

SILAMPOS



Instruction Book
Notice d'Emploi
Manual de Instrucciones

ENGLISH **CONTENTS**

SAFETY INSTRUCTIONS	PAG01
PRODUCT DESCRIPTION	PAG03
AVAILABLE SPARE PARTS	PAG06
PRIOR TO FIRST USE	PAG08
USING THE PRESSURE COOKER	PAG09
UPKEEP AND MAINTENANCE	PAG15
WARRANTY CERTIFICATE	PAG19
DECLARATION OF COMPLIANCE	PAG21
COOKING TIMES	PAG23

Read carefully these instructions until the end, in order to become familiar with the pressure cooker characteristics and potentialities.

Silampos pressure cookers are totally safe when all the instructions, presented in this book, are followed. Comply with the instructions of this booklet to enjoy maximum safety when using your pressure cooker.

MADE IN PORTUGAL

1. The pressure cooker works under pressure. An inappropriate use can cause serious burns and damages. Make sure the pressure cooker is properly closed before putting it on the heat source. Read the chapter: "Using the pressure cooker".
2. Do not let children near the Pressure Cooker when in use.
3. Do not use the pressure cooker for other purposes than the intended.
4. Do not put the pressure cooker in a heated oven.
5. Use the heat sources in accordance with the instructions of use.
6. Do not use the pressure cooker on heat sources of over 3000 W.
7. Do not use the pressure cooker to fry food.
8. When the pressure cooker is pressurised, move it very carefully.
9. Do not touch the warm surfaces. Use the handles and, if necessary, kitchen gloves or another type of protection.
10. Keep your hands off the steam escape zones.
11. **Do not force the pressure cooker opening or remove its lid without checking first if the pressure has been released. Read the instructions about pressure release in "Using the pressure cooker" chapter.**

PAG02 **SAFETY INSTRUCTIONS**

12. Do not use the pressure cooker without any liquid inside as this practice may cause serious damage. Read chapter “Prior to first use”.

13. Before each use, check if the valves are clear. Read chapter “Using the pressure cooker”.

14. Do not fill the pressure cooker over the 2/3 of its capacity. When cooking food that expands like rice or dry vegetables, do not fill the pressure cooker over the half of its capacity.

15. The skin of some meats swells under the effect of pressure (e.g. beef tongue). After cooking, do not prick the meat if it looks swollen; you may scald yourself. Prick the meat before cooking it in the pressure cooker.

16. When making greasy foods, you should shake the pressure cooker slightly before opening the lid, this way you will prevent food from spitting out.

17. Do not operate the safety systems more than which it is recommended in the cleaning and maintenance instructions. Read the chapter “Upkeep and maintenance”.

18. Do not use the pressure cooker when it, or any of its components, is damaged or does not correspond to the functions described in the usage instructions.

19. Only use replacement parts of Silampos brand and of the model in question. Contact Silampos after-sales service.

READ, FOLLOW AND KEEP THESE INSTRUCTIONS.

PRODUCT DESCRIPTION PAG03

The Traditional pressure cooker main characteristic is its progressive opening/closing system, which ensures, together with the perforated sealing ring – Silampos patent – the sealing of the cooker with minimum effort and ensures pressure and temperature increasing, in exclusive safety conditions for this type of pressure cooker.

You can confirm the characteristics of your Pressure Cooker in the corresponding marking on the product:

1- Aluminum Pressure Cooker

SILAMPOS
 CE 0,0L YY MM SSSS
 PF=50kPa PS=80kPa

Operating / regulating pressure (Pf) =
 50 kPa / 0,5 bar

Acceptable maximum pressure (PS) =
 80 kPa / 0,8 bar

YY MM SSSS: Batch / serie number

CE: CE Mark - European Conformity

Boiling temperature = 111 à 113°C

2- Stainless Steel Pressure Cooker

APC INOX/AÇEL 18/10 STAINLESS STEEL
 CE
SILAMPOS
 0,0L YY MM SSSS
 PF=50kPa PS=80kPa
 INOX/AÇEL
 FABRICADO EM / MADE IN PORTUGAL



Capacity (Total) Liters	Capacity (Of use) Liters	Persons
4,5	3	2-5
6	4	4-6
8	5,3	5-8
10	6,7	8-10
12	8	10-12
15	10	12-15
16	10,7	13-15
18	12	15-18

PAG04 TRADITIONAL ALUMINIUM PRESSURE COOKER AND ALUMINIUM WITH BOTTOM SUITABLE FOR INDUCTION

Silamos aluminium pressure cooker is made from highly pure aluminium (99 to 99,5 %), fulfilling all the food compatibility norms.

Do not wash the aluminium pressure cooker or the steamer basket in the dishwasher.



For the aluminium pressure cooker with the thermic bottom suitable for induction, all the other features remain the same as the Traditional Silamos aluminium pressure cooker, in addition to induction compatibility.



Material	Capacity (Liters)	Inner diameter D (cm)	Bottom diameter - Df (cm)		Food contact area of the gasket
			ALUMINIUM	BOTTOM INDUCTION	
Aluminium	4,5	22	18	17	29 cm ²
	6				
	8				
	8	24,5	20,5	18,5	54 cm ²
	10				
	12				
	12				
	15	27	21	Unavailable	46 cm ²
18					

TRADITIONAL STAINLESS STEEL PAG05 PRESSURE COOKER

Besides the enormous advantages described previously, this pressure cooker also has a thermic bottom - **Impact Disc Plus** gives rapid and uniform heat transference, improving the thermic efficiency and compatibility with induction.



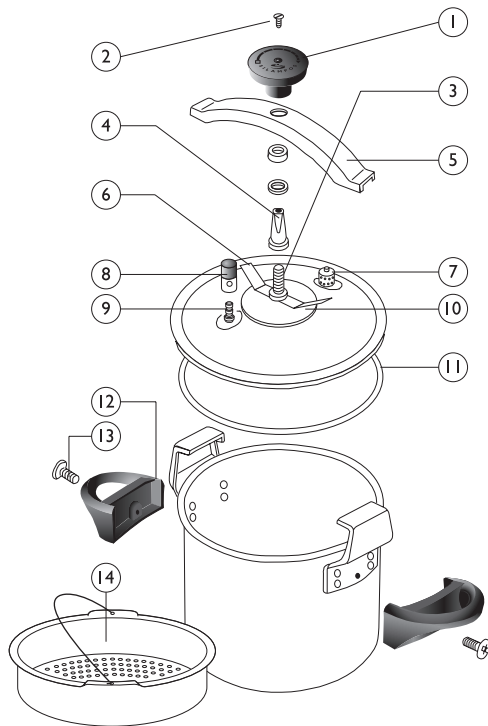
Material	Capacity (Liters)	Inner diameter D (cm)	Bottom diameter Df (cm)	Food contact area of the gasket
Stainless Steel	4,5	22	17,3	32 cm ²
	6			
	8			
	10	24,5	19,4	54 cm ²
	12			
	10			
12	28	23,2	58 cm ²	
16				

PAG06 AVAILABLE SPARE PARTS

Pressure cooker diameter (D) Capacity (L)	22cm 4,5L 6L 8L	24,5cm 8L 10L 12L	27cm 12L 15L 18L	28cm 10L 12L 16L
1. Bakelite locking lever	621000019960	621000019960	621000019960	621000019960
2. Locking lever screw M5X13	621000019962	621000019962	621000019962	621000019962
3. Centre axis				
4. Fixing nut TR10X1,75				
5. Stainless steel yoke	***	***	***	***
6. Limiter yoke	***	***	***	***
7. Safety valve Safety device which opens and closes automatically, releasing excess pressure inside the pressure cooker, releasing vapour quickly.	621000019963	621000019963	621000019963	621000019963
8. Control valve Device which stabilise the inner pressure, when in operation.	621000019961	621000019961	621000019961	621000019961
9. Control valve pivot				
10. Stainless steel ring	***	***	***	***
11. Rubber sealing ring Allows the pressure cooker to be sealed	Aluminium 621000019965	621000019964	623000019903	Unavailable
	Steel 621000019966		Unavailable	64D000019901
12. Bakelite side handle	Aluminium 621000019969	621000019969	621000019969	Unavailable
	Steel		Unavailable	621000019969
13. Handle fixing screw	621000019969	621000019969	Unavailable	621000019969
14. Aluminium inner basket (optional)	621000019913	622000019913	Unavailable	Unavailable

PAG07

AVAILABLE SPARE PARTS



Available from the
Silamos After
Sales Assistance service

Only use replacement
parts of the Silamos
brand and of the
model in question.

PAG08 **PRIOR TO FIRST USE**

1. Remove all the labels and tags from the cooker before using it for the first time. Wash it with warm water and detergent. Dry it with a cloth.


2. Assemble the 2 side handles and the respective screws that you will find inside the pot:

1st: Place the bakelite handle against the metal handle of the pot and check that the holes match.

2nd: Point the screw at the hole in the bakelite handle and tighten it with a screwdriver or star screwdriver.

3rd: Check if the handle is well fixed.

4th: Repeat the procedure to assemble the other side handle.

 **NOTE THAT** if the handle is not securely fixed, it could come loose and put your safety at risk when handling the pressure cooker. Confirm that the screws are properly tightened.

3. Lubricate the sealing gasket with a little cooking oil to open and close the pot easier, not forgetting the inside of the lip, in the case of lip gaskets.

4. Check for the steam release devices are unobstructed, including the control valve and the safety valve.

5. In **ALUMINIUM** Pressure cooker, to avoid the inner surface from getting darker: fill the pressure cooker with water and baking soda. Let it boil for a few minutes. In case you have an aluminium basket repeat the procedure of the last paragraph;

6. Test the use of the cooker with half a litre of water. Leave it on for 10 minutes after the control valve begins to release steam.


USING THE PRESSURE COOKER PAG09

MINIMUM AMOUNT

The pressure cooker should not be used with less than 250 ml of liquid inside, as this could damage it and/or the heat source.

MAXIMUM AMOUNT

Do not fill the pressure cooker to over 2/3 of its capacity. (See useful capacity in the table on page 3).
Never fill the pressure cooker with more than 1/2 of its capacity when cooking food that increases in volume or form a lot of foam when cooking (beans, chickpeas, dried peas, spinach, pasta, rice, etc.)

 **PLEASE NOTE** that exceeding the capacity may cause steam and/ or food leakage through the regulator valve/or the edge of the lid, as could also occur if the heat source is too high.

PRIOR TO EACH USE

1. In pans with lip sealing gasket, check that the gasket is correctly placed on the edge of the lid and that the lip is not glued (**Fig.01**). If it is stuck, remove it with a little cooking oil.
2. Check whether the control valve holes are clean. The holes must be visible. (**Fig.02**)
3. Check whether the safety valve is clear and working properly, by pressuring lightly the valve piston via the interior of the lid. It should move with no efforts. (**Fig.03**)
4. If you want to use the basket for steaming, place it inside the pan, placing the edge with the largest diameter on the rivets. If you want to use the basket as a container for food, place it on the bottom of the pan, making the edge of smaller diameter pass through the rivets.

PAG10 USING THE PRESSURE COOKER

⚠ NOTE THAT you must not use the basket without liquids inside.

⚠ NOTE THAT the food must be evenly distributed on its base, so that the basket does not become unbalanced and overturn.

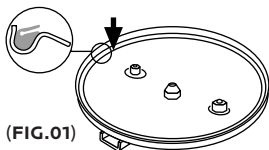
5. Place the lid horizontally and check if the lid is well-positioned related to the body of the cooker. **(Fig.05)**

6. To close the pressure cooker, place the lid **(Fig.05)**, turn the locking lever in the direction indicated by the arrow **(Fig.06)** until the yoke touches the handles. From this position, turn the locking lever at least two more turns in the same direction (with a complete turn representing a 360° rotation). In the case of pressure cookers with a diameter of 280mm, tightening must be at least two and a half turns.

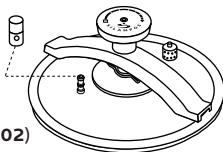
⚠ PLEASE NOTE if the pressure cooker is not securely fastened, steam may escape or drip from the lid edge.

7. Place the control valve on the lid, pressing it against the base. Check if it is well-positioned. **(Fig.04)**

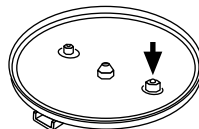
ONLY AFTER THE CONCLUSION OF ALL THESE OPERATIONS, THE PRESSURE COOKER WILL BE READY TO USE OF THE HEAT SOURCE.



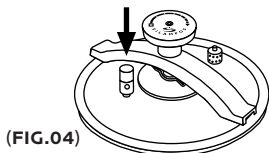
(FIG.01)



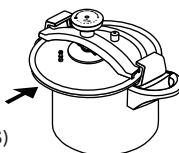
(FIG.02)



(FIG.03)



(FIG.04)



(FIG.05)



(FIG.06)

USING THE PRESSURE COOKER PAG11

DURING THE USE

1. Place the cooker on the connected heat source.

⚠ PLEASE NOTE Do not carry it using the closure button, use only the side handles and if necessary kitchen gloves or another mean of protection. **(Fig 12)**

⚠ PLEASE NOTE the heat source flame or disc should never exceed the diameter of the base of the cooker in order to ensure greater energy efficiency and to prevent the cooker from being damaged.

⚠ PLEASE NOTE that when using a glass-ceramic or induction hob, ensure both the plate and the base of the cooker are cleaned and dried in order to guarantee your safety. Do not drag the cooker so as not to scratch the heat plate / source.

⚠ PLEASE NOTE that induction heating reaches extremely high temperatures are attained in a few seconds, requiring greater precaution and vigilance.

2. Start counting cooking time after checking if the steam is coming out continuously, rotating the control valve. From this moment, the cooker will be reaching its functioning pressure. **(Fig.07)** For greater energy savings, you can reduce the heat source intensity.

3. A. If during the use of the pressure cooker, the control valve does not release steam, check whether the power of the heat source is strong enough. Should this persist, depressurize the pressure cooker and check:

- Whether the quantity of liquid inside the pressure cooker is sufficient;
- Whether the pressure cooker is properly closed;
- Whether the control valve is clear;
- Whether the sealing ring and the edge of the lid are in good conditions.

⚠ PLEASE NOTE that it is normal for the control valve not to release steam or to release intermittent steam in the first few minutes of cooking.

PAG12 USING THE PRESSURE COOKER

B. If the steam is released through the edge of the pressure cooker and/or by the safety valve, remove the pressure cooker from the heat source, depressurize it and check if:

- the cooker is properly closed. Open and close it again (see 6. of chapter “before each use”)
- the control valve is unobstructed;
- the sealing ring is clean, placed correctly and is not damaged (see chapter “upkeep and maintenance”)
- the cooker pressure edge shows no sign of deterioration that prevent the effective adjustment of the sealing ring.

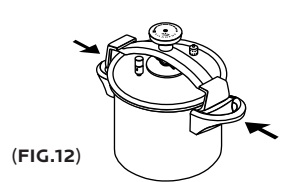
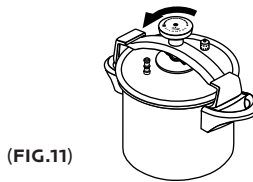
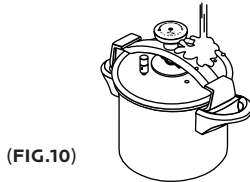
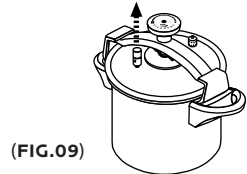
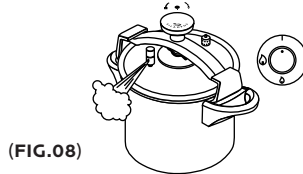
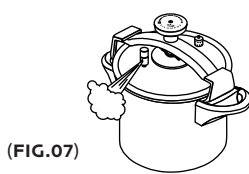
4. Do not place any object on the control valve, whilst the pressure cooker is working.

5. During the use, vapour can be released slightly from the safety valve, due to its main characteristics.

6. In the case of the stainless steel pressure cooker, you can take advantage of the thermic bottom and save energy by disconnecting the heat source before the cooking time has finished. **(Fig.08)**

7. If steam is released via the lid edges, depressurize the pressure cooker. Open it and close it again, following the instruction of 6. of chapter “Before each use”.

USING THE PRESSURE COOKER PAG13



UPON COMPLETION OF USE

1. Once the cooking time has elapsed, remove the pressure cooker from the heat source **and depressurize it, by removing the control valve from the lid (Fig. 09)** You can also put the pressure cooker under cold water to provoke its cooling and then remove the control valve. **(Fig.10)**

⚠ PLEASE NOTE that you should be extremely careful so as not to be burned by the released steam. if necessary, use oven gloves or other means of protection.

2. When all the steam has been released from the control valve pivot, you can open the pressure cooker. Turn the button in the opposite direction of the arrow and remove the lid **(fig 11)**

- If you are unable to remove the lid due to a vacuum having formed inside after the cooker has cooled down, reheat it slowly until you are able to remove the lid easily.

PAG14 USING THE PRESSURE COOKER

3. Wash the pressure cooker, immediately after use. With running water and detergent to avoid salty and acid food to attack the pressure cooker. Do not keep cooked food in the pressure cooker, to avoid damaging it.

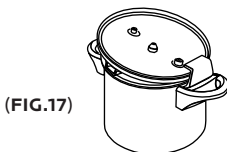
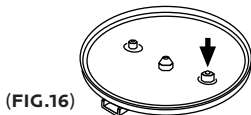
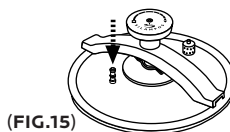
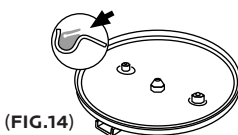
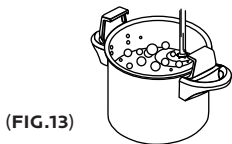
3. Wash the pressure cooker, immediately after use. With running water and detergent to avoid salty and acid food to attack the pressure cooker. Do not keep cooked food in the pressure cooker, to avoid damaging it.

4. If during the cooking process you let the food burn: leave the pan soaked in water and a little bit of detergent for a few minutes before washing it.

5. Wash the control valve pivot with a flush of water or clean it with barbwire. Make sure it is completely clear. **(Fig.15)**

6. Clean the safety valve base and check its functioning. **(Fig.16)**

7. At the end, dry the pressure cooker and the inner lip of the sealing ring with a cloth. **(Fig.14)** After having



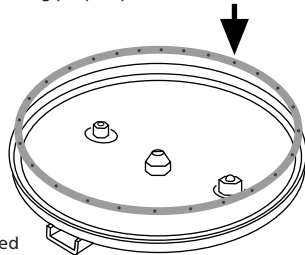
UPKEEP AND MAINTENANCE PAG15

1. Do not heat the pressure cooker when it is empty.
2. Salty cooking water and water with washing-up liquid should not remain in the pressure cooker for any length of time.
3. If the lid is difficult to tighten, lubricate the center screw of the pressure cooker with cooking oil.
4. We recommend you to have the pressure cooker serviced at the Silamos post-sales assistance:
 - After 10 years of use
 - If you have left your pressure cooker empty on a connected heat source,
5. Replace the sealing ring every year or at least every two years. It will need to be replaced early whenever the following occur:
 - Cracks or dents;
 - Deformations;
 - Lack of flexibility.

Any of the aforementioned faults may prevent the pressure cooker from being properly sealed or closed.

HOW TO REPLACE THE LIP SEAL GASKET

Select the appropriate Silamos gasket (see page 6). Place the gasket on the inner edge of the lid, so that they are juxtaposed and make sure the holes are visible – facing upwards. Position the gasket evenly distributed across the lid, then press the lip against the edge of the pot to fit the gasket securely. Close the pot with more force than usual and open it again. Repeat this procedure until the gasket is adjusted and correctly placed.



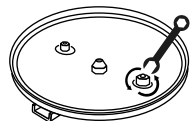
PAG16 UPKEEP AND MAINTENANCE

HOW TO REPLACE THE CONTROL VALVE AND/OR THE SAFETY VALVE

- Turn the lid inwards and unscrew the hexagonal nut counterclockwise using a spanner wrench (**Fig. 18**). Remove the nut.

NOTE: Use a wrench number 10 for the regulation valve and a wrench number 14 for the safety valve.

- Turn the lid outwards and remove the valve by pulling it out of the lid;
- Fit the new accessory from the outside of the lid.
- Turn the lid inwards, holding the accessory, and tighten the nut.



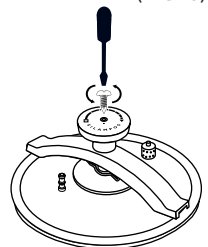
(FIG.18)

HOW TO REPLACE THE SCREW LOCKING LEVER

- Hold the locking lever with one hand and use a screwdriver or cross-head screwdriver to unscrew the screw by turning the wrench counterclockwise.

(**Fig.19**)

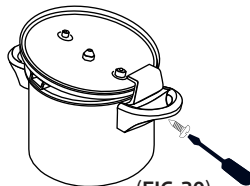
- Remove locking lever.
- Place the new locking lever and its screw.
- Press the button and tighten by turning clockwise.



(FIG.19)

HOW TO REPLACE BAKELITE SIDE HANDLES

- Put down the pot.
- Use a screwdriver and unscrew the screw on the side handles, turning it counterclockwise. (Fig.20)
- To assemble a new handle, see chapter "Before first use".



(FIG.20)

UPKEEP AND MAINTENANCE PAG17

Removing Labels

RECOMMENDATION

Wet the label in very hot water and remove it.

Need to use abrasive pads

RECOMMENDATION

This type of wipe scratches the surface of the piece.

Rub horizontally and not vertically.

Use of detergents

RECOMMENDATION

Do not use disinfectants containing bleach or other detergents containing chlorine (Cl).

The use of aggressive detergents can lead to the appearance of stains.

Burnt food

RECOMMENDATION

Add some water and ammoniac detergent and allow to stand for a few minutes.

Wash the cooker as usual.

If necessary, wipe with a stainless steel scourer.

Calcareous spots (whitish spots)

RECOMMENDATION

Add some vinegar and water and bring the cooker to warm for a few minutes.

Let it cool and wash normally.

Rust spots (brown spots)

RECOMMENDATION

Do not use steel wool scouring pads when cleaning stainless steel parts.

This type of mops can leave rust spots, permanently damaging the surface of the piece.

Choose stainless steel scourers.

PAG18 UPKEEP AND MAINTENANCE

Food stains

RECOMMENDATION

Add a little bit of baking soda and water and let the cooker warm up for a few minutes. Let cool and wash.

Excessive heat stains (colored spots)

RECOMMENDATION

Wash the cooker with ammonia detergent. You can also choose to use brighteners for chrome.

SILAMPOS cleaning product is recommended and effective at removing stains and residues, making stainless steel cookware shine again.



END OF LIFE CYCLE:

When your pressure cooker runs out of service life, do not put it in the trash. Deliver it to an Ecocenter or to our factory: **Silampos, S.A. Rua das Cortinhas, 301 | 3700-605 Cesar**

In this way you will contribute to the environmental preservation, through the appropriate recycling of the materials used in the manufacture of our cookware.

WARRANTY CERTIFICATE PAG19

SILAMPOS Traditional stainless steel pressure cookers benefit from a warranty against non-compliance for a period of **10 years** from delivery of the products, upon presentation of proof of purchase. SILAMPOS traditional aluminum pressure cookers benefit from a warranty against non-compliance for a period of 3 years from delivery of the products, upon presentation of proof of purchase. After the complete pressure cooker has been received at Silampos and the lack of conformity has been confirmed, as well as its date of purchase, Silampos will repair or replace the pressure cooker with an equivalent one, if the repair is not possible. Silampos may, under legal terms, refuse to bring the pressure cooker into conformity if replacement is impossible or involves disproportionate costs.

If the lack of conformity manifests itself during the third year of the warranty period, in order to trigger it, it will be up to the consumer to demonstrate that the lack of conformity already existed on the date of delivery of the product.

THE WARRANTY COVERS

- a. Delayed cracking of the body
- b. Unjustified and sudden darkening of accessories.

THE WARRANTY DOES NOT COVER

It is expressly excluded from the scope of the warranty, both normal and commercial, the evocation of lack of conformity resulting from:

- a. wear of components identified as subject to periodic replacement and classified as such in the instructions for use;
- b. misuse of products - namely, negligent handling and/or misuse;
- c. Scratches caused by metallic utensils or abrasive products;
- d. damage resulting from an accident or fall;
- e. natural wear and tear, loss of shine and surface stains resulting from use, food, heat and/or washing;
- f. professional use.

The warranty ceases to apply when unauthorized parties have repaired, modified or replaced the product.

PAG20 WARRANTY CERTIFICATE

The warranty ceases to apply when unauthorized parties have repaired, modified or replaced the product.

COMMERCIAL WARRANTY

SILAMPOS grants a 25-year commercial warranty exclusively for manufacturing defects of the Impact Disc Plus thermal base, which gives the consumer the rights referred to in paragraphs 2 and 3, provided they are reported within that period and their existence is proven.

LEGAL FRAMEWORK

In everything that is not expressly provided for here, the provisions of Decree-Law no. 84/2021, of 18/October, apply to the relationship between the consumer and SILAMPOS.

AFTER-SALES ASSISTANCE

During and after the warranty period, the consumer may request after-sales assistance for their products, by contacting:

- TO CONTACT SILAMPOS AFTER-SALES SERVICES -

SILAMPOS – Sociedade Industrial de Louça Metálica Campos, S.A.
Rua das Cortinhas, nº.301 3701-906 Cesar - PORTUGAL Tel.: 00351.256850400
servicoaconsumidor@silampos.pt

SOCIAL CAPITAL: 4.000.000 EUROS . VAT NUMBER PT500409927

DECLARATION OF COMPLIANCE PAG21

This declaration of conformity is issued under the exclusive responsibility of the manufacturer.
For all due effects, we declare that the Traditional model pressure cookers, manufactured by Silampos, comply with the provisions of Directive n° 2014/68/EU and the applicable standards, specifically EN 12778.

MODEL Traditional

DESCRIPTION

Stainless steel and aluminium pressure cooker with opening and closing system by progressive closing:

- 2 Stainless Steel capacities ø22cm
- 3 Stainless Steel capacities ø24,5cm
- 3 Stainless Steel capacities ø28cm
- 3 Aluminium capacities ø22cm
- 3 Aluminium capacities ø24,5cm
- 3 Aluminium capacities ø27cm

MANUFACTURER SILAMPOS - Sociedade Industrial de Louça Metálica Campos, S.A. P.O. Box 2004 - Cesar PORTUGAL

EVALUATION OF COMPLIANCE Módulo B + C₂

NOTIFIED ORGANISM CATIM - Centro de Apoio Tecnológico à Indústria Metalomecânica n°.0464

	EU Certificate Type N°
Pressure Cooker Aluminium Ø220	0464 PED B DO 024
Pressure Cooker Aluminium Ø245	0464 PED B DO 025
Pressure Cooker Aluminium Ø270	0464 PED B DO 026
Pressure Cooker Stainless Steel Ø220	0464 PED B DM 017
Pressure Cooker Stainless Steel Ø245	0464 PED B DM 016
Pressure Cooker Stainless Steel Ø280	0464 PED B DO 023

PAG22 DECLARATION OF COMPLIANCE

In addition to EC Regulation n° 1935/2004, guaranteeing that all applicable food compatibility requirements are fullfield with and that the documentation required for this purpose is available.

The Traditional model pressure cooker, made of stainless steel, allows use with all types of food, and the Traditional model pressure cooker, made of aluminum, with neutral and alkaline foods, both in repeated use, for 2 hours at a maximum temperature of 130°C, according to a maximum contact area of 2/3 of the total capacity of the stove and in contact with the gasket identified below

Pressure Cooker Aluminium Ø220	29 cm2
Pressure Cooker Aluminium Ø245	54cm2
Pressure Cooker Aluminium Ø270	46 cm2
Pressure Cooker Stainless Steel Ø220	32cm2
Pressure Cooker Stainless Steel Ø245	54cm2
Pressure Cooker Stainless Steel Ø280	58cm2

April 2023

CEO Eng°. Anibal Campos



COOKING TIMES PAG23

Recipes for 4 persons. The cooking times are calculated from the time the control valve starts spinning.

Vegetables	Approximate Time
Pumpkin/ Broccoli/ Leek/ Cauliflower/ Zucchini/ Green Beans	8 min
Artichokes/ Potatoes/ Beet/ Carrots/Cabbage/peas	13 min
Asparagus/ Spinaches	8 min
White Beans/ Chickpeas	20 min
Turnips	10 min
Soups	
Meat soup	28 min
Vegetable soup/Fish soup	23 min
Fishes	
Tuna	23 min
Codfish	18 min
Conger	15 min
Lobster	7 min
Crayfish	5 min
Squids/ Whiting/ Octopus	13 min
Meats	
Beef/ Rabbit/ Partridge/ Veal	23 min
Lamb	35 min
Chicken/ Turkey/ Duck	18 min

THE COOKING TIMES DEPENDS ON THE HEAT SOURCE.