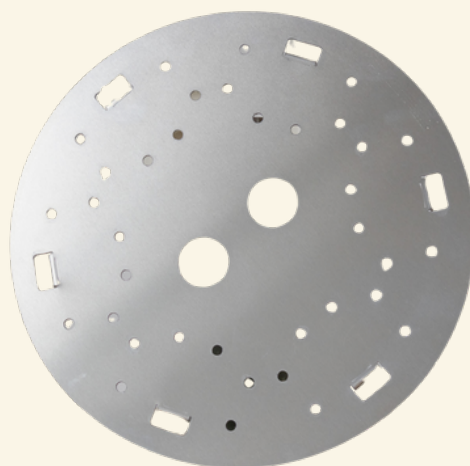


CANMATE 22QT Pressure Canner

PRESSURE CANNING NEDERLAND B.V.

22L ALUMINUM CANMATE PRESSURE CANNER

SUITABLE FOR GAS, INDUCTION, CERAMIC AND
ELECTRIC COOKTOPS



USER MANUAL AND SAFETY INSTRUCTIONS

KEEP THIS MANUAL FOR SAFETY WARNINGS,

PRECAUTIONS, ASSEMBLY, OPERATION, INSPECTION, MAINTENANCE, AND CLEANING
PROCEDURES.

WRITE THE PRODUCT'S SERIAL NUMBER ON THE BACK OF THE MANUAL

(OR THE MONTH AND YEAR OF PURCHASE IF THE PRODUCT DOES NOT HAVE A NUMBER).

FOR FURTHER QUESTIONS, EMAIL OUR CUSTOMER SERVICE: SUPPORT@PRESSURECANNING.NL



General Safety Warnings

The warnings, precautions, and instructions discussed in this manual cannot cover all possible conditions and situations that may occur. The user must understand that common sense and caution are factors that cannot be built into this product but must be exercised by the user. Before using the CanMate, carefully read all instructions and ensure you understand them before proceeding. Failure to follow the safety rules and other basic safety measures can result in serious personal injury.

- Carefully check before each use that the handles are intact and the vent pipe is smooth. The pressure regulator and safety valve must move freely and be clean.
- The Cover Lock mechanism is carefully designed and installed on the handle's top. Never disassemble the CanMate.
- For any commercial use, improper use, or failure to follow the instructions, the manufacturer and Pressure Canning Nederland B.V. accept no liability, and the warranty does not apply. Use only replacement parts supplied by the manufacturer. Failure to do so will void your warranty.
- DO NOT place objects on top of the pressure regulator. DO NOT use the lid of the CanMate to cover other objects.
- DO NOT store alkaline, acidic, vinegar, or other corrosive foods in the CanMate for an extended period to prevent internal corrosion of the pot.
- If the CanMate has been dry-cooked, it can often no longer be used as a CanMate. Be cautious to avoid this.
- For household use only.
- To achieve sufficient pressure in the CanMate, when using electric, induction, or ceramic cooktops, a 2- or 3-phase connection with adequate power is typically required. If there is insufficient power, the CanMate will not reach the required pressure.
- The CanMate cannot be used for frying under high pressure.
- DO NOT place the CanMate in the microwave or oven.
- When cooking food, the flame should not exceed the bottom of the pot. The flame must also not rise higher than 1/10th of the total height of the CanMate to prevent the handle from burning. For induction or ceramic cooktops, it is not a problem if the cooktop's diameter is smaller than the bottom diameter of the CanMate.
- Wait a while after use before opening the CanMate. Allow the steam to dissipate to prevent burns. When releasing the pressure from the CanMate, the user should stand to the side to avoid potential burns.
- As with any cooking appliance, exercise close supervision when using the CanMate if children are nearby.

- When the CanMate is under pressure, exercise extreme caution when moving it. DO NOT touch the hot surfaces. Use the handles and knobs. Wear gloves or oven mitts if necessary.
- Regularly check that the handles of the CanMate are securely fastened. Tighten if necessary.
- DO NOT use your CanMate for any purpose other than that for which it is designed. Your CanMate cooks under pressure. If not used correctly, burns from overflows can occur. Ensure the CanMate is properly closed before bringing it to pressure.
- Always make sure the pop-up sealing cap is in the decompression position before opening your CanMate.
- Never force the CanMate open. Ensure the pressure is back to zero before opening it.
- Never use your CanMate for food preservation without water: this can cause severe damage. Always ensure there is enough water while cooking.
- Use heat sources compatible with your CanMate, in accordance with the instructions.
- Never make milk-based recipes in your CanMate.
- Do not fill the CanMate more than the recommended level for a pressure cooker. For soups, grains, dried beans, and peas that expand during cooking, fill the CanMate no more than halfway. Overfilling risks clogging the vent pipe and causing overpressure.
- Do not cook applesauce, cranberries, rhubarb, cereals, pasta, split peas, dried soup mixes, or soups with dry beans and peas under pressure in the CanMate. These foods tend to foam and spatter, which can clog the vent pipe and automatic vent.
- After cooking meat with an outer skin layer (e.g., ox tongue) that may swell under pressure, it is risky to pierce the skin if it looks swollen; you may burn yourself. Pierce the meat with small holes before cooking.
- Always check that the vent pipe is clean before use.
- DO NOT use the CanMate for pressure frying in oil.
- DO NOT touch the safety valves except during cleaning and maintenance as instructed.
- Alcohol vapors are flammable. Bring alcohol-based recipes to a boil for about 2 minutes before placing the lid. Monitor your device carefully when preparing recipes with alcohol. You can use the CanMate to cook food without the lid. DO NOT use the lid if you are not preparing food under pressure.
- If you notice your CanMate is broken or cracked, under no circumstances should you try to open it. Wait until it has completely cooled before moving it. DO NOT use the CanMate. Have it inspected by a qualified technician and repaired safely if possible.



1. Safety valve
2. Additional safety valve
3. Handle on lid
4. Handle on canner
5. CanMate body
6. Pop up closing valve
7. Pressure regulator/weight
8. Vent stem
9. Manometer
10. Lid CanMate
11. Safety windom
12. Bottom rack
13. Silicone ring
14. Removable
Covering cap
15. Bottom for any stove



INTRODUCTION PRESSURE CANNING

Pressure canning is suitable for preserving low-acid products such as vegetables, meat, and fish. The process also kills all invisible microorganisms, slowing down the spoilage cycle. This ensures that preserved food remains edible for a longer period.

Food spoilage can have four causes: molds, enzymes, yeasts, and bacteria. Molds, yeasts, and enzymes are destroyed at 100 degrees Celsius. Water boils at 100 degrees (except in mountainous regions), which is sufficient to kill molds, yeasts, and enzymes. This preservation method, which we in Europe call "wecken," is suitable for foods that naturally contain acid with a pH value of 4.6 or lower.

If a food product is not acidic enough, bacteria in an oxygen-free environment (such as in a jar) are not easily killed. Foods that are not sufficiently acidic include vegetables, meat, poultry, fish, and seafood.

When vegetables, meat, poultry, fish, and seafood are stored in a vacuum-sealed jar, the bacteria *Clostridium botulinum* can develop. This bacterium produces a spore that creates a toxic substance causing botulism. These spores are NOT DESTROYED at 100 degrees Celsius.

According to the USDA (United States Department of Agriculture), pressure canning is the only safe method for processing low-acid foods (vegetables, meat, poultry, fish, and seafood).

In pressure canning, part of the water in the CanMate is converted into steam, creating pressure inside the CanMate. As pressure increases, so does the temperature: at 5 PSI, a temperature of 108.8 degrees Celsius is reached; at 10 PSI, the temperature reaches 115.5 degrees Celsius; and at 15 PSI, a temperature of 121 degrees Celsius is achieved. For most areas in Europe, a pressure of 10 PSI is sufficient to safely pressure can and destroy all harmful bacterial spores, including botulism.

Above 300 meters, a pressure of 12 PSI is sufficient. Above 600 meters, 15 PSI is required. Depending on the pressure regulator (weight) provided, the CanMate begins to vibrate at a pressure between 10 and 15 PSI. This makes the CanMate suitable for use across Europe.

As the jars cool after processing, a vacuum is formed, sealing the food inside. This prevents new microorganisms from entering the jar and spoiling the food.

BEFORE USING THE CANMATE

Pressure Gauge

1. **Carefully read** the instructions before using the CanMate for the first time. Familiarize yourself with the general construction of the CanMate.
2. Before first use, test whether the screws attaching the handles to the lid are securely tightened.
3. Wash the lid, the body of the CanMate, and the sealing ring with warm soapy water to remove any manufacturing oil. **Rinse all parts with warm water and dry them thoroughly.**
4. If the pressure gauge is supplied separately in the box, attach it to the lid of the CanMate by first removing the nut and metal ring from the threaded end of the pressure gauge. Then, turn the lid of the CanMate upside down. From the bottom, insert the threaded end of the pressure gauge upward through the hole in the center of the lid until the compression gasket rests on the lid.
5. While holding the pressure gauge in place, place the metal ring and the nut onto the threaded end of the pressure gauge. Tighten using the small wrench provided in the packaging.

Tips: The pressure gauge is a **delicate** instrument that must be carefully assembled. Do not immerse the lid or allow the pressure gauge to come into contact with liquids. Do not store the pressure gauge in temperatures below freezing.

BEFORE USING YOUR CANMATE

Some canners come with **one weight** in the box, while others come with **two weights**.

One Weight

If your canner includes only **one weight**, there is nothing you need do—the CanMate is ready for use.

Two Weights

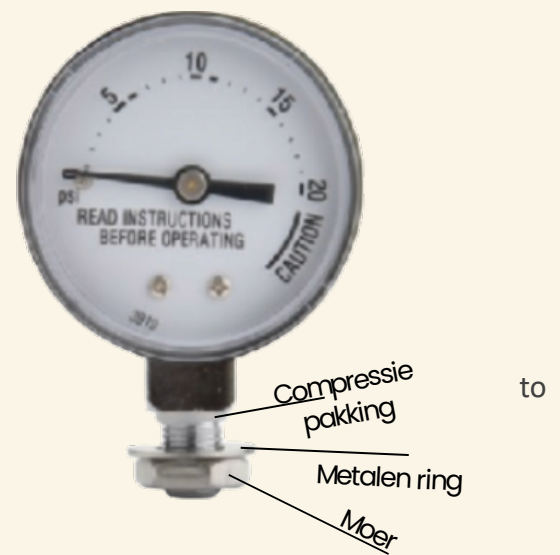
If your canner includes **two weights**—a **10 PSI** and a **15 PSI** weight—it is important to know that each weight comes with its own vent stem. The weight **without** a vent stem inside is the one that comes pre-installed on the CanMate.

Before using the CanMate, make sure that the correct weight for your elevation is installed. If not, you will need to replace the vent stem on the lid with the one that comes with the other weight.

- Use the **10 PSI weight** (the **red** one marked **70 kPa**) if you live **below 300 meters above sea level**.
- Use the **15 PSI weight** (the **black** one marked **105 kPa**) if you **live above 300 meters above sea level**.

To Replace the Vent Stem, Follow These Steps:

1. Carefully remove the **protective cap with holes** from the holder.
2. Loosen the **nut** with a **12 mm socket wrench**.
3. Remove the **clip with three hooks**.
4. Gently pull the **vent stem** out of the lid.
5. Insert the **new vent stem** (corresponding to the red weight) through the lid, making sure the **short end** is on the **inside**.
6. Slide the **clip with three hooks** over the short end of the vent stem.
7. Screw the **nut** onto the bottom of the vent stem and tighten it firmly with the socket wrench (12 mm).
8. Finally, gently press the **protective cap** over the clip so that it clicks into place.



12 PSI



15 PSI

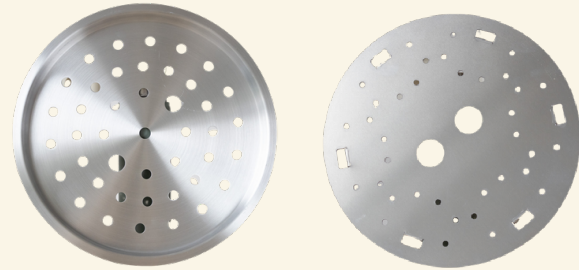


10 PSI

Base Plates

Your CanMate may come with two types of base plates: a **bottom plate** and an **extra stacking plate**.

- The **bottom plate** is meant to be placed at the bottom of the CanMate.
- The **stacking plate** is used **between two layers of jars**.



Stacking Plate | Bottom Plate

Boiling Dry

When using the CanMate for the first time, it is important to check during heating whether any **steam escapes around the lid or the handle**.

If this happens: **STOP heating immediately!**

If you notice steam escaping, remove the CanMate from the heat and allow it to cool down. Once cooled, you can begin to troubleshoot the issue.

- If **steam is escaping from under the lid**, the sealing ring may not be properly in place. Check carefully that the ring is evenly seated all around the edge of the lid. If needed, remove the ring and place it back in the **opposite orientation**.
- If steam **continues to escape** after correcting the ring, please **contact support at:** support@pressurecanning.nl

⚠ IMPORTANT:

If steam escapes from under the lid or handle during heating, there is a risk that the **CanMate will boil dry**. This can cause the **bottom of the CanMate to warp or bulge**.

Warping due to boiling dry is **not covered under warranty**, even if it happens within the warranty period. This is **not considered a defect of the CanMate**, but a result of **improper use**.

Drips from the Handles

During canning, it may happen that small drops of water leak from the handles.

This can occur when **steam is already escaping from the vent**, but the **pop-up pressure plug has not yet sealed**. Condensation can form inside the handle, turning into drops that **may drip downward**.

If you want to start a **second canning batch** right after the first one, we recommend **thoroughly drying the handles** before you begin.

This helps prevent further dripping.

Maintenance & storage instructions

- Wash the CanMate (both the body and the lid) after each use using warm water and dish soap.
- **Never use bleach or chlorine-based products.**
- Each time the CanMate is cleaned, **remove the sealing ring**, wash it with warm soapy water, rinse, dry, and place it back into the lid.
- Replace the sealing ring once a year or if it shows any signs of cracking or damage.
- Replacement rings are available from the webshop at pressurecanning.nl
- To clean the vent pipe, remove the pressure regulator and visually check, preferably in daylight, that the steam outlet is round and not blocked. If needed, clean it with a toothpick and rinse thoroughly.
- When storing the CanMate, place the lid **upside down** on the body and store in a **cool, dry place**.

NOTE:

The CanMate is made of **aluminum**.

This means that after just 1 or 2 uses, the **inside may start to turn black**. While this may look unappealing, it is completely normal and caused by the combination of **water, oxygen, pressure, and aluminum**.

Aluminum naturally forms a thin protective layer, known as an **alumina film**, when exposed to these elements.

This layer **protects the canner from corrosion**, is **harmless**, and does **not affect the safety** of the CanMate.

You can continue to use your CanMate as a **soup pot** or **pressure cooker**.

PRESSURE CANNING STEP BY STEP

Step 1:

Ensure your CanMate is thoroughly cleaned and in good working condition.

Before each canning season, have the pressure gauge calibrated for accuracy, or use a weight that matches the pressure you need. Also check the sealing ring and the automatic vent. Replace these parts if they are hardened, misshapen, cracked, worn, pitted, or unusually soft.

Use only genuine CanMate replacement parts.

Step 2:

The CanMate is suitable for all stovetops including gas, ceramic, induction, and electric.

Step 3 – IMPORTANT:

Portable heat sources may not be suitable for pressure canning. They might not deliver sufficient power to bring a fully loaded CanMate to pressure and/or may not support the weight of a fully loaded CanMate. Consult the user manual of your portable heat source for weight limits and other safety considerations.

Step 4:

Place the canning rack at the bottom of the CanMate. Make sure it lies completely flat — this prevents it from getting stuck after pressure canning. If it does get stuck, use a tool with a hook to lift it up. Pour **3 liters of water** into the CanMate. Heat the water to roughly the same temperature as the jars. If your jars are cold, keep the water cold as well. You always need **3 liters of water**, regardless of the number of jars in the CanMate.

Step 5:

Place the filled jars on the bottom rack. For double stacking, place the second rack (stacking plate) over the bottom layer of jars **before** adding the next layer of jars.

Step 6:

Place the lid on the CanMate — only use the lid that was originally supplied with your unit.

Do not pressurize the CanMate until the handles on the lid are aligned with the handles on the body of the CanMate. Align the arrows on the lid and the body (see figure 1), then turn the lid in the direction of the lock (CLOSE) until it stops turning (see figure 2). The lid can only be turned if the **safety locking tab** on the handle is open.



STAP VOOR STAP PRESSURE CANNEN

Step 7: Use your stove on the highest setting and heat the CanMate until you can see or hear a stream of steam coming from the vent pipe. After a few minutes, the pop-up sealing cap will rise. Let the steam flow from the vent pipe for 10 minutes. This ensures that all air escapes from the CanMate.

Important: Once a steam jet comes out of the vent pipe, it's important to monitor whether the pop-up sealing cap rises within a few minutes. If it does not rise and the CanMate remains on the stove, there is a risk that all the water will evaporate from the CanMate, causing it to dry boil. This can lead to the bottom of the CanMate deforming and bulging. The bulging of the bottom due to dry boiling is not covered under warranty, even if it occurs within the warranty period, as it is not a defect of the CanMate but a result of improper use.

If the pop-up sealing cap does not rise within a few minutes, it sometimes helps to press the sealing cap down a little with something like a skewer. Often, the cap will then rise. If this is not the case, it's a good idea to contact support@pressurecanning.nl.

Also important: between the time when steam starts coming from the vent pipe and the time you place the weight on the pipe (and the pressure in the CanMate increases to the desired pressure), some condensation may form in the handle. This condensation can turn into droplets, a few of which may leak from the handle during canning. This is not a cause for concern and can happen.

Step 8: Place the pressure regulator on the vent pipe. If the heat has been reduced for venting, heat the CanMate until the gauge registers the desired pressure, and then adjust the heat on your stove to maintain this pressure. Depending on the weight you are using, the pressure will range from 10 to 15 psi. As the pressure in the CanMate increases, the needle on the gauge will move.

Step 9: The processing time indicated in the recipe starts when the gauge registers the correct pressure. If the pressure drops below the correct level at any point during the processing cycle, for example, because the stove is set too low, return the pressure to the correct setting and start the processing countdown again from the beginning to ensure safe preservation.

Step 10: At the end of the processing time, turn off the stove. The pressure in the CanMate will decrease on its own. Do not accelerate the cooling process by placing the CanMate in cold water. This could cause the jars to break, lose liquid, or lead to other issues.

Step 11: The pressure is fully reduced when the pop-up sealing cap has dropped back down and no steam escapes when the pressure regulator is lifted. Do not use the gauge as an indicator to determine if the pressure has fully dropped.

Step 12: When the pressure gauge indicates zero PSI, remove the pressure regulator from the vent pipe and allow the CanMate to cool for 10 minutes. Always remove the pressure regulator before opening the lid.

Step 13: Open the lid by turning it and opening it away from you so that the lid is between you and the steam. If the lid seems stuck or is difficult to turn, do not force it open. If it continues to stick, this may indicate that there is still pressure inside the CanMate. If you are unsure about the pressure inside the CanMate, allow it to cool longer before removing the lid.

Step 14: Remove the jars using a jar tongs by lifting them straight up and out of the CanMate. Be sure not to tilt them, as this could cause liquid to leak out. Place the jars upright on a shelf or a dry towel, away from drafts. Do not tighten the lids any further. Let the jars cool naturally. Check the vacuum seal only after 12 hours.

DISCLAIMER

READ THE FOLLOWING CAREFULLY

NEITHER THE MANUFACTURER NOR PRESSURE CANNING NETHERLANDS B.V. HAVE PROVIDED THE PARTS LIST AND ASSEMBLY DIAGRAM IN THIS MANUAL EXCLUSIVELY AS A REFERENCE TOOL. NEITHER THE MANUFACTURER NOR PRESSURE CANNING PRODUCTS. MAKES ANY STATEMENT OR WARRANTY OF ANY KIND TO THE PURCHASER THAT HE OR SHE IS QUALIFIED TO CARRY OUT REPAIRS TO THE PRODUCT, OR THAT HE OR SHE IS QUALIFIED TO REPLACE PARTS OF THE PRODUCT. IN FACT, THE MANUFACTURER AND PRESSURE CANNING NETHERLANDS B.V. EXPRESSLY DECLARE THAT ALL REPAIRS AND REPLACEMENTS OF PARTS MUST BE CARRIED OUT BY CERTIFIED TECHNICIANS, AND NOT BY THE PURCHASER. THE PURCHASER ACCEPTS ALL RISKS AND LIABILITIES ARISING FROM HIS OR HER REPAIRS TO THE ORIGINAL PRODUCT OR REPLACEMENT PARTS THEREOF OR ARISING FROM HIS OR HER INSTALLATION OF REPLACEMENT PARTS THEREOF. IN SUCH CASE, ALL WARRANTIES WILL ALSO BE VOIDED.



KEEP THIS MANUAL

Questions, problems, or missing parts?

Email us at:

support@pressurecanning.nl

PRESSURE CANNING NEDERLAND BV