

Avalla

Pressure Cooker



K-45

Multi-Cooker



K-90

Read this manual carefully before use and keep it for future reference. Failure to do so may result in injury, property damage and may void the warranty.



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Contents

03	Designed with safety in mind
04	Parts guide: K-45
05	First time set up: K-45
06	Display guide: K-45
07	Using your K-45
08	Parts guide: K-90
09	First time set up: K-90
10	Display guide: K-90
11	Using your K-90
12	Cleaning and storage
12	Health and safety • Symbols from the unit and packaging • The following must always be observed for safety
15	Disposal
15	Troubleshooting
15	Specifications

Designed with safety in mind

Please familiarise yourself with the instructions and operation of your cooker before use.

Basic safety precautions should always be followed.

The K-45 and K-90 have been designed with a number of built in safety features.

If the cooker lid will not unlock, this indicates that it is still under pressure, do not force it. Once the pressure has dropped the lid will unlock and you will be able to open it. (See 'Using your K-45' or 'Using your K-90')

It is normal for steam to vent from the cooker during the cooking program. The cooker will vent steam to regulate the pressure and prevent excess pressure and heat from building up.

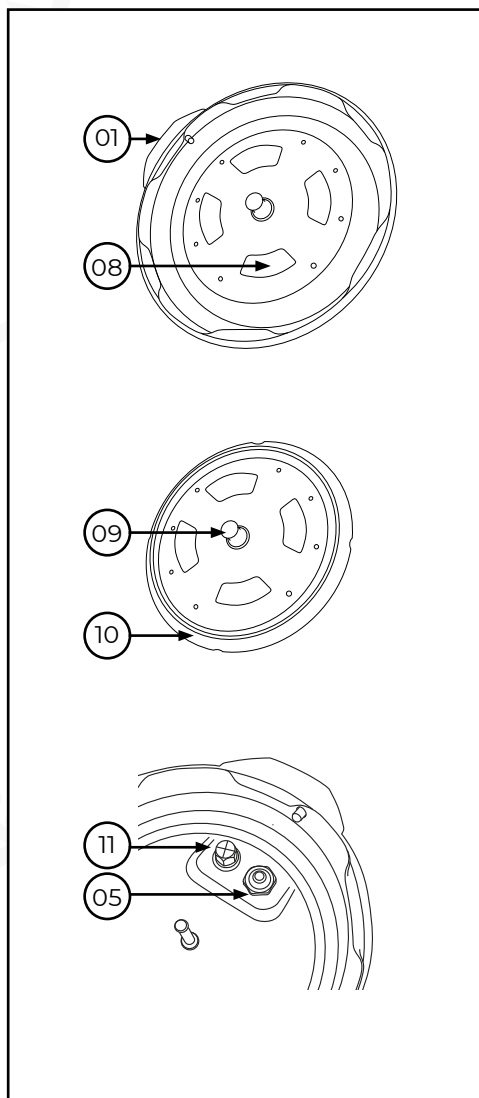
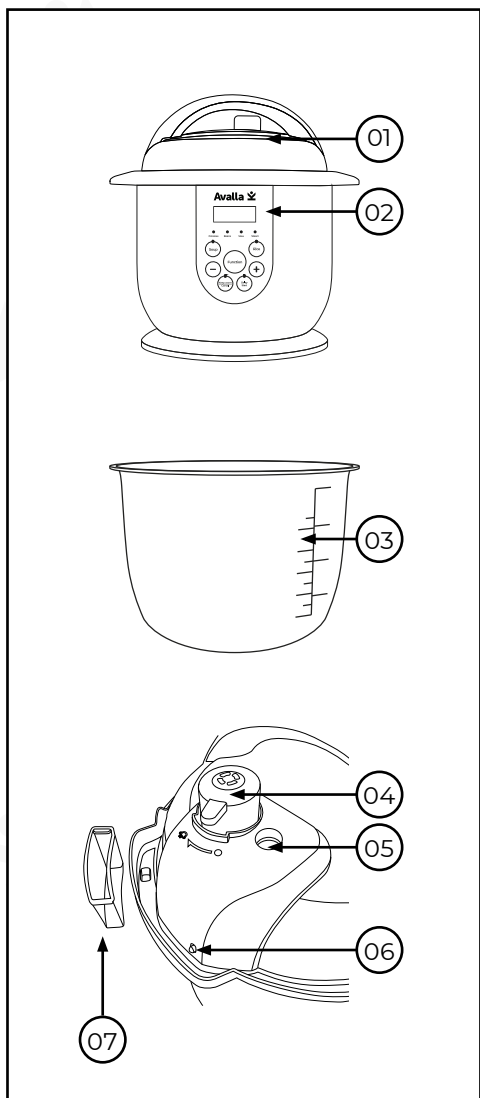
Always use heat protection and keep hands, face, and other body parts away from the pressure release valve when venting and when removing the cooker lid.

If the cooker does not build pressure or steam leaks from the lid, the silicone seal may not be seated properly or may be damaged.

The sides and top of the cooker will become hot during cooking. Move the cooker by the side handles and only when switched off, unplugged and cool. Do not move the cooker during cooking.

Please ensure all food is piping hot throughout before serving. Cooking times may vary depending on quantity and personal preference, please refer to your recipes' instructions for more information.

Parts guide: K-45



- 01. Cooker lid
- 02. Control panel
- 03. Cooking pot
- 04. Pressure release valve
- 05. Float valve
- 06. Lid pin

- 07. Condensation cup
- 08. Heat shield
- 09. Silicone grab point
- 10. Silicone ring
- 11. Anti-clog cap

First time set up: K-45

Remove all packaging. Remove the 'Cooker lid' by turning it clockwise and take out the spatula and 'Condensation cup' from the 'Cooking pot'.

Remove the 'Heat shield' from the underside of the 'Cooker lid' by pulling the 'Silicone grab point' firmly. Then remove the 'Silicone ring' from the 'Heat shield'.

Clean the 'Cooker lid', 'Cooking pot', 'Silicone ring' and 'Heat shield' in warm soapy water and then dry thoroughly.

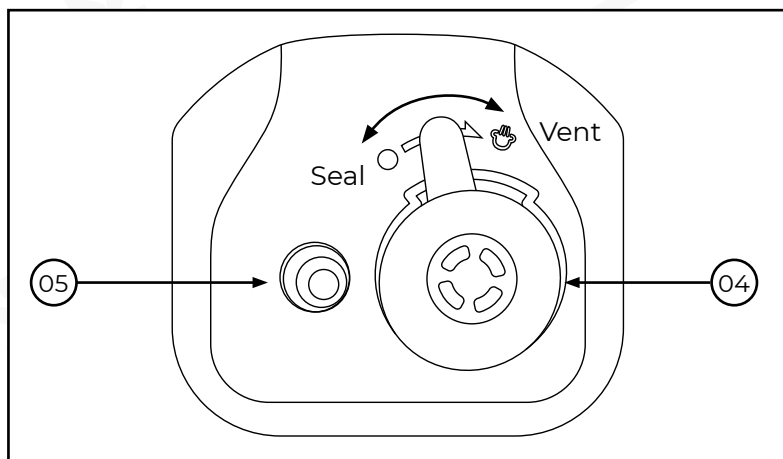
Replace the 'Silicone ring' around the 'Heat shield', ensuring it is seated correctly. It can be placed either way. If the 'Silicone ring' is not properly seated the lid won't seal fully and the cooker won't be able to pressurise.

Re-attach the 'Heat shield' to the 'Cooker lid', ensuring it is connected firmly.

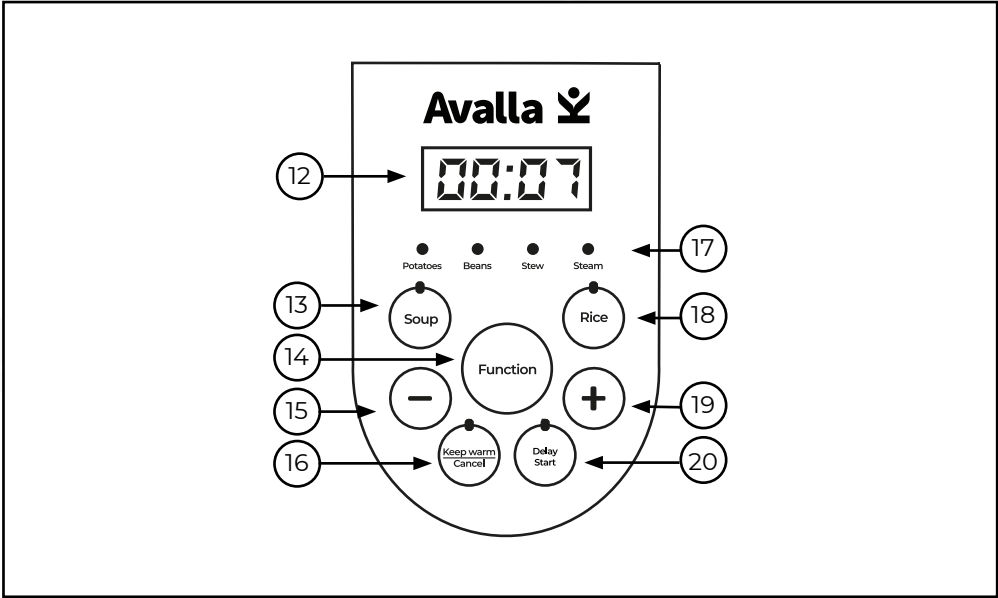
Replace the 'Cooker lid', turn it anti-clockwise until it locks in place. Make sure it's correctly fitted.

Position the 'Condensation cup' in the allocated slot at the back of the unit.

Set the 'Pressure release valve' to 'Seal' or 'Vent' according to your recipe's instructions. See image below.



Display guide: K-45



12. Digital display

13. Soup mode

14. Function selection

15. Time adjust (Down)

16. Keep warm / Cancel
17. Function indicator

18. Rice mode

19. Time adjust (Up)

20. Delay start

Default cooking times

The table below shows the default cooking times for each cooking program. These times are a guide and can be adjusted using the 'Time adjust' buttons.

Function	Default cooking time (mins)
Potatoes	10
Beans	40
Stew	25
Steam (vent)	18
Soup	30
Rice	12

Using your K-45

Set - cooking programs

Press either 'Function selection' to cycle through the cooking programs or you can select 'Soup' or 'Rice'. The default cooking time will be displayed, you can also adjust the time manually using the 'Time adjust' buttons.

 Tip – You can press and hold down the 'Time adjust' buttons to change time in 15 minute increments.

Start - pressure cooking

For this mode the 'Pressure release valve' should be set to the 'Seal' position. After five seconds the zeros on the left of the 'Digital display' will begin to circle and preheating will start. Cooking will commence and the program timer will start once the temperature and pressure has reached operating level.

Start - vented cooking

For this mode the 'Pressure release valve' should be set to the 'Vent' position. After five seconds the zeros on the left of the 'Digital display' will begin to circle and preheating will start. Cooking will commence and the program timer will start once the temperature has reached operating level.

Start - delay

If you would like to delay the start of cooking, press the 'Delay start' button, and then use the 'Time adjust' buttons to select how long you would like before the cooking starts, between 30 minutes and 24 hours.

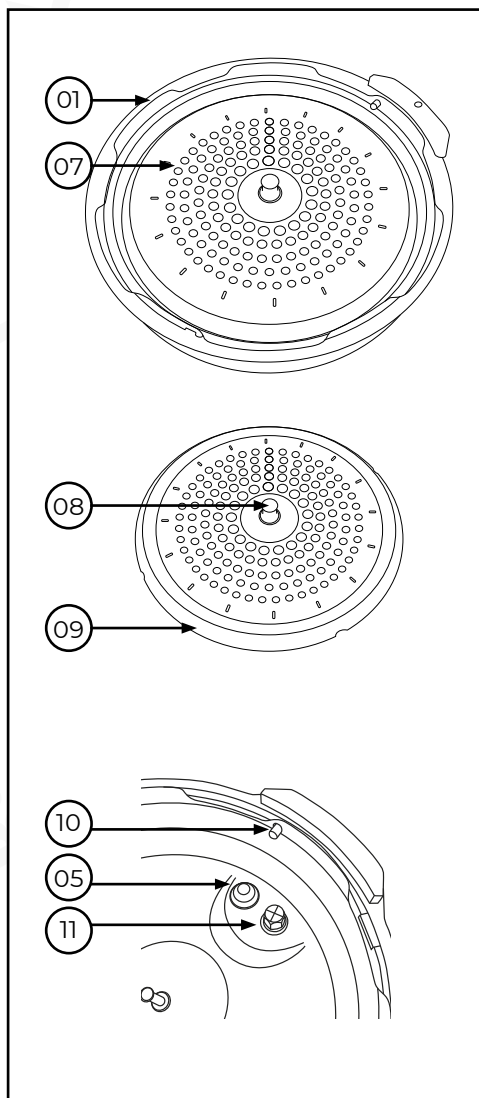
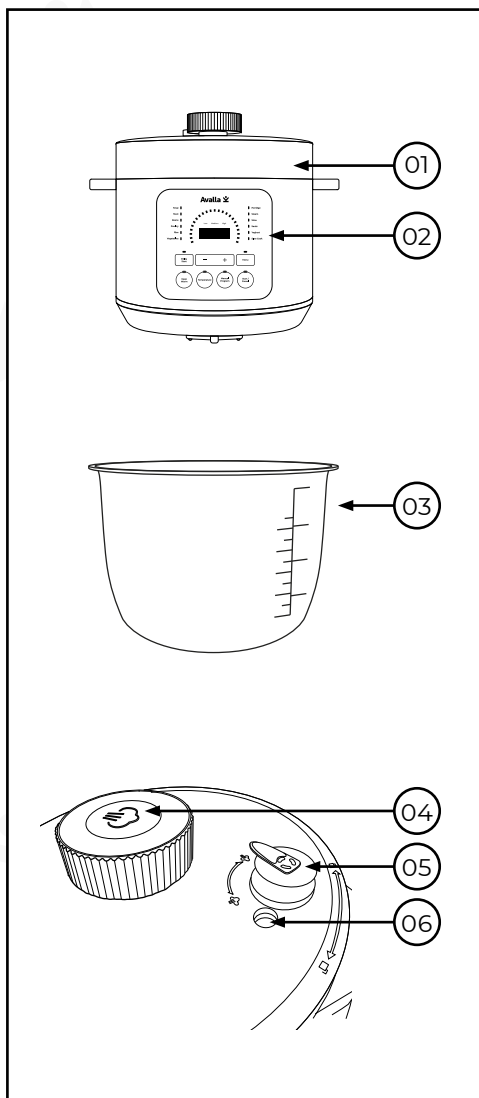
Keep warm

Once the cooking program has finished, and the 'Float valve' has fallen, the lid will be unlocked and able to open. The unit will automatically change to keep warm mode for up to two hours. You can also start keep warm mode by pressing 'Keep warm / Cancel' and adjust the time using the 'Time adjust' buttons.

Caution: Take care when manually releasing pressure as high temperature steam will be released. Risk of scolding. Use heat protection and a long handled wooden spoon to move the valve.

When pressure cooking, make sure the 'Float valve' has fallen prior to removing the 'Cookeer lid' and always use heat protection.

Parts guide: K-90



- 01. Cooker lid
- 02. Control panel
- 03. Cooking pot
- 04. Quick vent button
- 05. Pressure release valve
- 06. Float valve

- 07. Heat shield
- 08. Silicone grab point
- 09. Silicone ring
- 10. Lid pin
- 11. Anti-clog cap

First time set up: K-90

Remove all packaging. Remove the 'Cooker lid' by turning it clockwise and take out spatula from the 'Cooking pot'.

Remove the 'Heat shield' from the underside of the 'Cooker lid' by pulling the 'Silicone grab point' firmly. Then remove the 'Silicone ring' from the 'Heat shield'.

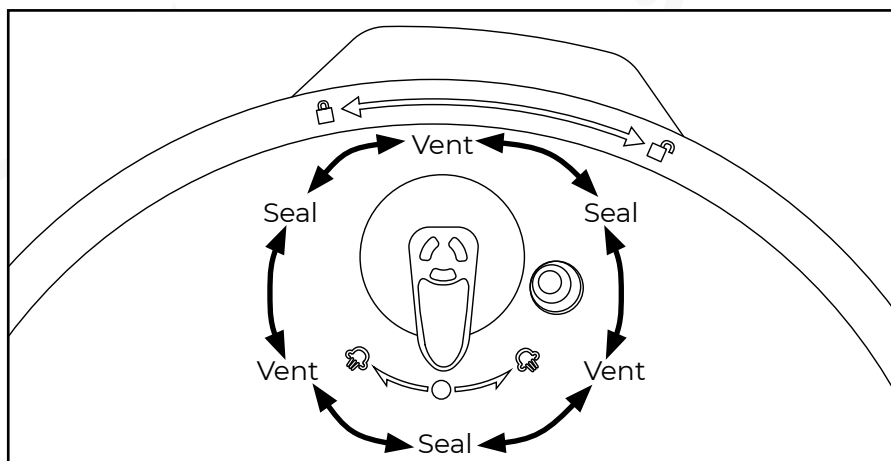
Clean the 'Cooker lid', 'Cooking pot', 'Silicone ring' and 'Heat shield' in warm soapy water and then dry thoroughly.

Replace the 'Silicone ring' around the 'Heat shield', ensuring it is seated correctly around the 'Heat shield'. It can be placed either way. If the 'Silicone ring' is not properly seated the lid won't seal fully and the cooker won't be able to pressurise.

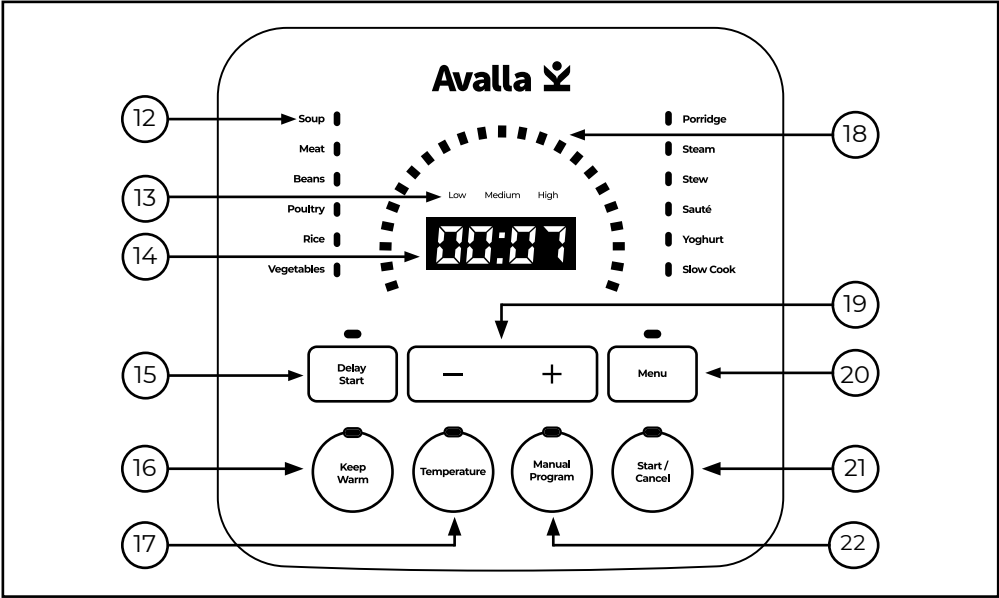
Re-attach the 'Heat shield' to the 'Cooker lid', ensuring it is connected firmly.

Replace the 'Cooker lid', turn it anti-clockwise until it locks in place. Make sure it's correctly fitted.

Set the 'Pressure release valve' to 'Seal' or 'Vent' according to your recipe's instructions. The K-90 features a 360 valve system which allows the 'Pressure release valve' to 'Seal' or 'Vent' in 3 positions. The valve is set to 'Seal' in a dropped position and 'Vent' in a raised position. The image below is a guide.



Display guide: K-90



12. Program indicator
13. Temperature indicator
14. Digital display
15. Delay start
16. Keep warm
17. Temperature
18. Light arc
19. Time adjust (Up / Down)
20. Menu
21. Start / Cancel
22. Manual program

Default cooking times

The table below shows the default cooking times for each cooking program. These times are a guide and can be adjusted using the 'Time adjust' buttons.

Function	Default cooking time (mins)
Soup	30
Meat	20
Beans	40
Poultry	20
Rice	12
Vegetables	12
Porridge	20

Function	Default cooking time (mins)
Steam (Vent)	15
Stew	40
Sauté (Vent)	30
Yoghurt	480 (8h)
Slow cook	45
Pressure cooking	20

Using your K-90

Set - cooking programs

Press 'Menu' to cycle through the cooking programs. The default cooking time and temperature will be shown. You can adjust cooking time using the 'Time adjust' buttons and press 'Temperature' to cycle through the three temperature settings.

Set - manual program cooking

Press 'Manual program' to set your own time and temperature. Use the 'Time adjust' buttons to set the cooking time and then press 'Temperature' to cycle through the three temperature settings.

 Tip – You can press and hold down the 'Time adjust' buttons to change time in 15 minute increments.

Start - pressure cooking

For this mode the 'Pressure release valve' should be set to the 'Seal' position. Press 'Start / Cancel' to begin preheating. The 'Light arc' will flash. Cooking will commence and the program timer will start once the temperature and pressure has reached operating level.

Start - vented cooking

For this mode the 'Pressure release valve' should be set to the 'Vent' position. Press 'Start / Cancel' to begin preheating. The 'Light arc' will flash. Cooking will commence and the program timer will start once the temperature has reached operating level.

Start - delay

If you would like to delay the start of cooking, press the 'Delay start' button, and then use the 'Time adjust' buttons to select how long you would like before the cooking starts, between 30 minutes and 24 hours.

Keep warm

Once the cooking program has finished, and the 'Float valve' has fallen, the lid will be unlocked and able to open. The unit will automatically change to keep warm mode for up to two hours. You can also start keep warm mode by pressing 'Keep warm' and adjust the time using the 'Time adjust' buttons.

Caution: Take care when manually releasing pressure as high temperature steam will be released. Risk of scolding. Use heat protection and a long handled wooden spoon to move the valve. When pressure cooking, make sure the 'Float valve' has fallen prior to removing the 'Cookeer lid' and always use heat protection.

Cleaning and storage

The unit should be cleaned thoroughly after every use.

- Unplug the unit from the wall outlet before cleaning.
- To clean the cooker base and the control panel, wipe them clean with a damp cloth.
- The cooking pot and silicone ring can be washed in the dishwasher.
- The pressure lid, including the pressure release valve and anti-clog cap, can be washed with water and a mild soap.
- If food residue is stuck on the cooking pot, fill the pot with water and allow to soak before cleaning.
- Air-dry all parts after each use.

Caution - Do not use any abrasive materials or cleaning products on any part of the multi - cooker.

Caution - Never put the cooker base or lid in the dishwasher or immerse it in water or any other liquid.

Only use genuine Avalla silicone rings designed for this specific model.

Health and safety

Symbols from the unit and packaging



Read the
instruction
manual



UK Conformity
Assessed



Class I
Construction
(Earthed)



European
Conformity



Caution, hot
surface

IPX4

Ingress protection
rating. Resistant
to water splashing
against the enclosure
from any direction shall
have no harmful effect.

The following must always be observed for safety

- Extreme care must be taken when this unit is under pressure. It cooks under pressure. Make sure the unit is properly sealed prior to operation. Do not attempt to open the cooker lid until all pressure has been released from the unit, and the contents have been allowed to cool slightly.
- Always use heat protection and keep hands, face, and other body parts away from the pressure release valve when venting. Ensure it's not directed towards the power cord, power outlet, other appliances, walls, or cabinets. Always keep adequate space around the unit during operation.
- If the cooker lid will not unlock, this indicates that it is still under pressure, and you must not attempt to force it to unlock. Doing so can be extremely hazardous. Turn the pressure release valve to the "vent" position, using heat protection and avoiding contact with the released high temperature steam. When the steam is completely released, the float valve will move to the lower position, allowing the cooker lid to be removed safely.
- When you remove the cooker lid, additional high temperature steam may escape. Always use heat protection and keep your hands, face and other body parts away from the unit. Always lift and tilt the cooker lid away from you.
- Spilled food can cause serious burns. Keep the unit and power cord away from children. This unit is not intended to be used by children and close adult supervision is required if using in the vicinity of children. Never drape the power cord over the edge of a counter, plug into a low-lying power outlet or use an extension lead. Doing so could cause a tripping hazard or allow the unit or its power source to come into reach of children or animals, all posing a spillage hazard.
- This appliance can be used by children aged from 8 years and above if they have been given supervision or instruction concerning use of the appliance in a safe way and if they understand the hazards involved. Cleaning and user maintenance shall not be made by children unless they are older than 8 and supervised. Keep the appliance and its cord out of reach of children aged less than 8 years.
- Persons with lack of experience or knowledge, reduced physical, sensory, or mental capabilities, can use this appliance if they have been given supervision or instruction concerning use of the appliance in a safe way.
- This appliance is intended to be used in household and similar applications such as:
 - Staff kitchen areas in shops, offices and other working environments;
 - Farm houses;
 - By clients in hotels, motels and other residential type environments;
 - Bed and breakfast type environments.
- Component parts must only be replaced with identical repair parts.
- If the power cord is damaged, it must be replaced by the manufacturer, its service agent, or similarly qualified persons.
- The appliance must be disconnected from its power source during servicing, cleaning or when not in use. Do not use chemicals or abrasive cleaners to clean the appliance unless otherwise specified in this manual.
- Always operate the unit from a grounded power outlet of equal voltage, frequency and rating as indicated on the product identification plate.
- Do not operate with wet hands. Keep the main unit away from sources or water, moisture, or any other liquids. Do not rinse the cooker base, power cord, power connection, or the cooker lid under running water.
- Do not leave the unit running unattended.
- Do not immerse the multi - cooker or any of its electrical components.
- Do not unplug, move, or tilt the unit while it is in operation. When moving the unit, ensure it's cool and it does not contain any hot contents and use the two side handles, not the top cooker lid handle to carry it.
- Do not unplug by pulling on the power cord.
- Do not operate the unit if it is dropped, damaged or showing signs of product malfunction.

- The unit must be installed in accordance with national wiring regulations.
- The appliance must be stored in a manner to prevent damage.
- Do not place in direct sunlight or near objects that may cause mechanical vibration or shock.
- Do not use the appliance where combustible / flammable gases or vapours are present, or in areas of high humidity.
- The cooking pot has a non-stick coating, to avoid scratches use wooden or plastic ladles only.
- You must only use the provided original cooking pot and accessories / parts and the cooking pot must be installed whilst the unit is on.
- Carefully remove and discard all packaging including the protective plug cover. Some parts may pose a choking hazard for children.
- Always ensure the appliance is properly assembled before use.
- This is intended to be used on a counter top only and it must be level, clean and dry.
- Clean up any spilled food or residue on appliances, utensils and surfaces in a manner which prevents a health risk to you and others. Be extra careful with raw foods, especially meats.
- Do not place any part of the unit or it's accessories on or next to any heat source such as an oven electric burner, radiator etc.
- Do not cover, block, tamper with, disassemble or alter the pressure valves.
- Always allow the unit to fully cool down before putting on or taking off any parts or accessories, handling, cleaning, or storing.
- Do not place food or liquid into the cooker base, it must be put into the cooking pot only.
- Use only original Avalla silicone rings, do not use this product if the silicone ring is torn or damaged. Never use this product without the silicone ring in place and always ensure the silicone ring is clean and free of debris.
- Do not operate the unit without food or liquids in the removable cooking pot for more than 5 minutes.
- Do not use this appliance for deep frying.
- Do not exceed the food or liquid filling levels detail in this manual.
- Pressure cooking can cause some foods to expand considerably and should therefore be treated with caution. Examples of such foods are oatmeal, cereals, pearl barley, apple sauce, cranberries, split peas, noodles, dried vegetables, beans, grains, rice, pasta, and rhubarb. Do not use this unit to cook instant rice.
- Before placing the cooking pot into the cooker base, ensure both are dry by wiping with a dry soft cloth, only do this when the unit is cool and disconnected from the mains supply.
- Do not sauté or fry with oil using this unit.
- Always check the pressure release valve and float valve for any obstructions prior to use. Clean them thoroughly if necessary and ensure they both work correctly / move freely prior to use.
- When using the unit to pressure cook, always keep the cooker lid locked and the pressure release valve set to the closed "lock" position.
- When using the unit for any non-pressurised function, always keep the pressure release valve in the "vent" position.
- Never connect this unit to an external timer or separate remote-control system.
- Do not touch hot surfaces, the surfaces of the unit will become hot during operation and will retain residual heat after use. Always wear heat protection such as oven mitts and use the handles and knobs on the unit.
- The cooking pot can become very heavy when it contains food or liquids, be very careful not to drop it, especially when it contains hot contents.
- Always place the cooking pot on a heat resistant surface when it's hot.
- Do not let the power cord touch hot surfaces or allow it to get wet.

Failure to abide by any of these warnings could result in a fire, explosion, electric shock, injury, death, and property damage.

Disposal



The adjacent symbol of a crossed-out wheeled bin indicates that this device is subject to Directive 2012/19/EU. This directive states that you must not dispose of this device with your general household waste at the end of its working life, but rather take it to a specially established collection point, recycling centre or waste disposal company. This disposal is free of charge for you. Protect the environment and dispose of it properly.

Troubleshooting

Issue	Cause identification	Solution
Difficult to Attach Cooker Lid	The silicone ring is not correctly fitted	Place the silicone ring in the correct position
	Floating valve stuck on the bar	Push the bar slightly
Steam Leaking	Silicone ring either not in place, dirty, damaged, or not correctly fitted	Refit the silicone ring, it must be fitted correctly, clean and free from any damage / defects
Float Valve Leaking	Dirt in the anti-clog cap or float valve	Clean the anti-clog cap or float valve
	Damaged anti-clog cap	Replace the anti-clog cap
Float Valve Does Not Rise	Insufficient food in the multi - cooker	Add food and water in-line with directions

Specifications

	K-45	K-90
Power	701-800W	1000-1200W
Bowl Capacity	2.5L	6L
Dimensions	275*247*270mm	345*290*290mm
Weight	3.0Kg	4.6Kg
Working Pressure	50kPa	50/55/60kPa

Avalla Ltd. Unit A 73, Common Road, Chandler's Ford,
Eastleigh, SO53 1HE. United Kingdom
Company no. 13477899
support@avalla.com