







PRESET GUIDE

Default Time		Texture 			Time 	
Presets & Functions	Hrs:Min	Less	Normal	More	Min.*	Max
Rice	00:10	00:07	00:10	00:13	00:01	01:40
Multi Grain	00:27	00:22	00:27	00:32	00:01	01:40
Soup	00:15	00:10	00:15	00:20	00:01	01:40
Meat/Stew	00:40	00:20	00:40	00:50	00:01	01:40
Poultry	00:20	00:15	00:20	00:25	00:01	01:40
Beans	00:20	00:15	00:20	00:25	00:01	01:40
Fish	00:08	00:06	00:08	00:10	00:01	01:40
Steam/Veggies	00:05	00:03	00:05	00:07	00:01	01:40
Potatoes	00:06	00:04	00:06	00:10	00:01	01:40
Bake	00:40	00:30	00:40	00:50	00:01	01:40
Canning	00:20				00:01	01:40
Delay 					00:05	24:00
Warm 	04:00				01:00	24:00
Sear 	00:05				00:01	00:20
Slow Cook 	04:00				02:00	09:00

*Minimum Time

The NuWave Nutri-Pot Digital Pressure Cooker is programmed to a set pressure of 70kPa. **kPa** as a unit of pressure measurement, is widely used throughout the world instead of the “**Pounds per Square Inch, (PSI)**” method. kPa to PSI ratio is approximately 7kPa to 1PSI.

For example: 2PSI is equal to 14kPa.



- 1 Press a preset button (Ex: “**rice**”). The main display will show the default time for this preset (Ex: 00:10). The digits to the right of the colon (“:”) display the minutes and the digits left of the colon display the hours. On the main panel, an LED bar will light up to indicate that the preset is on “**normal**” mode, which is the default.
- 2 To begin cooking, close the lid, then press the “**start/stop**” button.
- 3 See “**hours/minutes**” and “**texture**” sections for instructions on adjusting the time.

Example:



Follow these simple steps for each preset. On this example P0:10 is the default pressure time. The pressure time will vary depending on the preset you choose.