

# SILAMPOS

## STARTwist

*Twist and start cooking!*

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INSTRUCCIONES DE USO

INSTRUCTIONS FOR USE

MODE D'EMPLOI

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FABRICADO EM  
MADE IN  
PORTUGAL  


    
[www.silampos.pt](http://www.silampos.pt)



GRAPE AQUÍ SU COMPROBANTE DE COMPRA  
ATTACH YOUR PURCHASE RECEIPT HERE  
AGRAFEZ VOTRE JUSTIFICATIF D'ACHAT ICI

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## StarTwist Pressure Cooker

Maximum power 3000 W

### Recommended heat sources



GAS



ELECTRIC



RADIANT



GLASS- CERAMIC



INDUCTION



OVEN



MICROWAVE

# IMPORTANT PRECAUTIONS

**1.** The pressure cooker operates under pressure. Improper use may cause burns and serious harm. Check if the cooker is duly closed before placing it on a heat source. Read the “Using the pressure cooker” chapter.

**2.** Be particularly vigilant when using the pressure cooker in the vicinity of children.

**3.** Do not use the pressure cooker for purposes other than that for which it is intended.

**4.** Do not place the pressure cooker in a heated oven.

**5.** Use the heat source(s) in accordance with the instructions for use.



**6.** Do not use the cooker on heat sources with a power of more than 3000 W.

**7.** Do not use the cooker under pressure to fry food.

**8.** Move the cooker with extreme care when it is under pressure.

**9.** Do not touch hot surfaces. Use the handles and, if necessary, wear gloves or another means of protection.

**10.** Keep your hands away from areas in which steam is released.

**11.** Never force the pressure cooker opening or remove the lid without checking if the cooker is depressurized first. See the instructions on depressurization in the “Using the pressure cooker” chapter.

# IMPORTANT PRECAUTIONS

- 12.** Do not use the cooker with no water inside, as this could seriously damage it. Read the “Before first use” chapter.
- 13.** Check if the valves are unobstructed before each use. Read the “Using the pressure cooker” chapter.
- 14.** Do not fill the pressure cooker to over 2/3 of its capacity. When preparing food that swells when cooked, such as rice or dried vegetables, do not fill the pressure cooker to over half its capacity.
- 15.** The skin of certain meats swells under the effect of pressure (e.g.: beef tongue). After cooking, do not prick meat that looks swollen; you may scald yourself. Prick meat before cooking it.
- 16.** When preparing doughy food, the pressure cooker should be shaken a little before opening the lid in order to prevent food from splashing out.
- 17.** Do not handle the safety systems apart from the guidelines provided in the cleaning and maintenance instructions. Read the “Conservation and maintenance” chapter.
- 18.** Do not use the pressure cooker when it or any of its components is damaged or fails to function as specified in the instructions for use.
- 19.** Only use SILAMPOS replacement parts and of the respective model. Contact the Silampos post-sales assistance.

## READ, COMPLY WITH AND KEEP THESE INSTRUCTIONS

# DESCRIPTION OF THE PRODUCT

**Capacities available:** 6 / 8 and 10-litre

**Inner diameter of the pot:** 24 cm

**Base diameter:** 19.7 cm

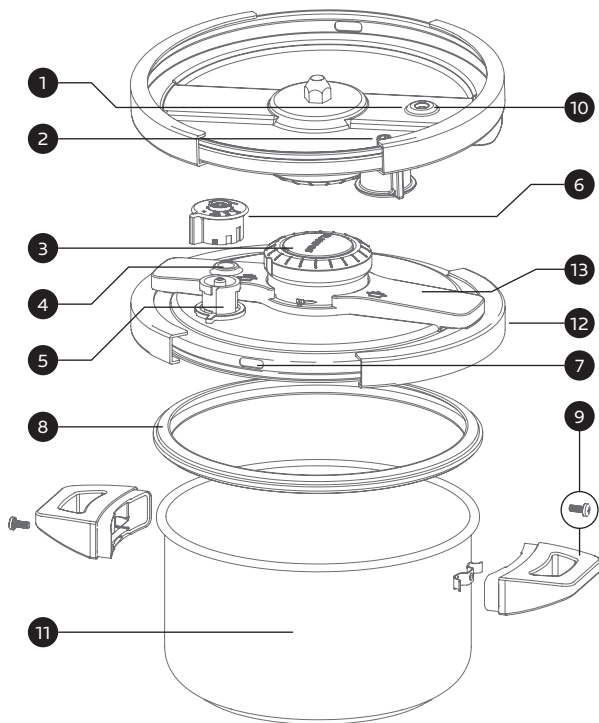
**Type:** Clamps

**Operating pressure:**

**(Level 1)** 0.5 bar\* / 50 kPa **(Level 2)** 0.9 bar\* / 90 kPa

**Maximum admissible pressure:** 1.5 bar\* / 150 kPa

**Boiling temperature: (Level 1)** 111 to 113°C **(Level 2)** 118 to 122°C



\* Pressure unit: 1 bar = 1 kg / 1 cm<sup>2</sup>. A force of 1 kg is exercised in an area of 1 cm<sup>2</sup>

# DESCRIPTION OF THE PRODUCT

## 1. Safety valve in aluminium alloy

A safety device designed to open and close automatically, thereby releasing any excess pressure in the cooker. It is attached to the pressure indicator and blocks the open / close button to prevent it from opening under pressure.

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## 2. Adjustment valve nut in aluminium alloy

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## 3. Open / close button

After putting on the lid, moving this button enables the cooker to open and close. It only allows the cooker to be opened when there is no pressure in it.

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## 4. Pressure indicator

A device that indicates the presence of pressure in the cooker.

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## 5. Adjustment valve

A device designed to stabilise the pressure in the cooker when operating by selecting the pressure level.

64A000019901

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## 6. Selector button

Designed to select the level of pressure and depressurize the cooker. It can be removed from the adjustment valve for cleaning.

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## 7. Expansion window

A device designed to release steam through the sealing ring.

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## 8. Sealing ring in silicone

Ensures the cooker is sealed.

64A000019903

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## 9. Bakelite side handle + screw

64A000019902

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## 10. Safety valve o'ring in silicone

64A000019904

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## 11. Pressure cooker pot in stainless steel

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## 12. Complete pressure cooker lid in stainless steel

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## 13. Control system

Available in specialized retailers

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# BEFORE FIRST USE

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.

Assemble the 2 side handles and respective screws you will find inside the cooker.

Lubricate the sealing ring with a little cooking oil to help open and close the cooker. Check the steam release devices are unobstructed.

Check the selector button moves freely by turning it.

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

## MINIMUM AMOUNT

The pressure cooker should not be used with less than 250 ml of liquid 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.** Please refer to the interior marking. **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 during cooking** (beans, chickpeas, dried peas, spinach, pasta, rice, etc.)

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

TOTAL CAPACITY	USEFUL CAPACITY	NO. OF PERSONS
6 liters	4 liters	4 - 6
8 liters	5,3 liters	5 - 8
10 liters	6,7 liters	8 - 10



# USING THE PRESSURE COOKER

## - BEFORE USE -

1. Place the sealing ring inside the lid, ensuring it is attached tightly to the surface and that its outer edge fits snugly in the groove. **(Fig.01)**
2. Check the regulator valve is unobstructed:  
Turn the selector button to the position as shown in the image, move it and check the channel is clear. **(Fig.02)**
3. Check the safety valve is unobstructed, pressing the valve rod gently into the lid with the help of a sharp object. **(Fig.03)**
4. Check the locking pin is unobstructed and moves freely (the lid in the closed position).
5. To close the cooker, place the lid with its claws opened and adjust the selector button as shown in the image **(Fig.02)**. Turn the open button counter clockwise, pressing a little bit down until you hear a click. **(Fig.04)**

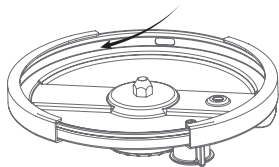


Fig.01

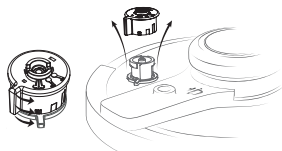


Fig.02

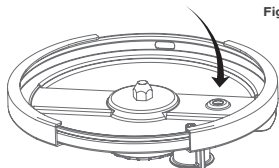


Fig.03

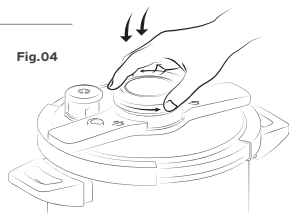


Fig.04

# USING THE PRESSURE COOKER

## - DURING USE -

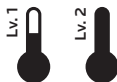
1. Place the cooker on the heat source. Do not carry it using the closure button, use only the side handles and if necessary kitchen gloves or another mean of protection.

**Note that** when heating using the induction method extremely high temperatures are attained in a few seconds, requiring greater precaution and vigilance. 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. 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.

2. Select the pressure level you wish to use.

**Level 1 (0.5 bar/ 50 kPa):** For quick cooking;

**Level 2 (0.9 bar/ 90 kPa):** For extremely quick cooking.



3. Start counting the cooking time when steam begins to come out of the adjustment valve on a constant basis.

4. If when using the pressure cooker the pressure indicator fails to rise and/ or the regulator valve does not release any steam, check if the heat source is powerful enough. If this situation persists, depressurize the cooker and check:

- If there is sufficient liquid in the cooker;
- If the cooker is properly closed;
- If the adjustment valve is unobstructed;
- If the sealing ring or the rim of the cooker is damaged;
- If the pressure gauge is unobstructed.

**Note that** it is normal for the adjustment valve not to release steam or to release intermittent steam in the first few minutes of cooking.

5. Do not place objects on the pressure indicator and/ or adjustment valve while the cooker is in operation.

6. Take advantage of the stored heat and save energy by turning off the heat source, before the estimated time for the food preparation.


# USING THE PRESSURE COOKER

## - DURING USE -

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

- the lid is properly closed;
- the adjustment valve is unobstructed;
- the sealing ring is clean, properly positioned and shows any sign of deterioration;
- the edge of the pressure cooker shows any signs of deterioration which prevent the effective adjustment of the sealing ring.

## - UPON COMPLETION OF USE -

1. Once the cooking time has elapsed, remove the pressure cooker from the heat source and DEPRESSURISE it, slowly turning the selector button to the position 

**Note that** you should be extremely careful so as not to be burned by the steam released.

**Note that** the pressure cooker should never be opened without placing first the selector button in the depressurized position.

2. After depressurisation, open the pressure cooker by turning the button in a clockwise direction. (Fig.05)

**Note that** you should not force the pressure cooker open until the pressure indicator down, as this could put the user in danger and damage the cooker.

- If you are unable to remove the lid due to a vacuum having formed inside after the cooker has cooled down, reheat it slowly. Depressurize according to 1. and 2. to remove the lid easily.

3. Wash the pressure cooker manually with running water and detergent . DO NOT WASH THE LID IN THE DISHWASHER OR IMMERSE IT IN WATER



CAN BE WASHED IN  
A DISHWASHER,  
EXCEPT THE LID

# USING THE PRESSURE COOKER

## - UPON COMPLETION OF USE -

**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 pressure cooker after each use with running water and detergent

- Pot: wash it by hand or in the dishwasher.

- Lid: wash it by hand only. The lid should not be washed in the dishwasher nor be immersed in water.

- Sealing ring: remove the sealing ring from the lid and wash it by hand with water and detergent. Dry it before putting it back inside the lid

- Safety valve: wash it with running water, ensuring that the water passes through the valve (**Fig.06**). Check that the safety valve is unobstructed by gently pressing the valve plunger through the inside of the lid with a pointed object.

- Adjustment valve: remove the selector button by placing it in this position as shown in the image (**Fig.05**) and rinse it under running water. Replace the selector button and make sure it is securely in place. It should move without difficulty.

**Note that** an improper assembly may difficult or even restrain the adjustment valve from working, forcing the safety valve to operate.

**6.** After cleaning and drying it, store the cooker uncovered or with the lid turned upside down to prevent deformations of the sealing ring. (**Fig.07**)

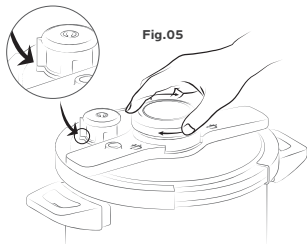


Fig.05

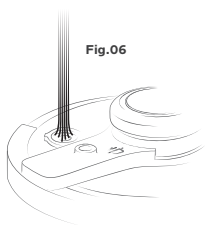


Fig.06

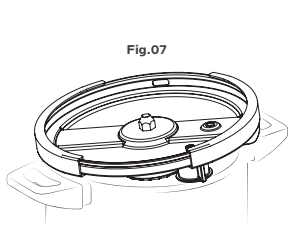


Fig.07

# CONSERVATION AND MAINTENANCE

## - KEEPING YOUR PRESSURE COOKER IN GOOD CONDITION FOR LONGER -

Do not heat the pressure cooker when it is empty. If you have left the pressure cooker on the heat source with no liquid inside, take the pressure cooker to Silampos post-sales assistance.

Salty cooking water and water with washing-up liquid should not remain in the pressure cooker for any length of time.

After 10 years of use we recommend you have the pressure cooker serviced at the Silampos post-sales assistance.

### **Replace the sealing ring every year or at least every two years**

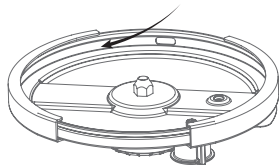
It will need to be replaced early whenever the following occur:

- Cracks or dents;
- Deformations;
- Lack of flexibility.

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

## - TO INSTALL A NEW SEALING RING -

Place the ring on the inner edge of the lid, ensuring it is well attached to the surface and its outer edge fits snugly in the groove.



## - INSTRUCTIONS FOR REPLACING THE CONTROL SYSTEM -

### To remove the control system

- 1 - Turn the lid inwards and unscrew the hexagonal nut counter clockwise using a wrench n°17 (fig.08). Remove the nut.
- 2 - Turn the lid towards the outside and remove the control system by pulling it out of the lid (fig09)

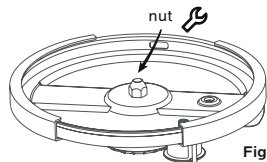


Fig. 08

### Apply the new system:

- 3 - Make sure that the claws are always firmly positioned against the lid (closed position) (fig10)
- 4 - Turn the open/close button to the closed position - (fig10.1) ⚠
- 5 - Align the positions according to the arrows in Fig10, making sure that the hole in the control system matches the position of the safety valve (fig10.2) ⚠
- 6 - Keep the claws always firmly against the lid and fit the new control system into the lid hole, ensuring that it fits well (fig10).
- 7 - Turn the lid inwards, ensuring that the control system remains firmly against the lid.
- 8 - Apply the hexagonal nut and tighten it clockwise with wrench n°17 (fig08). Make sure it is tight - until you cannot turn the wrench anymore.
- 9 - Turn the lid to the outwards.
- 10 - Lift the lid with one hand, and with the other, test the opening / closing button before using the lid. It should rotate in both directions, without difficulty, with a click at each limit (fig11).

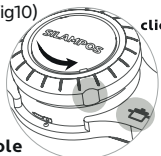


Fig. 10.1

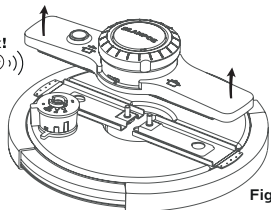


Fig. 09

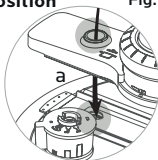


Fig. 10.2

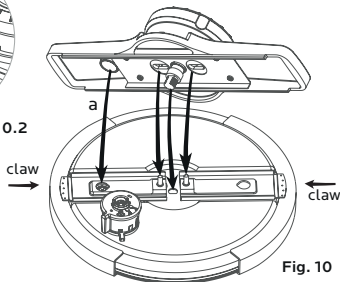


Fig. 10

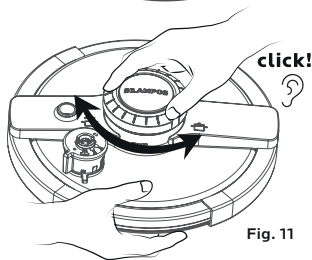


Fig. 11

The lid is ready to use.

# CONSERVATION AND MAINTENANCE

## **Removal of labels and tags**

### **RECOMMENDATION**

Wet the label in very hot water and remove it.

## **Use of abrasive pads**

### **RECOMMENDATION**

Do not use steel wool scourers (this type of scouring pads deteriorates the surface of the stainless steel part). Use “scotch” or stainless steel scouring pads. 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 could result in the appearance of stains.

## **Burnt food**

### **RECOMMENDATION**

Add some water and ammoniac detergent and leave it to rest for a few minutes. Wash the pressure cooker as usual.

If necessary scrub it with a stainless steel pad.

## **Limescale stains (whitish stains)**

### **RECOMMENDATION**

These stains are caused by the hardness of the water. Add a little vinegar and water and heat the pressure cooker for a few minutes. Allow it to cool down and wash as usual.

# CONSERVATION AND MAINTENANCE

## **Rust stains (brownish stains)**

### **RECOMMENDATION**

Do not use steel wire pads when cleaning stainless steel cookware. This type of pad may leave rust stains, permanently damaging the surface of the pressure cooker. Use stainless steel pads by choice. Use stainless steel or “scotch” pads.

## **Food stains**

### **RECOMMENDATION**

Add a little bit of bicarbonate of soda with water and heat the pressure cooker for a few minutes. Leave it to cool down and wash it.

## **Excess heat stains (coloured stains)**

### **RECOMMENDATION**

Wash the pressure cooker with ammoniacal detergent. You can also use brighteners for chrome parts.

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THE **SILAMPOS CLEANING PRODUCT** IS RECOMMENDED AND EFFECTIVE AT REMOVING STAINS AND RESIDUE, ENSURING YOUR PRESSURE COOKER SHINES AGAIN.

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### **END OF SERVICE LIFE:**

Do not dispose of your pressure cooker when its service life has expired. Deliver it to an EcoCenter or to our manufacturing plant at **Silampos, S.A. Rua das Cortinhas, 301 | 3700-605 Cesar, Portugal**. You will thereby be helping to preserve the environment by correctly recycling the materials used in the manufacture of our cookware.



# CERTIFICATE OF GUARANTEE

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 involves 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.

# CERTIFICATE OF GUARANTEE

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:

### - CONTACT DATA FOR ASSISTANCE -

SILAMPOS - Sociedade Industrial de louça Metálica Campos, S.A.

Rua das Cortinhas, 301 | 3701-906 Cesar PORTUGAL

**Tel.:** +351 256 850400 | **servicoaoconsumidor@silampos.pt**

PRIVATE LIMITED COMPANY – SHARE CAPITAL 4 000 000 EUROS  
ENROLLED WITH THE OAZ MERCANTILE REGISTRY OFFICE AND TAXPAYER  
REGISTRY (NIF) UNDER N° PT500409927

# DECLARATION OF CONFORMITY

This declaration of conformity is issued under the exclusive responsibility of the manufacturer.

For all due effects and purposes, we hereby declare that the StarTwist pressure cooker, manufactured by Silampos, complies with the provisions of Directive nº 2014/68/EU and the applicable standards, specifically EN 12778.

**MODEL** StarTwist

**DESCRIPTION** stainless steel pressure cooker with opening and closing system by clamps, available in 3 capacities

## MANUFACTURER

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

## CONFORMITY ASSESSMENT

Module B+C<sub>2</sub>

## BODY NOTIFIED

CATIM - Centro de Apoio Tecnológico à Indústria Metalomecânica nº. 0464

EU Certification type n.º 0464 B CU 008

In addition to EC Regulation nº 2935/2004, guaranteeing that all applicable food compatibility requirements are fulfilled with and that the documentation required for this purpose is available.

The StarTwist pressure cooker has been designed to be in contact with all types of food, in repeated uses, of 2 hours at maximum temperature of 130 °C, in accordance with a maximum contact area of 2/3 of the total capacity of the cooker and of 223 cm<sup>2</sup>, in contact with the sealing ring.

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**DATE**

June 2020

**CEO**

Aníbal Campos



# COOKING TIMES

- THE COOKING TIMES SPECIFIED BELOW MAY VARY IN ACCORDANCE WITH THE ENERGY SOURCE USED -

<b>Vegetables</b>	<b>Approximate Time</b>	<b>Pressure Level</b>
Pumpkin/ Broccoli/ Leek/ Cauliflower/ Zucchini/ Green Beans	5 min	1 <sup>st</sup> Level
Artichokes/ Potatoes/ Beet/ Carrots/ Cabbage/	10 min	1 <sup>st</sup> Level
Asparagus/ Spinaches	3 min	1 <sup>st</sup> Level
White Beans/ Chickpeas	15 min	2 <sup>nd</sup> Level
Turnips	7 min	1 <sup>st</sup> Level
<b>Soups</b>		
Meat Soup	25 min	2 <sup>nd</sup> Level
Vegetable Soup/Fish Soup	20 min	2 <sup>nd</sup> Level
<b>Fishes</b>		
Tuna	20 min	2 <sup>nd</sup> Level
Codfish	15 min	2 <sup>nd</sup> Level
Conger	12 min	1 <sup>st</sup> Level
Lobster	4 min	1 <sup>st</sup> Level
Crayfish	2 min	1 <sup>st</sup> Level
Squids/ Whiting/ Octopus	10 min	1 <sup>st</sup> Level
<b>Meats</b>		
Beef/ Rabbit/ Partridge/ Veal	20 min	2 <sup>nd</sup> Level
Rabbit	30 min	2 <sup>nd</sup> Level
Chicken/ Turkey/ Duck	15 min	2 <sup>nd</sup> Level