinse all parts thoroughly.
4. For stainless steel only: Before using for the first time, please boil the cooker for approx. 5-10 minutes with vinegar water (water and 2-3 tablespoons of household vinegar) and then rinse. Dry well afterwards.
5. Check by pressing whether the pressure indicator and red safety bolt move freely (see fig. page 47). Both must spring back of their own accord. When doing so, avoid damage to the sealing cap. The slide control must be set to "Open" position.



Before using your pressure cooker for the first time it is imperative that you read the instruction manual carefully, observe its instructions and keep it in a safe place!

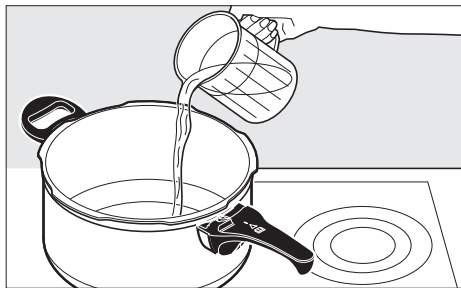
Assortment

	Net volume of Pot in liters	Volume of content in liters		Ø cm	Silargan®	stainless steel
		max. ⅔	max. ½*			
 8222 without insert	2.5	1.7	1.3	18	•	•
 8223 without lid/ without insert	3.0	2.0	1.5	22	•	•
 8225 without insert set	4.5	3.0	2.3	22	•	•
 8227 without insert set	6.5	4.3	3.3	22	•	•

* In the case of very frothy foodstuffs

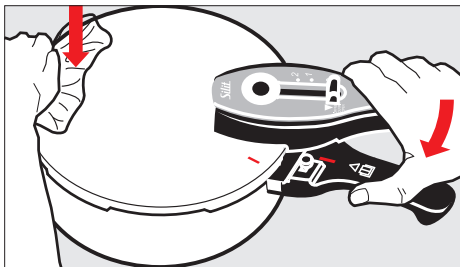
Functions at a Glance

Cooking



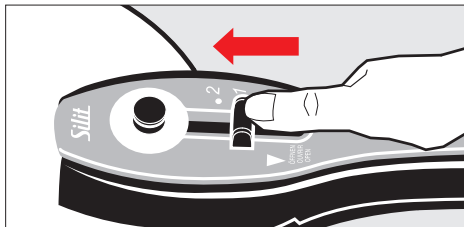
Fill up with liquid (see page 41) and food as directed in the recipe, close lid.

Closing



To close, press down the lid and slide the handles one over the other.

Cooking levels



Use the slide control to select the required cooking level setting:

0 Cooking without steam pressure as in a conventional pot

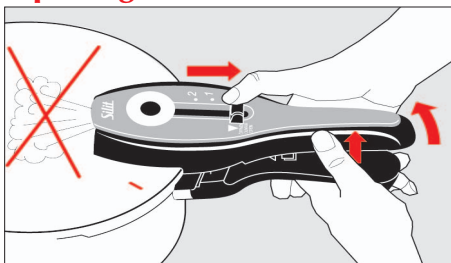
1 Gentle cooking level for vegetables and fish

2 Fast cooking level for robust foodstuffs

Bring to the boil at a high setting.

The Sicomatic® t-plus is automatically vented, i.e. the atmospheric oxygen is released before boiling.

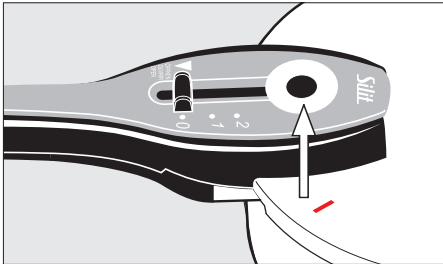
Opening



Remove the Sicomatic® t-plus from the heat and place on a suitable surface. Gradually move back the slide control (to the "Open" position) and shake the pressure cooker briefly if filled with pulpy contents. Hold the slide control in this position while at the same time sliding the handle on the lid to the right until the marking on the lid (I) and on the pressure cooker handle (II) are aligned one over the other. Now remove the lid.

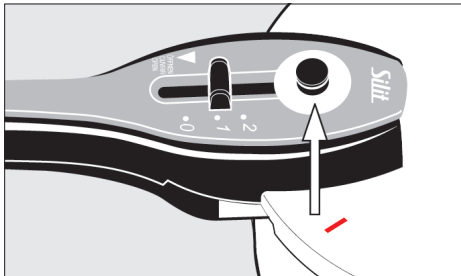
Functions at a Glance

Cooking level display



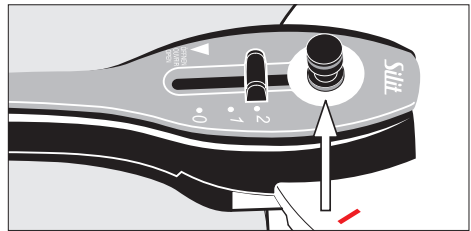
Cooking without steam pressure

You can use the Sicomatic® t-plus simply as an ordinary pot by cooking without steam pressure. To do so, set the slide control to position 0 (see fig.) and cook as usual with the lid on or off.



Ring for setting 1

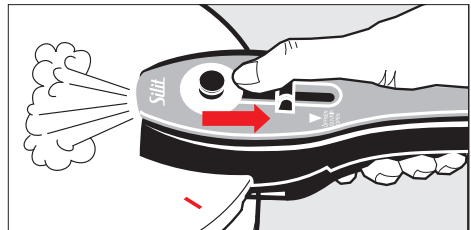
The start of the cooking time specified in the recipe is marked by the first slight issue of steam. Now reduce the heat until no more steam issues. Keep this position until the end of the cooking time by setting the temperature on the cooker accordingly.



Ring for setting 2

The start of the cooking time specified in the recipe is marked by the first slight issue of steam. Now reduce the heat until no more steam issues. Keep this position until the end of the cooking time by setting the temperature on the cooker accordingly.

Steam release/cooling down



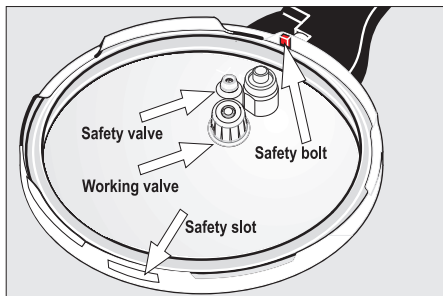
At the end of the cooking time or to open the Sicomatic® t-plus always remove from the heat and place on a suitable surface.

- In the case of stock, soups, jacket potatoes and pulpy contents wait until the pressure indicator retracts of its own accord until flush with the lid handle.
- For all other dishes, gradually move back the slide control until it is at 0 and steam is no longer released.

It is imperative that you observe the **Opening** section (see page 52)

The 5-fold safety mechanism on your Sicomatic® t-plus

The Sicomatic® t-plus you have bought is a perfectly engineered technical appliance. It is the result of decades of experience in the manufacture and development of pressure cookers.



1. Operating valve

If the pressure required for the selected cooking level is exceeded, the operating valve opens (valve plug) and excess steam escapes from the opening on the front of the lid handle. Any overpressure is released automatically.

Please note that for the sake of operation and safety only the transparent operating valve labelled Sicomatic® H09F is to be used.

2. Safety valve with automatic venting

a) Automatic venting function

The valve can be moved when not under pressure. After bringing to the boil in the closed Sicomatic® t-plus, excessive atmospheric oxygen detrimental to the food inside is therefore automatically discharged (automatic venting).

b) Function as safety valve

The safety valve is not triggered in normal operation. Only if the transparent operating valve fails and the pressure should continue to rise, does it come into action. Steam then emits from under lid handle.

3. Safety slot

Only if the transparent operating valve and the safety valve fail, does the so-called “emergency exit” on the lid rim come into play as an additional safety device. As soon as too great a pressure arises, the rubber gasket for lid in the safety slot is pressed out so far that the steam can escape.

4. Safety bolt

If the lid and cooker handles are not correctly aligned, the red safety bolt on the lid prevents pressure from building up.

5. Residual pressure locking mechanism

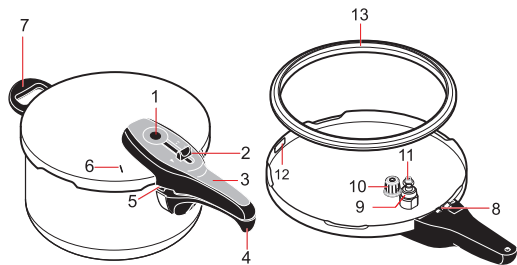
Even after a small amount of pressure has built up, the residual pressure is indicated by the pressure indicator: The pressure indicator can then be seen. Not until the pressure indicator has disappeared into the handle of the lid completely can the pot be unlocked and opened. Inadvertent opening under pressure is thus prevented.



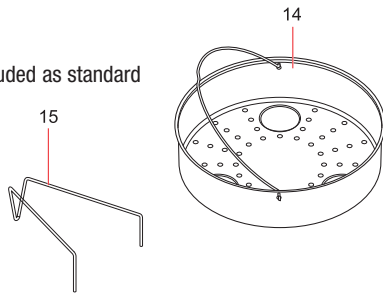
The Sicomatic® t-plus, fulfills the standards laid out by the guidelines for pressure appliances 97/23/EG. The legally prescribed safety regulations are surpassed in part to a considerable degree.

The Details of the Sicomatic® t-plus

- 1 Pressure indicator**
clear, large, with integrated residual pressure lock.
For setting 1 and 2 (see corresponding fig. on page 44)
- 2 Slide control / One-hand cooking control**
extra large and easy-grip for comfortable setting and opening of the pressure cooker
- 3 Lid handle**
with slide control, pressure indicator
- 4 Pot handle**
The practical safety handle with flame-proof cladding rests well in the hand and prevent unintentional slipping
- 5 Handle mark**
to assure correct positioning of the lid
- 6 Lid mark**
to assure correct positioning of the lid
- 7 Opposite handle**
with flame guard and grip hole for safe handling
- 8 Spring-loaded safety bolt**
The red safety bolt prevents pressure building up when the stick handles are not positioned one over the other as prescribed
- 9 Sealing cap**
Aroma shield
- 10 Transparent operating valve**
controls pressure according to the setting selected
- 11 Safety valve**
as overpressure protection with automatic venting and vacuum inhibitor
- 12 Safety slot**
The “emergency exit” on the lid rim - acts as an additional safety feature
- 13 Rubber gasket for lid**
for sealing pressure cooker and lid
- 14 Insert (perforated)***
for gentle cooking
(Special accessories pg. 62 and 63)
- 15 Insert support***
resting insert trays (special accessory, see pg. 62 and 63)



* Not included as standard

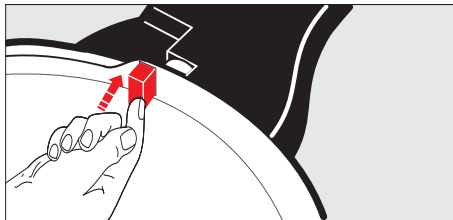


Before You Start Cooking

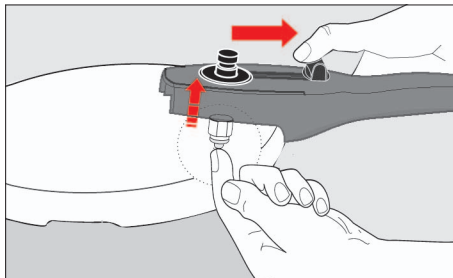


Before using always check that the safety devices are working and not soiled:

- Check that the spring-loaded safety bolt on the lid handle is working.



- Check the safety valve



Check that the pressure indicator is working. Can it move freely?



Check that the rubber gasket for lid is lying along the inner lid rim.

If the rubber gasket for lid has become brown, hard or damaged, please replace it. (Please only use original Sicomatic® spare parts). This is mostly the case after using the pressure cooker approx. 400 times, at the latest however after two years. If these limits are exceeded, the safety function of the rubber gasket for lid may be impaired.

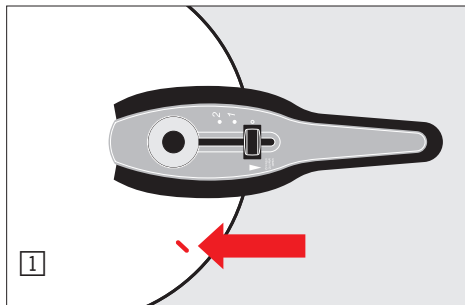
Causes/Faults

that have triggered a safety device must be remedied before the pressure cooker is used again (e.g. transparent operating valve clogged).

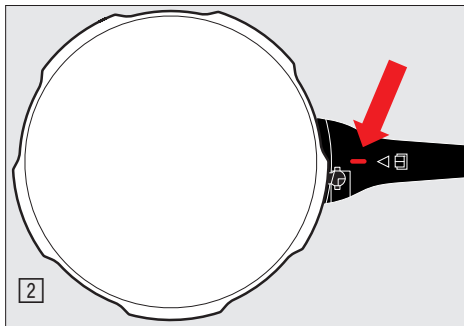
See “How to remedy faults easily” on pages 54 and 55.

Closing the Sicomatic® t-plus

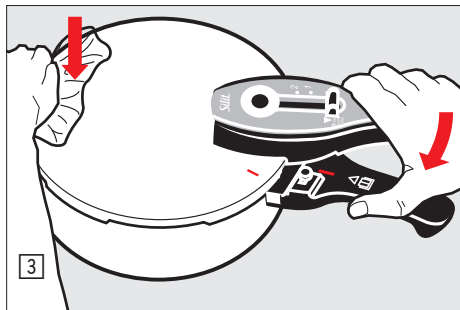
Please wipe the pressure cooker rim and rubber gasket for lid before closing so no particles can hinder sealing.



Place the lid so that both markings on it (fig. 1) and on the pressure cooker handle (fig. 2) are exactly aligned one over the other (fig. 3).



Press down the lid evenly at the side opposite the lid handle. While pressing down, at the same time push the lid handle to the left until it is positioned exactly over the pressure cooker handle and you hear it click into place (clicking sound).



Please only use the Sicomatic® t-plus lid (diameter 18 or 22 cm) with the matching Sicomatic® t-plus bottom part (18 or 22 cm)!

Cooking with your Sicomatic® t-plus

1. Fill with liquid

Pour the liquid required to generate steam into the bottom of the pressure cooker. (1/8 l for the 2.5 l Sicomatic® / 1/4 l for the 3.0 l + 4.5 l Sicomatic® / 3/8 l for the 6.5 l Sicomatic®). Water, stock, sauce etc. can be used as liquid.



Always fill with sufficient liquid (water) to generate steam. The pressure cooker must not under any circumstances “boil dry”, as otherwise the pressure cooker and cooking zone may be damaged.



2. Fill with food

Either fill the food in directly or place the insert with the food in the pressure cooker.

- Please only add salt once the water is already boiling and stir round to prevent the salt eroding the bottom of the pressure cooker.
- Max. 1/2 full for frothing and swelling foodstuffs. Boil up frothing foodstuffs and skim off before closing the Sicomatic®.
- Max. 3/4 full for all other foodstuffs.

Check that there is enough space between the food to be cooked and lid, pressure indicator and valve parts. Food must be far enough apart from these at all times.

3. Close pressure cooker

Please observe instructions on page 43.

4. Bring to the boil on a suitable high power cooking zone



When using on gas cookers: To avoid power loss and overheating or destruction of the pressure cooker handles, do not set the gas flame higher than the base of the pressure cooker.

5. Setting of cooking level / bringing to the boil

Select setting 1 or 2 by moving the slide control. Venting is performed automatically by an automatic venting mechanism activated depending on the air flow so that manual venting is dispensed when bringing to the boil. If the circulation speed is high enough the valve will close by itself. Then the pressure indicator begins to rise.

6. Cooking

The actual operating pressure or temperature and therefore the start of the cooking time are reached when steam begins to issue at the selected setting and the rings of setting 1 or 2 can be seen on the pressure indicator. Now reduce the heat until no more steam issues. Keep this position until the end of the cooking time by setting the temperature on the cooker accordingly.

If too much power continues to be fed to the Sicomatic® now, the noise will gradually get louder and steam will be released via the outlet on the lid handle (in the center of the lid). Reduce the heat and thus avoid an unnecessary waste of energy as well as the risk of boiling dry. Never leave the Sicomatic® unattended when in use.

7. Steam release / cooling down See instructions on page 44.

8. Opening the Sicomatic® See instructions on page 10.

Cooking in the perforated insert (special accessory)

- Vegetable
- Fish
- Preserving
- Juicing
- Delicate foodstuffs

When cooking vegetables fill 2-3 cups of liquid (depending on the size of the pressure cooker) directly into the bottom of the pressure cooker to generate steam (herbs, seasoning etc. can be added for flavoring). Then set in the perforated insert with the washed vegetables. This insert ensures that the vegetables do not touch the water and are really steam cooked. Please only fill the pressure cooker to $\frac{2}{3}$ to assure enough space between the food and the lid, pressure indicator and valve parts.

Cooking in the non-perforated insert (special accessory)

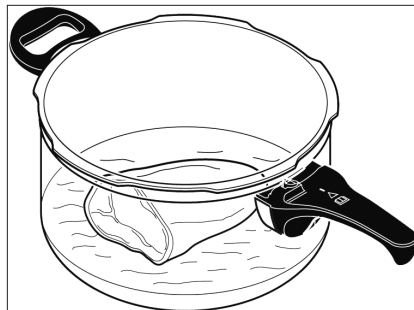
- Frozen food
- Side dishes, e.g. rice
- Juicing (as collect tray)

Add liquid (to the bottom of the pressure cooker): see cooking in the perforated insert.

It is imperative that you observe the liquid quantities (see page 41).

Cooking in the bottom of the pressure cooker (meat)

Heat the fat in the open Sicomatic[®] and shallow fry the seasoned meat on all sides. Then add hot water (depending on the recipe). Larger pieces of meat should be sliced to reduce the cooking time.



Cooking with the Sicomatic® t-plus

Modern pressure cookers like the Sicomatic® t-plus have 3 settings.

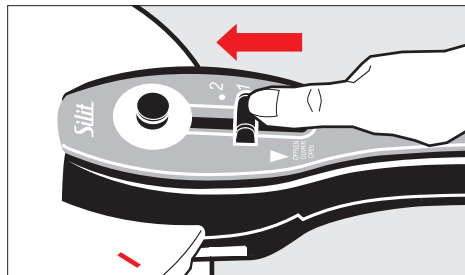
0- Cooking without steam pressure

1. Gentle cooking setting 1

2. Fast cooking setting 2

These three settings assure the cooking of fragile, delicate foodstuffs as well as dishes with a normally longer cooking time.

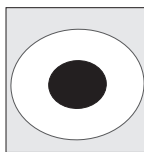
The Sicomatic® t-plus has 3 settings that can be easily and comfortably set by the slide control.



What do we actually mean by 3 settings?

Pressure and temperature are physically related to one another, i.e. the higher the pressure, the higher the temperature. When cooking without steam pressure, you cook without any pressure from the operating valve at all.

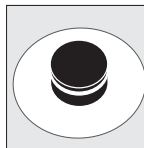
If you have selected setting 1 the transparent operating valve opens from a pressure of 0.2 bar/20 kPa upwards. This limits the temperature in the pressure cooker to approx. 105°C. Gentle steam release is therefore a sign that the power is too high. Setting 2 works on the same principle, however with a pressure of 0.9 bar/90 kPa and approx. 119°C.



● Setting 0

Cooking without steam pressure

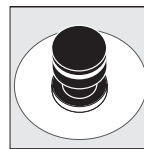
In addition to the steam setting, you can also use your Sicomatic® t-plus as a conventional pot for water and energy-efficient cooking.



● Setting 1

(approx. 105°C / 1st white ring)

It is used for steaming and stewing delicate foodstuffs with a short cooking time. The food is placed in inserts and is thus not leached out by the cooking water, e.g. in the case of delicate vegetables and fish.



● Setting 2

(approx. 119°C / 2nd white ring)

It is important for cooking and braising dishes with a longer cooking time, preserving juicing and sterilizing, e.g. for all robust foodstuffs like meat, soup and stews.

The current Sicomatic® t-plus generation is technically unrivalled.

The Sicomatic® t-plus features a unique valve system with torsion springs. If the preselected setting is exceeded, there is no sudden and alarming steam emission but a very gentle gradual release of steam. On some pressure cookers with two settings, delays in switching down the heat result in the required setting 1 temperature being considerably exceeded. The valve system on the Sicomatic® t-plus prevents this. A gentle steam release is triggered as soon as the setting temperature is only slightly exceeded. Switch down the heat now to prevent a further rise in temperature.

Correct release of steam and opening

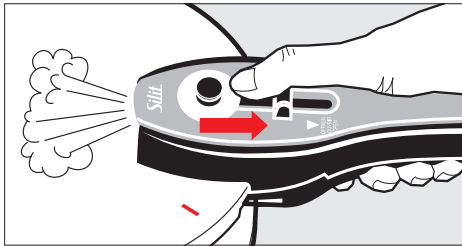
1. Reduce pressure

The pressure must be reduced before opening the pressure cooker. At the end of the cooking time, always therefore remove the pressure cooker from the heat and place on a suitable surface. Pressure can be reduced in the following ways.

1.1 Fast steam release

To do so, gradually push back the slide control to position "0" until no more steam is issued and the pressure indicator in the handle has retracted completely. Keep hands, head and body away from the danger area to avoid scalding.

This method is not suitable for frothing or pulpy foods like soup, pulses, stews, stock, offal and pasta.



1.2 Cooling down

The second option is to wait until the pressure indicator has retracted entirely into its initial position in the lid handle.

This method is especially recommended for frothing or pulpy foods. As food continues to cook a little while cooling down, please shorten cooking times accordingly.

1.3 Cooling down with water

A third option is cooling down with water. Here, the pressure cooker is held under cold running water until the pressure indicator fully retracts back into the lid handle automatically. Do not direct the water spray at the lid handle because of the valves as otherwise the cooling water can get into the pressure cooker. With this method, condensed water forms in the pressure cooker and then drips down onto the cooked food.

2. Opening

Remove the Sicomatic® t-plus from the heat and place on an appropriate stable surface, push back the slide control into the "0" open position and shake the pressure cooker slightly. Hold the slide control in this position while at the same time sliding the lid handle to the right until the marking on the lid (I) and on the long handle for base part (II) are aligned one over the other. Now remove the lid.



If the slide control is slid back too far towards the stop while still under inner pressure, the residual pressure locking mechanism is triggered and blocks the opening mechanism. To release, move the slide control briefly towards the pressure indicator so that the residual pressure locking mechanism can be released once the pressure cooker is pressureless.



Please remember: Never open the pressure cooker by force and do not change safety devices! The pressure cooker can only be opened easily when not under pressure.

Care and maintenance

Cleaning your pressure cooker

Food residues can normally be effortlessly removed if, after emptying the pressure cooker, it is rinsed out with a little water. If something should stick, please do not scrape it off or use steel wool, soak it instead and boil clean with a special cleaner for Silit steel or stainless steel and Silargan® from Silit. The bottom part of the pressure cooker can of course also be cleaned in the dishwasher.

Lid cleaning

The lid need only be rinsed under hot running water (possibly with a little washing-up liquid). To do so, remove the rubber gasket for lid and wash it separately.

The valve and steam outlet opening also need only be rinsed out under running water. Re-assemble the individual parts afterwards.

- Please always clean the lid by hand and do not put in the dishwasher. (Not to damage the seals).
- Please do not remove the lid handle even when cleaning thoroughly! Please leave dismantling and fixing the lid handle to an authorized partner (your Silit dealer or Silit after sales service).
- When cleaning thoroughly (manual cleaning) please remove the transparent operating valve and clean separately.

Cleaning the transparent operating valve



To clean the transparent operating valve, remove and rinse it. To ease reinsertion, wet the edge of the valve opening in the lid with washing-up liquid. Once you have inserted the

operating valve, screw it in by one full turn.

Cleaning / replacement of the rubber gasket for lid

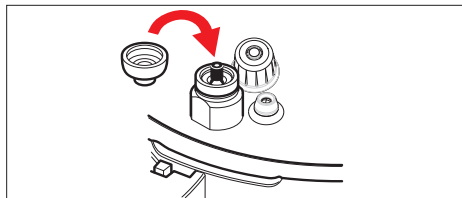
Clean under hot running water or in soapy water. As soon as the rubber gasket for lid has become hard or is damaged (“brown discoloration”) it must be replaced. In most cases after using approx. 400 times, at the latest after two years. If these limits are exceeded, the safety function of the rubber gasket for lid may be impaired.

Storage

Store the cleaned, dry Sicomatic in a clean, dry and safe place. Do not place the lid in its operating position or close it but lie it e.g. upside-down on the pressure cooker pouring rim.

Sealing cap replacement

If the sealing cap is defective, please replace it immediately with a new one. Before doing so, clean the pressure indicator area and then mount the dampened sealing cap.



Only use original Sicomatic® spare parts. Only then is the function and safety of your pressure cooker assured. It is imperative that the lid sealing ring is stamped with the name “Sicomatic®”.

How to remedy faults easily

What do I do if...	It can be due to one of the following causes	Remedy
Bringing to the boil takes too long	Power is too low	– Select highest power setting
Steam and water droplets form on the pressure indicator	The sealing cap is defective	– Insert new sealing cap
Pressure indicator does not rise	1) Slide control is still in its initial position 2) Power is too low 3) Not enough liquid to generate steam 4) Rubber gasket for lid is defective	– Push the slide control to the required setting – Select highest setting – Open pressure cooker and add liquid – Replace with a new original Sicomatic rubber gasket for lid
Steam and water droplets form during the entire boiling process (brief issue is not a fault, but of no consequence)	1) Foreign particles on the rubber gasket for lid or lid rim 2) Rubber gasket for lid is defective	– Open pressure cooker and wipe pressure cooker rim – Insert new original Sicomatic® rubber gasket for lid
Steam and water droplets form constantly on the lid during the cooking process	Rubber gasket for lid is defective, hard, brittle, cracked, burnt, damaged or worn.	– Insert new original-Sicomatic® rubber gasket
Leaking especially on the gentle heat setting 1: Slide control is set to low heat setting 1 and steam continues to issue from	1) Try slide control at setting 2. If no more steam issues the power was too high for gentle setting 1. 2) If, despite setting 2, steam continues to issue the transparent operating valve is soiled or defective	– Switch down power in good time remove Sicomatic® t-plus from the heat and push slide control to setting 1 by releasing steam – Rinse transparent operating valve or insert new one (see page 53 “Cleaning the operating valve”)
During cooking an unwanted plume of steam issues	1) Power too high 2) Transparent operating valve is soiled or stuck	– Switch down heat – Remove and rinse transparent operating valve and re-insert
During cooking a thick cloud of steam suddenly issues from the lid handle	1) Transparent operating valve is soiled or stuck 2) Safety valve is triggered	– Remove and rinse transparent operating valve and re-insert – Please contact your specialist dealer
Lid cannot be opened	1) The pressure cooker is under pressure	– Release steam or allow to cool down until the pressure indicator has dropped back fully, under no

How to remedy faults easily

What do I do if...	It can be due to one of the following causes	Remedy
	2) The residual pressure locking (e.g. by slide control) stuck	<p>circumstances open by force</p> <ul style="list-style-type: none"> – release the locking mechanism by pushing the slide knob to and fro, (pressure indicator must be dropped) – Only reset pressure indicator once no more steam issues when under no pressure and open carefully.
Lid handle is damaged	Incorrect handling	<ul style="list-style-type: none"> – Replace lid handle with a new original spare part
Lid handle on the bottom part of pressure cooker is loose	Sign of wear and tea	<ul style="list-style-type: none"> – Retighten screw with screwdriver
Pressure cooker handles are damaged	Incorrect handling	<ul style="list-style-type: none"> – It is imperative to replace these with new original Sicomatic pot handles. Please contact your specialist dealer
Lid is difficult to close	Rubber gasket for lid does not run round smoothly	<ul style="list-style-type: none"> – Rub the outer lips of the rubber gasket for lid with a thin layer of ordinary cooking oil
After closing the slide control cannot be moved from setting 0 to the required pressure indication setting 1 or 2	Pressure indicator is raised and projects out from the handle; side control is stuck	<ul style="list-style-type: none"> – Release pressure indicator – Move the slide control to and fro lightly and without force – Remove Sicomatic from the heat, release steam, open, close Sicomatic again, set slide control to the required pressure setting and replace Sicomatic on the appropriate cooking zone for cooking.
Pressure indicator stays up steam no longer issues	<ul style="list-style-type: none"> - Aroma shield cap turned back - Pressure indicator stuck. 	<ul style="list-style-type: none"> – Manual resetting of the pressure indicator – Should this happen frequently please contact your specialist dealer



Soups and stews



Perfect for soups and stews with braised meat:

If the cooking times for the meat and vegetables do not differ much, the meat is browned and the vegetables added with the liquid for simmering.

If the cooking times differ greatly, the meat cooking process is interrupted and the vegetables then added for the last few minutes so that in the end everything is ready at the same time.

The following rules apply for soups and stews:

- Bring frothing foodstuffs like e.g. pulses and boiled meat to the boil with the lid off and skim off thoroughly before closing the pressure cooker.
- Release steam or cool down gradually and very slowly.
- Select setting 2 with the slide control for pulses but cook on a low heat.

Guide to cooking times

Exact cooking times depend on the size, freshness and texture of the food to be cooked. The types of heat, e.g. induction, gas or ceramic glass also have an influence on cooking times. The cooking times are all based on 500 g. More liquid would otherwise be required. Soaking is not required for these cooking times.

Vegetables



The specified cooking times are for reference only, use them as a basis and you will soon find out the times right for you. For cooking times not only depend on the quality of the food but the following factors listed below:

- The smaller the vegetables are cut, the shorter the cooking time.
Insofar as not stated otherwise, cooking times are based on “sugar cube size” pieces.
- The crunchier or more “al dente” the vegetables are to be, the shorter the cooking time will be as a result. We have specified the time for “al dente” and “well-cooked” separately.
- The larger the quantity to be cooked, the longer the cooking time. The quantity should not be too large for “al dente” as otherwise although “al dente” on the outside, inside the food will still be uncooked.

In most cases, small time differences play no or little role. However, a single minute can turn vegetables from “al dente” into “well cooked”.

Cooking times always begin with the first slight emission of steam, and are very short.

The following cooking times are for vegetables in the insert. These vegetable do not therefore touch the water and cannot be leached out by it.



In case of doubt the following rule of thumb can always be recommended:
Better to cook for too short than too long a time, for you can always cook for a bit longer, where as overcooked food will never be “crunchy” again.

Meat



- Braised meat is browned in the Sicomatic®. The required quantity of liquid is not added until the simmering stage.
- If pieces of meat are too big they are sliced, browned separately and

layered for further cooking.

- Boiling meat is cooked with 1-1½ L of liquid in the bottom of the pressure cooker.
- The cooking time itself largely depends on the quality, age, texture and size of the meat. We therefore drew up the reference cooking times for several categories taking these factors into consideration.
- The cooking time begins as soon as the 2nd ring on the pressure indicator can be seen and is always based on a quantity of 500 g.

Important: Always skim off boiling meat before closing the pressure cooker. Before opening your pressure cooker, allow it to cool down or gradually release steam very slowly.

Fresh fish



Fish stock sticks fast. **Do not therefore under any circumstances release the steam, but take the pressure cooker off the heat and allow to cool down.** As soon as the pressure indicator has retracted into lid handle, take the lid off right away.

Whole foods



Various types of wheat form the basis of a healthy diet. The latter, as is known, must be cooked for a long time and often needs to be soaked for a good few hours beforehand as well. The Sicomatic cuts this long cooking time by 2/3, and completely dispenses with prior soaking. A further benefit of cooking wholefoods in the Sicomatic is that the vitamins and minerals of the whole grain are particularly well preserved when cooked on setting 1, not to mention saving a whole lot of energy. The following rule of thumb applies when cooking wheat: allow about double the quantity of liquid to wheat (i.e. for 100 g of grain 200 cm³ of liquid).

Accessories for Sicomatic® t-plus

(optional, only in part standard equipment)

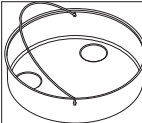


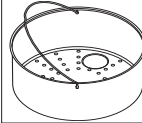










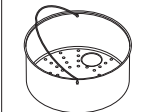




	Unperforated insert, low Ø 22 cm Art.no. 8031.7011.01 for 4.5 and 6.5-liter Sicomatic® t-plus		Insert support Ø 22 cm Art.no. 0066.6000.01 for 4.5 and 6.5-liter Sicomatic® t-plus		Transparent working valve H09F Art.-Nr. 9523.8020.01
	Perforated insert, low Ø 18cm Art.no.8018.7011.01 for 2.5-liter Sicomatic® t-plus Ø 22cm Art.no.8032.7011.01 for 4.5 and 6.5-liter Sicomatic® t-plus	 1 2	Liquid detergent (1) Art.no. 9808.0000.01		Lid, complete Ø 18 cm Art. no. 8007.6021.14 Ø 22 cm Art. no. 8008.6021.14
	Steamer platform Ø 22 cm Art.no. 7022.6022.01 for 4.5 and 6.5-liter Sicomatic® t-plus		Special detergent (2) (Powder) Art.no. 9806.0010.01		
	Timer Elements plastic Art.no. 0068.2420.01	Spare parts for Sicomatic® t-plus			Lid handle, complete (including lid handle screw and pressure indicator unit) 9249.9004.01
	Timer Silit 2000 plastic Art.no. 0068.0010.01		 Art.no. 0068.0012.01		Long handle for base part Ø 18 cm Art. no. 9253.9002.01 for 2.5 L Sicomatic® t-plus Ø 22 cm Art. no. 9253.9003.01 for 3.0 L Sicomatic® t-plus
	Perforated insert, high Ø 22 cm Art.no. 8033.7011.01 for 4.5 and 6.5-liter Sicomatic® t-plus		Kitchen timer Diavolo Art. no. 0068.0015.01		Ø 22 cm Art. no. 9253.9004.01 for 4.5 - 6.5 L Sicomatic® t-plus
	Timer il Tempo Art. no. 0068.0013.01		Sealing caps (3 pieces in a bag) Art.no. 9524.8020.01		Lid gasket Ø 18 cm Art.-Nr. 9067.8900.01 Ø 22 cm Art.-Nr. 9067.8901.01

Table of cooking times

Guide to cooking times

Cooking times are always based on 500 g

	Cooking level	Cooking time in minutes		Cooking level	Cooking time in minutes
Vegetables (al dente)			Fish		
(Cooking times based on sugar-lump sizes)			(do not release steam; see page 57) Cooking time applies to 1000 g of fish.		
Asparagus (whole)	I	approx. 3 min.	Cod	I	approx. 7 min.
Aubergines	I	approx. 2 min.	Eel	I	approx. 7 min.
Beans, French	I	approx. 7 min.	Haddock	I	approx. 7 min.
Broccoli	I	approx. 3 min.	Halibut	I	approx. 7 min.
Brussel sprouts	I	approx. 4 min.	Plaice fillet	I	approx. 4 min.
Cabbage, Bavarian, "Bayrisch Kraut"	II	approx. 4 min.	Pollack fillet	I	approx. 7 min.
Cabbage, Chinese	I	approx. 1 min.	Rosefish	I	approx. 7 min.
Cabbage, pickled, "Sauerkraut"	II	approx. 10 min.	Shark steak	I	approx. 6 min.
Cabbage, red	II	approx. 4 min.	Sole	I	approx. 4 min.
Cabbage, savoy (sixths)	I	approx. 6 min.	Trouit au bleu	I	approx. 5 min.
Cabbage, savoy (sliced)	I	approx. 3 min.	Side-dishes		
Cabbage, white (sixths)	I	approx. 6 min.	Dumplings	I	approx. 6 min.
Cabbage, white (sliced)	I	approx. 3 min.	Pasta	II	approx. 6 min.
Carrots	I	approx. 3 min.	Rice	I	approx. 7 min.
Cauliflower (segments)	I	approx. 3 min.	Risotto	I	approx. 7 min.
Celery	I	approx. 2 min.	Stews		
Chicory	I	approx. 1 min.	(Skim off the foam before closing the cooker; see page 50) Cooking time applies to 400 g of pulses.		
Courgettes	I	approx. 2 min.	Beans, haricot	II	approx. 20 min.
Kohlrabi	I	approx. 4 min.	Peas, shelled	II	approx. 10 min.
Leeks	I	approx. 2 min.	Fruit		
Mushrooms	I	approx. 1 min.	Apple purée (eights)	I	approx. 4 min.
Pepper	I	approx. 2 min.	Stewed apple (eights)	I	approx. 3 min.
Potatoes	I	approx. 4 min.	Stewed cherries	I	approx. 2 min.
Potatoes, jacket	II	approx. 12 min.	Stewed gooseberries	I	approx. 3 min.
Salsify (whole)	I	approx. 6 min.	Stewed pear (eights)	I	approx. 3 min.
Spinach, whole leaves	I	approx. ¼ min.	Stewed rhubarb	I	approx. 3 min.
Tomatoes (whole)	I	approx. 1 min.			

	Cooking level	Cooking time in minutes		Cooking level	Cooking time in minutes
Meat			Meat		
Beef	II	approx. 25 min.	Venison		
Filet steak	II	approx. 10 min.	Leg	II	approx. 20 min.
Goulash	II	approx. 15 min.	Pot roast	II	approx. 20 min.
Kidney	II	approx. 15 min.	Saddle	II	approx. 15 min.
Pot roast	II	approx. 20 min.	Rabbit		
Roulade	II	approx. 15 min.	Leg	II	approx. 15 min.
			Pot roast	II	approx. 15 min.
Veal			Turkey		
Fillet steak	II	approx. 15 min.	Breast	II	approx. 15 min.
Kidney	II	approx. 15 min.	Leg	II	approx. 15 min.
Pot roast	II	approx. 20 min.	Goose		
Pork			Breast	II	approx. 30 min
Fillet	II	approx. 8 min.	Leg	II	approx. 30 min.
Knuckle, fresh	II	approx. 30 min.	Duck		
Pot roast	II	approx. 20 min.	Breast	II	approx. 15 min.
Minced meat			Leg	II	approx. 15 min.
Meat loaf	II	approx. 15 min.	Wholefoods		
Stuffed cabbage	II	approx. 10 min.	Some of the cereals here require soaking times of 6 to 10 hours and swelling times of 10 to 30 minutes		
Chicken			Buckwheat	I	approx. 2 min.
Breast/leg	II	approx. 15 min.	Dehusked barley	I	approx 23 min.
Lamb			Dehusked oats	I	approx. 5 min.
Pot roast	II	approx. 10 min.	Millet	I	approx. 10 min.
Mutton			Natural rice	I	approx. 10 min.
Pot roast	II	approx. 10 min.	Rye	I	approx. 20 min.
			Spelt	I	approx. 15 min.
			Wheat	I	approx. 30 min.