



**Instructivo y garantía**  
Instruction Manual  
& Warranty



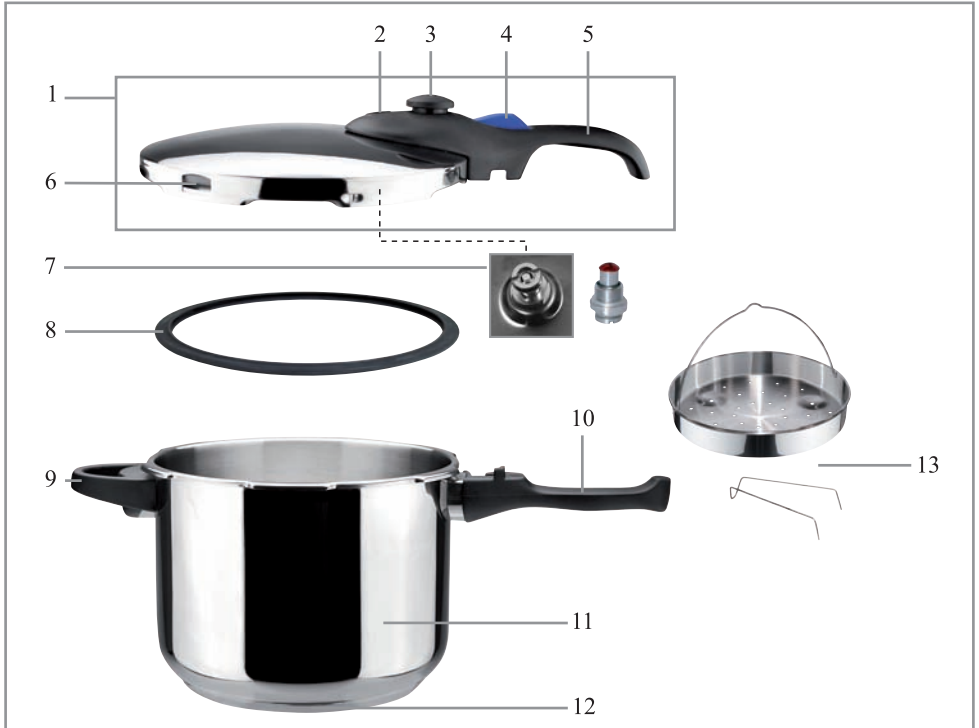
Olla a presión  
super-rápida  
Super fast  
pressure cooker

FAVORIT

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## 1. GENERAL PRODUCT DESCRIPTION



### PARTS OF THE PRESSURE COOKER

1. Lid.
2. Pressure sensor.
3. Pressure valve.
4. Opening button.
5. Lid handle.
6. Safety window.
7. Safety valve.
8. Silicone gasket.
9. Lateral handle.
10. Lower handle.
11. Body.
12. Thermo-diffuser bottom.
13. Optional steamer basket and trivet.

## 2. SAFETY INFORMATION



**ATTENTION:** For your own safety, please read this user manual carefully before using your pressure cooker. Save it along with your receipt and packaging materials for future reference.

### SAFETY INSTRUCTIONS

Read carefully the following security warnings before using the pressure cooker for the first time:

1. Read all instructions carefully before using the product.
2. Never touch hot surfaces. Use lateral handles.
3. Always check that the cooker is properly closed before operating. Children are not allowed to use this product; close supervision is needed when used near them.
4. Never use the pressure cooker in the oven.
5. Read carefully *Section 7* from this manual before cooking with this product.
6. Be extremely cautious when handling the pan, especially if it contains hot liquids.
7. Do not use the pressure cooker for other than its intended purpose.
8. Improper use of this appliance may cause burn injuries and damages. Verify the unit is properly closed before operating (*See Section 10*).
9. Do not fill the unit over 2/3 full. When cooking foods that expand during cooking such as rice or legumes, do not fill the unit over one half (1/2) full. Over filling may clog the valve resulting in excess pressure buildup. (*See Section 8*).
10. Take into account that certain foods such as applesauce, cranberries, barley, oatmeal or other cereals, noodles, macaroni or spaghetti may foam, froth and sputter, and clog the pressure release devices. These foods should not be cooked in the pressure cooker.
11. Always check the pressure release devices for clogging before and after use. (*See Section 9*).
12. Never open the pressure cooker until internal pressure has been completely released. Check that the pressure sensor has completely gone down before opening the lid. (*See Section 12*).
13. Do not use pressure cooker for frying with oil.
14. Follow the cleaning recommendations and maintenance after each use. (*See Section 13*).
15. Turn the heat down when pressure has reached the maximum level so that all liquid, which creates steam, does not escape. (*See Section 11*).
16. Use exclusively genuine MAGEFESA spare parts. You can acquire them through our technical service centers or at: [www.magefesausa.com](http://www.magefesausa.com) and [www.magefesa.com](http://www.magefesa.com).
17. SAVE THESE INSTRUCTIONS. If lost, they can be downloaded free of charge from MAGEFESA'S website at [www.magefesausa.com](http://www.magefesausa.com) and [www.magefesa.com](http://www.magefesa.com).



### 3. ACKNOWLEDGEMENTS

Thank you for choosing MAGEFESA Pressure Cooker. We appreciate the confidence placed in our trade mark.

The pressure cooker you have just acquired is one of the best in the market. This pot, designed by highly skilled professionals, will provide you with healthy and delectable meals for years to come.

### 4. PRESSURE COOKER ADVANTAGES

You will be able to cook nutritious and flavorful meals in only a few minutes with your Favorit Pressure Cooker for you and your family. It will remind you of traditional cooking tastes and aromas, preserving all vitamins and food juices.

Less water is required to cook with your Favorit Pressure Cooker than other traditional cookers. During the cooking process, it will scarcely be necessary to release steam from inside of the unit to keep pressure stable.

Using this pressure cooker will save you time and money. You will be able to cook even five times faster than in a traditional pot, significantly reducing electricity or gas consumption.

MAGEFESA Favorit pressure cooker is one of the safest in the market. The automatic locking system prevents the lid from opening while pressurized during cooking use. Pressure and safety valves, as well as the overpressure window form the pressure release system. This model, with its 5 safety devices, is guaranteed to be one of the safest in the market.

You will feel at ease knowing that you have a great kitchen product to prepare your family tasty meals in less than 20 minutes with least effort while having total control of the nourishments you are eating. You will enjoy flavorsome, healthy and delicious meals.

Enjoy it!

## 5. COMPONENT DISASSEMBLING AND CHARACTERISTICS

### INTEGRATED SAFETY DEVICES

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This pressure cooker model has been designed with 5 safety systems. Please, become familiar with these devices and their functions prior to use for the first time. Below find the following detailed features of the mentioned safety systems:

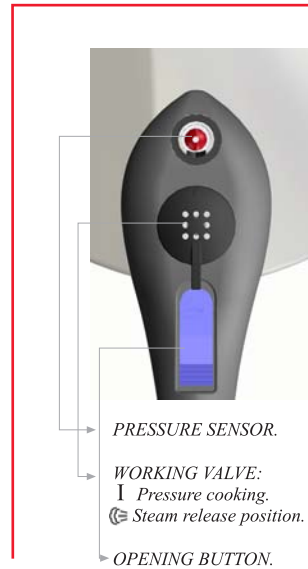
- 1. EASY LOCK SYSTEM (4):** Thanks to this system, the pressure cooker will be automatically locked only when both lid and body are perfectly aligned according to the closing instructions referred to in *section 10* of the instructions manual. This system will avoid accidents associated with improper use of the pressure cooker. If the opening button (4) does not move backwards, pressure will not be generated in the unit. The pressure cooker will be properly closed when both handles (lid and lower handle) are correctly aligned and a clear “click” sound is heard. Easy and safe.
- 2. PRESSURE SENSOR (2):** If there is pressure in the unit, the sensor will be raised to avoid the pressure cooker from being opened. You will only be able to open the pot once the steam has been completely released, the pressure sensor will be lowered when there is no remaining pressure inside the cooker. If the pressure sensor is raised, this means that there is still pressure inside the unit and you will not be allowed to open it at this moment.
- 3. WORKING VALVE (3):** Once the pressure cooker has reached the working pressure, this valve will release the steam surplus keeping constant the working pressure inside the unit.
- 4. SAFETY VALVE (7):** This valve will operate if the working valve becomes clogged, does not work or if there is overpressure. It releases steam and balances overpressure. Should clogging or overpressure occur, remove the pressure cooker from the heat source immediately and wait until internal pressure is completely released before opening the pot. Wash the working valve with soapy water. If the problem persists, the pressure cooker must be taken to an authorized technical service center.
- 5. SAFETY WINDOW (6):** If previous security devices are obstructed, the silicone gasket (8) will be forced to release pressure from the pot through the safety window at the edge of the lid. Should this occur, the pressure cooker must be taken to the nearest authorized technical service to get the safety devices checked.

## WORKING VALVE POSITIONS

☞ **Steam release position:** When the valve is in this position, the pressure cooker will automatically release steam from the unit. Once the steam has been released, the lid may be opened. As an additional safety system, the lid will not open if the internal pressure exceeds the recommended level. You will be allowed to open it when reaching the appropriate levels.

It is highly recommended to protect your hands while operating with the working valve as this part could be too hot due to steam release.

**I Pressure cooking:** The pressure level of this pressure cooker is 11.6 psi (80 kPa in Europe). The working valve will keep pressure steady in the unit.



## ADDITIONAL FEATURES

1. The tri-layer thermo-diffuser bottom is especially designed for extra strength and uniform heat distribution.
2. The base thickness is greater than that of traditional units, providing extra heat absorption.
3. No continuous steam release is required. It just has to use the required heat to preserve pressure and let the pressure cooker work on its own.

FAVORIT PRESSURE COOKER IS MADE WITH HIGH QUALITY STAINLESS STEEL AND A THERMO-DIFFUSER BOTTOM. YOUR PRESSURE COOKER IS SUITABLE FOR ALL COOKING SURFACES (GAS, COOKTOP, ELECTRICAL, INDUCTION HOBS...)

## 6. GUIDELINES FOR PROPER USAGE

This product is intended for household use only. Do not use this pressure cooker for other than its intended purpose.

MAGEFESA pressure cookers are ideal to prepare foods that require longer cooking times such as:

- Soups, meats (stews and goulash), vegetables, potatoes, some cereals and desserts.

Depending on the pressure cooker model you have, it may be used to prepare canning food. For canning purposes, special accessories are required. This product cooks under pressure. Although this pressure cooker is characterized by its quality and safety, damage may be possible as a result of mistreatment or improper use. For these reasons, read carefully the instruction manual.

## 7. FIRST USAGE GUIDELINES

Prior to using the pressure cooker for the first time, wash the pot, lid and silicone gasket with hot soapy water. To get rid of any residues or stains, it is recommended to boil water in the pressure cooker pot one-half full (1/2) with the lid off. After that, wash the pot with hot water and soap and add some oil drops into the bottom prior to first use. Clean it after use with kitchen paper.

When cooking on electric stoves, the diameter of the pressure cooker base must match with that one of the hotplate. If you are using a gas stove, never allow flames to exceed the base of the pot. Should this occur, the outside surface will become discolored and the helper handles may get damaged. Therefore, make sure flames never exceed the base of the product.



## 8. FILLING THE PRESSURE COOKER

1. Do not fill the cooker more than two-thirds ( $\frac{2}{3}$ ) of its capacity or exceed the recommended "MAX" fill level engraved in the inner side of your pressure cooker pot. This includes both the liquids and food contents added to the pressure cooker. (FIG. 1)
2. When preparing foods that expand during the cooking process, such as rice, cereals...do not fill the pot over the recommended one-half ( $\frac{1}{2}$ ) fill level engraved in the inner side of your pressure cooker pot. (FIG. 2)
3. ALWAYS add liquid to the pressure cooker pot. When using the unit to prepare foods, except for steaming, use at least 250 ml of liquid (0,26 Qts). This way you will avoid dry cooking, preventing burnt and stuck food. Remember that using less liquid than the recommended amount will result in damages to the pressure cooker as a result of overheating. (FIG. 3)
4. For steaming purposes, add at least three-fourths ( $\frac{3}{4}$ ) liters of liquids (0.79 Qts). Place the ingredients on the optional steamer insert. (FIG. 4)
5. Note that certain foods such as barley, fruits and pasta may produce foam and block pressure release systems. These foods should not be cooked in the pressure cooker.
6. To prevent damage to the stainless steel surface it is important to add salt once the contents inside the pot start boiling, as this will help dissolve it completely. Once cooking time has elapsed, avoid keeping your food inside the pressure cooker for too long, as the acidic elements and salt in food can cause corrosion and pitting when in contact with the stainless steel for prolonged periods of time.

### Maximum quantity



FIG. 1

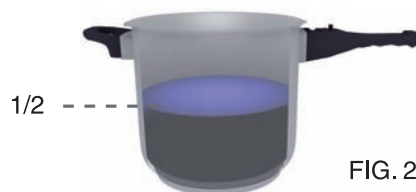


FIG. 2

### Minimum quantity



FIG. 3

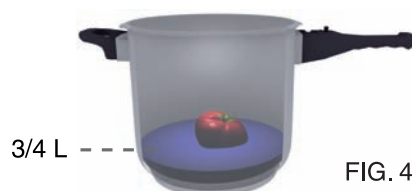
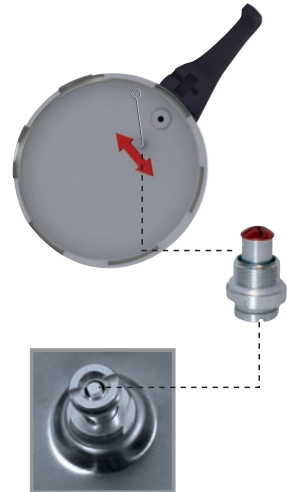
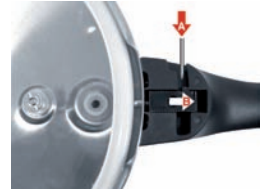


FIG. 4

## 9. VALVE CHECKING

Valves are the most important safety devices of your pressure cooker. Always check the valves for clogging before using your pressure cooker, as this can impair their function.

1. **Pressure sensor:** Place the pressure cooker lid on its back. Note an insert on the back of the handle. Use a blunt element (i.e. a pen or screwdriver) to push on it gently. The closing system will then move back to position B (see the image). In this position, the lid will be closed. Slide the pressure sensor down to make sure it moves freely. This is important as this safety feature blocks the lid from opening when the minimum amount of pressure is present inside the unit. Once the lid has been checked, return the lid to its normal position.
2. **Safety valve:** It is located inside the pressure sensor. It is a valve spring. To check that it is not blocked, it should be pressed softly on the core of it. You will feel a slight resistance due to the spring it contains, but it should be easily moved. Should you think the piece is blocked, do not use the pressure cooker, clean it or replace the safety valve before using it again.
3. **Working valve:** Move the working valve away, from the internal part of the lid, and check that both the working valve and the steam pipe are completely clean and free from any element that could obstruct them.  
If the valves malfunction or become inoperable, take the pressure cooker to an official MAGEFESA Technical Center. It will be necessary to check the above safety devices.



**ATTENTION: DO NOT USE THIS PRESSURE COOKER FOR PRESSURE FRYING WITH OIL. ALWAYS USE AT LEAST 250ML (0, 26 QTS) OF LIQUIDS WHEN COOKING.**

**ATTENTION: IF THE PRESSURE COOKER HAS BEEN HEATED WITHOUT ANY CONTENTS, SEEK ADVICE FROM THE NEAREST AUTHORIZED TECHNICIAN BEFORE USING IT AGAIN.**



**ATTENTION: DO NOT PLACE OR USE THE PRESSURE COOKER IN THE OVEN.**

**ATTENTION: ALWAYS OPEN THE PRESSURE COOKER WITH CAUTION. KEEP FACE AND BODY AT A DISTANCE AS HOT COOKING STEAM MAY REMAIN INSIDE THE UNIT.**

## 10. PRESSURE COOKER CLOSING

1. Place the silicone gasket carefully, make sure that it is properly fitted into the lid, on the top upper part of its internal compartment.
2. Place food ingredients and the recommended liquid quantity into the unit.
3. Place the lid (1) on the body of the pressure cooker (11). Align the mark ● on the lid cover with the mark ● on the lower handle, to secure the lid properly (FIG. 5).
4. Press down the lid gently and turn clockwise until the two handles meet (FIG. 6). A “click” sound will indicate that the lid is secured and locked (FIG. 7).
5. The opening button (4) will move backwards automatically. The pressure cooker will be properly closed. If you do not close the lid properly, the opening button (4) will not move. Even if you place the pressure cooker on the heating source, the steam will be released.
6. To generate pressure, turn the working valve to I position. If the working valve is kept on 0 position, no pressure will be generated inside the pressure cooker.



FIG. 5



FIG. 6



FIG. 7

## 11. PRESSURE COOKING

Place the well closed pressure cooker on a heating source matching the base size of the unit. Cook over high-heat; take into account that the working valve (3) will start steaming immediately because of high heat exposure. This indicates reducing heat intensity.

The air that may remain in the pressure cooker will be released through the pressure sensor (2) just when food and water start boiling and pressure starts to be generated inside the pot. During this initial process, we recommend high-heat until the working valve (3) starts to release steam. From this moment onwards, the cooking time starts and heat intensity should be adjusted. Take note:

- Time cooking starts when the chosen pressure level is reached.
- When the working valve (3) begins releasing steam it is recommended to reduce heat intensity.
- To avoid damages to your pressure cooker, always cook with the minimum amount of water recommended.
- Never leave an empty pressure cooker on a hot burner.
- Should you notice any problem while cooking, remove the pressure cooker from the heat source and allow it to cool down completely. See *section 14* from the instruction manual to learn problem solving, recommendations and practical solutions.
- Open the pressure cooker with caution. Never open the pressure cooker towards your face, as very hot steam may still be present inside the pot.
- For your safety, keep the lid's safety window away from you while the unit is working.
- Should you adjust the working valve (3) while cooking, protect your hands with a cloth or a pair of heat-resistant gloves as the valve may be too hot from the steam being released.
- Make sure that the food you are preparing is suitable for the pressure cooker.
- Do not use the unit for pressure frying with oil.

## 12. PRESSURE COOKER STEAM RELEASE AND OPENING

Thanks to safety devices, the unit will only be able to be opened when there is no pressure inside.

Pressure can be reduced as follows:

- **Natural Pressure Release:** Remove the pressure cooker from the heating source and allow it to cool. Depending on the amount of food and liquid in the pressure cooker, this method may take around 10 to 15 minutes.

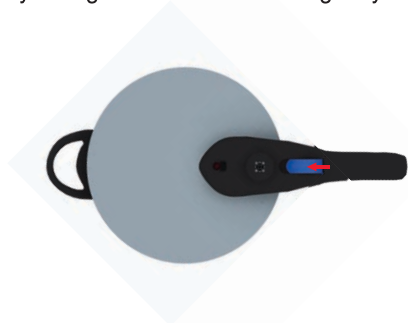
Once cooled, adjust the working valve (3) to release pressure (☞) and check that the pressure sensor (2) has lowered to open the unit safely.

- **Automatic Release:** Move the pressure cooker away from the heat source; place the working valve (3) in the steam release position (☞) so that steam is completely released before safely opening the lid.

- **Fast Pressure Release:** Transfer the pressure cooker to the sink. Run cold water over the lid; do not allow water to come into the pot.

This method is used to release pressure as quickly as possible. It is primarily used when preparing vegetables, fish or other tender foods that tend to overcook easily. In order to use this method, run cool water over the lid until steam dissipates completely and the pressure sensor (2) goes down. When you place the pressure cooker in the sink, tilt it so that water can run better.

As long as the pressure sensor (2) is in the lowest position, there will be no pressure inside the pressure cooker. Once pressure has been released, open the pot by moving the opening button (4) forwards. Grasp the lower handle (10) with your left hand; hold the lid handle (5) with your right hand and rotate it gently counter clockwise to open the unit easily.



Even if you think that all pressure has been released, never open the pressure cooker towards your face, should hot steam remain.

Once all pressure inside the pot has been released, gently shake the pot before removing the lid, specially if cooking grains, purees and foods with high-fat content or sauces. This will prevent food ejection. Do not force the lid open.

## **WHAT PRESSURE RELEASE SYSTEM SHOULD WE USE WITH CERTAIN FOODS?**

- *Foods that require short cooking time:* Use the fast pressure release method when preparing rice or vegetables, since such foods can easily overcook.
- *Dried pulses and vegetables that require long cooking time, soups, meat stews, potatoes and cereals:* Use the natural pressure release method. Do not use water to cool the pot. Foods like potatoes may, as a result, fall apart.
- *Fish and risotto:* Use the fast pressure release method.
- *Foods with a high fat content or purees:* Use the natural pressure release method. Gently shake the pressure cooker prior to opening to prevent splashing. Meats with skin (e.g. ox tongue) may swell when cooking under pressure. Do not pierce meat while the skin is swollen as this may result in scalding injury.

## 13. CLEANING AND MAINTENANCE

To maintain your pressure cooker in its original state follow the instructions set below. We recommend you to wash the unit after use with warm water using mild dish soap and a non-abrasive cleaning pad or sponge. Rinse thoroughly and dry. PLEASE, READ THE FOLLOWING INSTRUCTIONS (FIG. 8, 9, 10, 11). Do not place the pressure cooker or any of its components in the dishwasher. The stainless steel surface may become damaged and discolored after several hot water washings cycles and exposure to salt.

### LID

To remove food remains that may be deposited inside the lid, clean the pressure sensor and working and safety valves by applying a stream of tap water on them. Do not place the pressure cooker lid in a dishwasher as this may result in damages to the safety features.

### BODY

1. Over time, the use of certain ingredients or food additives, and the exposure to water lime content may cause the appearance of bluish or yellowish stains on the bottom of the pressure cooker or darken with time. To remove such stains or any other discoloration, add one-half (1/2) cup of lemon juice and 1 to 2 cups of water to the pot. Cook the liquid contents at high pressure for 15 minutes, and remove the pot to cool completely. Once cooled, release the steam using the quick release method and wash the pot according to the instructions provided.
2. Do not use corrosive detergents like bleach, or diluted solutions, to clean the pressure cooker including foods with a high salt and acid content.

### SILICONE GASKET

1. The gasket is of long length. Wash the gasket with warm, soapy water after use, take it out from the lid, rinse it, dry it with a cloth, apply a light layer of cooking oil and place the gasket back into its place. Follow this procedure every time you clean it to ensure its longevity and readiness for its next use.
2. Do not lock the lid in place when storing the pressure cooker. Instead, place the lid facing upside-down on the pot, so stress is not placed on the silicone gasket.



FIG. 8



FIG. 9



FIG. 10

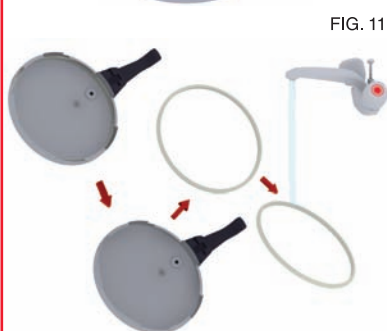


FIG. 11

## WORKING AND SAFETY VALVES

Valves are the most important safety devices of your pressure cooker. They should always be checked to make sure they are not obstructed.

**Working valve:** Remove the working valve (3) and the cap that covers the bottom part of the steam pipe in the interior part of the lid and wash them applying a tepid stream of tap water and mild soap. You can utilize a fine tip to make sure parts do not store food remains.

**Safety Valve:** To check that the valve is functioning correctly (7) press the valve with a fine tip within the internal part of the lid. If you observe that the valve is blocked, wash it with tepid water and mild soap.

Do not use in any way whatsoever the pressure cooker if it does not work properly after washing valves; take it to an Authorized Technical Service.



**ATTENTION:** THE SILICONE GASKET IS CONSIDERED TO BE WORN OUT WHEN THE PRESSURE COOKER BEGINS TO LOSE STEAM AND DOES NOT MAINTAIN PRESSURE. THE SILICONE GASKET SHOULD BE REPLACED APPROXIMATELY EVERY TWO YEARS, TO ENSURE PROPER FUNCTIONING OF THE PRESSURE COOKER.

**ATTENTION:** DO NOT CLEAN THE PRESSURE COOKER OR ITS PARTS IN A DISHWASHER.

**ATTENTION:** DO NOT USE CORROSIVE AGENTS SUCH AS BLEACH (NOT EVEN WATER DILUTED) OR ANY KIND OF ACID TO CLEAN THE UNIT.

Do not remove stains or baked-in marks with abrasive tools such as knives and stainless steel scourers. Instead, soak pot in hot water with a bit of dish detergent to gently remove stains using a soft brush, sponge or cloth. Do not use corrosive agents like bleach (or diluted forms) for cleaning. Remove tough stains using drops of vinegar or lemon juice.

If it becomes difficult to close the pressure cooker lid, apply a light layer of cooking oil to the silicone gasket.

Do not lock the lid in place when storing the pressure cooker. Instead, place the lid facing upside-down in the pot, this will avoid placing stress on the silicone gasket or any deformations.

## 14. PROBLEM SOLVING

Before using the pressure cooker it is important to carefully read this detailed instruction manual and get acquainted with using this pressure cooker. If you have any concerns on its functioning or on its safety systems, do not use it and contact your local retailer or MAGEFESA for assistance. Below, you will find some practical tips and common solutions to minor problems you may experience when using this appliance.

### PROBLEM: PRESSURE DOES NOT BUILD UP

REASONS:	SUGGESTIONS:
<ol style="list-style-type: none"><li>1. The pressure cooker is not properly closed.</li><li>2. The silicone gasket is not in place, dirty or worn out.</li><li>3. Not enough liquid in the pressure cooker.</li></ol>	<ol style="list-style-type: none"><li>1. Reopen the pressure cooker and close it properly.</li><li>2. Check the silicone gasket is clean and properly fitted into place.</li><li>3. Make sure the silicone gasket is not worn out. We recommend replacing it every two years.</li></ol>

### PROBLEM: STEAM ESCAPING FROM THE LID

REASONS:	SUGGESTIONS:
<ol style="list-style-type: none"><li>1. The unit lid might not be well fitted onto the body</li><li>2. Silicone gasket is out of place, dirty or worn.</li><li>3. The pressure cooker is overfilled.</li></ol>	<ol style="list-style-type: none"><li>1. Reopen the pressure cooker and close it properly.</li><li>2. Make sure the silicone gasket is clean and properly fitted.</li><li>3. Check that the silicone gasket is not worn out. We recommend replacing the gasket every two years if you use the pressure cooker regularly.</li><li>4. To improve the gasket's sealing capability, gently rub cooking or vegetable oil.</li><li>5. Do not fill the pressure cooker more than two-thirds (2/3) full. For foods with a tendency to foam, only fill one-half (1/2) of the pressure cooker. For more details, see section 8.</li></ol>

### CASE: THE STEAM COMING OUT THE SWIVEL VALVE CONDENSATES ON THE LID

<b>REASONS:</b>  1. While the pressure cooker is working you will observe light steady steam coming out the swivel valve, and drops of steam condensate on the lid.	<b>SUGGESTIONS:</b>  1. This is considered as part of the normal operation of your pressure cooker.
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### PROBLEM: EFFORT IS REQUIRED TO OPEN OR CLOSE THE LID

<b>REASONS:</b>  1. Pressure may remain inside the unit. 2. Silicone gasket is out of place, dirty or worn out. 3. Knobs are not properly fitted in the suitable position. 4. The opening button is not properly fitted.	<b>SUGGESTIONS:</b>  1. Proceed with one of the pressure release methods found in section 12. Make sure the pressure sensor is placed in its lowest position. 2. Make sure the silicone gasket is in good condition. If it is not worn out, oil it with a bit of cooking or vegetable oil. 3. Check the opening knob is in the opening position. Apply pressure with the hand on the lid to ease the closing of the unit. 4. To open or close the pressure cooker properly, move the handles clockwise or counterclockwise until lid and lower handle marks (●) 5. Verify that the opening button is in the opening position. 6. Lightly apply pressure with your hand on the end part of the lid, opposite to the knob in order to ease the closing.
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## 15. TECHNICAL SUPPORT AND REPAIR

Do not modify the pressure cooker, its parts or safety features in any way.

The use of spare parts made by different manufacturers can affect the operating safety of your pressure cooker. MAGEFESA cannot guarantee the effectiveness of all other available spare parts accessories in the market.

Use authentic replacement parts manufactured and distributed by MAGEFESA only.

When contacting our Customer Service Department through the contact section on our website, please have the information about your pressure cooker model and spare part you require at hand. Check the spare part with the detailed diagram included in *section 19*.

For technical support, replacement parts purchasing or any further information you may require, please contact your local retailer or an Authorized Magefesa Service Center in your area.

## 16. ENVIRONMENTAL DISPOSITIONS

Products, accessories and packing should be ecologically recycled. Please, comply with national and regional regulations.

## 17. COOKING TIMES CHART

The cooking system of this pressure cooker reduces cooking times when compared to conventional cooking methods, helping you save energy. As both the amount of water used during cooking and cooking times are reduced, pressure cooking preserves a greater amount of the food's nutrients, vitamins and minerals, improving also its natural flavor and texture. The operating pressure of this pressure cooker is 11.6 psi (80 kPa)

Cooking times should be counted from the moment the working valve begins releasing steam. At his point the heat should be reduced to a minimum to maintain the pressure inside the cooker. Cooking times should be taken as guidance, as they may vary according to foods, cuts, water and personal taste of the user.

Minimum amount of liquid required for pressure cooking 0.26 Qts (8 oz / 250 ml)

Minimum amount of liquid required for steaming 0.79 Qts (25 oz / 750 ml)

FOOD	COOKING TIME (MIN)	LIQUID ADDED
<b>STOCKS, SOUPS AND CREAMS</b>		
Fish stock	10 / 12 min	Maximum level.
Poultry stock	20 / 25 min	Maximum level.
Meat stock	25 / 30 min	Maximum level.
Vegetable stock	14 / 16 min	Maximum level.
Stock from Galicia	16 / 18 min	Until covered.*
Onion soup	4 / 6 min	When necessary.*
Minestrone soup	4 / 6 min	When necessary.*
Oxtail soup	30 / 35 min	When necessary.*
Clam soup	4 / 6 min	When necessary.*
Tomato soup	4 / 6 min	When necessary.*
Pumpkin cream	6 / 8 min	Until covered.*
Vichyssoise cream	3 / 4 min	Until covered.*
Asparagus cream	3 / 4 min	Until covered.*
Pea cream	3 / 4 min	Until covered.*
Hummus, chickpea puree	25 / 30 min	Until covered.*
<b>RICE</b>		
Bahia, basmati, bomba, jasmine, senia rice	6 / 8 min	According to recipe *
Brown rice	12 / 15 min	According to recipe *
Wild rice	10 / 12 min	According to recipe *
Venere rice	14 / 16 min	According to recipe *
Risotto	3 / 4 min	According to recipe *
Cuban style rice	7 min	According to recipe *
Marinière rice	6 / 8 min	According to recipe *

\* At least 250 ml (8 oz.)

**VEGETABLES & POTATOES**

Swiss chards, greens	1 / 2 min	8 oz. / 250 ml.
Swiss chards, main ribs	4 / 6 min	8 oz. / 250 ml.
Medium artichokes	6 / 8 min	8 oz. / 250 ml.
Celery	2 / 4 min	8 oz. / 250 ml.
Sweet potato	6 / 8 min	8 oz. / 250 ml.
Broccoli (quarters)	2 / 4 min	8 oz. / 250 ml.
Cubbed pumpkin	6 / 8 min	8 oz. / 250 ml.
Courgette	2 / 3 min	8 oz. / 250 ml.
Thistle	20 / 22 min	Until covered.*
Onion	4 / 6 min	8 oz. / 250 ml.
Brussels sprouts	3 / 4 min	8 oz. / 250 ml.
Chopped cauliflower	2 / 4 min	8 oz. / 250 ml.
Asparagus	4 / 6 min	Medium level.
Fresh spinach	1 / 2 min	8 oz. / 250 ml.
Endives	1 / 2 min	8 oz. / 250 ml.
Peas	2 / 3 min	8 oz. / 250 ml.
Fennel	2 / 4 min	8 oz. / 250 ml.
Green beans	4 / 6 min	8 oz. / 250 ml.
Lombardy	6 / 8 min	Medium level.
Corncob	6 / 8 min	Medium level.
Ladyfinger	3 / 4 min	8 oz. / 250 ml.
Whole potatoes	10 / 12 min	Medium level.
Cubbed potatoes	4 / 6 min	Until covered.*
Leeks	4 / 6 min	8 oz. / 250 ml.
Whole beetroot	20 / 25 min	Medium level.
Salsify	8 / 10 min	Medium level.
Snow peas	4 / 6 min	8 oz. / 250 ml.
Whole tomato	3 / 4 min	8 oz. / 250 ml.
Whole carrot	6 / 8 min	Medium level.
Chopped carrot	3 / 4 min	8 oz. / 250 ml.

**LEGUMES**

Beans, green beans	15 / 20 min	Until covered.*
Beans, green beans, verdina beans	16 / 18 min	Until covered.*
Beans, green beans, pinto beans	16 / 18 min	Until covered.*
Beans, green beans, Asturian beans	18 / 22 min	Until covered.*
Soft broad beans	5 / 6 min	According to recipe*
Lentils (without soaking)	8 / 10 min	Until covered.*
Chickpeas	25 / 30 min	According to recipe*
Pigeon pea	12 / 15 min	According to recipe*
Soy bean	8 / 10 min	According to recipe*

\* At least 250 ml (8 oz.)

**FOOD**
**COOKING TIME (MIN)**
**LIQUID ADDED**
**MEAT, GAME AND POULTRY**

Cow or ox, stewed	22 / 25 min	According to recipe *
Cow or ox, chopped meat	8 / 12 min	According to recipe *
Cow or ox, tongue	30 / 35 min	According to recipe *
Cow or ox, sliced Osso buco	15 / 20 min	According to recipe *
Beef, stewed	18 / 22 min	According to recipe *
Beef, chopped meat	8 / 10 min	According to recipe *
Beef, tongue	25 / 30 min	According to recipe *
Beef, tripe	28 / 32 min	According to recipe *
Pork, stewed	14 / 16 min	According to recipe *
Pork, rib	12 / 14 min	According to recipe *
Pork, knuckle	25 / 30 min	According to recipe *
Lamb, stewed	12 / 16 min	According to recipe *
Lamb, feets	18 / 22 min	According to recipe *
Chicken, roasted	16 / 18 min	According to recipe *
Chicken, stewed	8 / 10 min	According to recipe *
Hen, quartered	20 / 25 min	According to recipe *
Pheasant, stewed	16 / 18 min	According to recipe *
Rabbit, stewed	18 / 20 min	According to recipe *
Venison, stewed	25 / 30 min	According to recipe *

**FISH AND SEAFOOD**

Clams	1 / 3 min	8 oz. / 250 ml.
Sliced tuna	2 / 4 min	8 oz. / 250 ml.
Squids	6 / 8 min	According to recipe *
Steamed mussels	2 / 3 min	8 oz. / 250 ml.
Fish fillets	3 / 4 min	According to recipe *
Sliced fish	4 / 5 min	According to recipe *
Prawns	1 / 3 min	According to recipe *

**FRUITS AND DESSERTS**

Apricots, peaches		
Plums, cherries, etc.	2 / 4 min	According to recipe *
Pears, apples	3 / 6 min	According to recipe *
Quince	8 / 10 min	According to recipe *
Crème caramel	8 / 10 min	Cover 3/4 parts of the jelly mold

\* At least 250 ml (8 oz.)

## 18. RECIPES



**30**<sup>MIN</sup>

### INGREDIENTS

650 gr. Beef or cow bones  
 400 gr. Meat, (wastes)  
 1 Medium onion  
 2 Carrots  
 1 Leek  
 1 Celery spring (optional)  
 80 gr. Chickpeas  
 3 lt. Cold water.

### BASIC BEEF STOCK

Clean and peel the onion, carrots, leeks and celery.

Wash the meat and bones under cold running water to remove remaining blood.

Place all the ingredients into our Magefesa Super fast Pressure Cooker over medium heat and bring it to a boil.

Remove the froth and pollutants which come up to the surface.

Close the pressure cooker and raise heat to maximum.

When the working valve (3) starts releasing steam, lower heat intensity to minimum. Let it cook for 25 or 30 minutes.

Once time has elapsed, remove the pressure cooker from the heating source and allow for pressure to be completely released before opening the lid. Natural pressure release method.

Strain contents with a fine mesh strainer and adjust salt and pepper depending on the use of the stock.

To make this broth, knee bones will be used, as well as meat scraps that we may make the most of it.

This stock is used for pale colored meat sauces, soups, rice and stews. If we want to remove great part of the fat, let the strained broth chill and when the fat curdles on the surface, remove it with a spatula or skimmer.



**12**<sup>MIN</sup>

### INGREDIENTS

600 gr. Small potatoes  
 2 Garlic cloves  
 Salt  
 Black pepper  
 Parsley  
 Rosemary or thyme  
 50 gr. butter  
 Mild olive oil  
 Water or poultry stock.

### ROASTED POTATOES FOR GARNISH

Soften the butter, which will be at room temperature, together with a bit of salt and parsley in a Magefesa liquidizer. Keep in the fridge.

Wash and scrub the potatoes under running cold water and drain.

Heat some mild olive oil in a Magefesa pressure cooker; add the garlic cloves unpeeled, only with a light knife blow.

Once browned, add potatoes and stir from time to time until uniformly browned.

Add thyme or oregano to taste. Pour the minimum quantity of broth or water recommended by the instruction manual of the pressure cooker.

Close the pot and raise heat to maximum.

When the working valve (3) starts releasing steam, lower heat intensity to minimum. Let it cook for 10 or 12 minutes.

Once time has elapsed, remove the pressure cooker from the heating source and let pressure release completely before opening the lid. Natural pressure release method. Drain the cooking liquid well.

Place dried potatoes in a Magefesa Wok or Sauté Pan; add diced butter, coarse salt and black pepper to taste.

Serve it hot to accompany meat, fish or poultry servings.



**12**<sup>MIN</sup>

## BASIC FISH FUMET

### INGREDIENTS

650 gr. Fish scraps  
(bones, skins, heads)  
1 Medium onion  
1 Leek  
2 Carrots  
4 Parsley springs  
2 lt. Water

Peel and chop the onions into quarters, clean the leek and peel carrots. Wash fish scraps under running cold water. Place all the ingredients into our Magefesa Super Fast Pressure Cooker over medium heat and bring it to a boil. Remove the froth formed on the surface. Close the pressure cooker and raise heat to maximum. When the working valve (3) starts releasing steam, lower heat intensity to minimum. Let it cook for 10 or 12 minutes. Once time has elapsed, remove the pressure cooker from the heating source and let pressure release completely before opening the lid. Natural pressure release method. Strain it with a fine strainer and adjust salt and pepper depending on final use. When fish stocks are overcooked its recommended time, stock may become bitter and its appearance cloudy. This stock can be used for fish sauces, rice and fish stews. Rockfish is convenient as it always has a more pronounced flavor. Salt is not usually added or it may be added at the very end, since it is a stock base for other dishes.



**25**<sup>MIN</sup>

## BASIC POULTRY STOCK

### INGREDIENTS

800 gr. Poultry bones  
(chicken, hen, duck, etc)  
1 Medium onion  
1 Leek  
2 Carrots  
2 Celery stalks, (optional)  
80 gr. Chickpeas  
2,5 lt. Cold water

Clean and peel the onion, carrots, leek and celery. Wash the meat and bones under cold running water to remove remaining blood. Place all the ingredients into our Magefesa Super fast Pressure Cooker over medium heat and bring it to a boil. Remove the froth remove the forth accumulated on the surface. Close the pressure cooker and raise heat to maximum. When the working valve (3) starts releasing steam, lower heat intensity to minimum. Let it cook for 25 or 30 minutes. Once time has elapsed, remove the pressure cooker from the heating source and let pressure release completely before opening the lid. Natural pressure release method. Strain it with a fine strainer and adjust salt and pepper to taste. This broth is usually made from scraps or meatless parts of the chicken. This stock is used for pale colored meat sauces, soups, rice and stews. In order to get a clean and transparent stock it is convenient that it does not bubble and that we remove well the froth that is formed at the beginning of the boiling process. It is also important that the poultry remains that we use are clean, without blood or entrails, to prevent the broth from being colored. If we have time, it is convenient to chill the stock for some hours so that the fat gathered on the surface can be easily removed.



**6** MIN

## TOMATOE SOUP WITH MUSSELS

### INGREDIENTS

800 gr. Ripe tomatoes  
 16 Mussels  
 1 Onion  
 1 Leek  
 1 Celery stalk  
 2 Garlic cloves  
 100 ml. Cream 18 % fat  
 30 ml. White wine  
 1 Parsley spring  
 Salt, White pepper  
 Extra virgin olive oil  
 Fresh basil (to taste)  
 Vegetable stock  
 1 tbs. sugar  
 2 slices of bread

Dice the bread into small cubes and fry them with olive oil until brown, keep them on an absorbent kitchen paper.

Pour the white wine, spring of parsley and clove of garlic in a Magefesa Sauté Pan.

Add the mussels and allow them open over high heat covered with a lid. Remove mussels from the shells and keep them in their drained cooking juice. Heat some extra virgin olive oil in a Magefesa Super Fast Pressure Cooker. When hot, add the onion and let it poach over medium heat for 5 min.

Add the leek, celery and garlic (all chopped), season and continue sautéing until soft and transparent.

Add chopped tomatoes, a tablespoon of sugar, and lightly saute them for a couple minutes.

Cover tomatoes with the vegetable broth and reserved drained liquid from the mussels. Scent with basil.

Close the pressure cooker and raise heat to maximum power.

When the working valve (3) starts releasing steam, lower to minimum heat and let it cook for 4 or 6 min.

Once time has elapsed, remove the pressure cooker from the heating source and let pressure release completely before opening the lid. Natural pressure release method.

Puree tomatoes it in a Magefesa Liquidizer until we get a fine and uniform texture. Add the cream and adjust seasoning.

Serve the soup accompanied by the mussels, bread croutons and a little bit of finely chopped celery.



**20** MIN

## BOSTON STYLE BAKED BEANS

### INGREDIENTS

400 gr. Pinto or white beans  
 50 gr. Brown sugar  
 20 gr. Molasses  
 300 gr. Bacon  
 1 Onion  
 1 Carrot  
 2 Garlic cloves  
 100 ml. Tomato sauce  
 Mild olive oil, 0,4<sup>o</sup>  
 1 tbs. mustard  
 3 Scented cloves  
 Salt  
 Water

Soak beans overnight, 8 hours are recommended.

Chop the onion, carrot and cloves into fine brunoise.

Pour some olive oil in a Magefesa Super Fast Pressure Cooker and poach the onion, carrot and cloves.

When the vegetables are somewhat translucent, add the diced bacon, sauté until slightly brown and add the tomato sauce. Let it cook over low heat for 5 minutes.

Dissolve the sugar with molasses in a bit luke warm water; add the onion with the lightly sauted vegetables and the beans, previously drained.

Cover with cold water and add a tablespoon of mustard and scented cloves. Close the pressure cooker and raise heat to maximum power.

When the working valve (3) starts releasing steam, lower to minimum heat and let it cook for 15 or 20 min.

Once time has elapsed, remove the pressure cooker from the heating source and let pressure release completely before opening the lid. Natural pressure release method.

Check if the beans are done to perfection and adjust seasoning.

Serve it hot.

For a spicy kick, just add some chilies or spicy paprika to the sautéed vegetables.



**35** MIN

## VENISON STEW

### INGREDIENTS

1 kg. venison  
 Salt and black pepper  
 2 Onions  
 Thyme  
 2 Carrots  
 Laurel  
 1 Celery stalk  
 Basil  
 2 Garlic cloves  
 1 tbs. spicy paprika  
 1 Ripe tomato  
 Parsley  
 300 ml. Aging red wine  
 Corn starch  
 Dark beef stock  
 Mild olive oil

Dice the meat into 2, 5 cm. size cubes. Season to taste.

Chop the onion, carrots, celery and cloves into fine brunoise. Peel and grate tomatoes.

Heat some oil over medium heat in a Magefesa Super Rapid Pressure cooker.

When hot, add the meat stirring from time to time until well browned and seared. Remove from pan and keep warm.

Sauté the onion, in the same oil, for about 3 or 4 minutes. Add the carrot, garlic and celery and continue cooking until soft and until the onion is translucent. Return the meat to the pot.

Add the grated tomato, herbs, spices and sauté everything for about 5 minutes.

Add red wine, let the alcohol evaporate and cover with the meat stock.

Close the pressure cooker and raise heat to maximum power.

When the working valve (3) starts releasing steam, lower to minimum heat and let it cook for 30 or 35 min.

Once time has elapsed, remove the pressure cooker from the heating source and let pressure release completely before opening the lid. Natural pressure release method.

Check if meat is done to perfection and adjust salt and pepper to taste.

Thicken the sauce with a tablespoon of corn starch dissolved in a bit of water.

Let it rest for about 30 minutes before serving.

Sprinkle chopped parsley on top and accompany with roasted or boiled potatoes, white rice, steamed vegetables, etc.



**28** MIN

## SOUTHWESTERN BEEF STEW

### INGREDIENTS

600 gr. Chuck meat,  
 Certified Angus Beef  
 200 gr. Cooked pinto beans  
 2 Jalapeño chilies  
 2 Onions.  
 3 Celery stalks  
 2 Ripe tomatoes  
 3 Garlic cloves  
 1 Green pepper  
 Mild olive oil  
 Salt  
 Black pepper  
 Spicy paprika  
 Fresh chopped coriander  
 Oregano, thyme

Chop the onion, pepper, celery and garlic into fine brunoise. Peel and dice tomatoes.

Dice the meat into 2, 5 cm. size cubes.

Heat some oil in a Magefesa Super Fast Pressure Cooker. Once hot, brown the meat cubes until they are seared and sealed. Remove meat from pot.

Sauté the onion and pepper for 3 or 4 minutes in the same oil where we have browned the meat.

Add the celery and garlic and continue sautéing until soft.

Add the meat, season to taste and scent with oregano and a tablespoon of spicy paprika.

Cover with water or meat stock, close the pot and raise heat to maximum power.

When the working valve (3) starts releasing steam, lower heat intensity to minimum. Let it cook for 24 or 28 minutes.

Once time has elapsed, remove the pressure cooker from the heating source and let pressure release completely before opening the lid. Natural pressure release method.

Add the cooked beans, chopped jalapeños and corn grains (optional), bring to boil to unify flavors and allow food to rest for a few minutes before serving.



**8** MIN

## CLAM CHOWDER NEW ENGLAND

### INGREDIENTS

700 gr. Clams  
4 Medium potatoes  
2 Chives  
2 Leeks  
1 Celery spring  
150 gr. bacon  
100 ml. White wine  
500 ml. Cream 18 % fat  
500 ml. Fish broth  
1 chive spring  
Butter  
Salt  
White pepper  
Thyme, cayenne

Soak clams in water with salt for 20 minutes to remove sand residue. Chop the chives, leeks and celery into fine brunoise. Julienne the bacon. Peel and dice potatoes into 0, 5 x 0, 5 cm cubes. Place clams with some water in a Magefesa Sauté Pan over medium heat until open. Keep them together with the drained broth. Sauté the bacon with a bit butter until brown in a Magefesa Super Fast Pressure Cooker, add the chives, leeks and lightly cook. Add the potatoes and white wine, let alcohol evaporate and add the clams' broth, spices, salt and pepper to taste. If we run out of broth to reach the minimum required, replenish with water or fish stock. Close the pressure cooker and raise heat to maximum power. When the working valve (3) starts releasing steam, lower heat to a minimum and let it cook for 6 or 8 min. Once time has elapsed, remove the pressure cooker from the heating source and let pressure release completely before opening the lid. Natural pressure release method. Add the cream and let it reduce for some minutes. Soften the cream with a Magefesa Liquidizer. Add the clams without shells and adjust salt and pepper. Cook for two minutes and serve with chopped chives sprinkled on top. Accompany with soda cookies.



**25** MIN

## SPICY PULLED PORK

### INGREDIENTS

800 gr. Pork  
meat, shoulder of pork.  
2 Large onions  
4 Garlic cloves  
Chipotle chili, to taste  
125 ml White wine  
100 ml. Cider vinegar  
250 ml. Meat broth  
Mild olive oil  
Salt  
Black pepper

Season and brush the meat with old style mustard. Heat some mild olive oil in a Magefesa Super Fast Pressure Cooker. When hot, brown the piece of meat on all sides until well sealed. Add the onion and garlic cloves using the same oil where the meat has been browned; sauté over medium heat for 5 or 6 min. Return the meat to the pot, add chipotle chili to taste, White wine and the cider vinegar, let it cook for a few seconds until alcohol evaporates and then moisten with the meat broth. Close the pressure cooker and raise heat to maximum power. When the working valve (3) starts releasing steam, lower to minimum heat and let it cook for 20 or 25 min. Once time has elapsed, remove the pressure cooker from the heating source and let pressure release completely before opening the lid. Natural pressure release method. Take the meat out of the pot and let it cool down. Puree the sauce with the help of a Magefesa mixer or a Liquidizer. Adjust salt. Once the meat has cooled down, shred meat and add it to the sauce. This meat is very versatile in relation to its presentation, hamburgers, sandwiches, pies, tacos, etc.



**5** MIN

## APPLE COMPOTE

### INGREDIENTS

8 Pippin apples or similar  
200 gr. Sugar  
100 gr. Brown sugar  
250 ml. Water  
1 Cinnamon stick  
1 Lemon juice

Heat the water with cinnamon and sugar in a Super Fast Pressure Cooker. While water is boiling, peel the apples, remove the cores and chop them irregularly. Add the apple pieces and half lemon juice to the pot, wait until boiling and remove the emerging froth.

Close the pressure cooker and raise heat to maximum power.

When the working valve (3) starts releasing steam, lower to minimum heat and let it cook for 3 or 5 min.

Once the cooking time has elapsed, remove the pressure cooker from the heating source; turn the working valve (3) to the steam release position, automatic pressure release method.

The sugar quantity is optional, depends on our personal preferences, the apple compote can be used as a garnish or a dessert.

To intensify the Apple scent, substitute water by natural cider.



**10** MIN

## ALMOND CRÈME CARAMEL

### INGREDIENTS

400 ml. milk  
100 ml. Cream 18% fat  
125 gr. Toasted and  
peeled almonds  
4 eggs  
100 gr. Brown sugar  
50 gr. Rosemary honey  
Hazelnut liqueur (optional)  
75 gr. Sugar  
Water

Heat the milk, cream and almonds over medium heat in a Magefesa Casserole, It is not necessary to bring it to a boil, and may be scented with cinnamon sticks or lemon peel. Remove from the stove and let it infuse for 15 minutes.

Pour 75 gr. sugar in a Magefesa Non stick Skillet, add half glass of water and heat over medium heat. Let water evaporate and sugar brown. Remove from the heating source carefully and pour into the mold.

Blend all the ingredients with the help of a Magefesa Liquidizer until well mixed. The liqueur is used to enhance a nutty flavor. An alcohol free drink may be used.

Pour the mix into the caramelized silicone mold.

Place the silicone mold covered in a Super Fast Pressure Cooker, pour water until 3 out of 4 parts of the pot is covered.

Close the pressure cooker and raise heat to maximum power.


When the working valve (3) starts releasing steam, lower to minimum heat and let it cook for 10 or 12 min.

Once time has elapsed, remove the pressure cooker from the heating source and let pressure release completely before opening the lid. Natural pressure release method.

When the silicone mold has cooled down, refrigerate until firm and then remove from its mold.

## 19. SPARE PARTS

The following chart contains the most important spare parts for your pressure cooker. Please, do not hesitate to visit our websites: [www.magefesausa.com](http://www.magefesausa.com) and [www.magefesa.com](http://www.magefesa.com) for more information.

	NAME	CODE NUMBER	SPARE PART CODE	EAN 13	UPC-A
	- Helper handle	09	<b>FAVORIT</b> 09REMEALFAV		
	- Pressure sensor	02	<b>PRÁCTIKA PLUS - ATHENAS</b> <b>DYNAMIC - FAVORIT - DB</b> 09REMEVAPPL		
	- Working valve	03	<b>FAVORIT - DB</b> 09REMEVTFAV		
	- Steam pipe	23	<b>DYNAMIC - FAVORIT - DB</b> 09REMECHFAV		
	- Lower handle	10	<b>FAVORIT</b> 09REMEMIFAV		
	- Lid handle	05	<b>FAVORIT</b> 09REMEMSFAV		
	- Silicone gasket	8	<b>PRÁCTIKA PLUS 6/8/TRIO - DB</b> <b>ATHENAS - FAVORIT - DYNAMIC</b> 09REMEJSP68		
	- Steamer insert & trivet	13	<b>PRÁCTIKA PLUS 6/8/TRIO</b> <b>ATHENAS - FAVORIT - DYNAMIC</b> <b>NOVA - DB</b> 09REMECOPP8		



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