

STERILISING OBJECTS



You can use your pressure cooker to sterilise objects such as flasks, dummies and jam jars. This is a fast, reliable way to remove germs and bacteria.

In order to eliminate most household germs, the inside of the pressure cooker needs to reach a temperature of 117°C (2nd ring). Make sure the objects you are sterilising are heat resistant up to at least 120°C.

STERILISING:

1. Clean the objects with soap and water.
2. Pour one cup of water (around 200 ml) into the pressure cooker.
3. Place the trivet onto the base of the Duromatic and lay the objects on top. Heat the pan until you can see the 2nd ring on the valve and maintain this level for around 5 mins.
4. Take the pan off the hob and allow to cool (do not hold under a running tap).
5. Wait until the pressure valve has sunk right down before opening the lid.