



# Tips To Choose & Use Your Electric Pressure Cooker (EPC)

CHAMPIONING CLEAN COOKING IN UGANDA

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## How to choose an EPC

### CAPACITY:

Before choosing an electric pressure cooker, the first thing you want to consider is its size. How many people are in your household?

Electric pressure cookers come in a variety of sizes (5 - 13 ltrs) to meet the needs of all consumers. Here are some basic guidelines to help you choose the right capacity:

Capacity (Litres)	Number of People
5L	4 - 5
6L	5 - 6
7L	6 - 7
9L	8 - 9
11L	9 - 11
13L	10 - 13

**Tip:** A 6-liter EPC is ideal for a family with 2 adults and 2 children. If you're hesitating between two sizes, we recommend choosing the larger size. To make room for steam, electric pressure cookers should never be filled more than 2/3 full.





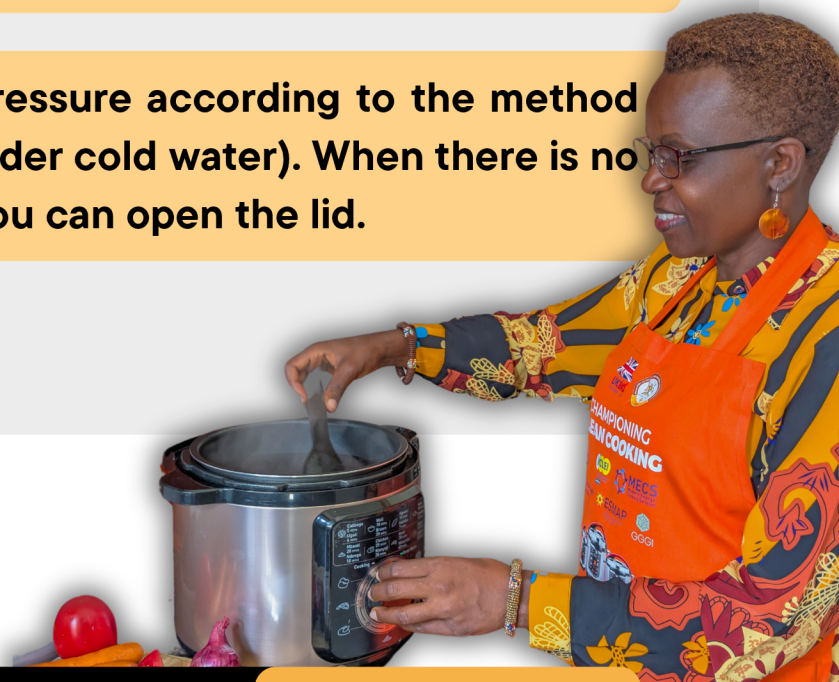
## 02

### How to use your EPC

Based on the concept of pressure cooking, electric pressure cookers speed up the cooking process. Depending on the food, the amount of time that is saved can be considerable (up to 7 or 8 times faster than traditional cooking in a pan or oven).

Nevertheless, a few basic principles must be followed to ensure the safety of pressure cooking. There are 5 steps to using your electric pressure cooker well;

- 1 Place your raw or previously cooked food (as per the recipe) in the pot or the steam basket of the pressure cooker.**
- 2 Add at least 1 glass of cooking liquid and keep the cooker no more than half full. Adjust liquid based on the recipe and cooking time.**
- 3 Close the cooker securely, following the sealing instructions, and heat on high until the liquid turns to steam.**
- 4 Once the desired pressure is reached, steam will escape through the regulator, or the pressure indicator will rise, depending on your cooker model. Reduce the heat and cook for the time specified in your recipe.**
- 5 After this time, turn off the heat and reduce the pressure according to the method indicated in the recipe (natural or rapid release or under cold water). When there is no more steam (or the pressure indicator goes down), you can open the lid.**



# 03

## How to clean and maintain your EPC

By following a few simple guidelines, you'll be sure to enjoy your electric pressure cooker for many years to come! These EPCs are super robust and durable. Made without special coatings or fragile accessories, they won't let you down no matter how hard you push them.

1

**Wash the pan and lid of your electric pressure cooker by hand with water and a sponge. A scrubbing sponge can be used if needed. Avoid bleach for burnt residues and never soak the lid or put it in the dishwasher, as this may damage the safety valve.**

2

**The pan is dishwasher safe. Place it upside down in the lower rack of the dishwasher. The steam basket can also be washed in the dishwasher. On the other hand, never wash the electric pressure cooker's lid in the dishwasher.**

3

**The gasket ensures a proper seal for your electric pressure cooker. A worn gasket can cause leaks and prevent pressure buildup, affecting performance. Check and replace it regularly—typically once a year or more often if needed—for optimal results.**

4

**Regularly check to make sure the valve is clean and the hole in the lid is not clogged.**





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# Cooking times/durations with an EPC

**Note:** Cooking times/durations are approximate and serve as general guidelines. They may vary based on food size and type.

Vegetables	High Pressure Cooking (Minutes)
Apples, chunks (low pressure)	2 min
Artichokes, Whole	8 - 10 min
Asparagus, Whole	1 - 2 min
Beans <ul style="list-style-type: none"><li>. Fresh green or wax</li><li>. Shelled Lima</li></ul>	2 - 3 min 2 - 3 min
Beets <ul style="list-style-type: none"><li>. 1/4" Slices</li><li>. Whole, peeled</li></ul>	3 - 4 min 12 - 15 min
Broccoli, florets or spears	10 - 13 min
Brussel Sprouts	3 - 4 min
Cabbage, quartered	3 - 4 min
Carrots, 1/4" slices	1 - 2 min
Cauliflower	2 - 4 min
Corn on the cob	3 - 5 min
Eggplant, 1 1/4"	2 - 3 min
Peas, shelled	1 - 1 1/2 min
Potatoes <ul style="list-style-type: none"><li>. Pieces, slices</li><li>. Whole, small</li><li>. Whole, medium</li></ul>	5 - 8 min 5 - 8 min 10 - 12 min
Rice <ul style="list-style-type: none"><li>. Brown</li><li>. White</li></ul>	15 - 20 min 5 - 7 min

Spinach, fresh	2 - 3 min
Squash <ul style="list-style-type: none"><li>. Fall, 1" chunks</li><li>. Summer, sliced</li></ul>	4 - 6min 1 - 2 min

Meat and Poultry	High Pressure Cooking (Minutes)
Beef, Pork, Lamb (1 - 2" cubes)	15 - 20 min
Beef/Veal <ul style="list-style-type: none"><li>. Roast, brisket</li><li>. Shank 1 1/2" thick</li></ul>	50 - 60 min 25 - 35 min
Meatballs, browned	8 - 10 min
Lamb, boneless roast	45 - 55 min
Pork <ul style="list-style-type: none"><li>. Loin roast</li><li>. Smoked butt</li><li>. Ham shank</li></ul>	40 - 50 min 20 - 25 min 30 - 40 min
Chicken <ul style="list-style-type: none"><li>. Boneless breast</li><li>. Boneless thigh</li><li>. Pieces</li><li>. Whole</li></ul>	8 - 10 min 8 - 10 min 10 - 12 min 15 - 20 min
Turkey breast, whole	30 - 40 min
Fish <ul style="list-style-type: none"><li>Steaks, fillets<ul style="list-style-type: none"><li>. 3/4"</li><li>. 1"</li><li>. 1 1/4"</li><li>. 1 1/2"</li></ul></li></ul>	4 min 5 min 6 min 7 min





# Common Food Recipes in Uganda

CHAMPIONING CLEAN COOKING IN UGANDA

# MEAT STEW



## RECIPE:

### Ingredients:

- 1 kg meat/beef
- 1 big onion
- 2 cloves garlic
- 2 teaspoon cooking oil
- 1l stock (or 2 stock cubes / 1 teaspoon Royco and 1l water) Bunch coat-meal/coriander
- 1 green pepper
- 1 carrot (small)
- 1 teaspoon salt

### Procedure:

#### STEP 1- Boil the meat

- Tenderize and cut meat into bitesize pieces.
- Place the meat in the EPC pot, cover and set to pressure cook for 30 minutes.
- Depressurise the EPC by opening the steam valve.

#### STEP 2- Fry the sauce

- Add oil and fry the boiled meat until its brown using the sautee setting.
- Chop the remaining ingredients and add into the pot and continue frying until it gives off a good flavour.

#### STEP 3- Simmer all together

- Add the royco and simmer the mixture.
- Pour in the water bring it to a boil.



# BEAN STEW



## RECIPE:

### Ingredients:

- 1kg dry beans soaked overnight
- 2 onions
- 6 tomatoes
- 4 cloves garlic
- 1 green pepper
- 1 bunch coat meal/coriander
- 2 cubes Royco
- Paprika – 1/4tsp
- Salt – 1tsp
- Curry powder (“Tropical Heat”) – 1tsp
- Curry powder (“Simba mbili”) – 1tsp
- Cooking oil – 1 tbsp
- Water – 4 cups

### Procedure:

#### STEP 1 - Boil the beans

- Pour the beans into the EPC pot and add/cups of water. Cover the EPC, set pressure valve in place and set the cooking time to 45 minutes.
- Release the pressure and uncover the EPC.
- Empty the beans and rinse the pot in preparation for frying.

#### STEP 2 - Fry the sauce

- Prepare ingredients for the gravy
- Peel & chop tomatoes, onions, garlic & peppers.
  - Chop coat meal/coriander into small pieces
- Pour the cooking oil into the pot & set the EPC to sautee mode.
- After the oil heats up, pour in the onions & fry until they start to brown.
- Add the spices & other ingredients then mix to make gravy.
- Mix Royco with/cups of water & pour into the pot with the cooked beans.
- Mix everything together & leave to simmer for 10 minutes.

# MATOOKE



## RECIPE:

### Ingredients:

- Matooke (banana plantain); 1.5 Kg (14 fingers)
- Banana leaves (for wrapping) Water for steaming (approx 2 cups)

### Procedure:

#### STEP 1 - Prepare the matooke

- Pour approx 1 cup water in the pan, making sure it doesn't come above the bottom of the steaming rack).
- Peel the matooke
- Wash the matooke after peeling Wash the banana leaves
- Wrap the matooke in banana leaves

#### STEP 2 - Steam

- Place the steamer stand in the EPC and pour water.
- Place the wrapped matooke in the EPC, cover the EPC and set timer to pressure cook for 30 minutes
- After the 30 minutes, release the pressure and uncover.

#### STEP 2 - Mash & steam again

- Remove the matooke and press / mash After pressing, add a little water (approx 1 cup again) into the EPC pot/pan.
- Steam for 10 minutes with the lid closed Serve and enjoy your meal



# iv. POSHO



## RECIPE:

### Ingredients:

- 5 cups of water
- 3 cups of maize meal

### Procedure:

#### STEP 1 - Preheat the water

- Add 3-4 cups of water in the EPC and bring to a boil
  - TIP: if you want to multitask, close the valve and set the timer to at least 2 minutes - when the timer goes off, open the steam valve and release the pressure.

#### STEP 2 - Make a paste and pressure cook

- Make a paste of 2 cups of maize meal with 1 cup of water and add the paste to the boiling water in the EPC.
- Stir continuously and then close the lid and set the EPC to cook for 5 minutes at pressure.
- Open the steam valve to depressurise.

#### STEP 2 - Simmer

- Take off the lid and put the EPC on sautee mode so that it keeps heating.
- Add more maize meal slowly and stir vigorously until thick enough.
- Cover and simmer for around 10 minutes and then stir again.
- Power off the EPC and serve.

# V. SUKUMA WIKI



## RECIPE:

### Ingredients:

- 1 bunch kale or collard greens
- 2 tomatoes
- 2 small onions
- Spices (1/2 tsp cayenne pepper, 1 tbsp bouillon, 1/2 tsp black pepper)
- 2 tbsp oil (to fry)

### Procedure:

#### STEP 1 - Wash and cut

- Wash and cut the vegetables and pour some hot water on it to make it soft.

#### STEP 2 - Fry

- Set the EPC on the preset sautee function and add cooking oil in the pot.
- When its heated, add the tomatoes, onions, spices and some salt. Fry whilst stirring for a few minutes to make gravy.
- Add the chopped greens and stir for about 7-10 minutes.



# OUTREACHES





# OUTREACHES

