

AROMA[®]

10-Cup Digital Rice Cooker & Food Steamer

Instruction Manual



Congratulations on your purchase of the **AROMA** 10-Cup Digital Rice Cooker and Food Steamer.

Aroma has simplified the art of cooking perfect, fluffy rice down to the push of a button. Just add the desired amount of rice, the appropriate amount of water and turn it on. The machine will automatically switch to warming mode when the rice is done. The convenient digital delay timer can be set up to 15 hours ahead of time, so delicious rice is ready when you are. This versatile appliance can simmer soups and stews; it will even make a cake!

This rice cooker also comes equipped with a steam tray. Ideal for preparing nutritious, well-balanced meals, steaming locks in food's natural flavor, moisture and nutrients without the use of added oils or fats. Included in this instruction manual is a handy steaming reference to guide you through the preparation of nearly all your favorite vegetables and meats. Steam vegetables or meat and cook rice simultaneously, all in one easy-to-use appliance!

This manual contains instructions for the use of your new rice cooker as well as some additional information about rice. For recipe suggestions or more kitchen solution ideas, please visit us online at www.AromaCo.com.

Please read all the instructions before first use.

Published By:

Aroma Housewares Co.
6469 Flanders Drive
San Diego, CA 92121
U.S.A.
1-800-276-6286
www.aromaco.com

© 2008 Aroma Housewares Company All rights reserved.

IMPORTANT SAFEGUARDS

Basic safety precautions should always be followed when using electrical appliances, including the following:

1. Important: Read all instructions carefully before first use.
2. Do not touch hot surfaces. Use the handles or knobs.
3. Use only on a level, dry and heat-resistant surface.
4. To protect against electrical shock, do not immerse cord, plug or the appliance in water or any other liquid.
5. Close supervision is necessary when the appliance is used by or near children.
6. Unplug from outlet when not in use and before cleaning. Allow unit to cool before putting on or taking off parts, and before cleaning the appliance.
7. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or has been damaged in any manner. Return the appliance to the nearest authorized service facility for examination, repair or adjustment.
8. The use of accessory attachments not recommended by the appliance manufacturer may result in fire, electrical shock or injury.
9. Do not use outdoors.
10. Do not let cord touch hot surfaces or hang over the edge of a counter or table.
11. Do not place on or near a hot burner or in a heated oven.
12. Do not use the appliance for other than its intended use.
13. Extreme caution must be used when moving the appliance containing hot water or other liquids.
14. Do not touch, cover or obstruct the steam valve on the top of the rice cooker as it is extremely hot and may cause scalding.
15. Use only with a 120V AC power outlet.
16. Always unplug from the base of the wall outlet. Never pull on the cord.
17. The rice cooker should be operated on a separate electrical circuit from other operating appliances. If the electrical circuit is overloaded with other appliances, the appliance may not operate properly.
18. Always make sure the outside of the inner cooking pot is dry prior to use. If cooking pot is returned to cooker when wet, it may damage or cause the product to malfunction.
19. Use extreme caution when opening the lid during or after cooking. Hot steam will escape and may cause burns.
20. Rice should not be left in the rice pot with the keep warm function on for more than 12 hours.
21. To prevent damage or deformation, do not use the inner pot on a stovetop or burner.
22. To disconnect, turn any control to "OFF", then remove plug from wall outlet.
23. To reduce the risk of electrical shock, cook only in the removable container provided.

SAVE THESE INSTRUCTIONS

SHORT CORD INSTRUCTIONS

1. A short power-supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.
2. Longer extension cords are available and may be used if care is exercised in their use.
3. If a longer extension cord is used:
 - a. The marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance.
 - b. The longer cord should be arranged so that it will not drape over the counter top or tabletop where it can be pulled by children or tripped over unintentionally.



POLARIZED PLUG

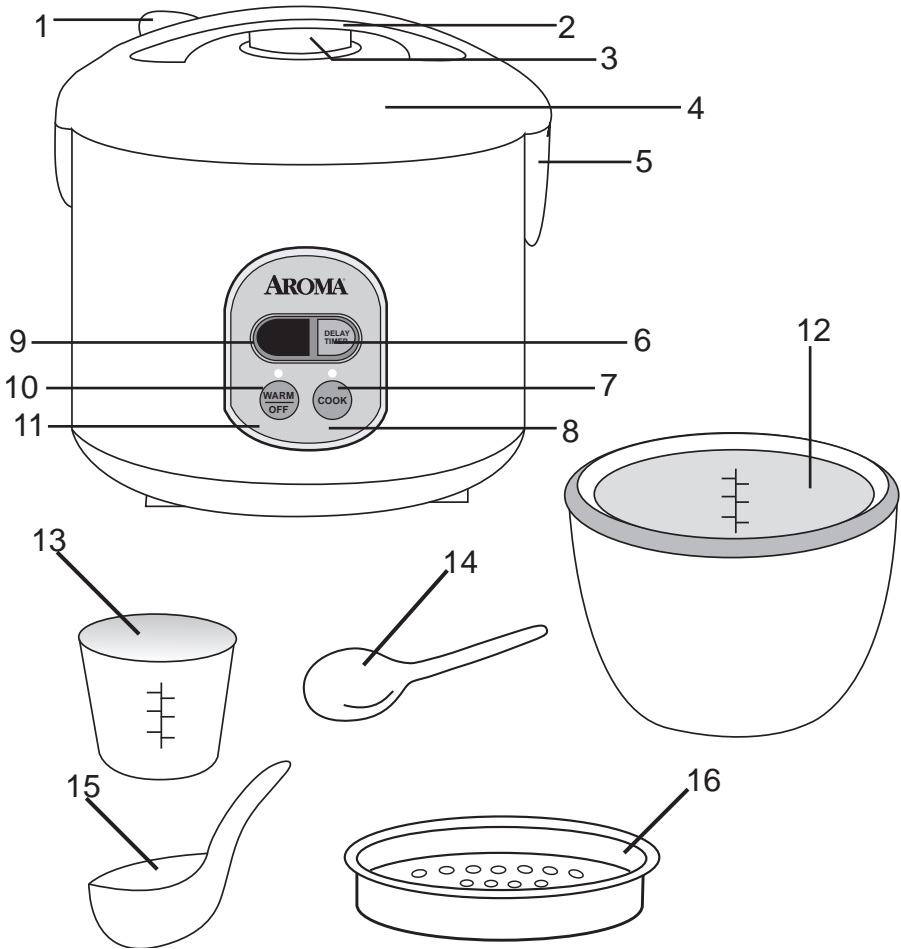
This appliance has a polarized plug (one blade is wider than the other); follow the instructions below:

To reduce the risk of electric shock, this plug is intended to fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to modify the plug in any way.

If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or a similarly qualified person in order to avoid a hazard.

This appliance is for household use only.

PARTS IDENTIFICATION



- | | |
|---------------------------|--------------------------------|
| 1. Lid Release Button | 9. Digital Delay Timer Display |
| 2. Handle | 10. Warm Indicator Light |
| 3. Removable Steam Vent | 11. Warm/Off Button |
| 4. Lid | 12. Inner Pot |
| 5. Condensation Collector | 13. Rice Measurement Cup |
| 6. Delay Timer Button | 14. Rice Paddle |
| 7. Cook Indicator Light | 15. Soup Ladle |
| 8. Cook Button | 16. Steam Tray |

USING YOUR RICE COOKER

Before First Use:

1. Read all instructions and important safeguards.
2. Remove all packaging materials and make sure items are received in good condition.
3. Tear up all plastic bags as they can pose a risk to children.
4. Wash lid, steam vent and accessories in warm soapy water. Rinse and dry thoroughly.
5. Remove inner pot from rice cooker and clean with warm soapy water. Rinse and dry thoroughly before returning to cooker.
6. Wipe body clean with a damp cloth.
 - Do not use abrasive cleaners or scouring pads.
 - Do not immerse the rice cooker base, cord or plug in water at any time.

To Cook Rice:

1. Using the measuring cup provided, measure out the desired amount of rice. One full, level cup of uncooked rice will yield 2 cups of cooked rice. The measuring cup provided adheres to rice industry standards (180mL) and is not equal to one U.S. cup.
2. Rinse rice in a separate container until the water becomes relatively clear; drain.
3. Place rinsed rice in the inner pot.
4. Using measuring cup provided or the water measurement lines located inside the inner pot, add the appropriate amount of water. If you are making brown rice, follow the special instructions for brown rice located on page 8 of this manual.
5. For softer rice, allow rice to soak for 10-20 minutes prior to cooking.
6. Making sure that the exterior of the inner pot is clean, dry and free of debris, set the inner pot in the rice cooker. Place the lid over the top and plug the power cord into a wall outlet.
 - * *To avoid loss of steam and longer cooking times, do not open the lid at any point during the cooking process.*
7. Press "COOK" button. The "COOK" light will illuminate. When the rice is finished, a chime will sound to alert you. The unit will automatically switch to warm mode and the "WARM" light will illuminate.
8. After cooking, allow rice to stand for 5-10 minutes without removing the lid. This will ensure that the rice is cooked thoroughly.
9. The rice cooker will remain in warm mode until it is unplugged. Be sure to unplug the cord from the wall outlet when not in use.

* It is important that the outside surface of the inner pot is completely clean and dry before it is placed into the rice cooker. Water, food, or other substances on the pot will come into contact with the heating element and may cause damage to the product.

USING YOUR RICE COOKER

To Use Delay Timer:

1. Press the "DELAY TIMER" button (in 1-hour increments) until it displays the number of hours in which you would like your rice to be finished cooking.
2. Press "COOK" after you have made your choice.
3. Press the "WARM/OFF" button to cancel your choice and reset.

NOTE

The digital display on this unit is for the delay timer function only. When using cooking or warming mode, the display will show two red lines (See illustration below).



To Steam Food:

1. When steaming only, add the appropriate amount of water to the inner pot according to the food to be cooked. A convenient steaming guide has been provided beginning on page 9, for reference.
2. Place food into the steam tray. Smaller foods may be placed in a heat-proof dish and then placed into the steam tray.
3. Making sure that the outside surface of the inner pot is completely clean and dry, set the inner pot into the body of the rice cooker then place the steam tray into the inner pot. Close the lid and plug the power cord into a wall outlet.
4. Press the "COOK" button. The "COOK" light will illuminate.
5. When steaming is complete, the unit will automatically switch to keep warm mode. We recommend keeping food on warm mode no longer than 5-10 minutes to avoid over cooking.
6. The rice cooker will remain on warm mode until it is unplugged. Be sure to unplug the cord from the wall outlet when not in use.

USING YOUR RICE COOKER

CAUTION:

- Open the lid only when necessary.
- If cooking pot is returned to cooker when wet it will damage this product, causing it to malfunction.

To Steam Food And Cook Rice Simultaneously:

One of the most convenient features of this rice cooker is the ability to both cook rice and steam food simultaneously, ideal for creating delicious all-in-one meals.

1. Place the desired amount of rice and appropriate amount of water into the inner pot. See “*To Cook Rice*” on page 4 for details. Do not attempt to cook more than 8 cups (uncooked) of rice if trying to use the steam tray simultaneously. The steam tray will not fit.
2. Place the inner pot into the unit and begin to cook the rice.
3. Refer to the steaming guides for vegetables (page 9) or meat (page 10) for hints and approximate steaming times. It is best to insert the food to be steamed toward the end of the rice cooking cycle so that your meal is fresh and warm all at once.
4. Place your choice of vegetables or meat into the steam tray. Open the lid, using caution as steam escaping will be extremely hot, place steam tray into the rice cooker.
5. Close the lid and allow the cooker to resume cooking.
6. Once food has been steamed for the appropriate time open the lid. Use caution when opening lid as steam escaping will be extremely hot. Remove the steaming tray and check food to be sure it has been thoroughly cooked. Exercise caution when removing the steam tray as well, as it will be hot.
7. Close the lid of the rice cooker and allow rice to continue to cook until done. The unit will chime when rice is ready and switch to keep warm mode.

NOTE

It is possible to steam at any point during the rice cooking cycle. However, it is recommended that you steam during the end of the cycle so that steamed food does not grow cold or become soggy before the rice is ready.

COOKING GUIDE

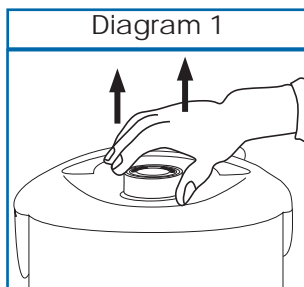
HELPFUL HINTS

1. Rinse rice before placing it into the inner pot to remove excess bran and starch. This will help reduce browning and sticking to the bottom of the pot.
2. If you have experienced any sticking with the type of rice you are using, try adding a light coating of vegetable oil or non-stick spray to the bottom of the inner pot before adding rice.
3. As there are many different kinds of rice available (see *About Rice* on page 11), rice/water measurements may vary slightly.
4. For softer rice, allow it to soak for 10-20 minutes prior to cooking.

HOW TO CLEAN

Always unplug unit and allow to cool completely before cleaning.

1. Remove the inner cooking pot. Wash it in warm, soapy water using a sponge or dishcloth.
2. Rinse and dry thoroughly.
3. Repeat process with steam tray and other provided accessories.
4. Wipe the underside of the lid with a warm, damp cloth. Dry with a soft cloth.
5. Wipe the body of the rice cooker and the underside of the lid clean with a damp cloth.
6. To clean the steam vent (clean after each use):
 - Pull out the steam vent as shown in Diagram 1.
 - Empty and wash the steam vent in warm, soapy water. Rinse thoroughly.
 - Dry the steam vent with a soft cloth.
 - Reinsert the steam vent for next use.



- Do not use harsh abrasive cleaners, scouring pads or products that are not considered safe to use on non-stick coatings.
- This appliance is NOT dishwasher safe. Inner pot and accessories are NOT dishwasher safe.
- Always make sure the outside of the inner pot is dry prior to use. If inner cooking pot is returned to the rice cooker when wet, it may damage this product, causing it to malfunction.

COOKING GUIDE

White Rice/Water Measurement Chart:

UNCOOKED RICE	<u>WHITE RICE</u> WATER WITH MEASURING CUP	<u>WHITE RICE</u> WATERLINE INSIDE POT	APPROX COOKED RICE YIELD
2 Cups	2-1/2 Cups	Line 2	4 Cups
3 Cups	3-1/2 Cups	Line 3	6 Cups
4 Cups	4-1/2 Cups	Line 4	8 Cups
5 Cups	5-1/2 Cups	Line 5	10 Cups
6 Cups	6-1/2 Cups	Line 6	12 Cups
7 Cups	7-1/2 Cups	Line 7	14 Cups
8 Cups	8-1/2 Cups	Line 8	16 Cups
9 Cups	9-1/2 Cups	Line 9	18 Cups
10 Cups	10-1/2 Cups	Line 10	20 Cups

Brown Rice/Water Measurement Chart:

UNCOOKED RICE	<u>BROWN RICE</u> WATER WITH MEASURING CUP	APPROX COOKED RICE YIELD
2 Cups	3 Cups	4 Cups
3 Cups	4-1/4 Cups	6 Cups
4 Cups	5-1/2 Cups	8 Cups
5 Cups	6-3/4 Cups	10 Cups
6 Cups	8 Cups	12 Cups
7 Cups	9-1/4 Cups	14 Cups
8 Cups	10-1/2 Cups	16 Cups

* Due to the extra water needed to cook brown rice, the maximum amount of brown rice that may be cooked at one time is 8 cups.

SPECIAL INSTRUCTIONS

- Brown rice, wild rice and rice mixes vary in their make-up. Some variations may require longer cooking times and/or additional water in order to achieve optimum results. Refer to the individual package instructions for cooking suggestions.
- The measuring cup included adheres to rice industry standards (180mL) and is not equal to one U.S. cup. The chart above refers to cups of rice/water according to the measuring cup provided.
- Do not place more than 10 cups of uncooked rice (8 cups if brown rice) into this appliance at one time. The maximum capacity of this unit is 10 cups of uncooked rice (8 cups if brown rice) which yields 20 cups of cooked rice (16 cups brown rice).

COOKING GUIDE

VEGETABLE STEAMING CHART:

VEGETABLE	AMOUNT OF WATER	STEAMING TIME
Asparagus	1/2 Cup	10 Minutes
Broccoli	1/4 Cup	5 Minutes
Cabbage	1 Cup	15 Minutes
Carrots	1 Cup	15 Minutes
Cauliflower	1 Cup	15 Minutes
Corn	1 Cup	15 Minutes
Eggplant	1-1/4 Cup	20 Minutes
Green Beans	1 Cup	15 Minutes
Peas	1/2 Cup	10 Minutes
Spinach	1/2 Cup	10 Minutes
Squash	1/2 Cup	10 Minutes
Zucchini	1/2 Cup	10 Minutes

HELPFUL HINTS

1. Since most vegetables only absorb a small amount of water, there is no need to increase the amount of water with a larger serving of vegetables.
2. When steaming and cooking rice simultaneously, follow the instructions for cooking rice on pages 6 and 8. Place the steam tray over the rice as it cooks for the amount of time needed, checking foods every so often for doneness. Do not cook more than 8 cups (uncooked) rice while steaming, or the steam tray will not fit into the rice cooker.
3. When possible, keep the lid closed during the entire steaming process. Opening the lid causes a loss of heat and steam, resulting in a slower cooking time. If you find it necessary to open the lid, you may want to add a small amount of water to help restore the cooking time.
4. Altitude, humidity and outside temperature will affect cooking times.
5. This steaming chart is for reference only. Actual cooking time may vary.

COOKING GUIDE

MEAT STEAMING CHART:

Meat	Amount of Water	Steaming Time	Safe Temperature
Fish	2 Cups	15 Min.	140°F
Chicken	2-1/2 Cups	20 Min.	165°F
Pork	2-1/2 Cups	20 Min.	160°F
Beef	2-1/2 Cups	Medium = 15 Min. Medium-Well = 20 Min. Well = 23 Min.	160°F

NOTE

1. Steaming times may vary depending on the cut of meat being used.
2. To ensure meat tastes its best, and to prevent possible illness, check that meat is completely cooked prior to serving. If it is not, simply place more water in the inner pot and repeat the cooking process until meat is adequately cooked.

ABOUT RICE *Courtesy of the USA Rice Federation*

For recipes and rice information visit the USA Rice Federation online at www.usarice.com/consumer.

Rice is the perfect foundation for today's healthier eating. It is a nutrient-dense complex carbohydrate that supplies energy, fiber, essential vitamins and minerals and beneficial antioxidants. Rice combines well with other healthy foods such as vegetables, fruits, meat, seafood, poultry, beans and soy foods.

Nearly 88% of rice consumed in the U.S. is grown in the U.S. Arkansas, California, Louisiana, Texas, Mississippi and Missouri produce high-quality varieties of short, medium and long grain rice as well as specialty rices including jasmine, basmati, arborio, red aromatic and black japonica, among others.

There are many different varieties of rice available in the market. Your Aroma® Rice Cooker can cook any type perfectly every time. The following are the commonly available varieties of rice and their characteristics:

Long Grain Rice

This rice has a long, slender kernel three to four times longer than its width. Due to its starch composition, cooked grains are more separate, light and fluffy compared to medium or short grain rice. The majority of white rice is enriched to restore nutrients lost during processing. Great for entrees and side dishes – rice bowls, stir-fries, salads and pilafs.

Medium Grain Rice

When compared to long grain rice, medium grain rice has a shorter, wider kernel that is two to three times longer than its width. Cooked grains are more moist and tender than long grain, and have a greater tendency to cling together. Great for entrees, sushi, risotto and rice puddings.

Short Grain Rice

Short grain rice has a short, plump, almost round kernel. Cooked grains are soft and cling together, yet remain separate and are somewhat chewy, with a slight springiness to the bite. Great for sushi, Asian dishes and desserts.

Brown Rice

Brown rice is a 100% whole grain food that fits the *U.S. Dietary Guidelines for Americans* recommendation to increase daily intake of whole grains. Brown rice contains the nutrient-dense bran and inner germ layer where many beneficial compounds are found. Brown rice is available in short, medium and long grain varieties and can be used interchangeably with enriched white rice.

Wild Rice

Wild rice is an aquatic grass grown in Minnesota and California and is a frequent addition to long grain rice pilafs and rice mixes. Its unique flavor, texture and rich dark color provide a delicious accent to rice dishes. Wild rice also makes a wonderful stuffing for poultry when cooked with broth and mixed with your favorite dried fruits.

ABOUT RICE *Courtesy of the USA Rice Federation*

For recipes and rice information visit the USA Rice Federation online at www.usarice.com/consumer.

Did You Know?

- Rice is the primary dietary staple for more than half of the world's population.
- U.S. grown rice is the standard for excellence and accounts for nearly 88% of the rice consumed in America. It is grown and harvested by local farmers in five south-central states and California.
- Rice contains no sodium, cholesterol, trans fats or gluten, and has only a trace of fat. One half-cup of rice contains about 100 calories.
- Research shows that people who eat rice have healthier diets than non-rice eaters and eat more like the *U.S. Dietary Guidelines for Americans* recommendations.
- Whole grains like brown rice help reduce the risk of chronic diseases such as heart disease, diabetes and certain cancers, and aid in weight management.
- Brown rice is a 100% whole grain. One cup of whole grain brown rice provides two of the three recommended daily servings of whole grains.
- Eating rice triggers the production of serotonin in the brain, a chemical that helps regulate and improve mood.
- September is National Rice Month- promoting awareness of the versatility and the value of U.S. grown rice.

TROUBLESHOOTING

Because rice varieties may vary in their make-up, results may differ. Below are some troubleshooting tips to help you achieve the desired consistency.

PROBLEM	SOLUTION
Rice is too dry/hard after cooking.	If your rice is dry or hard/chewy when the rice cooker switches to WARM mode, additional water and cooking time will soften the rice. Depending on how dry your rice is, add ½ to 1 cup of water and stir through. Close the lid and press the "COOK" button. When rice cooker switches to warm mode, open the lid and stir the rice to check the consistency. Repeat as necessary until rice is soft and moist.
Rice is too moist/soggy after cooking.	If your rice is still too wet or soggy when the rice cooker switches to warm mode, use the rice paddle to stir the rice. This will redistribute the bottom (moistest) part of the rice as well as release excess moisture. Close the lid and allow to remain on warm mode for 10-30 minutes as needed, opening the lid and stirring periodically to release excess moisture.

LIMITED WARRANTY

Aroma Housewares Company warrants this product free from defects in material and workmanship for one year from provable date of purchase in the continental United States.

Within this warranty period, Aroma Housewares Company will repair or replace, at its option, defective parts at no charge, provided the product is returned, freight prepaid with proof of purchase and U.S. \$13.00 for shipping and handling charges payable to Aroma Housewares Company. Before returning an item, please call the toll free number below for a return authorization number. Allow 2-4 weeks for return shipping.

This warranty does not cover improper installation, misuse, abuse or neglect on the part of the owner. Warranty is also invalid in any case that the product is taken apart or serviced by an unauthorized service station.

This warranty gives you specific legal rights and which may vary from state to state and does not cover areas outside the United States.

AROMA HOUSEWARES COMPANY
6469 Flanders Drive
San Diego, California 92121
1-800-276-6286
M-F, 8:30 AM - 5:00 PM, Pacific Time
Website: www.aromaco.com