

AROMA®

8-Cup Rice Cooker &
Food Steamer

Instruction Manual



Congratulations on your purchase of the **AROMA** 8-Cup 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. This versatile appliance can also simmer soups and stews; it will even make a cake!

This rice cooker also comes equipped with a steam tray, making it ideal for healthy, one-pot meals for the whole family. The convenient steam tray inserts directly over the rice, allowing you to cook moist, fresh meats and vegetables at the same time, in the same pot. Steaming foods locks in their natural flavor and nutrients (which are often lost with other methods of cooking) without added oil or fat, for meals that are as nutritious and low-calorie as they are easy.

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:

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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 vent 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 the 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

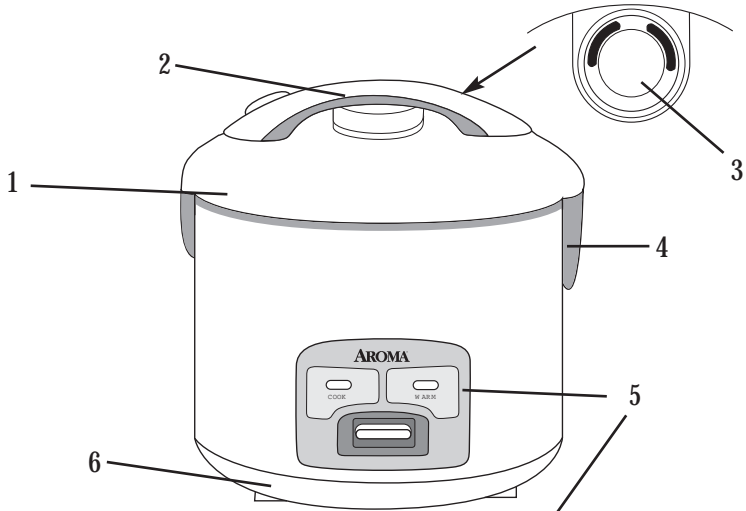
This appliance has a polarized plug (one blade is wider than the other); follow the instructions below:

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.

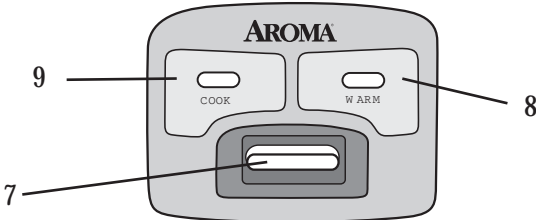
If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or a similarly qualified person in order to avoid a hazard.

This appliance is for household use only.

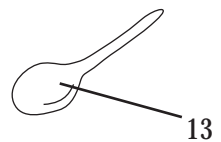
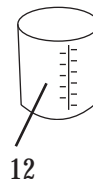
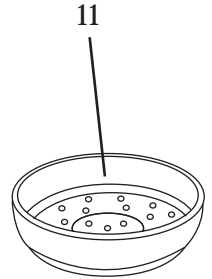
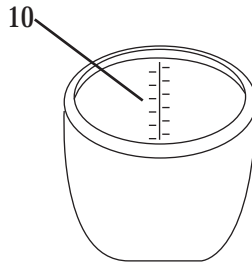
PARTS IDENTIFICATION



Control Panel



1. Safety-locking lid
2. Handle
3. Steam vent
4. Condensation collector
5. Control panel
6. Rice cooker base
7. Power switch
8. Warm indicator light
9. Cook indicator light
10. Inner pot
11. Steam tray
12. Measuring cup
13. Rice paddle



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 (240mL).
2. Rinse rice in a separate container until the water becomes relatively clear; drain.
3. Place rinsed rice in the inner pot.
4. Using the 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. The water measurement lines on the inner pot are intended for white rice only.
5. For softer rice, allow rice to soak for 10-20 minutes prior to cooking.
6. Set the inner pot in the rice cooker. Ensure that the pot has direct contact with the heating element by turning it slightly from right to left until it is positioned properly. Close the lid and plug the power cord into a wall outlet. Check that the lid is snapped shut, if it is not closed properly cooking efficiency may be affected.
 - * To avoid loss of steam and longer cooking times, do not open the lid, unless necessary, at any point during the cooking process.*
7. Press the power switch. The "COOK" light will illuminate. When the rice is finished, the unit will automatically switch to keep 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.

Continued on next page

USING YOUR RICE COOKER

9. The rice cooker will remain in keep 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.

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 nonstick 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 14), rice/water measurements may vary slightly.
4. For softer rice, allow it to soak for 10-20 minutes prior to cooking.
5. Stir the cooked rice with a the provided rice paddle prior to serving to release any excess water in the rice.
6. Cold rice can be excellent for making fried rice.

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 10 for reference.
2. Place food into the steam tray. Avoid packing food too tightly, as it may prolong cooking time or prevent some food from becoming cooked thoroughly. Smaller foods may be placed in a heat-proof dish and then placed into the steam tray. Larger food should be cut into smaller pieces, when possible.
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 power switch. The "COOK" light will illuminate.
5. When steaming is complete, the unit will automatically switch to keep warm mode. We recommend keeping food on keep warm mode no longer than 5-10 minutes to avoid over cooking.
6. The rice cooker will remain on keep warm mode until it is unplugged. Be sure to unplug the cord from the wall outlet when not in use.

USING YOUR RICE COOKER

To Cook Soups and Stews:

1. Add ingredients to inner pot and place pot in rice cooker.
2. Press down on the power switch. The "COOK" light will illuminate.
3. Allow soup to cook/warm until ready, stirring often.
4. When soup is finished cooking, lift up the power switch to use keep warm mode. The "WARM" light will illuminate.
5. The rice cooker will remain in keep warm mode until it is unplugged. Be sure to unplug the unit from the wall outlet when it is not in use.

Helpful Hints

- To thicken your stew, mix in ¼-cup flour with enough water to form a thick paste. Gradually add it to the stew, stirring until it thickens.
- If using fresh herbs in your recipe, add them in the last few minutes of cooking to preserve flavor.
- Canned stewed tomatoes or water with bouillon seasoning and spices added make great stock starters for soups or stews.
- Save any leftovers for the next day. The flavors will increase overnight in your refrigerator.

USING YOUR RICE COOKER

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 6 cups (uncooked) of white rice (4 cups if using brown rice) while using 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 10) or meat (page 11) 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, and place the steam tray into the inner pot.
5. Close the lid and allow the cooker to resume cooking. Check that the lid is snapped shut, if it is not closed properly cooking efficiency may be affected.
6. Once food has been steamed for the appropriate amount of time, open the lid. Use caution when opening lid as steam escaping will be extremely hot. Remove the steam tray and check food to be sure it has been thoroughly cooked. Exercise caution when removing the steam tray, as it will be hot.
7. Close the lid of the rice cooker and allow rice to continue to cook until done. Once rice has finished cooking it will automatically switch to keep warm mode.
8. The rice cooker will remain on keep warm mode until it is unplugged. Be sure to unplug the cord from the wall outlet when not in use.

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 to prevent the steamed food from becoming cold or soggy before the rice is ready.

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

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

* Due to the extra water needed to cook brown rice, the maximum amount of brown rice that may be cooked at one time is 6 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 (240mL). The chart above refers to cups of rice/water according to the measuring cup provided.
- Do not place more than 8 cups of uncooked rice (6 cups if brown rice) into this appliance at one time. The maximum capacity of this unit is 8 cups raw rice (6 cups if brown rice) which yields 16 cups of cooked rice (12 cups brown rice).

COOKING GUIDE

Cooking Time Chart:

WHITE RICE UNCOOKED CUPS	COOKING TIME	BROWN RICE UNCOOKED CUPS	COOKING TIME
2 Cups	30-35 Min	2 Cups	30-35 Min
3 Cups	32-37 Min	3 Cups	32-37 Min
4 Cups	34-39 Min	4 Cups	38-43 Min
5 Cups	38-43 Min	5 Cups	42-47 Min
6 Cups	40-45 Min	6 Cups	48-53Min
7 Cups	41-46 Min	7 Cups	N/A
8 Cups	43-48 Min	8 Cups	N/A

Cooking times are approximate. This table is for reference only. Possible variations in cooking times may be caused by one or more of the following factors:

- Variations in the type of rice being cooked.
- Variations in the amount of rice and/or water in the inner pot.
- If you are making a second batch of rice shortly after the first batch, cooking times may be reduced because the heating element will already be warm.
- Opening the lid during the cooking cycle causes a loss of heat and steam. Cooking time may be prolonged if the lid is opened before the rice is finished.

COOKING GUIDE

VEGETABLE STEAMING CHART:

VEGETABLE	AMOUNT OF WATER	STEAMING TIME
Asparagus	1/2 Cup	10 Minutes
Bean Sprouts	1/2 Cup	5 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
String Beans	1 Cups	10 Minutes
Zucchini	1/2 Cup	10 Minutes

*This steaming chart is for reference only. Actual cooking time may vary.

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 on page 7. 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 6 cups (uncooked) white rice while steaming (4 cups if using brown rice), 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. It is not suggested to keep food in the cooker on keep warm for longer than 5-10 minutes, to avoid over cooking.

COOKING GUIDE

MEAT STEAMING CHART:

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

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.

STEAMING TIME CHART:

Amount of Water	Steaming Time
0.5 Cups	8-12 Min.
1.0 Cup	9-13 Min.
1.5 Cups	18-23 Min.
2.0 Cups	27-32 Min.
2.5 Cups	36-41 Min.
3.0 Cups	38-43 Min.

Steaming times are approximate. This table is for reference only. Possible variations in cooking times may be caused by one or more of the following factors:

- If you are steaming shortly after steaming or cooking a first batch, steaming times may be reduced because the heating element will already be warm.
- Opening the lid during the cooking cycle causes a loss of heat and steam. Cooking time may be prolonged if the lid is opened before the rice is finished.

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 clean with a damp cloth.
- Do not use harsh abrasive cleaners, scouring pads or products that are not considered safe to use on non-stick coatings.
 - This appliance is NOI dishwasher safe. Inner pot and accessories are NOI 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.

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 keep 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 "POWER SWITCH". When rice cooker switches to keep 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 keep warm mode for 10-30 minutes as needed, opening the lid and stirring periodically to release excess moisture.

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.

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. \$11.00 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, which may vary from state to state and does not cover areas outside the United States.

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