

AROMA[®]

7-Cup Rice Cooker & Food Steamer

Instruction Manual



Congratulations on your purchase of the **AROMA** 7-Cup Rice Cooker & Food Steamer.

At Aroma we've mastered the art of cooking perfect, fluffy rice at the touch of a button so you don't have to. In your Aroma rice cooker, cooking terminates automatically when the rice is ready and automatically switches to the convenient warming mode, so there's no watching the clock and your rice is never overcooked. This versatile appliance also steams vegetables, meat and fish and can even be used for soup or stock.

Your rice cooker also comes equipped with a steam rack. Ideal for preparing nutritious, well-balanced meals, the steaming method 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 which guides you through the preparation of almost all your favorite veggies.

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 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, electric 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 oils 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 electric circuit is overloaded with other appliances, this 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 could cause burns.
20. The rice should not be left in the rice pot with the keep warm function on for more than 24 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 electric shock, cook only in removable container.

SAVE THESE INSTRUCTIONS

SHORT CORD INSTRUCTIONS

1. A short power-supply cord is provided to reduce risk 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 or its service agent or a similarly qualified person in order to avoid a hazard.

This appliance is for household use only.

PARTS IDENTIFICATION



1. Glass Lid
2. Rice Cooker Body
3. Cook and Warm Indicator Lights
4. Power Switch
5. Water Measurement Lines
6. Inner Pot
7. Steam Rack
8. Measuring Cup
9. 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 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.
2. Rinse rice in a separate container until the water becomes relatively clear.
3. Place rinsed rice in the inner pot.
4. Using the measuring cup provided or the measurement lines inside the inner pot, add the appropriate amount of water to the inner pot. A helpful rice/water measurement guide is included on page 7 of this manual for reference. The water lines in the inner pot are meant for white rice only; brown rice and rice mixes require additional water (see page 7 for details). Smooth over the top of the rice with the rice paddle so that rice surface is level to ensure even cooking.
5. For softer rice, allow rice to soak for 10-20 minutes.
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 down on the power switch. The COOK light will illuminate. When the rice is finished, 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 lid. This will ensure that 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 Steam Food:

1. Place steam rack inside the inner pot of the rice cooker.
2. Place food on the steam rack if it fits or place food in a heat-proof bowl and then place the bowl on the rack inside the inner pot.
3. Add the necessary amount of water into the inner pot. A convenient steaming guide has been included on page 8 of this instruction manual.
4. 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. Place the lid over the top and plug the power cord into a wall outlet.
5. Press down on the power switch. The COOK light will illuminate.
6. When steaming is complete, the unit will automatically switch to warm mode. We recommend keeping food on warm no longer than 5-10 minutes to avoid over cooking.
7. 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.

CAUTION:

- Do not open lid when in use.
- If cooking pot is returned to cooker when wet it will damage this product, causing it to malfunction.

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 lid, steam rack and other provided accessories.
 4. Wipe the body of the rice cooker clean with a damp cloth.
- Do not use harsh abrasive cleaners.
 - 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 when wet, it may damage this product, causing it to malfunction.

COOKING GUIDE

HELPFUL HINTS

1. Rinse rice before placing 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. The chart on page 7 is only a general measuring guide. As there are many different kinds of rice available (see *About Rice* on page 10), rice/water measurements may vary slightly.

COOKING GUIDE

Rice/Water Measurement Chart:

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

* Due to the extra water needed to cook brown rice, the maximum capacity for brown rice is 6 cups (uncooked).

NOTE

- Brown rice takes longer to cook and requires more water than white rice due to the extra bran layers on the grains. The water lines in the inner pot are meant for white rice only. Please see the chart above for brown rice cooking ratios.
- 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 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 7 cups of uncooked rice (6 cups if brown rice) into this appliance at one time. The maximum capacity of this unit is 7 cups uncooked rice (6 cups when using brown rice) which yields 14 cups of cooked rice (12 cups if using brown rice).

COOKING GUIDE

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. Always 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.
3. Altitude, humidity and outside temperature will affect cooking times.
4. The steaming chart is for reference only. Actual cooking time may vary.

TROUBLESHOOTING

Because rice variations may vary in their make-up, results can also 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 down the power switch to COOK mode. 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.

ABOUT RICE

Rice is a valuable source of low fat, complex carbohydrates and is abundant in thiamin, niacin and iron. It is an essential ingredient for a healthy diet.

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

Long Grain Rice

Typically this rice is not starchy and has loose, individual grains after cooking. "Carolina" is firm, and "Jasmine" is the firmest of the long grain variety and is flavorful and aromatic.

Short Grain Rice

Short grain is characteristically soft, sticky and chewy. This is the rice used to make sushi. "California Rice" is soft; "Sweet Rice", often called "pearl" rice for its round shape, is extra sticky and is excellent for making rice pudding.

Brown Rice

Brown rice is often considered the most healthy variety. It has bran layers on the rice grains and contains more B-complex vitamins, iron, calcium, and fiber than polished (white) rice. The most popular brown rice is long grain and has a chewy texture.

Wild Rice

Wild Rice comes in many delicious varieties and mixes. Often it is mixed with long grain rice for its firmer texture and rich brown to black color. Wild rice makes wonderful stuffing for poultry when cooked with broth and mixed with your favorite dried fruits.

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. \$12.00 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.

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