

AROMA[®] | RECIPE BOOKLET

Rice Cooker | Food Steamer | Slow Cooker
with Sensor Logic™ Technology



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AROMA[®]

www.AromaCo.com



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NOTES:

AROMA'S FAVORITE PULLED PORK

1½ lb.	pork tenderloin
2 cups	barbecue sauce
½ cup	bottle chili sauce
1	white onion, diced
4 to 6	sandwich buns, toasted

Add all ingredients to the inner pot. Close the lid and slow cook on “Low” for 8 hours. When finished cooking, shred pork with a fork and serve on toasted sandwich buns.

Serves 4 to 6.

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- 2½ - 3 lbs. pork baby back ribs
- 8 oz. can tomato sauce
- 2 Tbs. prepared mustard
- ¼ cup dark brown sugar
- 1 Tbs. Worcestershire sauce

Place the ribs in the inner pot, cutting to fit if needed.

In a small bowl, combine the remaining ingredients and spoon over the ribs. Close the lid and slow cook on "Low" for 8 to 10 hours.

Serves 4.

SPLIT PEA SOUP WITH PROSCIUTTO AND CRISPY CROUTONS

3 oz.	prosciutto, chopped
2 cups	split peas, cleaned and sorted
6 cups	low-sodium chicken broth
3 large	carrots, peeled, chopped
1 large	yellow onion, peeled, chopped
2 ribs	celery, chopped
1 tsp.	salt
1 tsp.	black pepper
½	baguette, thinly sliced, buttered and toasted

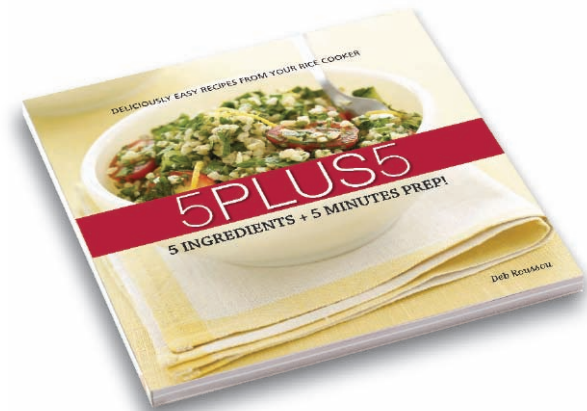
Place the peas, broth, carrots, onion, celery, salt and pepper in the inner pot and close the lid. Slow cook on "Low" 8 to 10 hours or on "High" 4 to 5 hours.

Open the lid and remove 2 cups of soup from the inner pot and blend until smooth. Return to the soup for 20 minutes to re-heat with Quick Rice and thicken the soup. Ladle into bowls for serving.

Place the prosciutto in the now empty inner pot. Press Quick Rice and sauté until crumbly. Turn off the rice cooker and remove prosciutto.

Garnish each bowl with prosciutto and a toasted baguette slice.

Serves 6 to 8.



5PLUS5 FIVE INGREDIENTS +
FIVE MINUTES PREP !

Deliciously Easy Recipes From Your Rice Cooker

www.AromaCo.com/5Plus5

CRAB & TARRAGON STUFFED TILAPIA FILLETS

The following recipes are excerpts from **5 Plus 5** by Pascoe Publishing. **5 Plus 5** is full of great recipes for your new Aroma® Professional™ rice cooker. With just 5 ingredients and 5 minutes of prep time, you can have a delicious meal made completely in your Aroma® rice cooker.

To purchase a copy of 5 Plus 5, visit www.AromaCo.com/5Plus5 or call us toll-free at **1-800-276-6286**.

½ cup	fresh crab meat, cleaned	1 tsp.	salt
1 Tbs.	fresh tarragon, minced	½ tsp.	pepper
1 Tbs.	fresh parsley, minced	4 large	tilapia fillets (or use other mild, white fillets)
½ cup	fresh bread crumbs	¼ cup	sauterne cooking wine
3	green onions, minced	-	Fresh parsley for garnish
2 Tbs.	lemon juice		

In a medium bowl, combine the crab, herbs, bread crumbs, onions, juice, salt and pepper. Toss lightly.

Place the fillets horizontally on a work surface and evenly spoon the stuffing over the middle of the widest part of each fillet. Roll each fillet up in jellyroll fashion, encasing the stuffing through the widest part. Secure each with cooking string or a toothpick.

Place each fillet roll in the inner pot and add the sauterne. Close the lid and slow cook on “High” for 2 hours. Garnish with the parsley just before serving.

Serves 4.

GO-TO ITALIAN PLUM TOMATO SAUCE

A perfect Italian tomato sauce for any recipe. Can be refrigerated for up to 2 weeks or frozen for up to 3 months.

28 oz. can	plum tomatoes, with juices	1 tsp.	ground oregano
8	Roma tomatoes, quartered	1 tsp.	dried basil
1 large	white onion, peeled, chopped	1 Tbs.	sugar
8 cloves	garlic, peeled, chopped	1 tsp.	salt
1 large	carrot, peeled, chopped	1 tsp.	black pepper

Place all ingredients in the inner pot and stir once. Close the lid and slow cook on "Low" 8 to 10 hours or on "High" 4 to 5 hours. If desired, make a smooth sauce by blending or mash to desired consistency. Spoon into air-tight containers and refrigerate or freeze until use.

Makes about 8 cups.

AN EASY CHEESY CHICKEN

Perfect for those evenings when the boys are fighting over the TV remote and your daughter is trying to dress the cat in doll clothes.

4	boneless, skinless chicken breasts
15 oz.	can diced tomatoes with peppers and onions, with juices
1½ cups	long grain white rice, uncooked
2½ cups	chicken broth
1 cup	mozzarella cheese, shredded

Have on Hand:

1 Tbs. Butter
Salt and pepper, to taste

Place the inner pot into the rice cooker. Press the Smart Steam button and set to 30 minutes. Melt about a tablespoon of butter. Add the chicken breasts and sauté until browned, about 2 minutes. Toss in the undrained tomatoes, rice, chicken broth and salt and pepper to taste. Close the cover and allow to cook for the remainder of the time set, or until the chicken is cooked through and no pink remains.

To serve, use a large spoon to portion the rice and chicken on to 4 dinner plates. Cover each serving with shredded cheese. Serve at once.

Serves 4.

(We suggest you find the cat after dinner and serve him a little chicken as well, to soothe his troubled nerves.)

ASPARAGUS & SWISS CHEESE OMELETATA

Never heard of an “omeletatta?” Think of a melding between an omelette and a frittata as in a yummy melding of tangy cheese and tender veggies within fluffy scrambled eggs. Yeah, now you’re getting the picture. If you want to really impress your mother-in-law, cut the asparagus spears on the diagonal instead of straight across. That’ll fix her.

- 4 thin spears fresh asparagus, cut into 1-inch pieces
- 6 large eggs, beaten with a dash of salt and pepper
- ½ cup Swiss cheese, shredded
- 1 tsp. fresh thyme leaves, minced (or use ¼ tsp. dried thyme)
- 1 green onion, chopped

Have on Hand:

- 1 Tbs. Butter
- Salt and pepper, to taste

Place butter in the inner pot of the Aroma® rice cooker. Press the Smart Steam button and set to 20 minutes. Allow to heat for 2 minutes. Add the asparagus pieces and sauté for about 4 minutes, stirring occasionally with a long-handled spoon. The asparagus should be crisp, but not tough.

Pour the eggs over the asparagus and scatter the cheese over the eggs. Sprinkle with the thyme and green onions. Close the lid and allow to cook for the remaining time or until the eggs are set.

Use a plastic spatula to slide the omeletatta onto a large serving plate. Cut into 4 large wedges and serve at once.

Serves 4.

CRACKED BLACK PEPPER-RUBBED PORK LOIN ROAST

- 2½ - 3 lb. boneless pork loin roast
- ½ tsp. onion powder
- 2 Tbs. cracked black pepper
- 2 tsp. dried basil
- 1 tsp. dried oregano
- 1 tsp. coarse salt
- 3 medium parsnips, cut in 1-inch pieces
- 3 medium red potatoes, cut in 1-inch pieces

Place the roast on a work surface and pat dry. In a small bowl, combine the onion powder, black pepper, basil, oregano and salt. Firmly pat the pepper mixture into the pork, covering the roast entirely.

Place the parsnips and potatoes in the inner pot and position the roast over the vegetables. Close the lid and slow cook on “High” for 3 to 4 hours or on “Low” for 6 to 8 hours. Remove and slice the roast. Serve the pork with the vegetables, spooning the natural sauce over all.

Serves 6 to 8.

BBQ SHREDDED CHICKEN & CILANTRO ON TOASTED CIABATTA ROLLS

6	boneless, skinless chicken thighs
1	white onion, peeled, chopped
2 cloves	garlic, peeled, chopped
18 oz.	bottled barbecue sauce
4	ciabatta rolls, split, toasted
4	thin slices provolone cheese
¼ cup	fresh cilantro, chopped

Place the thighs, onion, garlic and barbecue sauce in the inner pot. Close the lid and slow cook on “Low” 8 to 10 hours.

Cool slightly and remove the chicken meat. Shred and return to the inner pot, mixing with the sauce. To serve, pile the chicken and sauce liberally on one-half of each roll, top with a slice of cheese and garnish with the cilantro.

Serves 4.

TUNA & TINY TOMATO TABOULEH (AKA TNTTT)

If your day has been like a keg of TNT, explosive and shattering, try popping this delicious dish into your Aroma® rice cooker. This good-for-you tabouleh will re-trigger all your worn-out fuses.

1 cup	bulgur wheat, uncooked
½ lb.	fresh ahi tuna steak
1 cup	small grape tomatoes, halved
1	medium cucumber, peeled and diced
¼ cup	Italian salad dressing

Have on Hand:

2 cups water
Salt and pepper

Pour the water into the inner pot of the Aroma® rice cooker and add the bulgur wheat. Add a pinch each of salt and pepper. Close the lid and Smart Steam for 17 minutes. Place the ahi tuna onto the steam tray. Once the Smart Steam time elapses carefully open the lid and place the steam tray into the rice cooker. Smart Steam for 5 minutes.

When done, remove the tuna and set aside. Allow the bulgur to cool. Spoon the cooled bulgur wheat into a serving bowl and add the tomatoes and cucumber. Toss with the Italian salad dressing. Slice the tuna steak thinly and place on top of the salad. Serve at once.

Serves 2 to 3.

PULLED PORK BBQ LOAFERS

You'll never guess why these hefty sandwiches are called "loafers," but they were created to please guys who sit around all weekend, watching TV and doing a lot of nothing. Add some pickles, a big bag of potato chips, and a case of dark beer as garnishes.

10-12 oz. pork tenderloin
1 cup barbecue sauce
¼ cup chili sauce
1 white onion, peeled and chopped
4 to 6 soft, hefty sandwich buns, split and toasted

Have on Hand:

2½ cups water

Cover the inside of the steam tray of the Aroma® rice cooker with 2 large sheets of aluminum foil, including the bottom and sides, to make it spill-proof. Position the pork tenderloin in the tray. Cover the pork with the barbecue sauce and the chili sauce. Scatter the onions over all. Set aside.

Pour the water into the inner pot of the Aroma® rice cooker. Fit the filled steam tray into the cooker and close the lid. Smart Steam for 25 to 30 minutes, or until a meat thermometer reads 160°F. The meat should shred easily with a fork when done. If needed, continue cooking for up to 10 minutes.

Remove the pork from the steam tray and place on a cutting board. Shred the pork with a fork and knife and mix some of the remaining sauce from the steam tray back into the meat. Don't be stingy with the sauce sloppy and juicy is good here.

To serve, mound equal portions of the pork onto the sandwich buns and close the buns. Serve with plenty of napkins and the above-mentioned garnishes.

Serves at least 4 loafers, maybe even 6.

With its advanced Low and High Slow Cook settings, the Aroma® Professional™ rice cooker doubles perfectly as a 3-quart programmable slow cooker! The following recipes are several slow cooked classics that can be made with ease utilizing this convenient feature.

For more great meal ideas for your rice cooker (or even to submit your own), visit www.AromaCo.com.

AUTHENTIC GOLDBLOCKS PORRIDGE WITH BERRIES (OR BEARIES?)



We're on to that house-crasher girl, she was trying to get to this delicious morning porridge, of course.

1 cup white or brown rice farina (or try yellow polenta)
1 cup low-fat milk
½ cup strawberries, sliced
¼ cup sour cream
2 Tbs. clover honey

Have on Hand:

2 cups water
A pinch of brown sugar

Place the farina in the inner pot of the Aroma® rice cooker and stir in the milk and 2 cups water. Smart Steam for 10 minutes. Open the rice cooker occasionally as porridge cooks and stir.

Spoon the porridge into 4 bowls and top each serving with strawberries, sour cream and honey. If you're one of those types who need more, more, more sweetness, add a pinch of brown sugar, as well.

Makes 4 "beary" good servings.

OOH-LA-LA POTATO SALAD

I see London, I see France... I see somebody's really tasty French potato and green bean salad. Change it up to a full meal deal by adding shredded, cooked chicken or diced ham just before serving.

- 1 lb. new potatoes, cut into bite-sized pieces
- 1 lb. fresh green beans, trimmed, cut in half
- ½ medium red onion, chopped
- ½ cup Kalmata Olives, Pitted
- 1 Tbs. prepared Dijon mustard

Have on Hand:

- 2 cups water
- Salt and pepper, to taste
- ¼ cup extra virgin olive oil

Pour the water into the inner pot of the Aroma® rice cooker and add the potatoes. Add a pinch each of salt and pepper. Close the lid and Smart Steam for 10 minutes.

Add the green beans and Smart Steam for an additional 10 minutes. To serve, place the potatoes and beans in a serving bowl and add the red onion and olives on top. Whisk together the mustard and oil and add generous amounts of salt and pepper to taste (don't be shy... keep tasting to get it right). Pour the dressing over the vegetables, toss together well and serve while warm.

Serves 6.

STEAMED BRANDIED PEARS

Choose these sweet pears when they are at their peak of the season.

- 2 cups water
- 2 d'Anjou pears, halved and cored
- 4 Tbs. almond-flavor liqueur
- 1 cup low-fat milk
- ½ cup sugar
- 4 Tbs. butter or margarine
- 2 Tbs. flour
- 3 Tbs. brandy

Pour 2 cups of water into the inner pot of the Aroma® rice cooker. Place the inner pot into the rice cooker. Place the pear halves on a plate that fits into the steam tray. Spoon a tablespoon of liqueur on each pear half and cover with aluminum foil. Place the steam tray into the cooker. Close the lid and Smart Steam for 20 to 25 minutes, or until the pears are tender. In a small bowl, combine the milk and sugar and stir to blend. In a saucepan over medium-low heat, melt the butter and add the flour, whisking constantly for 1 minute. Add the milk and sugar, whisking constantly for another minute. Remove the sauce from the heat and whisk in the brandy. When done, use a cooking mitt to remove the pears from the rice cooker. Garnish the pears with the brandy sauce to serve.

Serves 4.

SWEET PEARL RICE PUDDING

Rice is commonly used throughout the Caribbean as the basis for sweet desserts. This recipe makes full use of creamy, slightly sweet pearl rice. Add chopped nuts or dried fruit for extra interest.

- 1 cup pearl rice, uncooked
- 1 cup whole milk
- 1 cup canned sweetened condensed milk
- ½ cup sugar
- ½ tsp. vanilla extract
- Whipped cream, for garnish
- Ground cinnamon, for garnish

Place the rice, milk, condensed milk, sugar and vanilla in the inner pot of the Aroma® rice cooker. Use a long-handled plastic spoon to stir and blend. Place the inner pot into the rice cooker. Close the lid and Smart Steam for 20 to 25 minutes, until the rice is tender. Let stand for 10 minutes. Open the lid, using caution to avoid steam burns. Spoon into individual bowls and serve while warm. Top each serving with a dollop of whipped cream and a dusting of cinnamon.

Serves 4.

EAT YOUR SQUASH!

We know all about you. You haven't eaten your government-recommended number of vegetable servings today, have you? Wipe that guilty look off your face and eat your squash.

- 1 small acorn squash, cut into bite-sized pieces
- 1 Tbs. fresh sage (or 1 tsp. ground sage)
- 2 Tbs. butter

Have on Hand:

- 2 cups water
- Salt and pepper, to taste

Pour the water in the inner pot of the Aroma® rice cooker. Spoon the acorn squash into the steam tray and sprinkle with the sage. Place the steam tray into the rice cooker and close the lid.

Smart Steam for 20 minutes, or until the squash is tender. Spoon the cooked squash into a serving bowl and add butter, salt and pepper to taste.

Serves 2.

BACON & CHEESE STEAK SANDWICHES

Serve up these warm and cheesy steak sandwiches with a fresh green salad for a feel-good-about-yourself complete meal.

- 4 slices bacon, cut into small pieces
- 1 lb. sirloin beef steak, thinly sliced across the grain
- 1 white onion, peeled and thinly sliced
- 4 oz. cream cheese, cut into small pieces
- 4 hoagie sandwich rolls, split and toasted

Have on Hand:

Black pepper

Place the bacon in the inner pot of the Aroma® rice cooker, press Quick Rice and allow to cook for 4 minutes, or until the bacon is almost cooked through. Add the beef and onion slices and continue cooking for 6 to 8 minutes, stirring occasionally with a long-handled spoon. The beef slices should be slightly pink in the center when done.

Add the cream cheese to the meat and bacon mixture. Add black pepper and close the lid. Allow to cook for about 2 minutes, stirring lightly. Once cooked, press the Power/Keep-Warm button to turn the rice cooker off.

To assemble the sandwiches, spoon the beef and sauce mixture equally into the rolls and close the rolls. Serve while warm.

Serves 4.

DARK CHOCOLATE TRUFFLE CAKE

This dense, moist chocolate dessert is worth the effort.

- | | | | |
|--------|---|--------|-----------------|
| 2 cups | water | 3 | large eggs |
| 2 cups | chocolate cookie crumbs | 2 tsp. | vanilla extract |
| ¾ cup | sugar | ¾ cup | evaporated milk |
| 5 oz. | unsweetened dark baking chocolate, melted | Dash | salt |

Pour 2 cups of water into the inner pot of the Aroma® rice cooker and close the lid. Place the cookie crumbs in the bottom of a 1-2 quart baking dish that fits into the inner pot.

In a medium bowl, add the sugar to the warm melted chocolate, stirring until the sugar dissolves. Add the eggs, one at a time, whisking to incorporate each egg. Add the vanilla and salt. Add the milk, whisking until the batter becomes completely blended. Gently pour the batter over the cookie crumbs. Cover with a piece of foil that fits the top of the dish. Using a cooking mitt and a foil pan lifter (see below), place the dish in the water. Close the lid and Smart Steam for 45 minutes (Smart Steam will only set up to 30 minutes, once 30 minutes have elapsed, check water level and Smart Steam again for 15 additional minutes). Open the lid, and use a cooking mitt and the foil pan lifter to remove the dish to a rack to cool. Serve while warm or chill for up to 4 hours before serving.

Serves 6.

Foil Pan Lifter

To make a foil lifter that will lift pans from the cooker, fold a long piece of heavy-duty foil into a single strip about 2 inches wide. The foil should extend over each side of the cooker, acting as handles to lift your prepared foods from the cooker. Place your cooking pan on top of the lifter and cook as directed.

STEAMED SNAPPER WITH MANGO SALSA

Fiery fruit salsa brings out the best of this mild seafood.

2 cups	water	½ cup	red onion, peeled and diced
4	6-oz. snapper fillets	½ cup	jicama, peeled and diced
1 Tbs.	extra-virgin olive oil	2 Tbs.	jalapeño peppers, diced
1 clove	garlic, peeled and minced	-	Salt and black pepper, to taste
1 Tbs.	fresh Italian parsley, chopped		
1½ cups	fresh mango, peeled and diced		

Pour 2 cups of water into the inner pot of the Aroma® rice cooker. Place the snapper fillets on a large square of aluminum foil. Drizzle each fillet with the olive oil and add the garlic, parsley, salt and pepper. Close the foil over the filets and place in the steam tray. Place the steam tray in the rice cooker. Close the lid securely. Smart Steam for 10 to 15 minutes or until snapper is done. In a small bowl, stir together the mango, red onion, jicama and peppers. Spoon the salsa over each fillet before serving.

Serves 4.

THE BOK CHOY BOYS CHICKEN

Boys (and girls) will actually ask for this teriyaki noodle bowl simply because they'll want to say the name. If you're lucky, they might even eat it.

1 lb.	boneless, skinless chicken breast, cut in bite-sized pieces
2	heads bok choy, cut into 2-inch pieces
14 oz.	package frozen Chinese vegetables, thawed
1 cup	teriyaki cooking sauce
8 oz.	fettuccini noodles, cooked and drained

Have on Hand:

Canola oil

Pour the oil into the inner pot of the Aroma® rice cooker and add the chicken pieces. Smart Steam for 6 minutes. Sauté until lightly brown. Add the bok choy, thawed vegetables, teriyaki sauce and salt and pepper.

Stir with a long-handled spoon and Smart Steam for an additional 8 to 10 minutes, or until the chicken is cooked through and no longer pink.

To serve, toss the chicken and veggies with the fettuccini noodles and spoon into bowls.

Serves 4.

STREET FISH TACOS WITH SESAME SAUCE

When is a taco a “street taco?” Good question. You see, there are tacos and then there are other tacos. Tacos are usually good-sized and include fried corn tortillas, fried flour tortillas or even fried wonton wrappers (if you live in California). Street tacos, on the other hand, are small and made with steamed corn tortillas. Taco carts on the street sell street tacos, however, you can also buy them in a restaurant or make them at home, all of which makes perfect sense.

2 cups	chicken broth (or water)
1 lb.	mild, white fish fillets
¾ cup	sesame salad dressing, divided
3 cups	Asian cole slaw salad mix
12	small corn tortillas, warmed

Have on Hand:

Salt and pepper, to taste

Pour the chicken broth into the inner pot of the Aroma® rice cooker. Add the fish to the steam tray and season with salt and pepper to taste. Place the steam tray into the rice cooker. Close the lid. Smart Steam for 15 minutes, or until the fish flakes easily. Remove the fish and cut into bite-sized pieces. Toss the fish lightly with ¼ cup of the salad dressing.

To assemble the tacos, fill each corn tortilla with the fish and cole slaw and drizzle each with the extra sauce.

Makes 4 servings, 3 street tacos each.

SEAFOOD RISOTTO WITH WHITE WINE

An elegant entrée for a very special occasion!

2 Tbs.	extra-virgin olive oil	1 tsp.	Worcestershire sauce
1 cup	celery, finely chopped	½ lb.	fresh lobster meat, cleaned and cut into small pieces
1 cup	white onion, finely chopped		and cut into small pieces
3	cloves garlic, peeled and minced	½ lb.	medium fresh shrimp, cleaned and cut into small pieces
1½ cups	Arborio rice, uncooked		
½ cup	dry white wine	¼ cup	fresh Italian parsley, chopped
4 cups	chicken broth		

Place the inner pot into the rice cooker. Add the olive oil to the inner pot. Press the White Rice button. Add the celery, onion and garlic and sauté for 2 to 3 minutes, using a long-handled plastic spoon to stir as the vegetables cook. Add the rice and wine and stir again. Cook and stir until the wine is absorbed, about 5 to 8 minutes. Add the chicken broth and the Worcestershire sauce. Close the lid and cook until the rice is almost done, about 20 minutes. Add the lobster and the shrimp to the steam tray and insert the tray into the cooker. Continue to cook until the rice is done, 5 to 8 minutes. To serve, gently stir the seafood into the risotto and garnish with the parsley.

Serves 6.

SWEET & SOUR PORK WITH RICE

Fresh color along with sweet, tangy flavors combine in this winning entrée!

2 Tbs.	extra-virgin olive oil	2 Tbs.	apple cider vinegar
1 clove	garlic, peeled and minced	3 Tbs.	ketchup
1 lb.	boneless pork, cut into 1-inch cubes	2 Tbs.	soy sauce
1½ cups	medium grain brown rice, uncooked	¼ tsp.	crushed red pepper
15¼ oz. can	pineapple chunks, juices drained and reserved	1 cup	green bell pepper, coarsely chopped
3 cups	water	½ cup	roasted peanuts, chopped

Place the inner pot into the rice cooker. Place the oil in the inner pot and press the White Rice button. Add the garlic and sauté for 2 minutes, using a long-handled plastic spoon to stir the garlic as it cooks. Carefully add the pork and continue stirring as the pieces lightly brown. Stir in the rice.

In a separate bowl, combine the reserved pineapple juice and water to make 3½ cups. Add vinegar, ketchup, soy sauce and red pepper. Stir to mix thoroughly. Pour the sauce over the rice and pork. Close the lid and cook for 15 minutes. Stir the pork. Close the lid and continue cooking for another 15 minutes. Open the lid and layer the pineapple and bell pepper over the top of the meat and rice. Turn the cooker to Keep-Warm and let stand for 10 minutes. Stir before serving in individual bowls. Garnish with the peanuts.

Serves 4 to 6.

WINE-POACHED PEARS WITH CARAMEL

Sweet, warm fruit imbued with a subtle wine flavor and rich caramel sauce. Oh, and, by the way, almost no prep work.

2 cups	sweet dessert wine
2	large pears, halved and cored
½ tsp.	ground nutmeg
¼ cup	premium caramel sauce
-	Whipped cream, for garnish

Pour the wine into the inner pot of the Aroma® rice cooker and add the nutmeg. Place the pears, cut side down, in the steam tray and place the filled tray in the rice cooker. Close the lid and Smart Steam for 12 minutes, or until the pears are tender.

To serve, place one half pear on each dessert plate and drizzle with the caramel sauce. Toss a dollop of whipped cream over each serving if you're feeling especially generous.

Serves 4.

BACON & CREAM CHEESE PORTOBELLOS

Don't bother messing around with little spoons, trying to pack little bits of stuffing into little mushrooms. Go for the gold and stuff a couple of bad boy Portobello mushrooms. Serve each mushroom wedge with buttery crackers to catch any stuffing that tries to escape.

2 large Portobello mushrooms, brushed clean
4 oz. cream cheese, softened
¼ cup Parmesan cheese, grated
2 slices bacon, cooked and crumbled
1 green onion, thinly sliced

Have on Hand:

2 cups water
Salt and pepper, to taste
Buttery crackers

Pour the water into the inner pot of the Aroma® rice cooker. Place the mushrooms, gill-side up, in the steam tray. Place the steam tray into the rice cooker, close the lid and Smart Steam for 8 minutes.

Meanwhile, stir together in a small bowl the cream cheese, Parmesan cheese, bacon and green onion. Add salt and pepper to taste.

After steaming, open the rice cooker and use a large spoon to mound half of the cream cheese mixture on top of each Portobello. Smooth the top and edges with a knife. Close the lid and Smart Steam an additional 3 to 4 minutes.

Remove the mushrooms with a large spatula and let cool slightly. Place on a serving tray and cut each mushroom into 6 wedges. Pop the wedges into your mouth or, if you're into elegance and charm, serve the wedges with buttery crackers.

Serves 4.

CAJUN ANDOUILLE & RED BEAN SOUP

Warms your body, soul and mind!

¾ lb.	andouille sausage, cut into ¼-inch slices	14 oz. can	diced tomatoes, undrained
½ cup	white onion, chopped	11 oz. can	whole kernel corn with sweet peppers, undrained
1 clove	garlic, peeled and minced	3 cups	beef broth
		1 Tbs.	fresh basil, chopped
15 oz. can	red kidney beans, rinsed and drained	-	Feta cheese, crumbled, for garnish

Place the inner pot into the rice cooker. Place the sausage in the inner pot. Press the Quick Rice button and sauté for 2 to 3 minutes. Add the onion and garlic and sauté until tender. Add the remaining ingredients except the cheese. Close the lid and cook for 20 minutes. Ladle into individual bowls and top each serving with the cheese.

Serves 4.

HEARTY CHICKEN & MUSHROOM NOODLE SOUP

Packed with noodles, chicken and vegetables, this is the ultimate soup for day or night!

2 Tbs.	extra-virgin olive oil	4	small white mushrooms, cleaned and sliced
1 lb.	chicken breast tenderloins, cut into ½-inch cubes	4 cups	chicken broth
1	small yellow onion, peeled and diced	1 cup	dry white wine
2 cloves	garlic, peeled and minced	1 tsp.	ground black pepper
2	fresh carrots, peeled and chopped	1 Tbs.	fresh thyme, minced
2 stalks	celery, chopped	6 oz.	fresh fettuccini pasta
		2 Tbs.	fresh Italian parsley, chopped

Place the inner pot into the rice cooker. Add the oil and chicken to the inner pot. Press the Quick Rice button. Using a long-handled plastic spoon, stir the chicken as it browns on all sides. Add the onion and garlic and cook until tender, about 3 to 4 minutes. Add the carrots, celery, mushrooms, chicken broth, wine, black pepper and thyme and stir well.

Close the lid and cook for 25 minutes. Open the lid and add the fresh fettuccini and parsley. Close the lid and set to Smart Steam for 4 minutes. Serve while hot.

Serves 4.

LAVISH SOUTHERN BELLE SPOON BREAD

When plebeian corn bread just won't do, haul out this recipe for decadent and rich Southern spoon bread. Packed with Swiss cheese, cream cheese, sour cream and creamed corn, it's enough to make a Southern belle swoon.

1	large egg, beaten
1 cup	corn muffin mix
¾ cup	canned creamed corn
¾ cup	sour cream
¾ cup	Swiss cheese, shredded

Have on Hand:

2 cups water
¼ cup mayonnaise
Cooking spray

Line the steam tray of the Aroma® rice cooker with 2 large pieces of aluminum foil to create a spill-proof liner, including the bottom and sides of the tray. Lightly coat the foil with cooking spray. Set aside.

In a medium mixing bowl, use a large spoon to combine the eggs, corn muffin mix, creamed corn, sour cream and Swiss cheese. Stir well to combine and add the mayonnaise. Stir to blend again.

Pour the water into the inner pot and place the steam tray into the inner pot. Spoon the cornbread mixture into the prepared steam tray. Place the steam tray into the rice cooker and close the lid. Smart Steam for 30 minutes, or until the cornbread is very moist, almost pudding-like, but set in the middle.

Remove the steam tray from the cooker and cool slightly on a wire rack. Spoon onto plates or into bowls and top with other yummy garnishes such as butter or honey, if you feel like it. We'll never tell.

Serves 4 to 6.

SHRIMP & GREEN ONION RAVIOLIS

Sure, you could buy frozen potstickers to save a minute or two, but would you really want to miss out on these light and delicious little Asian ravs? Check these out before you veer off into that frozen food section.

1 lb. raw shrimp, finely chopped
½ cup water chestnuts, finely chopped
2 green onions, finely minced
2 tsp. sesame oil
24 small round potsticker wrappers

Have on Hand:

2 cups water
Salt and pepper
Soy sauce

Place the shrimp, water chestnuts, onion and sesame oil in a small bowl and mix together. Place one wrapper on a clean surface and add a spoonful of the filling. Dab the edges of the wrapper with water and cover with another wrapper. Press the edges together to seal. Repeat with the remaining wrappers and filling.

Pour the water into the inner pot of the Aroma® rice cooker. Position the raviolis in the steam tray so they do not overlap and place the tray into the rice cooker. Close the lid and Smart Steam for 12 minutes.

When done, remove the raviolis and serve with a little soy sauce on the side. Then, get ready to make another batch because everyone will be asking you for more.

Serves 6.

JALAPEÑO QUINOA WITH SHALLOTS

Tired of bland side dishes? This spicy-hot dish will awaken your taste buds!

1 Tbs. extra-virgin olive oil
1 small shallot, minced
1 clove garlic, minced
2 jalapeño peppers, minced
2 cups quinoa, thoroughly rinsed
2½ cups chicken broth

Place the inner pot into the rice cooker. Pour the oil into the inner pot and add the shallot, garlic and peppers. Press the White Rice button. Using a long-handled plastic spoon, stir and sauté the vegetables until the onion begins to soften. Add the quinoa and chicken broth and stir well. Close the lid and cook until the quinoa is done, about 20 to 25 minutes. Serve while warm.

Serves 4.

QUICK & EASY SALSA BEAN DIP

You can always serve this dip with chips, but for a delicious twist, try spooning this dip over hot steamed potatoes. Super quick and super easy!

1 Tbs.	extra-virgin olive oil	1 cup	canned corn, drained
¼ cup	red onions, chopped	¼ cup	prepared mild salsa
2 cloves	garlic, peeled and minced	¼ tsp.	ground cumin
16 oz. can	refried beans	1	avocado, peeled and diced
15 oz. can	black beans, rinsed and drained	½ cup	cherry tomatoes, halved

Place the inner pot into the rice cooker. Add the oil, onions and garlic to the inner pot. Press the Quick Rice button and sauté for 3 minutes. Use a long-handled plastic spoon to stir the vegetables as they sauté. Add the refried beans, black beans, corn, salsa and cumin. Mix well and close the lid. Allow to cook until the bean dip is bubbly, about 8 to 10 minutes. Spoon the dip into a serving bowl. Add the avocado and tomatoes and stir lightly.

Serves 4 to 6.

CALIFORNIA TURKEY, AVOCADO & BLUE CHEESE SALAD

How can you tell if a turkey is from California? By its sun tan, of course.

3	large eggs
12 oz.	turkey cutlets
3	ripe avocados, peeled and sliced
8 cups	assorted salad greens
¾ cup	blue cheese salad dressing

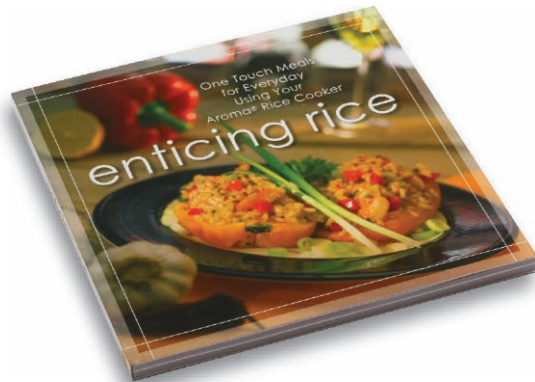
Have on Hand:

2 cups water
Salt and pepper, to taste

Pour the water into the inner pot of the Aroma® rice cooker. Place the eggs, unshelled, in the steam tray and add the turkey cutlets. Season the turkey with salt and pepper, to taste. Smart Steam for 12 minutes, or until the turkey is cooked through and no pink remains.

Remove the eggs and place in a bowl of cold water. Peel and cut into wedges. Cut the turkey cutlets into thin matchstick pieces. To assemble the salads, place the greens on 4 plates and top with the turkey, eggs and sliced avocados. Cover each salad with dressing and serve right away.

Serves 4.



ENTICING RICE

www.AromaCo.com/Enticing

The following recipes are excerpts from **Enticing Rice** by Pascoe Publishing. **Enticing Rice** is an excellent companion to the Aroma® Professional™ rice cooker. It has over 100 delicious recipes spanning from hearty breakfasts to delectable desserts.

To purchase a copy of Enticing Rice, visit www.AromaCo.com/Enticing or call us toll-free at **1-800-276-6286**.