

Sirena® 15 in 1 Rapid Pot



YBW60-100A36

IMPORTANT
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Sirena® 15 in 1 Rapid Pot



Instruction Manual

Electric 6 QT. Pressure Cooker
INSTRUCTIONS FOR PROPER USE AND CARE

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REGISTRATION OF SIRENA 15 IN 1 RAPID POT IS REQUIRED FOR WARRANTY. PLEASE GO TO SIRENASYSTEM.COM TO REGISTER.

This product is guaranteed under the premise of a 1-year limited warranty period, applicable to the original purchaser and not transferable to a third-party user.

Repair and replacement of defective parts are at the seller's discretion. In the event that repair isn't possible, the seller will replace the product or part.

Product defects not covered under the warranty provisions include normal wear and damage incurred from use or accidental negligence, misuse of instruction specifications, or repair by unauthorized parties. The manufacturing company is not reliable for any incidental or consequential damages incurred by such circumstances.

WARNING

DO NOT REMOVE STAINLESS STEEL COOKING POT FROM PRESSURE COOKER WHEN THE POWER IS ON

If steam is escaping from around the lid

1. Push down on the lid, this forces the gasket to make contact with the pot. The pot seals and the pressure is acknowledged by the machine.

Or - If steam is leaking from under the lid because the lid is not properly closed, the gasket isn't positioned properly, is damaged, or the pressure cooker is over filled, follow these steps:

1. Unplug, release any pressure using the quick release method.
2. Remove the gasket and check for tears or cracks.
3. Check to be sure the gasket is positioned properly.
4. If too full, remove excess liquid and continue cooking.

If you have not added sufficient liquid and you notice that the floating valve has not risen, but the timer is counting down, perform the following steps:

1. Stop the pressure cooker by pressing the **Stop/Cancel** button.
2. Turn the pressure regulator knob to STEAM, using short bursts, until the pressure is fully released.
3. Remove the lid and add approximately 1½ cups of water/stock or any liquid. Stir food to disperse liquid.
4. Replace the lid and lock into position.
5. Set the pressure and time per page 7.
6. Press the **Start** button to begin cooking again.

If you can't open or remove the cover:

1. Be sure all of the pressure has been released.
2. If you still cannot open it, bring the contents of the cooker up to pressure again.
3. Release the pressure completely.
4. If the cover still won't come off, call customer service.

When using this electrical appliance, safety precautions must always be observed, including the following:

A Pressure Cooker is very safe when used properly.

■ **READ ALL OF THE INSTRUCTIONS BEFORE USE**

- Close adult supervision must be provided when this appliance is used by or near children. Keep pressure cooker out of the reach of children.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- The pressure cooker has a polarized AC (Alternating Current) plug (one blade is wider than the other). This plug will fit in a polarized outlet only one way, as a safety feature. Reverse the plug if the plug does not fit fully in the outlet. Contact a qualified electrician if it still does not fit. Do not attempt to defeat this safety feature.
- Short power cord should be used to reduce the risk resulting from becoming entangled in or tripping over a longer cord. If a longer extension cord is used, the marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance, and the cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over unintentionally.
- Do not operate with a damaged cord or plug. If the appliance is not working as it should, has been dropped or damaged, left outdoors or dropped into water, do not use it and return it to the manufacturer for proper service, repair, or replacement.
- Do not let cord hang over the edge of the table or counter or touch hot surfaces.
- Do not place near hot gas or electric burner, or in a heated oven.
- Always use in a well-ventilated area.
- For indoor use only.
- The pressure cooker is for household use only. The pressure cooker should not be used for other than the intended use.
- Do not cover the appliance or have it near flammable material including curtains, draperies, walls, and the like when in operation.
- Do not cover the pressure valves with anything. An explosion may occur.
- **Do not use without the removable cooking pot in place. This will reduce the risk of electrical shock.**

Do not fill the pressure cooker more than 1/2 full with food or 2/3 full with liquid. When cooking foods that expand during cooking do not fill the unit over 1/2 full.

- When cooking food under pressure, at least 1 1/2 cups (12 oz.) of liquid must be used.
- Foods such as applesauce, cranberries, pearl barley, oatmeal or other cereals, split peas, noodles and pasta, or rhubarb should not be cooked under pressure in the pressure cooker. These foods tend to foam, froth and sputter, and may block the floating valve.
- The exterior and the lid become hot during use. Do not touch hot surfaces. Use handles or knobs.
- **WARNING:** Keep hands and face away from pressure regulator knob when releasing pressure.
- While the unit is in operation, never remove the lid.
- Do not pick up regulator knob when inner tank full of steam pressure.
- To reduce the risk of electric shock, cook only in removable container
- After cooking, use extreme caution when removing the lid. Serious burns can result from steam inside the unit.
- **CAUTION:** When removing the lid, there could be a suction created between the inner pot and lid.
- Extreme caution should be used when moving any appliance containing hot food or liquid.
- Do not attempt to dislodge food when the appliance is plugged in.
- **CAUTION:** Perishable foods such as meat and poultry products, fish, cheese and dairy products cannot be left at room temperature for more than 2 hours. (No longer than 1 hour when the room temperature is above 90°F). When cooking these foods, do not set the delay time function for more than 1-2 hours.
- **DANGER:** Never deep fry or pressure fry in the pressure cooker. It is dangerous and may cause a fire and serious damage.
- Using attachments not recommended or sold by the manufacturer may cause hazards.
- Make sure appliance is off before unplugging from wall outlet.
- Always unplug before cleaning. Allow to cool before putting on or taking off parts.
- To protect against electrical shock, do not immerse plug, cord or housing in water or any other liquid.
- Servicing or repair should only be completed by a qualified technician.
- **DANGER:** Do not lift the unit with cover handle, use side handles only.

- To ensure the best cooking performance when cooking under pressure, always use at least 12 oz. of water or liquid in your recipes to enable enough steam to be created to produce pressure.
- A rule of thumb for converting recipes from oven to a pressure cooker is to decrease the time by 2/3.
- Frozen foods can be cooked in a pressure cooker. Add approximately 10 minutes to every inch of thickness.
- When using the pressure settings, the timer should not begin counting down until there is enough pressure.
- When cooking under pressure, if you are unsure of the cooking time, it is better to under cook and use the quick release method and check for doneness. If not done, continue cooking under pressure.
- **Never fill the Pressure Cooker more than half full with food or 2/3 full with liquid. The pressure cooker must have enough liquid to steam or the food will not cook properly.**
- If the electric circuit is overloaded with other appliances, your appliance may not operate. The pressure cooker should be operated on a separate electrical circuit.
- Tougher, less expensive cuts of meat are better suited for the pressure cooker because cooking under pressure breaks the fibers down for tender results.
- Do not add thickeners to your recipe (i.e. flour). The unit needs liquid to cook under pressure.
- Fresh fruit should be cooked on low pressure.
- Add a tablespoon of oil to the water to reduce the amount of foaming that beans produce.
- If during the quick release method, the steam releasing from your pressure cooker starts to spit out a little liquid, close the valve and hold a kitchen towel above the pressure release valve to stop any splattering from messing up your cabinets. You could also, let the pressure drop naturally.
- **WARNING: Do not remove stainless steel cooking pot from pressure cooker when the power is on.**

Do not wash any parts of the pressure cooker in the dishwasher. Always wash the pressure cooker thoroughly after every use, or if it has not been used for an extended period of time.

1. Unplug and let the unit cool before cleaning.
2. Wash the removable cooking pot with warm soapy water. Rinse and dry thoroughly.
3. Wipe the housing with a clean damp cloth. Do not submerge in water.
4. Remove the condensation reservoir in the back by pulling out. Clean with warm soapy water. Rinse and dry thoroughly. Replace by pushing it back in.
5. Turn the lid upside down, grasp the rubber gasket on either side and pull up. Clean the rubber gasket in warm soapy water. Rinse and dry thoroughly. Replace the gasket by pushing it down inside the edge of the lid. The groove in the center of the gasket must be positioned around the metal ring on the inside edge of the lid.
Note: If the gasket is not positioned properly, the unit will not work.

NOTE: The rubber gasket must always be properly positioned on the underside of the lid. Check periodically to make sure that it is clean, flexible, and not cracked or torn. (See pg. 6 "Before First Use", #3.)

6. If the rubber gasket is damaged, do not use the appliance and contact the customer service department.
7. In order to maintain good performance of your pressure cooker, the bottom of the removable cooking pot, in the area of the sensor pad, must be cleaned after each use. Wipe with a soft damp cloth and be sure to dry thoroughly.

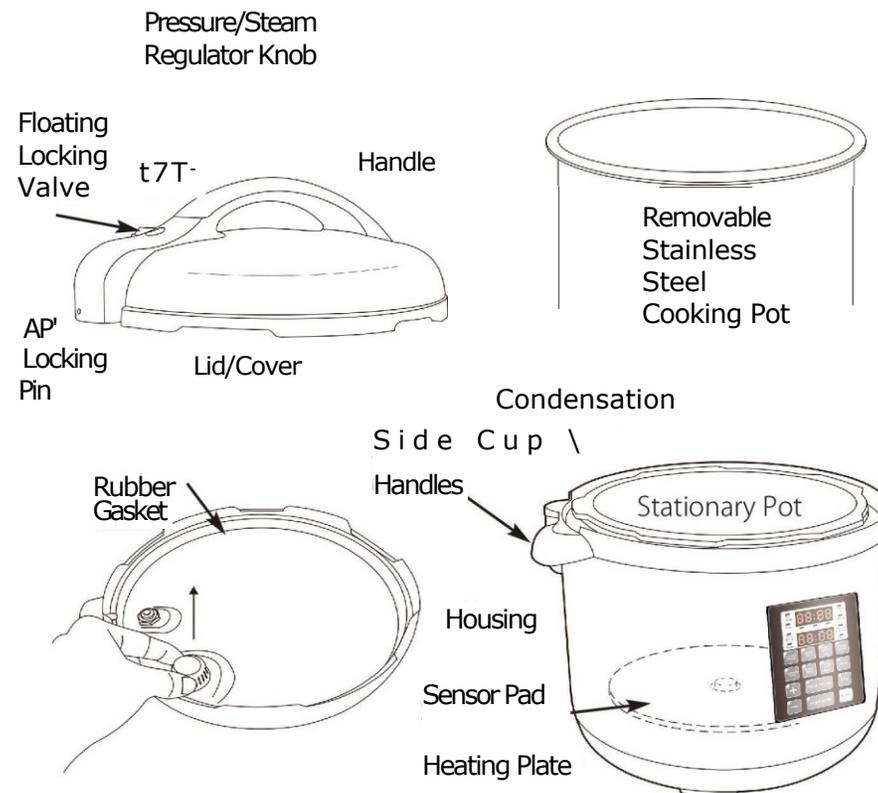
Never use abrasive cleaners or scouring pads to clean any of the parts.

Note: Any other servicing should be performed by an authorized service center.

Cleaning the Pressure Regulator Knob

Check that the pressure regulator knob is in good working order before each use.

1. After the unit has cooled, remove the lid.
2. Turn the pressure regulator knob to steam. Lift up and remove.
3. Using a brush, check and remove any food or foreign particles that may be lodged in the floating valve.
4. Replace the pressure regulator knob in the lid.



Control Panel

FUNCTIONS

- Pressure/ Steam Regulator Knob:** In down position when cooking under pressure, in up position when steaming.
- Lid Handle:** Allows you to lock the lid tight.
- Removable Cooking Pot:** 6 qt. capacity stainless-steel removable pot.
- Rubber Gasket:** Creates an airtight seal that is needed for the pressure cooker to operate.
- Control Panel Functions:** **Warm** .reheats or keeps food warm.
- Brown Sauté** -allows you to brown your food before cooking it under pressure.
- Yogurt** .stays at a constant low temperature of 110°F for 12 hours.
- Slow Cook High and Low** .cooks your food slowly to retain flavor and tenderness (12-hour timer).
- Delay Time** .allows you to begin cooking food up to 8 hours later.
CAUTION: Perishable foods cannot be left at room temperature for more than 2 hours. (Or 1 hour when the room temperature is above 90°F.) When cooking these foods, do not set the delay time function for more than 1-2 hours.
- Pressure Choice** .allows you to choose 3 different pressure settings: High, Medium and Low. Use the pressure choice and time buttons to set your own pressure and time.
- Preset Pressure Settings** .Pot Roast, Ribs, Chili/Stew, Soup, White Rice, Brown Rice, Beans, Eggs and Whole Chicken have preset pressure and time settings. You can adjust the time if needed for varying food sizes.

| | High Pressure (15 PSI) |
|--|-----------------------------------|
| Rice Brown White | 20 mins 6 mins |
| Spinach, fresh | 2-3 mins |
| Squash Fall, 1" chunks Summer, sliced | 4-6 mins 1-2 mins |
| Meat and Poultry | |
| Beef, Pork, Lamb (1-2" cubes) | 15-20 mins |
| Beef/Veal Roast, brisket Shank 1 1/2" thick | 50-60 mins 25-35 mins |
| Meatballs, browned | 5 mins |
| Lamb, boneless roast | 45-55 mins |
| Pork Loin roast Chops Baby Back Ribs | 25 mins 5-6 mins 10 mins |
| Chicken Boneless breast, thigh Pieces Whole- 3-4 lbs. | 6-8 mins 10-12 mins 18 mins |
| Turkey breast, whole boneless | 20-25 mins |
| Seafood | |
| Clams | 4 mins |
| Crab legs | 4 mins |
| Lobster Tails | 6 mins |
| Mussels | 4 mins |
| Shrimp | 3 mins |
| White fish 1" thick | 5-7 mins |

Cooking times are approximate times. Use these as general guidelines. Size and variety will alter cooking times.

| Vegetables | High Pressure |
|---|------------------------------------|
| Apples, chunks (low pressure) | 2 mins |
| Artichokes, whole | 8-10 mins |
| Asparagus, whole | 1-2 mins |
| Beans fresh green or wax shelled lima | 2-3 mins |
| Beets 1/4" slices whole, peeled | 3-4 mins 12-15 mins |
| Broccoli, florets or spears | 2-3 mins |
| Brussel sprouts, whole | 4-6 mins |
| Cabbage, quartered | 4-6 mins |
| Carrots, 1/2" slices | 4 mins |
| Cauliflower, florets | 2-4 mins |
| Corn on the cob | 2-4 mins |
| Eggplant, 1 1/4" | 2-3 mins |
| Peas, shelled | 1-1 1/2 mins |
| Potatoes Pieces, slices Whole, small Whole, medium | 5-8 mins 6-7 mins 10-12 mins |

Remove all packing materials and literature.

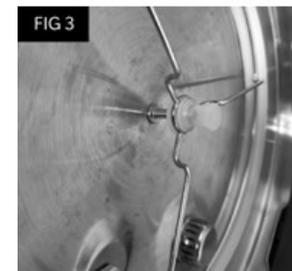
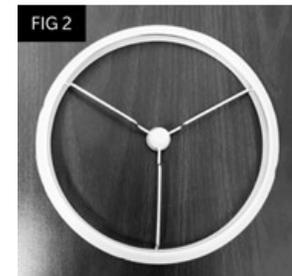
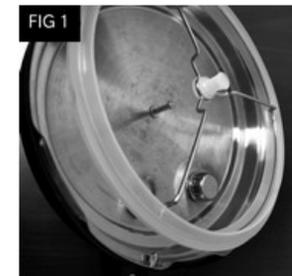
1. Wash all removable parts in warm soapy water. Rinse and dry all parts thoroughly. Wipe the outer housing with a clean damp cloth. NEVER immerse the housing in water or any other liquid. Inner pot and steam rack dishwasher safe ONLY.
2. Make sure the rubber gasket is seated properly inside the lid. See below. To ensure the correct fitting, fill the removable cooking pot with two-thirds water and run on HIGH PRESSURE for 15 minutes.
3. Release the pressure by turning the pressure regulator knob to STEAM. The floating locking valve will drop. Let the appliance cool to room temperature and then empty and clean.

The Gasket

The gasket is an essential piece in pressure cooking. The gasket keeps the steam inside the unit. If the gasket is not on correctly, the unit will not reach pressure.

Always wash the gasket and check to make sure that it is clean, flexible, and not cracked or torn.

1. To remove the gasket, turn the lid upside down, lift and remove the gasket. **FIG 1**
2. Clean the rubber gasket in warm soapy water. Rinse and dry thoroughly.
3. Replace the gasket by pushing it down inside the middle of the lid. **FIG 2** The groove in the center of the gasket must be pushed onto the metal point in center of lid. **FIG 3**
Note: If the gasket is not positioned properly, the unit will not work.



HOW TO OPERATE

How to Operate Using Pressure Setting

Before using the pressure cooker each time, make sure the rubber gasket and the pressure regulator knob are clean and positioned properly (page 6 and 15)

There are 3 different pressure settings - High; Medium; Low

1. Plug the cord into a wall outlet. Both displays will show - - - - and beep once for standby.
2. Position the removable cooking pot in the appliance.
3. Place food in the cooking pot according to the recipe or chart.

NOTE: When cooking most foods under pressure, 1 1/2 cups (12 oz) of liquid should be added.

Do not fill the pressure cooker more than 1/2 full with food or 2/3 full with liquid. When cooking foods that expand during cooking do not fill the unit over 1/2 full.

4. Place the lid on the Pressure Cooker and turn it counter-clockwise until it locks into place. (The locking pin will click into place.)
5. Turn the pressure regulator knob to **PRESSURE**.
6. Choose the desired pressure by pressing Pressure Choice until your desired pressure is illuminated- HIGH, MEDIUM, or LOW. The light above will illuminate.
7. Set the desired time by pressing the Time button and + or - to adjust the time.
8. Press the START button to begin cooking. The indicator light will stop flashing. (Note, if you forget to select a desired cooking time or forget to press the Start button, the unit will beep twice and the digital display will read ---- after 30 seconds, turning the unit off.)
9. The unit will begin to count down after the pressure has been reached. **It may take 5 to 40 minutes to begin counting down.** This depends on the fullness of the pot. When the pressure level is reached, only the cooking time will be displayed, and the timer will start to count down.
10. When cooking is finished, the unit will beep. Let the pressure drop on its own (also called the natural release method), or release immediately by turning the pressure regulator knob towards STEAM

Slow Cook Settings-Low and High

NOTE: Slow cook low is the lowest setting on a traditional slow cooker (usually requires 8-10 hours). Slow Cook High is the high setting on a traditional slow cooker (usually 4-5 hours to cook).

1. Plug the cord into a wall outlet. The display will show ----.
2. Position the removable cooking pot in the appliance.
3. Place the food to be slow cooked in the cooking pot.
4. Place the lid on the pressure cooker and lock the lid in place.
5. Turn the pressure regulator knob to STEAM.
6. Press the desired "**Slow Cook**" button. The display will show 08:00 for low and 04:00 for high. If you want a different time, press the "**Time**" button, then the + or - to adjust the time. The max cooking time is 12 hours.
7. Press the "**Start**" button to begin cooking.
8. When the cooking time is up, the unit will beep.
9. Press the "**Stop/Cancel**" button when cooking time is complete, or to cancel or reset. Otherwise, the pressure cooker will automatically switch to warm for 8 hours.

Delay Time Setting

This function allows you to begin cooking food up to 8 hours later in half hour increments. You can use the delayed time setting with the slow cook, steam or pressure settings. **CAUTION:** Perishable foods such as meat and poultry products, fish, cheese and dairy products cannot be left at room temperature for more than 2 hours. (No longer than 1 hour when the room temperature is above 90°F.) When cooking these foods, do not set the delay time function for more than 1-2 hours.

1. If pressure cooking, set the pressure per directions on **page 7 steps 1-7 or page 9, 1-6.** (Slow cook -above steps 1-6).
2. Press "**Delay**". The bottom screen shows the delay time and will illuminate on the display.
3. Press the desired cooking mode and time by pressing the cooking mode button until you reach the appropriate time.
4. Press the "**Start**" button. The appliance will begin cooking after the set time has elapsed.

NOTE: Do not use the delayed time function when cooking foods that might spoil if left out at room temperature.

Warm Setting

This program keeps cooked food warm for a long period of time.

1. Plug the cord into a wall outlet. The display will show ----.
2. Position the removable cooking pot in the appliance.
3. Place cooked food in the cooking pot.
4. Place lid on pressure cooker and lock into place.
5. Turn the pressure regulator knob to STEAM.
6. Press the **"WARM"** button. The digital display will read 0:30 (30 minutes). If you want a different time, press the **"Time"** button, then the + or - to adjust the time. (MIN is 30 minutes; MAX is 8 hours). The temperature is approximate 158°F.
7. Press the **"Start"** button to begin the program.
8. Press the **"Stop/Cancel"** button to turn the unit off.

Brown Sauté Setting

Brown your food before cooking it under pressure for the best flavor and texture, unless otherwise indicated in the recipe. Food should be patted dry with a paper towel before browning. For best results, make sure the oil is hot before adding your meat. Brown in batches to keep the correct temperature. The Brown temperature is 325°F (adjustable from 225-355°F). This setting is also used to make sauces or gravies after your cooking is complete.

1. Plug the cord into a wall outlet. The display will show ----.
2. Position the removable cooking pot in the appliance.
3. Add the appropriate amount of oil as per recipe.
4. Press the **"Brown Sauté"** button. The temperature default is 325°F. Adjust the temperature by pressing the brown sauté button (temperature will flash). Press + or - to increase or decrease temperature.
5. The top display will flash 30 minutes (30 minutes of cooking time). If you want a different time, press the **"Time"** button, then the + or -to adjust the time. MIN is 1 minute; MAX is 30 minutes.
6. Press the **"Start"** button to begin browning. The lid should be off.
NOTE: Do not leave pressure cooker unattended while browning.

in short bursts (also called the quick release method) until the pressure is reduced.

CAUTION: When turning the knob to release pressure, hot steam/liquid will be ejected. **USE A POTHOLDER.**

NOTE: Press the **"Stop/Cancel"** button when cooking time is complete, or to cancel and reset. Otherwise, the pressure cooker will automatically switch to warm for 8 hours.

WARNING: Do not hold the pressure regulator knob. Hot steam/liquid will be ejected. Keep hands and face away from steam vents, use pot holders when removing the inner pot or touching any hot items, and never force the lid open. The lid will only open once the pressure is released. Remove the lid by lifting it away from you to avoid being burned by the steam.

PRESET PRESSURE SETTING

The following are pressure settings that are preset for you. They have a default setting but are also adjustable by time.

| Setting | pressure | default | adjust |
|---------------|----------|------------|----------------------|
| Pot Roast | high | 50 minutes | 15 minutes-2 hours |
| Ribs | high | 45 minutes | 15 minutes-2 hours |
| Chili Stew | high | 15 minutes | 5 minutes-2 hours |
| Eggs | high | 6 minutes | 1 minute-10 min |
| Soup | High | 8 minutes | 5 minutes to 2 hours |
| White rice | high | 6 minutes | 6 minutes —30 min |
| Brown rice | high | 20 minutes | 6 minutes —30 min |
| Beans | high | 25 minutes | 5 minutes to 2 hours |
| Whole chicken | high | 25 minutes | 10 minutes to 1 hour |

PRESET PRESSURE SETTING

1. Plug the cord into a wall outlet. Both displays will show - - - - and beep once for standby.
2. Position the removable cooking pot in the appliance.
3. Place food in the cooking pot according to the recipe or chart.

NOTE: When cooking most foods under pressure, 1 1/2 cup (12 oz) of liquid should be added.

Do not fill the pressure cooker more than 1/2 full with food or 2/3 full with liquid. When cooking foods that expand during cooking do not fill the unit over 1/2 full.

4. Place the lid on the unit and turn it counter-clockwise until it locks into place. (The locking pin will click into place.)
5. Turn the pressure regulator knob to **PRESSURE**.
6. Press Menu Choice on the control panel. Press until your choice is lit up. The display will show the default time. To add or decrease the time, press Time and then the + or - buttons.
7. Press the START button to begin cooking.

If you forget to press the START button, the unit will beep twice and the digital display will read ---- after 30 seconds, turning off.

8. The unit will begin to count down after the pressure has been reached. **It may take several minutes to begin counting down.** This depends on the fullness of the pot. When the pressure level is reached, only the cooking time will be displayed, and the timer will start to count down.
9. When cooking is finished, the unit will beep. Let the pressure drop on its own (also called the natural release method) or release immediately by turning the pressure regulator knob towards STEAM in short bursts (also called the quick release method) until the pressure is reduced.

CAUTION: When turning the knob to release pressure, hot steam/liquid will be ejected. **USE A POTHOLDER.**

NOTE: Press the **"Stop/Cancel"** button when cooking time is complete, or to cancel and reset. Otherwise, the pressure cooker will automatically switch to warm for 8 hours.

Rice Setting

Brown or White Rice

1. Plug the cord into a wall outlet. The display will show ----.
2. Position the removable cooking pot in the appliance. Measure out the desired amount of rice or grains with the provided measure cup and add to the cooking pot. Then add the corresponding amount of water indicated in your chart.
3. Add 1-2 tablespoons of butter or oil to the rice to minimize frothing. Note: Do not fill the cooking bowl more than half full, as the rice will expand during cooking.
4. Follow steps 1-5 on the "Operating Instructions" on page 7.
5. Press the desired "RICE" button. Press START. The default time is 6 for white or 20 for brown. If you want a different time, press the Time button, then the + or - to adjust the time.
6. Use the Natural Pressure Release method for best results. If making sticky rice, use the Quick Pressure Release method.

Rice Guide

| 1 cup | Liquid Needed | Time |
|------------------------|---------------|------------|
| White (short grain) | 2 2/3cup | 8 minutes |
| White (long grain) | 1 1/2 cup | 4 minutes |
| Wild rice | 4 cups | 20 minutes |
| Brown rice | 2 cups | 15 minutes |
| Basmati Rice | 1 1/2 cups | 3 minutes |
| Risotto (Arborio Rice) | 2 cups | 5 minutes |

Eggs Setting

Use this setting as a quick preset for hard boiled eggs. Follow the basic pressure cooker instructions on page 8-9. This setting works per below.

1. Fill the inner pot with 1 1/2 cups water. Place eggs in shallow water. Press MENU button to Eggs. The display will flash 0:06 (this equals 6 minutes of cooking time).
2. Press the Time button if you want a different cooking time. You can select the time to be between 0:01 (1 minute) up to 10 minutes. Press the START button to begin cooking. The time will stop flashing.