



Use and Care Instructions

# The Smart Canner™

Versatile • Simple • Safe



**Browning...Steaming...  
Pressure cooking...Canning...  
The "SMART CANNER™"  
does it with ease!**

For your safety and continued enjoyment of this product, always read the instruction book carefully before using. (Keep this book for future reference.)

# IMPORTANT SAFEGUARDS

## **WARNING**

When using any electrical appliance basic safety precautions should always be observed including the following:

- READ ALL INSTRUCTIONS.
- To protect against risk of electrical shock, do not put appliance in water or other liquid.
- Do not touch hot surfaces. Use handles, knobs or oven mitts.
- Close supervision is necessary when any appliance is used by or near children. This appliance is not recommended for use by children.
- Unplug from outlet when not in use, before putting on or taking off parts, and before cleaning.
- Allow to cool before putting on or taking off parts.
- Avoid contact with moving parts.
- Never put the unit near a hot burner or in an oven.
- Do not operate the appliance for any other purpose than the intended use. Do Not use electrical equipment with a damaged cord or plug or after the appliance malfunctions, is dropped or damaged in any manner. Return unit to the nearest authorized service center for examination, repair, or adjustment.
- Do not use outdoors.
- Do not let cord hang over edge of table or counter, contact sharp edges, or touch hot surfaces.
- Do not pull on the power cord to disconnect.
- Never plug in the appliance where water may flood the area.
- Place the appliance on a firm and stable surface.
- Ensure that the appliance is not placed close to the edge of the table, worktop, etc. where it can be pushed off or fall.
- The use of attachments not recommended or sold by the manufacturer may cause fire, electric shock or injury.
- Never use abrasive cleaning agents or abrasive cloths when cleaning the unit.
- Only use the unit when completely assembled.
- Do not leave the appliance unattended while it is running.
- Before using for the first time, remove all packaging and wash parts.
- This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug will fit in a polarized outlet only one way. If the plug does not fit the outlet perfectly, reverse the plug. If it should still not fit, contact a qualified electrician. Do not modify the plug in any way.
- Prior to unplugging unit, turn power off.
- Do not place on or near hot gas, electric burner or in a heated oven.
- Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
- To disconnect, turn any control to "off", then remove plug from wall outlet.
- CAUTION: Turn unit on and off using timer or On/Off button only.

# OVERVIEW OF COMPONENTS

**FIGURE 1**

1. Lid Handle
2. Lid
3. Black Pressure Limiting Valve (low altitudes)
4. Green Pressure Limiting Valve (for use at elevations higher than 1,000 ft. above sea level)
5. Body Handles
6. Stainless Steel Body
7. Control Panel
8. Lower Body Base
9. Canning Racks (tall and short)
10. Inner Pot (non-stick interior)
11. Steam Rack
12. Removable Silicone Gasket
13. Condensation Catcher
14. Power Cord



# BEFORE FIRST USE

## BEFORE FIRST USE

- Remove packaging materials such as cardboard, plastics or styrofoam and discard appropriately.
- Wipe clean all the parts with a soft damp cloth or sponge and dry thoroughly.
- Do not immerse in water or place in dishwasher.
- The GASKET sets in behind the wire guide. Before your first use, gently pull the GASKET out. (image 1)
- Hand wash in warm soapy water. Dry, then firmly press the GASKET back in behind the wire guide. (image 2)
- Slip CONDENSATION CATCHER onto the back of the unit.
- Make sure GASKET is properly installed in groove inside the LID.



## ASSEMBLY

1. **How to open the LID:** When the LID of the cooker is at the “Closed-Lid Position” hold the LID HANDLE and turn it about 1/8 of a turn clockwise, until you reach the “Open-Lid Position”. Lift up on the LID HANDLE.

**Note:** For brand new units, the seal of the LID may be slightly stronger than normal and may be slightly difficult to unlock. Once the LID has been opened and closed several times, it will loosen up.

2. **How to close the LID:** When the LID of the cooker is in vertical position hold the handle and close it downwards at the “Open-Lid Position”. After that, turn it in a counter clockwise direction until you reach the “Closed-Lid Position”.



3. **How to dismantle the LID:** When the LID of the cooker is in the upright vertical position, hold the LID with both hands, and adjust the height between the LID and the upper edge of the cooker to around 4 inches (image 3). Then turn it in a counter clockwise direction until you reach the “Closed-Lid Position” (image 4). Then lift the LID up and away from the “Smart Canner” body (image 5).



**WARNING** - Hot steam will periodically be released out of the STEAM RELEASE VENT. Be sure nothing is directly above this area when using the “Smart Canner”.



# HOW TO USE

**4/5 RULE:** NEVER fill a pressure cooker more than 4/5 full with food. Also, don't pack food tightly into a the pressure cooker. These practices may cause the pressure cooker to not operate correctly and it will affect the outcome of your food.

**IMPORTANT:** Before you start select the **BLACK LIMITING PRESSURE VALVE** for all usage unless you are located at altitudes above 1,000 feet above sea level. At altitudes higher than 1,000 feet above sea level always use the **GREEN LIMITING PRESSURE VALVE**. Avoid using metal utensils on the **INNER POT**, as you may damage the non-stick surface.

**Please Reference:** <http://nchfp.uga.edu/> for general rules on safe canning guidelines.

## PRESSURE COOKING

Pressure cooking is an easy way to seal in the flavor and nutrition of your favorite foods. You can cook single foods like corn on the cob or rice, or an entire pot roast dinner.

1. Press the "Pressure Cook" function button on the front panel.
2. Add the ingredients from your favorite recipe.
3. Close the lid, turn the LID about an 1/8 turn counter clockwise into the "Closed-Lid" position. Set the PRESSURE LIMITING VALVE to the "Airtight" position.
4. Set the time per your recipe.
5. Press "Start" to start the process. The display will circle until the internal pressure is reached. You may notice some clicks as the unit heats up, this is normal. Once the internal pressure is reached, the "Cooking Time" will start counting down to "000" and beep 3 times.
6. CAREFULLY move the PRESSURE LIMITING VALVE to the "Exhaust" position. A large amount of steam will be released from the PRESSURE LIMITING VALVE, so make sure to keep your face, body and fingers away from the steam.
7. Once the steam has been released, turn the LID HANDLE an 1/8 turn clockwise and open the LID.

## SLOW COOKING

Sometimes it's a desired option to slow cook dinners instead of pressure cooking. The "SMART CANNER" allows this option. Simply add your favorite ingredients to the inner pot. Remember not to exceed the 4/5 height rule for filling the cook pot.

1. Press the "Slow Cook" function button on the front panel. The Cooking Time display will show 30 minutes, which can be adjusted up (+) or down (-), to a max of 600 minutes (10 hours).
2. Set the top limiting valve function to "exhaust" so the pressure does not build up inside the cooker while slow cooking. You will still seal in liquids for moisture to create the perfect slow cooking environment.
3. Press "START" to begin cooking. The "Smart Canner" will go into a "keep warm" state and turn off when the cook time is complete.

**HINTS:** Consider browning meats that will be slow cooked first by using the "Brown" function on The "SMART CANNER". It is usually not necessary to add cooking oil or butter to the bottom of the INNER POT when browning meats, but a small amount of liquids such as water, soup stock or fruit juices can help when "slow cooking". There are many resources for slow cooking recipes, which can easily be adapted to use with the "Smart Canner".

# HOW TO USE

## STEAMING

Steaming foods offers a great way to save time, energy and nutritional benefits. Steamed foods don't require cooking oils, which can save both money and unwanted calories. The steaming process keeps the foods from coming in direct contact with boiling water, so foods cook evenly and gently in their own juices. Nutrients are less likely to be swept away in the boiling water. Nearly all meats, vegetables, pasta, rice and seafood can be steamed.

## HOW TO STEAM FOODS:

1. Place the TALL RACK into the INNER POT.
2. Fill with hot water to the rack level. (approximately 4 cups)
3. Place the STEAM TRAY over the rack.
4. Press the "WB/Steam" function on the control panel.
5. Add foods that you wish to steam, not exceeding the 4/5 fill rule of the pressure cooking.
6. Close the LID, turn clockwise an 1/8 turn, set the PRESSURE LIMITING VALVE to the "Exhaust" position. Set the timer based on recipe. (use chart at right as a common guide)
7. Press the "START" button.

## HINTS:

- Instant rice can be steamed, but long grain rice is best pressure cooked.
- Check your foods occasionally for desired doneness.
- When cooking several different types of foods, put the items that have the longest cook time toward the bottom of the INNER POT.

## BROWNING

The "SMART CANNER" is versatile enough to handle browning meats prior to slow cooking or pressure cooking. Browning meats help release and develop the flavors you expect and appreciate. The browning function on The "SMART CANNER" acts similar to a standard fry pan.

1. Press the "Brown" function on the control panel.  
**NOTE:** You will NOT be closing the LID while browning.
2. Add the meat directly to the INNER POT. It is not necessary to add butter or cooking oil, unless desired for flavor.
3. Turn and brown the meat as you would as if using an fry pan.  
**NOTE:** You can brown an entire roast, or cut up meat into smaller pieces before browning for stews.

# HOW TO USE

## Approximate Steaming Times for Vegetables

Vegetable	Size/Preparation	Time in minutes	Suggested seasonings
Artichokes	Steam whole artichokes	25-40 min	extra virgin olive oil and lemon zest
Asparagus	Whole spears, thick spears peeled lightly	7-13 min	olive oil combined with lemon zest or sesame seeds
Beans, green	Whole beans	6-10 min	garlic
Beets, small or medium-sized	Whole, un-peeled beets scrubbed clean; peel off the skins after steaming	35-50 min	fresh thyme
Broccoli	Trimmed stalks split in half or florets	5-7 min	Extra-virgin olive oil, pumpkin seed oil, lemon juice, lime juice, or balsamic vinegar
Brussels sprouts	Whole, trimmed	8-15 min	fresh thyme
Cabbage	Cut in wedges	6-10 min	Lemon or lime juice
Carrots	Cut into ¼-inch thick slices	7-10 min	honey combined with cinnamon or ginger
Carrots, baby	Whole baby carrots	10-12 min	honey combined with cinnamon or ginger
Cauliflower	Florets	5-10 min	Lemon or lime juice
Corn on the cob	Whole, husks removed	7-10 min	chicken or vegetable stock
Okra	Fresh whole okra, trimmed	6-8 min	lemon/lime juice and parsley, or with sauteed scallions
Onions, pearl	Whole onions, peeled	8-12 min	
Peas, green	Fresh, shelled peas	2-4 min	fresh herbs (such as mint) or lemon juice
Potatoes, all	Peeled or scrubbed clean, cut into ½ - inch slices	8-12 min	fresh parsley, rosemary or dill
Potatoes, new	Whole, scrubbed clean	15-20 min	fresh parsley, rosemary or dill, or with chopped red onions
Scallions	Cut into ½ - inch slices	3-5 min	
Spinach	Cleaned, whole leaves	3-5 min	olive oil and garlic, or sesame seeds
Squash, butternut	Peeled and cut into 1- inch cubes	7-10 min	honey, lemon juice, and rosemary
Turnips	Cut into ½ - inch cubes	8-12 min	olive oil and fresh herbs
Turnip greens	Cleaned and coarsely chopped	4-6 min	olive oil and garlic
Sweet potatoes	Cut into large chunks	8-12 min	honey and lemon juice
Zucchini	Cut into 1 - inch slices	5-8 min	olive oil, lemon/lime juice, and fresh herbs (such as thyme or rosemary)

# FOOD PRESERVATION

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Ready to enjoy home canning with the “Smart Canner”?

Few things are more satisfying than opening a jar of something you’ve canned yourself. Home canning has a long and important legacy for families. You’ll be able to take advantage of many benefits by canning your own fruits and vegetables. It’s more than just the great taste of produce you’ve preserved at their peak, it’s the health benefits of controlling what goes in the foods you eat. Plus, it’s a step toward self sufficiency. You can enjoy the taste of your garden all year! Home canned products make thoughtful and healthy gifts.

The “Smart Canner” helps make the process easy and safe. Digital controls will make the process easier, even for first time home canners. The process of pressure canning safely eliminates and protects against unwanted microorganisms. We’ve included some tips on the basics of canning. Feel free to explore the many recipe resources available online or through your local library. Join a club and learn even more.

## BASIC CANNING TIPS

- We highly recommend that you familiarize yourself with the canning procedures, the different acid levels of fresh foods and FDA guidelines that can be found on the Internet. <http://nchfp.uga.edu/>
- There are a wide variety of products that can be successfully canned. However, not every food item is suitable. Check for recipes before proceeding.
- Follow recipe directions carefully.
- Select jar sizes in servings that you and your family will be able to consume in a timely manner. Make sure there are no small chips along the top of jars that would prevent adequate sealing. With proper care, canning jars can be reused for many years. **NEVER ATTEMPT TO REUSE LIDS.**
- Some handy items that you may normally need include saucepans, measuring cups and measuring spoons, sharp kitchen knives, large spoons or ladles, cutting boards, non-metallic spatula, funnels, jar lifters, oven gloves and clean rags. Also, adhesive labels can add a nice look to your final product.
- Make sure all utensils, jars and lids are thoroughly clean before final canning. It’s best to keep your newly cleaned jars warm to help reduce chance of breakage caused by temperature changes when adding hot foods.
- “The “Smart Canner” can seal jars through both pressure canning and water bath techniques—check with your recipe for suggested method.
- Follow guidelines for safety procedures from canning jar and lid manufactures. Never use jars that are not designed for home canning.



# FOOD PRESERVATION

## HOW TO CAN WITH THE “SMART CANNER”

The “Smart Canner” comes with 3 racks to use during the canning process. The short rack is used for canning quart jars, the tall rack for pint size jars, and the steaming rack which can be used as a separation layer when stacking smaller size jars.

The “Smart Canner” will process:

- 4 Quarts using the **SHORT RACK**
- 8 Pints using the **TALL RACK**
- 16 - 4 oz jelly jars.

**Botulism spores must be killed at temperatures higher than boiling water (pressure canned) or by extreme pH balance found in vinegar of pickled vegetables or sweet jams and jellies (water bath).**

## WATER BATH/WB

High acid foods such as fruits, pickles and tomatoes are naturally better at fighting spores and may be canned using the water bath method.

1. Prepare your products following your recipe, following federal Food and Drug Administration guidelines.
2. Place food in canning jars and hand tighten following jar manufacturer guidelines.
3. Place the short rack into the bottom of the INNER POT (or the tall rack for smaller size jars) and set your filled jars on the rack.
4. Fill the INNER POT with water to 1 inch over the top of the canning jars.
5. Select the “WB” function key on the control panel.
6. Close the lid, leave the limiting valve in the “exhaust” position
7. Set the “Cook Time” and press “START”. The display will count down time to “000” and the unit will beep 3 times.
8. Carefully turn the LID clockwise 1/8 turn and open the LID.
9. Carefully remove the jars from “Smart Canner”; the jar’s lids will “pop” as they cool and seal.

## PRESSURE CANNING

The “Smart Canner” makes pressure canning safe and easy. You can high pressure can most vegetables, fruits, sauces, meats and soup stocks, and so just be sure to follow recipes and guidelines. **LOW PRESSURE CANNING** is ideal for jams and jellies or “pickled” vegetables.

1. Place your filled jars to be canned onto the rack in the cook pot.
2. Add 4 cups hot water.
3. Close and lock the lid.
4. Leave the limiting valve in the “exhaust” position.
5. Select the High pressure cook button from the front panel.
6. Set the time required to cook based on your recipe guidelines.
7. Press “START”.
8. Dial will rotate several minutes until correct internal temperature is reached.
9. When steam begins to exit the top of the unit, the machine will beep.
10. Shift the top limiting valve to “air tight”. The process continues as the unit builds up internal pressure.  
**NOTE:** Safety features will keep the LID locked until you are finished processing and temperatures lower
11. Once the correct internal pressures are reached, The “Smart Canner” will automatically start the timer countdown.  
**NOTE:** Expect some minor amounts of steam to escape from the unit during the timed canning process—this is normal.
12. When the canning process is complete, the machine will beep 3 times.
13. Wait at least an hour or more until automatic lock valve allows you to open the lid.

# RECIPES

## BEEF CHILI (PRESSURE COOK)

- 3 lbs. chuck roast, cut in 1- inch cubes
  - 1 Tbls vegetable oil
  - Salt and pepper to taste
  - 1 large onion, diced
  - 4 stalks of celery, diced
  - 2 Tbls Italian Seasoning
  - 2 Tbls chili powder
  - 1/4 tsp cayenne pepper
  - 1/2 tsp ground oregano
  - 10 oz can of diced tomatoes
  - 4 oz can of diced green chili peppers
1. Press Smart Canner's BROWN setting. Press START. Brown meat and seasonings without the lid on the canner. Cook until meat is browned.
  2. Add 10 oz. of canned diced tomatoes and 4 oz. diced green chili peppers.
  3. Stir, cover & lock the "Smart Canner" LID. Press Smart Canner's PRESSURE COOK setting. Adjust "Cooking Time" to 25 minutes. Press START. The "Smart Canner" will beep 3 times when the cycle is complete and will display "OFF".
  4. Garnish with chopped fresh cilantro and green onions. Serve with corn chips, sour cream and shredded cheese.

## CANNED CHICKEN STOCK

*(great use for the bones, skin and left-over meat of roasted chicken)*

- Left over bones, skin and meat of roasted chicken
  - 1 large onion, chopped
  - 2 stalks of celery, chopped
  - 1/2 C carrot, chopped
  - 1/2 tsp of minced garlic
  - 1/2 tsp cumin
  - 1/2 tsp nutmeg
  - Salt and pepper to taste
  - Enough water to reach the "3/5" full mark
1. Put above ingredients into Smart Canner. Lock lid and press PRESSURE COOK setting. Set time for 20 minutes. The Smart Canner will beep 3 times when the cycle is complete and will display "OFF". Release pressure and cool. Strain and discard the bones and veggies. Place ice cubes in the broth; the fat will solidify and can be removed/discarded.
  2. Heat the canning lids. Pour the broth into pint canning jars. Wipe the tops of the jars, seal and hand tighten rings on the canning jars. Place the jars on the tall rack of the Smart Canner and add enough water to a level of about 1/3 of the height of the jars. Close and lock the Smart Canner lid. Press PRESSURE COOK and set for 15 minutes. Press start. The Smart Canner will beep 3 times when the cycle is complete and will display "OFF".
  3. Carefully remove the jars from Smart Canner; the jar's lids will "pop" as they cool and seal. Use within 6 months.

## SIMPLE SLOW COOK CHICKEN & DUMPLINGS

- 1 - 1/2 lb. skinless, boneless chicken breasts, rinsed and drained
  - 2 cans of cream of chicken soup
  - 3 carrots, diced
  - 2 stalks of celery, diced
  - 1 small onion, diced
  - 2 Tablespoons of butter
1. Place in "Smart Canner". Press SLOW COOK and set time for 480 mins, (8 hours).
  2. Open "Smart Canner" and stir stew, pressing chicken into smaller pieces. The chicken will be very tender.
  3. Open 1 can of home-style refrigerator buttermilk biscuits. Roll each biscuit in flour shaping them into sausages and cut them into 4 pieces. (The flour will thicken the stew.) Add the biscuit dumplings to the top of the chicken stew and gently push them down to be covered with the stew juice.
  4. Close the Smart Canner lid and SLOW COOK & set time for 45 mins.
  5. Press START.
  6. The display will count down to "000" and beep 3 times when complete.

# RECIPES

## SLOW COOKED BAKED ZITI

- 1 lb. ziti
- (2) 25 oz. jars of marinara sauce
- 15 oz. ricotta cheese
- 1 cup shredded mozzarella cheese
- 1 cup grated Parmesan
- 2 tablespoons fresh basil leaves, finely chopped
- 2/3 cups of water

1. Mix the 3 cheese in a small bowl.
2. Rinse the ziti under cold water. Evenly space one layer of ziti in the bottom of the Smart Canner.
3. Spread one jar of marinara sauce over the ziti.
4. Add half the cheese mixture and half the basil.
5. Repeat the layering.
6. Add the water, but do not stir.
7. Close and lock the lid. Press SLOW COOK and set time for 150 minutes. (2 ½ hours)
8. Press START. The display will circle until the correct temperature is reached. The unit is programmed to go into a "keep warm" state as it slow cooks your meal.
9. The display will count down to "000" and beep 3 times when complete.

## BBQ RIBS

- 3 to 4 #s country style pork ribs
- ¼ C apple cider vinegar
- 1 C beer (darker is better)
- 1 large onion sliced
- 2 teaspoons of minced garlic
- Your favorite BBQ sauce. (3/4C will be used in the Smart Cooker with the ribs and the rest will be used just before serving)

1. Brown the ribs in the Smart Cooker first by following the steps on page 4.
2. Add the rest of the ingredients on top of the ribs. Close and lock the lid. Press PRESSURE COOK. Adjust cooking time to 60 minutes. Press START. The display will change throughout the process and will beep 3 times when the process is done. Open 1 can of home-style refrigerator buttermilk biscuits. Roll each biscuit in flour shaping them into sausages and cut them into 4 pieces. (The flour will thicken the stew.) Add the biscuit dumplings to the top of the chicken stew and gently push them down to be covered with the stew juice.
3. Remove the ribs and place them on a foil lined pan. Cover with the remaining BBQ sauce. Broil for approximately 10 minutes or until the BBQ sauce is browned to your liking.

## PRESSURE CANNING SALSA

- 12 cups (about 24 tomatoes) Roma tomatoes, peeled, cored and chopped
- 3 green bell peppers, seeds removed and chopped
- 2 large onions, chopped
- 5 or 6 large jalapeno peppers, stemmed, seeded and chopped (leave the seeds in for hotter salsa)
- 2 tablespoons salt
- 1 teaspoon black pepper
- 1 tablespoon garlic, minced
- ¼ cup lime or lemon juice
- 1 tablespoon sugar

1. Mix all ingredients, and pour into canning jars.
2. Heat the canning lids.
3. Wipe the tops of the jars, seal and hand tighten rings on canning jars.
4. Place jars on the tall rack and add enough water to a level of about 1/3 of the height of the jars. Close the lid and slide it over to the lock position. Press Pressure Cook and adjust "Cooking Time" to 15 minutes.
5. Press START.
6. The Carey Smart Canner will beep 3 times when the cycle is complete and display "OFF".
7. Carefully, remove the jars and set them aside to cool.
8. You will hear the lids "pop" as they seal.



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## **WARRANTY**

Your product is warranted for one year from date of purchase against all defects in material and workmanship. Should your product prove defective within one year from date of purchase or receipt, return the unit, freight prepaid, along with an explanation of the claim. Please package your product carefully in its original box and packing material to avoid damage in transit. (We are not responsible for any damage caused to the product in return shipment.) Under this warranty, we undertake to repair or replace any parts found to be defective.

This warranty is only valid if the product is used solely for household purposes in accordance with the instructions. This warranty is invalid if the unit is connected to an unsuitable electrical supply, or dismantled or interfered with in any way or damaged through misuse.

We ask that you kindly fill in the details on your warranty card and return it within one week from date of purchase. Send warranty card to:

The Smart Canner  
C/O CI  
PO Box 444  
Two Rivers, WI 54241-0444