

# IMPORTANT SAFEGUARDS

1. NEVER attempt to cook without having cooker closed properly (cover handle must be directly above pan handle). Drop Reminder Ring over lower handle.
2. NEVER attempt to open cooker until pressure has been reduced and pressure control removed. See Steps 4 and 5 of "How to Cook" on Pages 4 and 5.
3. NEVER TUG AT HANDLES OR TRY TO FORCE OPEN COVER IF IT SEEMS LOCKED TIGHT. COOL COOKER AGAIN UNDER FAUCET TO REDUCE EVERY BIT OF PRESSURE. COVER THEN SLIDES EASILY. (In the very unusual case where cover seems to stick in spite of repeated and prolonged cooling, insert a piece of wire into vent tube before opening cover to make sure vent is clear and pressure completely reduced.)  
Sometimes food (such as meat broth) which has collected on the gasket may act as an adhesive, causing cover to stick after pressure has been properly reduced and control removed. If this happens, return cooker to heat, without control on cover. When steam escapes from vent, remove cooker from heat. After steam no longer escapes from vent, open cooker. This reheating softens the gelatinous material that can cause gasket to stick.  
Sometimes a stretched gasket will make cover difficult to open and close. Replace it with a new one. (See Page 25.)
4. Don't fill cooker over  $\frac{3}{4}$  full when cooking certain soups or other food combinations which froth and foam when they cook. Always allow at least  $1\frac{1}{4}$  in. (3 cm) space between rim of pan and top of liquid.
5. NEVER "broast" in the pressure cooker (broasting is pressure cooking with oil or shortening instead of water).
6. NEVER COOK APPLESAUCE, RHUBARB, CRANBERRIES, PEARL BARLEY, SPLIT PEAS OR PEA SOUP IN THE PRESSURE COOKER because they tend to froth or sputter and sometimes block the vent tube. With tube blocked, pressure may appear to be down when control is removed, whereas, actually a food like applesauce may remain above boiling point for 40 minutes after cooker is removed from heat unless it is cooled thoroughly under running water. This means that some degree of pressure remains in cooker, and no attempt should be made to force open cover which would be locked tight by the pressure. To avoid trouble, we say NEVER COOK THE FOODS MENTIONED.

7. Don't beat spoon, potato masher, etc., on rim of cooker as this might mar the rim and prevent a perfect seal from forming.
8. Don't use high heat to bring up pressure when cooking cereals, rice, dried vegetables or other foods which are apt to cause a heavy froth in cooking. Bring pressure up gradually and add a tablespoon of shortening or oil to water to prevent frothing. See directions in book.
9. Don't place cover on hot heating unit, as this might damage gasket and overpressure plug.
10. Don't use high heat after control jiggles vigorously. Reduce heat so control does not jiggle more often than 4 times per minute. If it jiggles more frequently, you will waste fuel and cooker may go dry.
11. Don't use cooker on a range that is tilted because this may cause control to hang and bind, and then be forced completely off vent tube when extra pressure is built up.
12. Don't store heavily salted liquids, such as soup, in cooker as this might cause pitting.
13. Don't use cooker as a covered pan without the pressure control, unless you also remove gasket from cover. If cooker is covered, with gasket in place, a small amount of pressure may develop in cooker, even though the control is not being used. Without the gasket in cover, pressure will not develop.

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## IMPORTANT

**Steam may sometimes escape through lock lever and around cover handle. This is not a malfunction as steam escapes until lock lever is fully engaged. If steam continues for several minutes, tap cover handle lightly or open and reclose cooker to ensure proper gasket seal.**

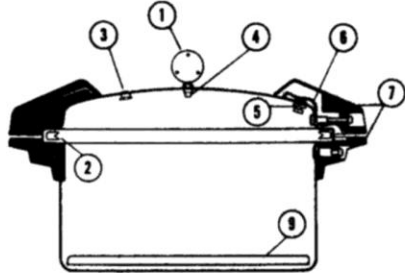
**If pressure cannot be maintained in cooker, check gasket for replacement.**

**The overpressure plug will release when vent tube is blocked. Do not reuse a blown overpressure plug. Replace with a new plug. To install, push rounded portion through underside of cover. Indented portion will be visible from underside of cover when correctly installed.**

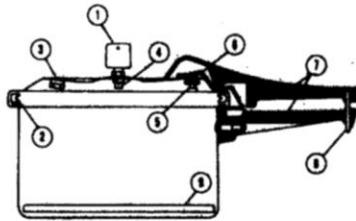
**If unable to obtain replacement parts from local Mirro dealer, use order form on page 79 and send directly to Mirro.**

# SPECIAL FEATURES

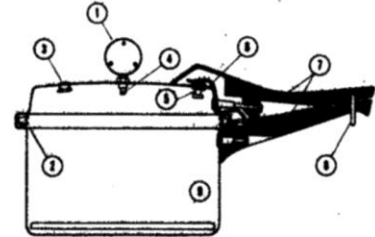
See Pages 3-5 for important information concerning operation of cooker.



8, 12, 16 and 22 qt. (7.6, 11.4, 15.2 and 20.9 L) Models.



4 and 6 qt. (3.8 and 5.7 L) Models with single control



2½, 4 and 6 qt. (2.4, 3.8 and 5.7 L) Models with selective control



## 1 AUTOMATIC PRESSURE CONTROL

Precision-made, unbreakable, one-piece control for "cooking without looking". You can HEAR it as it automatically controls cooking at pressure selected . . . 5 (228°F or 109°C), 10 (240°F or 115°C) or 15 pounds (250°F or 121°C). No springs or gadgets to get out of order . . . never needs calibration or testing for accuracy.



## 2 V-TYPE SELF-SEALING GASKET

Automatically seals cover when cooker is closed according to directions and brought under operating pressure. Easy to remove for quick cleanup.



## 3 OVERPRESSURE PLUG

Releases if an overpressure condition exists due to a blocked vent tube. The plug is for your protection and will probably never release if you follow directions. For replacement, see Page 1.



## 4 VENT TUBE

Vent tube has five ports. If bottom opening of tube should become obstructed with food, four auxiliary ports on side of tube safely and efficiently exhaust pressure.



## 5 LIFT PIN ASSEMBLY

As pressure increases and decreases inside cooker, lift pin moves lock lever in handle.



## 6 LOCK LEVER

Drops into locked position in bottom handle (grip) when cover is properly closed and pressure begins to rise. Will unlock when pressure is exhausted.



## COMFORTABLE HANDLES

Easy to open and close. To close: Rotate cover clockwise until cover handle is DIRECTLY OVER PAN HANDLE and drop reminder ring over pan handle. To open: Lift reminder ring and slide handles apart.

7



8, 12, 16 and 22-qt. (7.6, 11.4, 15.2, 20.9 L) models have "grips" on each side of cover and pan instead of long handles. When closing, always rotate cover clockwise until cover grips are DIRECTLY OVER PAN GRIPS.



## 8 REMINDER RING

Handy reminder ring (long-handle models only) dropped over pan handle is an indication that cooker has been properly closed and is ready for use.



## 9 ALL-ALUMINUM COOKING RACK

Use for canning and steaming foods and wherever directions specify.

### USING RECIPES AND TIMETABLES

This book is written in three languages – English, French and Spanish. The directions, recipes and timetables are written to be used with either selective control (5, 10 and 15 lb.) models or single control (15 lb.) models. Recipe ingredients are listed in four vertical columns: (1) 2½-4 quart cookers, customary U.S. measures; (2) 6-8 quart cookers, customary U.S. measures; (3) 2.4-3.8 liter cookers, metric measures; (4) 5.7-7.6 liter cookers, metric measures. Follow the column according to the size cooker being used and according to the measuring devices being used (customary U.S. or metric). Metric measures have been adapted to rational numbers.

If you want to pressure cook in one of the large canners (12 qt. or 11.4 L), (16 qt. or 15.2 L), or (22 qt. or 20.9 L), simply double or triple the recipes for the 6-8 qt. (5.7-7.6 L) cookers. When preparing the 6-8 qt. (5.7-7.6 L) recipe in one of the larger canners, increase the amount of water by one cup (250 mL).

If you want to reduce any of the recipes in this book, be sure to use amount of liquid required for the full recipe.

Do not fill cooker more than ¾ full of liquid. Liquid level should always be at least 1¼ in. (3 cm) below rim of pan.

### USE COOKERS WITH SELECTIVE CONTROL FOR CANNING

To pressure can, use models with selective control (5, 10 and 15 lbs.) because canning is done at 5 lbs. and 10 lbs. Do not attempt to can with models that use single control (15 lbs.). Selective control models have a domed cover to accommodate jars and single control models have a flat cover which

does not accommodate jars. Canning directions and timetables are on Pages 19-22.

### USE MORE WATER IN THE BEGINNING

Until you become familiar with the operation of cooker, use slightly more water than recipes call for, especially in preparation of meats. Use 1-1¼ cups (250-325 mL) water for roasts and if rack is used, add another ¼ cup (75 mL) water. Cover cooker as soon as water is added. After you become familiar with cooker, slightly less water can be used for meats and vegetables than amount given in recipes.

### REDUCE HEAT WHEN CONTROL JIGGLES

After control jiggles vigorously, indicating that pressure is attained, reduce heat as directed in Step, 3, Page 4, so control jiggles only one to four times a minute for cooking, three to four times a minute for canning.

### COOKING TIMES ARE APPROXIMATE

All the cooking times given in recipes and directions can only be approximate, since there is naturally a variation in tenderness of meats and vegetables because of difference in age, type, etc. Increase or decrease cooking time to suit your taste.

### USE HIGHER PRESSURE AT HIGH ALTITUDE

At altitudes of 2,000 feet (600 meters) or higher, use 10 lbs. pressure if chart or recipe calls for 5 lbs. Use 15 lbs. if 10 lbs. is called for. Increase cooking time slightly if 15 lbs. is called for. This applies to canning as well as cooking.

## CLEANING AND CARE

Before using cooker the first time, wash thoroughly in hot suds. Rinse and dry.

### INTERIOR:

To make cleaning easier, pour warm water into cooker immediately after removing food. Wash in hot, clean suds. Food stains, or stains caused by "hard" water may be removed with a soap-filled steel wool pad; or, boil a solution of 2 level tablespoons (30 mL) cream of tartar to a quart (1 L) of boiling water in cooker. A strong vinegar solution is also effective. Rinse and dry thoroughly.

### EXTERIOR:

Clean occasionally with silver polish. Water stains on cover may be removed with a mild cleansing powder or silver polish. Do not "soak" cover or pan in water, or wash in dishwasher, as this would dull the outside polished finish. The outside bottom may be scoured with a steel wool pad if necessary.

### GASKET

Remove gasket from cover. Thoroughly wash in hot suds each time cooker is used. Dry thoroughly. Then slip gasket back into cover so cooker is always ready for use.



### LIFT PIN & LOCK LEVER

Always wash cover thoroughly after each use. Run hot water around all openings in handle to keep lift pin and lock lever free of grease or food particles. A little moisture lodged inside handle may cause steam to appear around handle when cooker is used again. This is normal.

### VENT TUBE

After washing and rinsing cover and before using, hold it up to the light to see if vent tube is clear. It is highly important that tube be unobstructed. If it should be clogged by food particles, carefully insert a piece of wire or pipe cleaner as illustrated. Then rinse with hot water.



### PRESSURE CONTROL

Usually the pressure control will remain perfectly clean because live steam cleanses it while it operates. However, washing in hot, clean suds and rinsing thoroughly will not harm it and will ensure its being free of any obstructive particles which might hamper its operation. Dropping control will not damage it.

### SUGGESTION FOR STORAGE

Invert cover on top of cooker, with gasket in place. Do not store cooker with cover and gasket assembled to cooker.

# HOW TO COOK

1. **Inspect cover to be sure vent tube is clear.** Put food in cooker (for browning meats, see Page 6). Add required amount of water and wipe rim of pan. Use of rack is optional. Except for canning and several cooking recipes, the rack is not necessary but may be used if an extra ¼ cup (75 mL) of water is added.

With gasket in place inside cover, set cover on cooker with handles apart so arrow on cover points to center of pan handle.

Rotate cover handle clockwise to closed position **DIRECTLY OVER PAN HANDLE**, pressing down cover with one hand if new gasket prevents cover from rotating easily. Then drop Reminder Ring over lower handle. **CAUTION: NEVER ATTEMPT TO COOK WITH HANDLES IN ANY OTHER POSITION. ALTHOUGH COVER MAY SEEM LOOSE, THE V-TYPE GASKET AUTOMATICALLY SEALS IT IF HANDLES ARE IN CORRECT POSITION.**

8, 12, 16 and 22 qt. (7.6, 11.4, 15.2, 20.9 L) models have "grips" on each side of cover and pan instead of long handles. When closing, rotate cover clockwise to bring cover grips to closed position **DIRECTLY OVER PAN GRIPS**.

**CAUTION: NEVER ATTEMPT TO COOK WITH GRIPS IN ANY OTHER POSITION.**



2 ½, 4 & 6 Qt. MODELS  
**REMINDER RING**

### 3. HOW TO REGULATE PRESSURE

When correct pressure is reached, control will jiggle and sputter. To reach the first jiggle in a small cooker may take less than 5 minutes when cooking or less than 10 minutes when canning. In large canner, it may take as long as 45 to 60 minutes for the first jiggle when canning a full load. A few drops of water may trickle from control. Count time from first jiggle and reduce heat so control jiggles about 1 to 4 times a minutes for cooking (about 3-4 times a minute for canning). Constant jiggling causes excessive loss of moisture; the occasional jiggle and a hissing sound indicates pressure is being maintained. On an electric range "medium-low" for large cookers and "low" for small cookers is about the right heat adjustment. On a gas range "medium" to "low" for large cookers and "low" to "simmer" for small cookers is about right. (Large loads naturally require higher heat to maintain cooking pressure than small loads.) IF STEAM ESCAPES IN A STEADY STREAM AFTER HEAT IS REDUCED, NUDGE CONTROL TO SEAT IT PROPERLY. CONTINUED USE OF HIGH HEAT (especially at 5 lbs.) MAY ALSO CAUSE CONTROL TO RELEASE A CONSTANT STREAM OF STEAM WITHOUT JIGGLING. REDUCE HEAT TO ALLOW CONTROL TO RESEAT ITSELF AND JIGGLE INTERMITTENTLY. IF STEAM SHOULD CONTINUE TO ESCAPE AROUND EDGE OF COVER OR COVER HANDLE AND PRESSURE FAIL TO RISE, cool cooker under faucet, remove control and open cooker. Wipe gasket, pan rim and inside cover. Dry and start over (see gasket and lift pin ref. Page 3).



### 2. HOW TO SET CONTROL

Set control over vent tube and place cooker with contents over high heat. (Recipes for foods such as cereals and dried vegetables specify medium heat at this time.) If recipe calls for cooking at 15 lbs., set control over vent tube at No. 15 hole. If only 10 lbs. pressure is required, place No. 10 over vent. (See illustration.) Then, listen for control to signal when correct pressure has been attained.



As pressure begins to build up, the lock lever will drop into locked position in pan handle. A slight amount of steam will appear around handle during this time. The hissing sound is air and steam escaping from cooker as pressure rises. **THIS IS NORMAL AND WILL STOP BEFORE COOKER REACHES OPERATING PRESSURE.**

### 4. HOW TO REDUCE PRESSURE

When pressure has been maintained for required length of time, remove cooker from heat. **PRESSURE MUST BE REDUCED BEFORE REMOVING CONTROL. MANY RECIPES CALL FOR INSTANT REDUCTION OF PRESSURE BY SETTING COOKER UNDER FAUCET OR BY PLACING IT IN A PAN OF COLD WATER. THIS METHOD REDUCES PRESSURE IN 15 TO 60 SECONDS,** depending upon amount of food in cooker. As pressure is being reduced a squeal or hissing sound will be heard. This indicates air is reentering cooker. When hissing stops, lock lever in cover will release so cooker can be opened. Allowing pressure to drop normally without cooling under faucet takes from 5 to 50 minutes, depending upon amount of food in cooker. Recipes and charts in this book specify whether pressure is to be reduced instantly or normally. Pressure is reduced instantly for fresh or frozen vegetables and normally for 5 minutes, then instantly for dried vegetables and most meats. Pressure is always reduced normally for canning. This takes 25-35 minutes in a small cooker and about 40-45 minutes in largest cooker filled with jars.



## 5. HOW TO REMOVE COVER

After reducing pressure by either method, nudge control to test if pressure is completely reduced. Use a fork. If steam spurts out, pressure is not yet down; if no steam spurts out, remove control. Then raise Reminder Ring, slide handles apart to open position and lift cover. NEVER TUG AT HANDLES OR TRY TO FORCE THEM APART IF THEY SEEM TO BE LOCKED TIGHT. IF HANDLES WILL NOT SLIDE EASILY, COOL COOKER AGAIN UNDER RUNNING WATER. The locked cover indicates STEAM PRESSURE inside cooker. As long as steam pressure remains in cooker, lock lever will not allow cover to be opened. When pressure is completely reduced and control removed, cover should slide open with ease. NEVER ATTEMPT TO OPEN COOKER UNTIL CONTROL IS REMOVED AND LOCK LEVER IN HANDLE HAS RELEASED.



## IF RUBBER GASKET SHOULD SHRINK

If, after following all directions in step No. 3, pressure still fails to rise, it may indicate food particles have lodged in lift pin cavity preventing it from sealing and actuating lock lever (see cleaning ref. Page 3), or may be due to shrinkage of the gasket, especially if gasket has been used for a long time. If steam escapes around cover, stretch gasket slightly to return it to original size. Be sure both gasket and inside of cover are dry; a little moisture lodged inside handle or between gasket and cover may cause the appearance of a leak. CAUTION: FOLLOW DIRECTIONS IN STEP 5 BEFORE ATTEMPTING TO REMOVE COVER EVEN THOUGH YOU BELIEVE NO PRESSURE HAS BEEN BUILT UP IN COOKER. If leak persists, or gasket becomes hard, a new gasket is needed.

## IF RUBBER GASKET SHOULD STRETCH

If gasket stretches so it does not fit easily into cover, or causes difficulty in opening or closing, a new gasket is needed. Lubricating gasket with cooking oil or shortening 2 or 3 times (especially when it is new) will make closure easier. However, gasket should NOT be lubricated each time. REPEATED LUBRICATION MAY CAUSE IT TO STRETCH.

**NEVER USE ANYTHING BUT MIRRO CONTROLS AND REPLACEMENT PARTS ON A MIRRO COOKER. THE USE OF ACCESSORIES OR REPLACEMENT PARTS NOT MANUFACTURED BY MIRRO MAY CAUSE INJURIES.**

*See Pages 19-22 for canning directions.*

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# ADAPTING YOUR RECIPES

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## HOW TO ADAPT YOUR OWN RECIPES TO PRESSURE COOKING

Because most foods that can be boiled, steamed or braised are suitable for pressure cooking, there is opportunity for endless variation of recipes that can be prepared in the cooker. Do not feel limited to the recipes in this book because by using them as a guide, together with the information in the timetables, many recipes can be prepared.

To adapt your recipes to the pressure cooking method, follow these rules:

1. Take pressure, cooking time, amount of liquid and method of reducing pressure from timetables and recipes.
2. Other liquids such as wine, beer, broth, tomato juice, etc., may be used as a substitute for an equal amount of water. However, do not use milk because it boils over and scorches easily.

3. Foods which require the same time may be cooked together. If they require different times, start food with the longest cooking time first and add the food with shorter time later, just as in conventional cooking.

Here is an example: Suppose you wish to prepare chicken stew and dumplings. The meat timetable recommends that stewing chicken be cooked for 30-40 min. at 10 lbs. (or 25-30 min. at 15 lbs.) using 1½ cups (375 mL) water in 2½-4 qt. (2.4-3.8 L) cooker or 2 cups (500 mL) in 6-8 qt. (5.7-7.6 L) cooker. Reduce pressure by allowing cooker to cool normally for 5 minutes; then reduce pressure instantly. Use dumpling recipe on Page 11 or your own dumpling recipe after checking cooking method.



## PRESSURE CANNING IN GLASS JARS

Pressure canning is recommended by the U.S. Dept. of Agriculture as the **ONLY SAFE WAY** to can meats, fish, poultry and all common vegetables. Fruits and tomatoes may be canned either by hot-water-bath method or by pressure canning. Pressure canning them will save time and energy. Pickles, jams and jellies should be processed in a water bath canner. **DO NOT** blanch in a pressure cooker. Use a blancher or covered pot with a suitable basket.

To can any mixtures of foods (stews, soups, etc.), use time required by ingredient that has the longest processing time.

Before canning the first time, pour 1 qt. (1 L) water and 1 tablespoon (15 mL) vinegar in canner. Close cover and place control on vent tube at 5 pounds. Turn heat on high. When control jiggles, turn heat down so it jiggles about 4 times a minute. Reduce pressure. (See directions, Page 4.) Repeat procedure, using 10 pounds. This will familiarize you with the operation of canner and especially with the proper heat adjustment on your range. Notice that less heat is required to maintain 5 pounds than 10 pounds pressure. (Continued application of high heat may prevent control from jiggling properly at 5 pounds.)

1. Check jars and lids. Examine them carefully and see that there are no nicks, chips, cracks or sharp edges. Discard imperfect jars. Use only standard jars made for home canning (these will have manufacturer's name molded in the glass). If rubber rings are used, be sure to use new ones. If metal bands and metal lids are used, the lids must be new.
2. Always follow manufacturer's directions for sterilizing and using various lids and closures. See Page 20.
3. Wash jars, caps and rubber rings thoroughly in hot suds. Rinse.
4. Keep jars covered with hot water until filled. It is not necessary to sterilize jars for pressure canning. Place metal lids and rubber rings in hot or boiling water as directed by manufacturer.
5. Select fresh, firm (not overripe) products. Grade according to size and ripeness.
6. Wash and prepare according to chart directions.
7. Most foods may be packed raw in jars. Raw food should be packed tightly because it shrinks during processing. Food may also be preheated or partially cooked and packed hot in jars. Hot food should be packed fairly loose.
8. Finish filling jar with syrup, water or juice, allowing head space between food and closure. (See chart.) Add salt. (See chart.)
9. Insert blade of a plastic spatula down sides of jar to release any trapped air bubbles.
10. Wipe rim of jars free from seeds, pulp, liquids, etc. Close lids according to manufacturer's instructions.
11. Place rack in canner. Add recommended amount of hot water. (See chart.) Add 1 tablespoon (15 mL) vinegar or 1 teaspoon (5 mL) cream of tartar to help prevent water stains in canner or on jars.
12. Set jars on rack in canner. It is all right if sides of jars touch each other.
 

16-qt. (15.2 L) canner is furnished with one 11 3/4 in. (30 cm) flat rack. For stacking half pints, place rack in bottom of canner and use any flat, metal, perforated tray or trivet between tiers.

22-qt. (20.9 L) canner is furnished with two 11 3/4 in. (30 cm) flat racks for stacking half pint or pint jars. Place one rack in bottom of canner and the other rack between tiers of jars.
13. Close canner and set control at 5 (228°F or 109°C), 10 (240°F or 115°C) or 15 lbs. (250°F or 121°C), according to chart. Turn heat on high. In large canners, it may take up to an hour for control to jiggle the first time (depending on starting temperature of food in jars and water in cooker).
14. Air in canner has been exhausted when control jiggles vigorously. Start to count processing time at this point. Then reduce heat, but keep it high enough so control jiggles at least three or four times a minute. This is your assurance that pressure is being maintained. Prevent drafts from blowing over canner and do not keep turning heat up and down because this can cause uneven pressure which forces liquid from jars.
15. Process according to time given on charts.
16. When processing time is completed, turn off heat. If an electric range is used, remove canner from heating unit. Reduce pressure normally. **DO NOT RUSH THE COOLING** by setting canner in water or by running cold water over canner. Never lift control to hasten reduction of pressure. It takes about 25-35 minutes for pressure to drop in smaller cooker filled with jars and about 40-45 minutes in large canner.
17. Remove control. Remove cover and tilt it so steam escapes away from you.
18. Use a jar lifter to remove jars safely from canner. Lift jars out and set on cooling rack or several thicknesses of cloth (never a cold surface). Complete seal if jars are not self-sealing. If any liquid boiled out during canning, seal jar as it is. To add liquid it would be necessary to process all over again. Fruits and vegetables not covered with liquid may turn darker, but will not spoil. Keep jars out of drafts and always set in an upright position to cool.
19. After 12 hours, remove screw bands from jars that have metal lids. In case screw band is difficult to remove, cover with a hot, damp cloth for a minute. Do not force screw bands off because this may break the seal.
20. Examine jars for leaks. To test seal of metal lid, tap with a teaspoon. A clear ring is a sign of a good seal. If lid is curved down and does not move when pressed, that is also a sign of a good seal. If jar leaks, use contents at once or reprocess with new lid for full recommended processing time.
21. Wipe jars with damp cloth. Dry and label with contents and date. Store in cool, dry place.



### AMOUNT OF SALT FOR CANNING VEGETABLES AND MEATS\*

Customary U.S.		Metric Measure	
Jar Size	Salt	Jar Size	Salt
Half Pint (8 oz.)	¼ tsp.	237 mL	1 mL
Pint (16 oz.)	½ tsp.	473 mL	2 mL
Quart (32 oz.)	1 tsp.	950 mL	5 mL

\*Vegetables and meats may be canned successfully with or without salt.

## AMOUNT OF WATER TO PUT IN CANNER JAR CAPACITIES OF CANNER

Amount Water in Canner	Canner Size	Jar Capacity of Canner				Amount Water in Canner	Canner Size	237 mL Jar	Jar Capacity of Canner		
		Half Pint	Pint, Reg.	Pint, Wide Mouth	Quarts				474 mL, Reg.	474 mL, Wide Mouth	950 mL Jar
1 Qt.	2½ Qt.	5	—	—	—	1 L	2.4 L	5	—	—	—
1 Qt.	4 Qt.	5	4	3	—	1 L	3.8 L	5	4	3	—
1½ Qt.	6 Qt.	8	7	5	—	1.5 L	5.7 L	8	7	5	—
1½ Qt.	8 Qt.	8	7	5	4	1.5 L	7.6 L	8	7	5	4
2 Qt.	12 Qt.	13	10	8	7	2 L	11.4 L	13	10	8	7
2 Qt.	16 Qt.	26*	10	8	7	2 L	15.2 L	26*	10	8	7
2 Qt.	22 Qt.	38*	20*	16*	7	2 L	20.9 L	38*	20*	16*	7

Add extra pint (500 mL) of water to canner if processing at less than full capacity.

\*If jars are stacked and an additional rack is used between stacks.

A leaking jar or bulged lid may be a sign of spoilage. Look for "off" odor or color. Never taste food you think has spoiled. Throw it away. It is possible for food to contain botulism without showing any signs of spoilage, so boil non-acid vegetables and meats for ten minutes before tasting and reboil leftover food before serving.

### HOW TO CLOSE JARS

FOLLOW LID MANUFACTURER'S DIRECTIONS CAREFULLY.

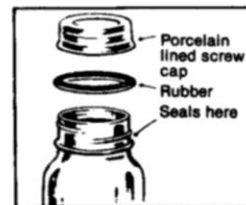
A flat metal lid with sealing compound and a metal screw band, which fits any standard mason jar.

1. Fill jar. Wipe rim clean.
2. Place lid in hot or boiling water, according to manufacturer's directions.
3. Put new lid on jar with sealing compound next to glass.
4. Screw metal band on tight by hand. Do not use a wrench.
5. This jar is self-sealing. Do not tighten after jar is removed from canner.



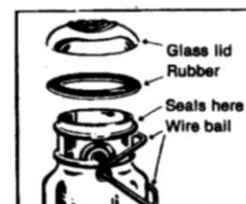
A porcelain-lined zinc cap with shoulder rubber ring, to fit a standard mason jar.

1. Fit new rubber ring on shoulder.
2. Fill jars. Wipe the rubber and jar rim clean.
3. Then screw cap down firmly and turn cover back ¼ in. (.5 cm).
4. After processing, and as soon as taken out of canner, screw cap down tight to complete seal.



A wire-bail type jar with glass lid and rubber ring.

1. Fit new rubber ring on ledge at top of jar.
2. Fill jars. Wipe jar rim and rubber ring clean.
3. Put long wire on glass lid so it fits into groove. Leave short wire up.
4. After processing, and as soon as taken from canner, push short wire down, to complete seal.



## PRESSURE CANNING MEAT AND FISH

All meat and fish should be thoroughly cooled and cleaned before canning.

FOOD	Minutes To Cook After Control Jiggles		Pounds Pressure
	Pint Jars (473 mL)	Quart Jars (950 mL)	
<b>Beef, Veal, Lamb, Pork</b> .....	75*	90*	10
Precook meat until medium done or until pieces when cut show almost no pink at center. Cut in pieces. Add salt. Pack. Fill with liquid to within 1 in. (2.5 cm) from top. Adjust lids. Process.			
<b>Pork Chops, Ham</b> .....	75*	90*	10
Fry meat until brown. Add salt. Pack. Fill with liquid to within 1 in. (2.5 cm) from top. Adjust lids. Process.			
<b>Chicken (with bones)</b> .....	65*	75*	10
Precook disjointed chicken with liquid until medium done. Add salt. Pack. Fill with liquid to within 1 in. (2.5 cm) from top. Adjust lids. Process.			
<b>Chicken (without bones)</b> .....	75*	90*	10
Precook disjointed chicken with liquid until medium done. Remove bones. Add salt. Pack. Fill with liquid to within 1 in. (2.5 cm) from top. Adjust lids. Process.			
<b>Chicken (fried)</b> .....	65*	75*	10
Fry disjointed chicken in hot fat until it is lightly browned. Add salt. Pack. Fill with liquid to within 1 in. (2.5 cm) from top. Adjust lids. Process.			
<b>Rabbit, Duck, Turkey</b> — Follow directions for Chicken.			
<b>Soup Stock</b> .....	20*	25*	10
Cook soup stock. Skim fat and remove bones. Pour hot into containers, to within ½ in. (1 cm) from top. Adjust lids. Process.			
<b>Fish (except Salmon)</b> .....	110*	—	10
Cut fish in pieces. Precook. Remove bones and skin, if desired. Add salt. Pack to within 1 in. (2.5 cm) from top. Add 2 tbsp. (30 mL) salad oil to tuna. Adjust lids. Process.			
<b>Salmon</b> .....	110*	—	10
Slowly pour hot water on fish, being careful not to break skin. Scrape gently until skin is white and clean. Wipe dry. Cut, leaving backbone in. Add salt. Pack to within 1 in. (2.5 cm) from top. Adjust lids. Process.			
<b>Clams</b> .....	90*	—	10
Steam clams to open shell. Remove from shell and boil in salted water 5 minutes. Drain and rinse. Pack. Fill with weak hot brine to within 1 in. (2.5 cm) from top. Adjust lids. Process.			
<b>Shrimp</b> .....	90*	—	10
Boil shrimp 7 to 8 minutes in 1 gal. (4 L) of water to which 1 lb. (500 g) salt has been added. Drain. Shell and devein. Pack. Fill with hot weak brine [1 tsp. (5 mL) salt to 1 qt. (1 L) water], to within ½ in. (1 cm) from top. Or shrimp may be packed dry. Adjust lids. Process.			

\*REDUCE PRESSURE NORMALLY.

At altitudes of 2,000 feet (600 meters) or higher, use 15 instead of 10 lbs. pressure.

U.S. DEPT. OF AGRICULTURE DOES NOT PROVIDE PRESSURE CANNING TIMETABLES FOR HALF-GALLON (1.9 L) JARS.

## PRESSURE CANNING VEGETABLES

FOOD	Minutes To Cook After Control Jiggles		Pounds Pressure
	Half Pint & Pint Jars (237 mL) (473 mL)	Quart Jars (950 mL)	
<b>Asparagus</b> .....	25*	30*	10
Wash. Grade. Trim off scale. Cover with boiling water. Cook 2 minutes. Pack hot, cover with liquid. Or pack raw and cover with boiling water. Leave ½ in. (1 cm) head space. Add salt. Adjust lids. Process.			
<b>Beans, Lima (fresh)</b> .....	40*	50*	10
Shell. Grade. Bring to a boil. Pack hot and cover with water. Or pack raw and cover with boiling water. Leave 1 in. (2.5 cm) head space in pints. Leave 1 ½ in. (4 cm) in quarts. Add salt. Adjust lids. Process.			
<b>Beans, String or Wax</b> .....	20*	25*	10
Wash. String. Cut in pieces. Boil 5 minutes. Pack hot. Cover with boiling liquid. Or pack raw and cover with boiling water. Leave ½ in. (1 cm) head space. Add salt. Adjust lids. Process.			
<b>Beets</b> .....	30*	35*	10
Wash. Retain 1 in. (2.5 cm) of the stem. Cook in canner at 15 lbs. for 6 minutes. Cool canner under faucet. Open canner. Cover beets with cold water. Slip off skins. Cut in ½ in. (1 cm) slices. Pack in jars. Cover with fresh boiling water. Leave ½ in. (1 cm) head space. Add salt. Adjust lids. Process.			
<b>Carrots</b> .....	25*	30*	10
Scrape. Slice or cut as desired. Boil for 5 minutes. Pack. Cover with hot liquid, leaving ½ in. (1 cm) head space. Or pack raw and cover with boiling water leaving 1 in. (2.5 cm) head space. Add salt. Adjust lids. Process.			
<b>Corn (whole kernel)</b> .....	55*	85*	10
Remove husks. Cut kernels from cob. To each quart of corn, add 1 pint (500 mL) of boiling water and 1 tsp. (5 mL) salt. Boil 1 minute. Pack loosely and cover with water. Or pack raw loosely and cover with boiling water. Leave 1 in. (2.5 cm) head space. Add salt. Adjust lids. Process.			
<b>Greens</b> .....	70*	90*	10
Can only very fresh, tender greens. Wash carefully. Remove tough stems. Boil in small amount of water. Pack loosely. Cover with hot liquid. Leave ½ in. (1 cm) head space. Add salt. Adjust lids. Process.			
<b>Mushrooms</b> .....	30*	—	10
Trim and soak in cold water 10 minutes. Wash. Cut large ones in half. Cook gently 15 minutes. Pack hot and cover with boiling water. Leave ½ in. (1 cm) head space. Add salt. Adjust lids. Process.			
<b>Okra</b> .....	25*	40*	10
Wash and trim. Cook 1 minute. Cut into 1 in. (2.5 cm) lengths. Pack hot and cover with boiling water. Leave ½ in. (1 cm) head space. Add salt. Adjust lids. Process.			
<b>Peas (fresh Blackeye, Cowpeas, Blackeye Beans)</b> .....	35*	40*	10
Shell and wash. Bring to a boil. Drain. Pack loosely and cover with boiling water. Or pack raw loosely and cover with boiling water. Leave 1 ½ in. (4 cm) head space. Add salt. Adjust lids. Process.			
<b>Peas (green)</b> .....	40*	40*	10
Shell. Use only young, fresh peas. Bring to a boil. Pack loosely and cover with boiling water. Or pack raw loosely and cover with boiling water. Leave 1 in. (2.5 cm) head space. Add salt. Adjust lids. Process.			
<b>Potatoes</b> .....	35*	40*	10
Wash, pare and cut into ½ in. (1 cm) cubes. Or use whole if 1 to 2 ½ in. (2.5-6 cm) in diameter. Boil cubes 2 minutes; whole potatoes 10 minutes. Drain. Pack and cover with boiling water. Leave ½ in. (1 cm) head space. Add salt. Adjust lids. Process.			
<b>Pumpkin or Hubbard Squash</b> .....	65*	80*	10
Peel and cut into 1 in. (2.5 cm) cubes. Cook until tender. Strain. Pack hot. Leave ½ in. (1 cm) head space. Adjust lids. Process.			
<b>Sauerkraut</b> .....	10*	15*	5
Heat well-fermented sauerkraut to simmering. Pack hot and cover with hot juice. Leave ½ in. (1 cm) head space. Adjust lids. Process.			
<b>Summer Squash (Zucchini)</b> .....	30*	40*	10
Wash squash. Do not pare. Cut into small pieces. Boil 2 or 3 minutes. Pack hot and cover with boiling liquid. Leave 1 in. (2.5 cm) head space. Add salt. Adjust lids. Process.			
<b>Sweet Potatoes</b> .....	55* (wet) 65* (dry)	90* (wet) 95* (dry)	10 10
Wash. Boil until skins slip off easily. Cut in pieces. For wet pack, pack and cover with boiling water. Leave 1 in. (2.5 cm) head space. Add salt. For dry pack, pack cooked pieces and add no salt or liquid. Leave 1 in. (2.5 cm) head space. Adjust lids. Process.			
<b>Tomatoes</b> .....			See fruit chart
* REDUCE PRESSURE NORMALLY. At altitudes of 2,000 feet (600 meters) or higher, use 15 instead of 10 lbs. pressure.			
U.S. DEPT. OF AGRICULTURE DOES NOT PROVIDE PRESSURE CANNING TIMETABLES FOR HALF-GALLON (1.9 L) JARS.			

## PRESSURE CANNING FRUITS

Fruits may be processed either in a boiling water bath or in a pressure canner. When using pressure method, time processing very carefully because fruits are easily overcooked. To keep peeled fruit from darkening before it is packed, place it in water to which ascorbic acid or citric

acid has been added. These products may be obtained at drug or grocery stores. Follow package directions, or drop fruit in a solution of 1 gal. (4 L) water, 2 tbsp. (30 mL) salt and 2 tbsp. (30 mL) vinegar.

FOOD	Minutes To Cook After Control Jiggles		Pounds Pressure
	Half Pint & Pint Jars (237 mL) (473 mL)	Quart Jars (950 mL)	
<b>Apples</b> .....	10*	10*	5
Wash, pare and core and cut in pieces. Pack. Fill with syrup to within ½ in. (1 cm) from top. Or precook 3 minutes in syrup. Pack and add syrup. Adjust lids. Process.			
<b>Applesauce</b> .....	15*	15*	5
Cook applesauce (NOT IN PRESSURE COOKER). Pack hot to within ¼ in. (.5 cm) from top. Adjust lids. Process.			
<b>Apricots and Nectarines</b> .....	10*	10*	5
Wash. Pack whole or halve and pit. Fill with syrup to within ½ in. (1 cm) from top. Adjust lids. Process.			
<b>Berries (except Strawberries)</b> .....	8*	8*	5
Wash. Stem. Pack. Fill with syrup to within ½ in. (1 cm) from top. Adjust lids. Process.			
<b>Cherries</b> .....	10*	10*	5
Wash and stem. Pit. Pack. Fill with syrup to within ½ in. (1 cm) from top. Adjust lids. Process.			
<b>Figs</b> .....	10*	10*	5
Wash. Leave on stems. Boil for 2 minutes. Prepare a thin syrup with this water and boil figs in it for 5 minutes. Pack. Add 1 ½ tsp. (7 mL) lemon juice per pint or 1 tbsp. (15 mL) per quart. Fill with syrup to within ½ in. (1 cm) from top. Adjust lids. Process.			



FOOD	Minutes To Cook After Control Jiggles		Pounds Pressure
	Half Pint & Pint Jars (237 mL) (473 mL)	Quart Jars (950 mL)	
<b>Grapes</b> .....	8*	8*	5
Wash and stem. Fill with syrup to within 1 1/2 in. (4 cm) from top. Adjust lids. Process.	10*	10*	5
<b>Peaches</b> .....			
Wash. Dip peaches in boiling water, then cold water. Remove skins. Cut in halves and remove pits. Pack. Fill with syrup to within 1/2 in. (1 cm) from top. Adjust lids. Process.	10*	10*	5
<b>Pears</b> .....			
Wash. Peel. Halve and core. Pack. Fill with syrup to within 1/2 in. (1 cm) from top. Adjust lids. Process.	15*	15*	5
<b>Pineapple</b> .....			
Slice and peel. Remove eyes and core. Boil 5-10 minutes in medium syrup. Pack. Fill with syrup to within 1/2 in. (1 cm) from top. Adjust lids. Process.	10*	10*	5
<b>Plums</b> .....			
Wash. Prick skins. Pack. Fill with syrup to within 1/2 in. (1 cm) from top. Adjust lids. Process.	5*	5*	5
<b>Rhubarb</b> .....			
Wash. Cut in pieces. Pack. Add syrup to within 1/2 in. (1 cm) from top. Or cook rhubarb sauce (NOT IN PRESSURE COOKER) and pack. Adjust lids. Process.			
<b>Strawberries</b> .....			
Wash and stem. Boil gently 3 minutes with 1/2 cup (125 mL) sugar for each quart (liter) of fruit. Let stand overnight. Bring quickly to boil. Pack to within 1/2 in. (1 cm) of top. Adjust lids. Process in boiling water bath, not under pressure — 15 minutes for pints and quarts.	10*	10*	5
<b>Tomatoes</b> .....			
Scald 1/2 minute. Place in cold water. Remove skins. Quarter. Add salt. Pack tightly. Or bring peeled and quartered tomatoes to a boil and the pack to within 1/2 in. (1 cm) of top. Adjust lids. Process.	10*	10*	5
<b>Tomato Juice</b> .....			
Cook tomatoes and put through food press. Season and bring to a boil. Fill jars to within 1/4 in. (.5 cm) from top. Adjust lids. Process.			
At altitudes of 2,000 feet (600 meters) or higher, use 10 instead of 5 lbs. pressure.			
*REDUCE PRESSURE NORMALLY.			
U.S. DEPT. OF AGRICULTURE DOES NOT PROVIDE PRESSURE CANNING TIMETABLES FOR HALF-GALLON (1.9 L) JARS.			

## HOW TO MAKE SYRUP

Sugar is not necessary to keep foods from spoiling although it does help canned fruit keep its shape, color and flavor. Process unsweetened fruit the same as sweetened.

Thin syrup: 3 parts water or juice to 1 part sugar. Bring to a boil. Use for soft fruits such as sweet cherries and sweet berries.

Medium syrup: 2 parts water or juice to 1 part sugar. Bring to a boil. Use for peaches, pears, sour berries, acid fruits.

Heavy syrup: 1 part water to 1 part sugar. Bring to boil. Use on larger sour fruits that are to be extra sweet.

## STERILIZING

Use pressure cooker at 15 lbs. (250°F or 121°C) as a sterilizer. Place rack in cooker and add water — 1 1/2 cups (625 mL) for small cookers, 1 quart (1 L) for large canners. Place items on rack. Cover. When control jiggles, reduce heat and start to count sterilizing time. Sterilize bottles, utensils, rubber goods and heat-resistant plastic goods for 15 minutes. Sterilize liquids and dressings 30 minutes. Reduce pressure normally.

If you have an 8-qt. (7.6 L), 12-qt. (11.4 L), 16-qt. (15.2 L) or 22-qt. (20.9 L) pressure canner, you may use it to sterilize

baby formula, nipples, bottles and caps all at one time. This is called terminal sterilization. Use Evenflo-type bottles. Prepare formula as directed and pour into clean bottles. Invert nipples in bottle, cover with sealing disc and screw cap on. Then loosen cap one-half turn back. Pour 1 quart (1 L) water in canner and place bottles on rack. Cover and cook at 5 lbs. for 10 minutes after control jiggles. Reduce pressure normally. Remove bottles and place on a folded towel. When they are cool enough to be handled with a towel, shake bottles gently, tighten caps and refrigerate them.

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### **HOW CAN ONE TELL IF CORRECT PRESSURE IS BEING MAINTAINED?**

The Mirro Control is precision-made and accurate. As long as Control jiggles occasionally . . . about 1 to 4 times a minute for cooking or about 3 to 4 times a minute for canning . . . that is your assurance that pressure is being accurately maintained. Also, the hissing sound and slight escape of steam around Control, which is noticeable between jiggles, are additional assurances that proper pressure is being maintained. **THE MOST COMMON MISTAKE MADE WITH THE MIRRO PRESSURE COOKER IS TO USE TOO MUCH HEAT, WHICH RESULTS IN EXCESSIVE LOSS OF MOISTURE DUE TO CONTROL JIGGLING TOO OFTEN. CONTINUED HIGH HEAT MAY ALSO CAUSE CONTROL TO RAISE SLIGHTLY ON VENT TUBE (especially at 5 lbs.) AND EMIT A STEADY FLOW OF STEAM. WHEN HEAT IS LOWERED, CONTROL WILL RESEAT ITSELF AND JIGGLE INTERMITTENTLY AS IT SHOULD.** See direction No. 3.

The Mirro Control never needs calibration or testing for accuracy.

### **A TRICKLE OF MOISTURE APPEARS AROUND VENT TUBE OR OVERPRESSURE PLUG. WHAT IS THE REASON?**

This is condensation resulting from steam contacting the cold metal as pressure is brought up. This moisture usually disappears after control jiggles.

### **WHAT CAUSES THE OVERPRESSURE PLUG TO RELEASE?**

It automatically releases if excess pressure develops when vent tube is blocked by food or foreign matter. If overpressure plug is ever forced out of cover due to excess pressure when cooking or canning, it is important to inspect pressure cooker before further use. A new overpressure plug should be installed using instructions on Page 25. **DO NOT REUSE A BLOWN OVERPRESSURE PLUG.** The vent tube, if obstructed, should be cleaned with a piece of wire or pipe cleaner before using cooker again.

### **WHAT EXPLANATION IS THERE FOR STEAM AND MOISTURE ESCAPING AROUND RIM OF COOKER OR COVER HANDLE?**

Moisture lodged inside handle or between gasket and cover may appear as a "leak." If moisture does escape, wait a few minutes for pressure to build up . . . the "leak" will usually disappear. If leaking persists, cool cooker under faucet, remove control and open cooker. Be sure lift pin cavity is free of food particles (see cleaning ref., Page 3). Remove gasket and stretch slightly. Wipe rim of pan, cover and gasket perfectly dry. This will usually eliminate the "leak." If it doesn't, a new gasket is needed.

### **HOW DO I KNOW IF MY COOKER NEEDS A NEW GASKET?**

If steam persistently escapes around rim of cooker and pressure will not build up, a new gasket is needed. The gasket will last at least a year in the average home, and it is not uncommon for them to last several years. If, after long usage, gasket has become quite hard and slippery, it should be replaced. Or, if it has stretched and will no longer fit easily into cover, it should be replaced.

### **WHEN COOKER WAS BRAND NEW, COVER FIT VERY SNUGLY, BUT AFTER IT HAS BEEN USED FOR SOME TIME, THE COVER SLIDES ON AND OFF SO EASILY. SHOULD GASKET BE STRETCHED?**

No. As long as pressure builds up normally and cooker operates as it should, there is no need to stretch gasket. The Mirro Gasket does not depend upon a snug, friction fit to retain pressure. The lips of gasket expand to provide the pressure lock. Natural shrinkage which occurs after gasket has been under pressure a few times will usually not affect proper sealing. Stretch gasket **ONLY** if it fails to hold pressure.

### **WHAT SOMETIMES CAUSES A SQUEAL OR HISSING SOUND WHEN COOKER IS COOLED UNDER RUNNING WATER?**

A vacuum is created inside cooker when pressure is reduced suddenly. The noise you hear is merely air rushing in to fill the vacuum. This sound is harmless, but may be minimized by running water in a moderate stream over rim of cooker, rather than directly over top.

### **WHAT CAUSES A GASKET TO GET LARGER INSTEAD OF SHRINKING?**

This sometimes occurs after a period of extended use. If it happens in less than a year, the cause is probably due to excess grease. Always wash gasket after each use.

Although it may be necessary to lubricate a new gasket with cooking oil or shortening the first time or two it is used in order to slide cover open and closed easily, nevertheless one should not continue to lubricate it every time. Repeated lubrication of gasket causes it to "swell" and stretch.

### **WHAT SOMETIMES CAUSES DIFFICULTY IN CLOSING COOKER?**

A snug-fitting gasket (especially when gasket is new). By pressing down on cover with one hand, to compress gasket while sliding handles together, cover will be easier to close and open. In stubborn cases, an **OCCASIONAL** lubrication will make closure easier. (When gasket no longer fits easily in cover, and cover is difficult to slide open and closed, replace gasket.)

### **OCCASIONALLY GASKET WILL STICK TO RIM OF COOKER INSTEAD OF STAYING IN COVER WHEN OPENING COOKER. WHAT CAUSES THIS?**

Some foods, especially soups and cereals, may boil up and get between gasket and rim of cooker. This acts as an adhesive and causes gasket to stick. By filling cooker only as full as recipe directs, and by controlling heat properly, this can usually be avoided.

If cover sticks after meat has been prepared in cooker, some of the gelatinous material cooked out of the meat has probably gotten on the gasket and is acting as an adhesive. After pressure is completely reduced and pressure control removed, place cooker on heating unit for a few minutes. This will soften the gelatinous material and the cover can then be removed without forcing. Do not open cover until steam no longer is coming out of vent tube.

**IF LOCK LEVER DOES NOT UNLOCK AFTER PRESSURE IS REDUCED, WHAT CAN BE DONE?**

**COOL COOKER OR CANNER TO ROOM TEMPERATURE.**

Canners should be allowed to cool naturally while cookers may be cooled naturally or run under water. Remove control. Then slip the blade of a knife or spatula between cover handle and pan handle and push lock lever up. IF STEAM ESCAPES, COOKER WAS NOT COOLED PROPERLY — ADDITIONAL COOLING IS REQUIRED.

**ARE THE PRESSURE CONTROLS INTERCHANGEABLE ON THE THREE PRESSURE AND ONE PRESSURE MODEL COOKERS?**

Yes, Mirro Pressure Controls are interchangeable. Timetables and recipes in this book are written for both the single pressure and selective pressure control.

**CAN PRESSURE CANNING BE DONE IN THE ONE PRESSURE MODEL COOKER?**

No. This model has only a 15-lb. control, whereas pressure canning requires 5 lbs. and 10 lbs. The three pressure control model has 5, 10 or 15 lbs. and also a domed cover to accommodate standard canning jars, making the three pressure control models suitable for canning.

**WHAT CAUSES LIQUID TO BE LOST FROM JARS WHEN CANNING?**

1. Jars may be packed too full or too tight. Allow head space between top of food and lid ( $\frac{1}{2}$  to 1 in. or 1 to 2.5 cm). Since food and liquid expand when boiled, head space must be adequate or else liquid will be forced out.
2. Failure to release trapped air bubbles in jar. After jar is filled with food and liquid and before cover is put on, a plastic spatula should be run down side of jar in several places to release trapped air bubbles. If this is not done, liquid may be forced out when food begins to boil.
3. Fluctuation of pressure during processing. The Mirro Control limits pressure to selected level, which means that, even when high heat is used, pressure cannot go beyond that level. However, if heat is turned so low that control ceases to jiggle, and then turned back up again, this can cause a sudden fluctuation of pressure and subsequent loss of liquid from jars. After control starts to jiggle, heat should be turned lower so jiggle occurs about three times a minute. After that, avoid frequent adjustments of heat in order to prevent these fluctuations of pressure.
4. Hastening the reduction of pressure after processing is finished. According to directions, cooker should be removed from heat and allowed to cool normally at room temperature. Do not run water over cooker, or set cooker in cold water. Do not place it on a cold surface or in a draft. Do not nudge control frequently to test for pressure. Any of these things may cause pressure to drop

more quickly in cooker than in jars, forcing liquid out of jars. Simply remove cooker from heat and after 25-35 minutes for small cookers or 40-45 minutes for large canners, nudge control to check pressure. After this length of time, pressure is usually down so control and cover can be removed.

**WHAT CAUSES CANNING JARS TO BREAK?**

Jar breakage is **not** caused by the canner. It may be caused by:

1. Using commercial instead of canning jars.
2. Using old jars that have invisible cracks.
3. Using jars that have been dropped in shipment or handled roughly.
4. Placing jars directly in canner, not on rack.
5. Setting hot jars on a cold surface or in cool drafts.
6. Damaging jars by using a sharp knife to release air bubbles.

**IS IT POSSIBLE TO CAN MIXTURES OF FOODS?**

Yes, although it is not always possible to duplicate commercially canned products by home canning methods. The rule is to process for the time required by the food with the longest processing time. When meat is an ingredient, for example, the mixture will have to be canned at 10 lbs. for 75 minutes for pints (473 mL) or 90 minutes for quarts (950 mL). [Use 15 lbs. at altitudes of 2,000 feet (600 meters) or higher above sea level.] Sometimes it is preferable to can meat and vegetables separately and then combine them to heat for serving.


























**IT TAKES SEVERAL HOURS FOR PRESSURE TO GO DOWN IN COOKER WHEN IT IS USED FOR CANNING. WHAT CAN BE DONE TO CUT DOWN THIS TIME?**

For pressure to drop, as a rule, it takes only 25-35 minutes in small cooker or 40-45 minutes in a large canner filled with jars. You are probably misjudging the test for steam pressure. In order to test for presence of steam, directions state to nudge control and, if steam spurts out, pressure is not yet down; if no steam spurts out, remove control. The important thing is to SEE steam, not hear it. Whenever control is nudged, you may hear a hissing noise. This is either steam escaping from the vent tube or, if pressure is down, it is the sound of air rushing *into* cooker to fill the vacuum inside. Therefore, if you do not actually SEE steam when control is nudged, control may be removed. Also, when lock lever unlocks, pressure is down.

**WHERE CAN MORE INFORMATION ABOUT CANNING BE OBTAINED?**

Call the Extension Home Economists at the court house in your county, or write to U.S. Dept. of Agriculture, Washington, D.C. 20402; Kerr Glass Mfg. Corp., Sand Springs, Oklahoma 74063; or Ball Brothers Company, Muncie, Indiana 47302.

# REPLACEMENT PARTS

Part No.	Description		
	<b>S-9732 OVERPRESSURE PLUG</b> Fits all Mirro Pressure Cookers and Canners with rubber plug.		<b>S-9937 COOKING RACK</b> Fits models M-0534, M-0534-11, M-0592, M-0592-10, M-0592-11, M-0594, M-0594-10, M-0594-11.
<p>The Overpressure Plug can be removed for cleaning or replacement by pulling it out of its opening from the underside of the cover. After cleaning or when putting in a new Overpressure Plug, insert plug by pushing rounded side of plug into opening from underside of cover. When correctly installed, indented portion of Overpressure Plug will be visible when underside of cover is viewed. Do NOT reuse a blown Overpressure Plug. For proper and safe operation, replace a blown Overpressure Plug with a Mirro S-9732 only.</p>			
	<b>S-9894 VENT TUBE</b> Fits ALL Mirro Pressure Cookers and Canners.		<b>S-9887</b> Fits models M-0536, M-0536-11, M-0596, M-0596-11, M-0598, M-0598-11.
	<b>S-9898 PRESSURE CONTROL</b> Fits all Mirro Pressure Cooker/Canners - 5, 10, 15 lb.		<b>S-9883</b> Fits models M-0512, M-0512-11, M-0522, M-0522-11, M-0526, M-0526-11, M-0526, M-0526-11.
	<b>S-9881</b> Fits all Mirro Pressure Cookers - 15 lb.		<b>S-9709 LIFT PIN ASSEMBLY</b> Fits models M-0512, M-0512-11, M-0522, M-0522-11, M-0526, M-0526-11, M-0534, M-0534-11, M-0536, M-0536-11, M-0592, M-0592-10, M-0592-11, M-0594, M-0594-10, M-0594-11, M-0596, M-0596-11, M-0598, M-0598-11.
	<b>S-9830 DIRECTION/RECIPE BOOK</b> For all Mirro Pressure Cookers and Canners with rubber plug.		<b>S-9707 COVER HANDLE</b> Fits models M-0592, M-0592-10, M-0592-11, M-0594, M-0594-10, M-0594-11, M-0596, M-0596-11.
	<b>S-9885 GASKET</b> Fits models M-0534, M-0534-11, M-0592-11 and M-0594-11.		<b>S-9711</b> Fits models M-0534, M-0534-11, M-0536, M-0536-11.
	<b>S-9892</b> Fits models M-0536, M-0536-11, M-0596, M-0596-11, M-0598, M-0598-11.		<b>S-9706 PAN HANDLE</b> Fits models M-0592, M-0592-10, M-0592-11, M-0594, M-0594-10, M-0594-11, M-0596, M-0596-11.
	<b>S-9890</b> Fits models M-0592, M-0592-10, M-0594, M-0594-10.		<b>S-9711-56</b> Fits models M-0534, M-0534-11, M-0536, M-0536-11.
	<b>S-9882</b> Fits models M-0512, M-0512-11, M-0526, M-0526-11, M-0522, M-0522-11.		<b>S-9873 PAN GRIP</b> Fits models M-0596, M-0596-11. Also, M-0536, M-0536-11, manufactured after October 1, 1980.
	<b>S-9705 LOCK LEVER</b> Fits models M-0512, M-0512-11, M-0522, M-0522-11, M-0526, M-0526-11.		<b>S-9701</b> Fits models M-0598, M-0598-11.
	<b>S-9710</b> Fits models M-0592, M-0592-10, M-0592-11, M-0594, M-0594-10, M-0594-11.		<b>S-9704</b> Fits models M-0512, M-0512-11, M-0522, M-0522-11, M-0526, M-0526-11.
	<b>S-9714</b> Fits models M-0596, M-0596-11, M-0598, M-0598-11.		<b>S-9702 COVER GRIP</b> Fits models M-0598, M-0598-11.
	<b>S-9713</b> Fits models M-0534, M-0534-11, M-0536, M-0536-11.		<b>S-9703</b> Fits models M-0512, M-0512-11, M-0522, M-0522-11, M-0526, M-0526-11.

MODEL NUMBERS ARE STAMPED ON BOTTOM OF COOKER

**CAUTION: THE USE OF REPLACEMENT PARTS NOT MANUFACTURED BY MIRRO MAY CAUSE INJURIES.**

See pages 79-80 for Replacement Parts Order Form.