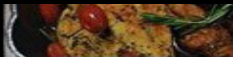
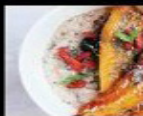




ELECTROCOOK



COOKBOOK & MANUAL





WHY ELECTRIC PRESSURE COOKING/ KUBERA IKI GUTEKESHA AMASHANYARAZI

1. Better Health/ Ubuzima Bwiza

- No toxic fumes from cooking with charcoal & firewood anymore/ Nta myuka ihumanya nk'ituruka ku makara ndetse no ku inkwi
- Cooking fumes damage your respiratory system and are particularly harmful for young children/ Birinda imyotsi iva mu gutekesha amakara, inkwi yangiza imyanya y'ubuhumekero, ikazahaza abana ndetse nabakuze.

2. Convenience & Safety/ Birizewe & Biratekanye

- Electricity is always available and can be topped up according to your needs. No big advance payment is required/ Ushobora kugura umuriro w'amashanyarazi ushoboye igihe cyose uko ubyifuzaga.
- The electric pressure cooker switches off automatically. Just select the required time and the pressure cooker does the rest for you. When cooking with a closed lid no supervision is needed and you have time for other tasks/ Hitamo igihe gusa ibindi preshakuku irabyikorera. Gutekesha umwuka biguha igihe cyo kwikorera indi mirimo kuko uheruka uterekaho ukagaruka nyuma y'iminota wagennye.
- No open fires anymore. The electric pressure cooker is the safest way to cook/ Gutekesha preshakuku ni umwiyjane.

3. Money & Time Savings/ Kuzigama Igihe N'amafaranga

- The Electrocook pot is the most efficient electric cooking device on the market. Thus, it is cheaper to cook with electricity than with charcoal. You can cook a meal faster than with charcoal. Save up to 50% of the time/ Preshakuku ni igikoresho kiza rwose ugereranije nibindi. Guteka ukoresheje igikoresho gikoresha amashanyarazi birihuta cyane kurusha gukoresha amakara. Uzigama hafi kimwe cya kabiri kigihe byagutwaraga uteka.

4. Free up Time for Other Tasks/ Ubangikanya Guteka N'indimirimo

- The electric pressure cooker switches off automatically. When cooking with a closed lid no supervision is needed/ Pureshakuku ikora muburyo bwa otomatike. Iyo uyikoreshejeshe ipfundikiye singombwa kuyihora iruhande ucunga ko udashiriza cg ugapfubya.



PRODUCTS PARTS



1. Inner pot/ Isafuriya
2. Side Handles/ Imikondo
3. Cook Indicator Light/ Itara ndangaguteka
4. Power Indicator Light/ Itara ndangamashyarazi
5. Timer/Akarangagihe
6. Release Valve(Pressure lock / Agasohoraumuka
7. Pressure Indicator(red bulb) /Itara ndangangufu
8. Lid Handle/ Umukondo w'mufuniko
9. Vapor Collector/ Agafatamwuka
10. Power Cable/ Umugozi w'amashyarazi



SAFETY/ UBWIRINZI

- 1. If the red light bulb does not stick out it is safe to open the lid. If the red light bulb sticks out do not open the lid anymore without releasing the pressure first/ Iyo Akamenyetso gatukura kari hejuru y'umufuniko kazamutse birabujijwe gupfundura, Upfundura kamaze kumanuka bikwe rekako umwuka washizemo.**

The electric pressure cooker has a pressure indicator (red bulb on the lid) rising up during the cooking process. When the red bulb sticks out the lid cannot be opened anymore. If you want to open the lid release the pressure first by moving the pressure lock on the lid counterclockwise. Wait until the red bulb goes down. Only then the lid can be opened/ Preshakuku ifite akamenyetso gatukura hejuru y'umufuniko, iyo utetse karazamuka bivugako umwuka uba arimwinshi, ntago bishoboka ko wapfundura umwuka ukirimo, ni ngombwa buri gihe gusohora umwuka ugashiramo, ako kamenyetso gatukura kagasubira hasi ukabona gupfundura.

- 2. When releasing the pressure by moving the pressure lock, steam will come out with a vapor noise. The noise is normal. Make sure to not hold your hands into the steam/ Irinde kwegereza ikiganza ahaturuka umwuka igihe urimo kuwusohora ushaka gupfundura amafunguro yawe.**

When the pressure is released by moving the pressure lock, steam will come out with a vapor noise. The noise is normal. Just make sure to not hold your hands into the steam and wait until the pressure indicator (red bulb goes down)/ Iyo umwuka urimo gusohoka muri preshakuku wumva urusaku rupyiririza ariko rusanzwe. Ntago rero ugomba kwikanga ahubwo cungana nuko umwuka ushiramo urebako akamenyetso gatukura gasubira hasi.

- 3. Make sure the electric pressure cooker is out of reach from your children/ Sibyiza ko abana begera preshakuku igihe cyo guteka.**

INSTRUCTIONS



1. Fill the inner pot with the food you want to cook. Add the amount of water listed in the cooking manual/ Shyira mu isafuriya ibyo guteka wongeremo amazi agenwe nk'uko bigaragara mu mabwiriza

2. Put the inner pot into the EPC, lock the lid and make sure that the release valve (rotary on top of the lid) is in the sealed position/ Shyira isafuriya ahabugenewe ufunge neza. Reba neza ko akarekura umwuka gafunze neza.

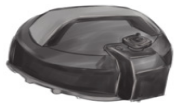


3. Check if timer is at zero mark, Plug the EPC into the socket. The power indicator light will turn on/ Reba neza ko akaranga igihe kari kuri zero. Ubundi ucomeke ishyiga ku muriro.

4. Set the timer according to the cooking manual for the respective amount of food. The cook indicator light will show/ Ugena igihe ukurikije amabwiriza agenga ifunguro wateguye guteka.



5. Once the time expires, carefully release the pressure by turning the release valve in the open position (counterclockwise). When the pressure indicator (red bulb) goes down, remove the lid, and unplug. Your food is ready to serve/ Igihe wagennye kirangiye, fungura witonze kugirango umwuka usohoke kugeza akamenyetso gatukura kamanutse. Ngaho pfundura ubundi ucomore ishyiga ku muriro.



CLEANING/ GUSUKURA



1. Do not clean the inner pot with a metal sponge/ Irindi gukoresha ikintu gishwaratura usukura isafuriya

When using a metal sponge, the coating of the inner pot will be destroyed. Use a cloth or a soft sponge/ Birabujijwe gusukura isafuriya ya preshakuku ukoresha ikintu gishwaratura. Koresha utuntu tworoherewe nkigikusi maze wirinde gukuraho irangi ririnda isafuriya kwangirika

2. Do not use metal cutlery with the inner pot/ Irinde kwaruza rushe cg ikindi cyuma

Do not use metal forks, spoons or knives with the inner pot. This will destroy the coating. Use wood spoons or plastic cooking utensils/ Iyo warura, ni byiza gukoresha rushe ikoze mu giti cg muri pulasitiki. Ibiyiko n'amafurusheti rwose byangiza isafuriya, si byiza kubikoresha



PLAIN FOOD LIST/ URUTONDE RW'IBITEKWA

1. Banana, Green/ Ibitoki Bitekwa
2. Beans, Red (Dry)/ Ibishyimbo Byumye
3. Beans, Red (Soaked)/ Ibishyimbo Bitumbitse
4. Beans, Fresh Shell/ Ibitonore
5. Beef/ Inyama z'inka
6. Cassava/ Imyumbati
7. Cassava flour/ Ubugali
8. Chicken/ Inyama Z'inkoko
9. Chips/ Ifiriti
10. Eggs, Hard Boiled/ Amagi Atogosheje
11. Maize Flour/ Kawunga
12. Peas, Green/ Amashaza (Urunyogwe)
13. Potatoes, Irish/ Ibirayi
14. Potatoes, Sweet/ Ibijumba
15. Pumpkin, Green/ Igihaza
16. Rice, White/ Umuceli
17. Yams/ Amateke



BANANA, GREEN/ IBITOKI BITEKWA 

Water and cooking time depend on the amount of food cooked/ Igihe n'amazi bigenwa bitewe ningano y'ibiribwa utetse



500 g	200 ml	15 min
1000 g	250 ml	20 min
1500 g	300 ml	25 min
2000 g	350 ml	30 min
2500 g	400 ml	35 min

BEANS, RED (DRY)/ IBISHYIMBO BYUMYE 

All times are displayed for dry, unsoaked beans/ Igihe bitwara guteka ibishyimbo byumye kiragaragajwe



500 g	1 L	1h 45min
1000 g	2 L	1h 55 min
1500 g	3 L	2h

BEANS, RED (SOAKED)/ IBISHYIMBO BITUMBITSE 

Red Beans have been soaked for 12 hours. The soaked water can be used for cooking/ Ibishyimbo bitumbikwa amasaha 12. Amazi bitumbitswemo ni nayo utekesa



500 g	1 L	40 min
1000 g	2 L	45 min
1500 g	3 L	60 min

BEANS, FRESH SHELL/ IBITONORE 

Water and cooking time depend on the amount of food cooked/ Igihe n'amazi bigenwa bitewe ningano y'ibiribwa utetse



500 g	200 ml	25 min
1000 g	400 ml	30 min
1500 g	600 ml	35 min
2000 g	800 ml	40 min



BEEF/ INYAMA Z'INKA

The times below are measured for beef that has been cut into pieces/ Igihe kigenwa hakurikijwe ingano y'inyama zakaswe



1000 g	500 ml	35 min
2000 g	500 ml	35 min

CASSAVA/ IMYUMBATI

Water and cooking time depend on the amount of food cooked/ Igihe n'amazi bigenwa bitewe n'ingano y'ibiribwa utetse



500 g	200 ml	30 min
1000 g	450 ml	40 min
1500 g	500 ml	40 min
2000 g	600 ml	45 min
2500 g	600 ml	45 min



CASSAVA FLOUR/ UBUGALI

1. Boil the water through pressurization until the red bulb goes up (approximately 10 minutes)/ Canira amazi kugeza umwuka ubonetse, ubyerekwa nuko akamenyetso gatukura kazamutse (Ugereranije bitwara iminota 10)
2. Release the pressure/ Vanamo umwuka kugirango upfundure.
3. Store the boiled water in a can and empty the pot/ Shyira amazi yabize ahantu wateguye
4. Place the pot back into the EPC and select the frying function (open pot). Then add water and flour and stir it like you would normally cook Ugali/ Garura isafuriya muri preshakuku maze uhitemo guteka upfunduye ukoresheje ikimenyetso cyabigenewe, kora nkuko bisanzwe iyo bateka ubugali.

CHICKEN/ INYAMA Z'INKOKO

Depending on the thickness of the chicken, times might differ/ Uko wakase inyama bishobora gutuma ukenera igihe cyinshi cg gito mukuziteka



1000 g	300 ml	30 min
2000 g	500 ml	40 min



CHIPS/ IFIRITI

Instead of water use oil. The oil must be boiled with the frying function (open lid)/ Ukoresha amavuta mu mwanya w'amazi. Amavuta atekwa mu buryo bwo guteka upfunduye



1500 g



600 ml



60 min

EGGS, HARD-BOILED/ AMAGI ATOGOSHEJE

The oil must be boiled with the frying function (open lid)/ Canira amavuta ukoresha uburyo bwo guteka upfunduye.



Any amount



250 ml



15 min

MAIZE FLOUR/ KAWUNGA

1. Boil the water through pressurization until the red bulb goes up (approximately 10 minutes)/ Canira amazi kugeza umwuka ubonetse, ubyerekwa nuko akamenyetso gatukura kazamutse (Ugereranije bitwara iminota 10)
2. Release the pressure/ anamo umwuka kugirango upfundure
3. Store the boiled water in a can and empty the pot/ Shyira amazi yabize ahantu wateguye
4. Place the pot back into the EPC and select the frying function (open pot). Then add water and flour and stir it like you would normally cook/ Garura isafuriya muri preshakuku maze uhitemo guteka upfunduye ukoreshaje ikimenyetso cya bugenewe, kora nkuko bisanzwe iyo bateka kawunga.



PEAS, GREEN/ AMASHAZA (URUNYOGWE)

Water and cooking time depend on the amount of food cooked/ Igihe n'amazi bigenwa bitewe ningano y'ibiribwa utetse



500 g	150 ml	20 min
1000 g	250 ml	25 min
1500 g	400 ml	30 min
2000 g	500 ml	35 min
2500 g	600 ml	40 min

POTATOES, IRISH/ IBIRAYI

Water and cooking time depend on the amount of food cooked/ Igihe n'amazi bigenwa bitewe ningano y'ibiribwa utetse



500 g	100 ml	15 min
1000 g	150 ml	20 min
1500 g	200 ml	25 min
2000 g	250 ml	30 min
2500 g	300 ml	34 min
3000 g	350 ml	40 min



PUMPKIN, GREEN/ IGIHAZA

Water and cooking time depend on the amount of food cooked/ Igihe n'amazi bigenwa bitewe ningano y'ibiribwa utetse



1500 g	250 ml	30 min
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RICE, WHITE/ UMUCELI

Water and cooking time depend on the amount of food cooked/ Igihe n'amazi bigenwa bitewe ningano y'ibiribwa utetse



500 g	750 ml	15 min
1000 g	1.5 l	20 min
1500 g	2.25l	25 min

YAM/ AMATEKE

Water and cooking time depend on the amount of food cooked/ Igihe n'amazi bigenwa bitewe ningano y'ibiribwa utetse

500 g	200 ml	20 min
1000 g	250 ml	25 min
1500 g	300 ml	30 min
2000 g	350 ml	35 min
2500 g	400 ml	40 min



RECIPES/ IBIRUNGO

When Cooking with an Open Lid, you can Cook like you are used to cook/ Guteka ukoresheje ibirungo, bisaba gupfundura, icyo gihe uteka nkuko bisanzwe

FRIED BEEF MEAT/ INYAMA ZIKARANZE

1. Boil beef meat as displayed in the 'plain food' section/ Biza inyama nkuko amabwiriza yabanje abyerekana
2. Select the frying function of the EPC (open pot)/ Hitamo guteka upfunduye niba ugiye gutangira gukaranga
3. Put oil in the pot and wait some time to get heated then add meat/ Shyira amavuta wifuzza mu isafuriya maze ushyiremo inyama zabize
4. Add onions, tomatoes, green pepper and carrots,etc/ Shyiramo ibirungo wifuzza (ibitunguro, Puwavulo, inyanya, seleri n'ibindi)
5. Fry them until they are ready and then add hot water from boiled meat according to your preference/ Fata kumufa maze wongeremo uko ubyifuzza
6. Keep Frying until you are satisfied/ Komeza uvange kugirango ibirungo bikore nkuko ubyifuzza

FRIED RED BEANS/ IBISHYIMBO BIKARANZA (UBURISHO)

1. Cook the beans as displayed in the 'plain food' section/ Fata kubishyimbo watetse nk'uko twabyerekanye mbere
2. Select the frying function of the EPC (open pot) and add onions, tomatoes, green pepper and carrots/ Hitamo guteka upfunduye maze ushyiremo amavuta n'ibirungo ukunda nk'uko wabiteguye
3. Fry them for around five minutes and then add beans and water according to your preference/ Bikarange maze nibimara gushya , ushyiremo ibishyimbo n' amazi nkuko ubyifuzza
4. Keep Frying until you are satisfied/ Komeza uteke kugeza wishimiye imihire y'ifunguro uri gutegura.

