



## SERVICE & SUPPORT

In the event of a warranty claim, or if service is required for this product, please contact NutriWare™ customer service toll-free at:

1-800-276-6286  
M-F, 8:30AM-4:30PM, Pacific Time

Or we can be reached online at [CustomerService@AromaCo.com](mailto:CustomerService@AromaCo.com).

For your records, we recommend stapling your sales receipt to this page along with a written record of the following:

Date of Purchase:

Place of Purchase:



NOTE

- Proof of purchase is required for all warranty claims.

NRC-690SD-1SG

# NutriWare™

## Rice Cooker & Food Steamer

### Instruction Manual



**Questions or concerns  
about your rice cooker?**  
*Before returning to the store...*



NutriWare's customer service  
experts are happy to help.  
Call us toll-free at  
**1-800-276-6286.**



Answers to many common  
questions and even replacement  
parts can be found online. Visit  
**[www.AromaCo.com/Support](http://www.AromaCo.com/Support).**





Welcome to the NutriWare™ community!

With your NutriWare™ Rice Cooker and Food Steamer you are well on your way to meals that are healthy, delicious and easy to prepare. Cook anything from white to brown rice, whole grains and even entire entrees with the push of a button.

Your new NutriWare™ Rice Cooker is ideal for healthy, one-pot meals for the entire family. The convenient stainless steel steam tray inserts directly over the rice, allowing you to cook moist, fresh meats and delicious vegetables at the same time, in the same pot! Steaming foods locks in their natural flavor and nutrients without added oil or fat, for meals that are as nutritious and low-calorie as they are easy.

And with Sauté-Then-Simmer™ Technology, your NutriWare™ Rice Cooker makes preparing traditional stovetop dishes a snap. Sauté-Then-Simmer™ reaches a high heat to brown or sauté food, then automatically switches over to a simmer once liquid is added. It's perfect for Spanish rice, chili, risottos, stir fries, pilafs and much more.

And with completely surgical stainless steel cooking surfaces you can rest assured that all food contact surfaces are non-reactive. With the NutriWare™ Rice Cooker and Food Steamer, the only thing you and your family will be consuming is the delicious food you've prepared.

To maximize your health benefits, be sure to use fresh, organic foods whenever possible. Free of pesticides and artificial additives, organic foods will provide the best nourishment for you and your family.

This isn't the only product from NutriWare™. Please visit us at **[www.MyNutriWare.com](http://www.MyNutriWare.com)** to browse our other NutriWare™ products.

NutriWare™ nourishes the food that nourishes you.

Published By:  
Aroma Wellness Co.  
6469 Flanders Drive  
San Diego, CA 92121  
U.S.A.  
1-800-276-6286  
[www.MyNutriWare.com](http://www.MyNutriWare.com)  
©2012 Aroma Wellness Company  
All rights reserved.



## LIMITED WARRANTY

Aroma Wellness Company warrants this product free from defects in material and workmanship for two years from provable date of purchase in the United States.

Within this warranty period, Aroma Wellness 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. \$16.00 for shipping and handling charges payable to Aroma Wellness 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 and Canada.

AROMA WELLNESS COMPANY  
6469 Flanders Drive  
San Diego, California 92121  
1-800-276-6286  
M-F, 8:30 AM - 4:30 PM, Pacific Time  
Website: [www.MyNutriWare.com](http://www.MyNutriWare.com)



# ABOUT RICE

Courtesy of the USA Rice Federation

## 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.



Aroma Wellness™ Co. is committed to making the world a healthier, happier place for current and future generations. We believe that being socially and environmentally responsible is a compulsory duty for modern businesses. Our mission is to provide innovative home product solutions that bring health and wellness into the lives of all who use them. The NutriWare™ line of kitchen appliances is in lockstep with Aroma Wellness™ Co.'s overall mission.

NutriWare™ is for those who want to get the most out of their food. This new generation of kitchen appliances gives back what traditional cooking methods take away. We seek to provide our customers with convenient, wholesome ways to unlock the full health benefits of natural foods.

NutriWare™ is committed to quality and therefore uses only safe, non-reactive materials and advanced technology to create appliances that are ultimately practical, versatile and safe.



For recipes and rice information visit the USA Rice Federation online at [www.usarice.com/consumer](http://www.usarice.com/consumer).







# IMPORTANT SAFEGUARDS

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

- Important: Read all instructions carefully before first use.**
- Do not touch hot surfaces. Use the handles or knobs.
- Use only on a level, dry and heat-resistant surface.
- To protect against electrical shock, do not immerse cord, plug or the appliance in water or any other liquid.
- Close supervision is necessary when the appliance is used by or near children.
- Unplug from outlet when not in use and before cleaning. Allow unit to cool before removing or replacing parts and before cleaning the appliance.
- Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or has been damaged in any manner. Contact NutriWare™ customer service for examination, repair or adjustment.
- The use of accessory attachments not recommended by NutriWare™ Housewares may result in fire, electrical shock or injury.
- Do not use outdoors.
- Do not let cord touch hot surfaces or hang over the edge of a counter or table.
- Do not place on or near a hot gas or electric burner, or in a heated oven.
- Do not use the appliance for other than its intended use.
- Extreme caution must be used when moving the appliance containing rice, hot oil or other liquids.
- 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.
- Use only with a 120V AC power outlet.
- Always unplug from the base of the wall outlet. Never pull on the cord.
- 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 rice cooker may not operate properly.
- Always make sure the outside of the inner cooking pot is dry prior to use. If the inner cooking pot is returned to the cooker when wet, it may damage or cause the product to malfunction.
- Use extreme caution when opening the lid during or after cooking. Hot steam will escape and may cause burns.
- Rice should not be left in the inner cooking pot with the “Keep-Warm” function on for more than 12 hours.
- To prevent damage or deformation, do not use the inner cooking pot on a stovetop or burner.
- To disconnect, turn any control to “OFF,” then remove the plug from the wall outlet.
- To reduce the risk of electrical shock, cook only in the removable inner cooking pot provided.
- This appliance is not intended for deep frying foods.



## ABOUT RICE

Courtesy of the USA Rice Federation

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 NutriWare™ 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.

For recipes and rice information visit the USA Rice Federation online at [www.usarice.com/consumer](http://www.usarice.com/consumer).



# SAVE THESE INSTRUCTIONS



# 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.

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 WHITE RICE button. 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 moist or soggy when the rice cooker switches to “Keep-Warm” mode, use the serving spatula 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.
The bottom layer of rice is browned/caramelized.	The bottom layer of cooked rice may become slightly browned and/or caramelized during cooking. To reduce browning, rice should be rinsed before cooking to remove any excess starch. Stirring rice once it switches to “Keep-Warm” will also help to reduce browning/caramelizing.



# IMPORTANT SAFEGUARDS

## 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



## Digital Controls



**White Rice**  
The WHITE RICE button cooks restaurant-quality rice automatically.



**Brown Rice**  
The BROWN RICE button is ideal for cooking brown rice and other tough-to-cook whole grains to perfection.



**Sauté-Then-Simmer™**  
The SAUTÉ-THEN-SIMMER button is for NutriWare's patent-pending Sauté-Then-Simmer™ Technology. Able to sauté foods at a high heat and automatically switching over to its simmer mode once liquid is added. It's perfect for Spanish rice, chili, risotto, stir fries and much more!



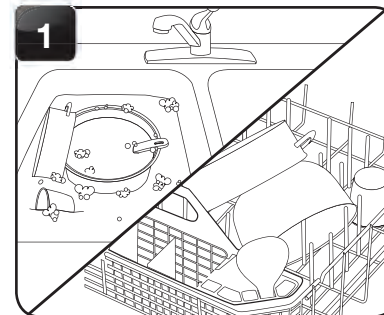
**Steam**  
The STEAM button is perfect for quickly steaming delicious meats and vegetables.



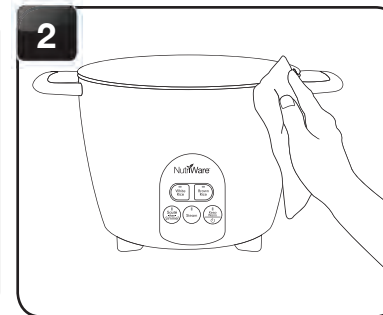
**Keep-Warm/Power**  
The KEEP-WARM/POWER button serves two purposes. The "Keep-Warm" mode automatically switches on once rice is cooked to keep it warm and fresh. When pressed once, the button will shut the rice cooker off.



# TO CLEAN



**1**  
Hand wash stainless steel cooking pot and all accessories or wash them in the dishwasher.



**2**  
Wipe the rice cooker body clean with a damp cloth.



**3**  
Thoroughly dry rice cooker body and all accessories.



**4**  
Reassemble for next use.

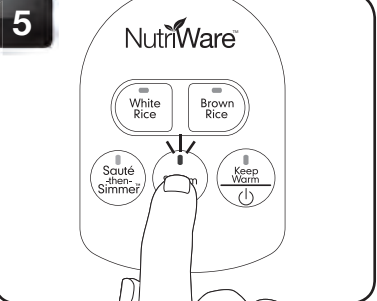


**NOTE**

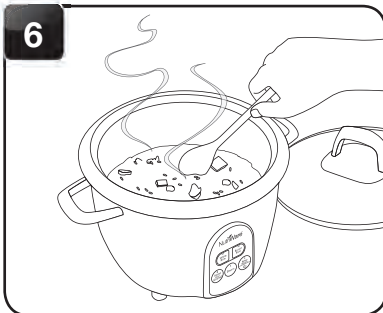
- Do not use harsh abrasive cleaners, scouring pads or products that are not considered safe to use on nonstick coatings.
- If washing in the dishwasher, a slight discoloration to the inner cooking pot and accessories may occur. This is cosmetic only and will not affect performance.
- Any other servicing should be performed by NutriWare™. Contact NutriWare™ customer service at 1-800-276-6286, Monday to Friday 8:30AM-4:30PM PST.



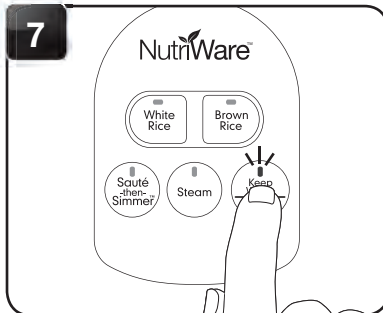
## TO COOK SOUPS, STEWS AND CHILIS (CONT.)



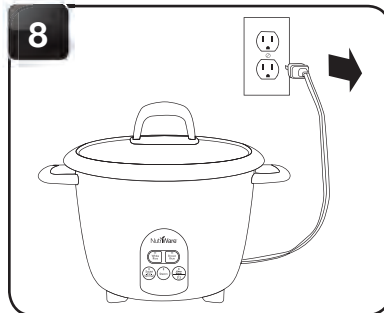
**5** Press the **STEAM** button to begin cooking.



**6** Using caution to avoid escaping steam, remove the lid and stir occasionally with a long-handled wooden spoon.



**7** Once food is fully cooked, press the **KEEP-WARM/POWER** button to switch the rice cooker to "Keep-Warm."



**8** When finished steaming, press the **KEEP-WARM/POWER** button once and unplug the power cord to turn the rice cooker off.



NOTE

- Food should not be left in the rice cooker on "Keep-Warm" for more than 12 hours.



## BEFORE FIRST USE

1. Read all instructions and important safeguards.
2. Remove all packaging materials and check that all items have been 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 the stainless steel cooking pot from the rice cooker and clean with warm, soapy water. Rinse and dry thoroughly.
6. Wipe rice cooker body clean with a damp cloth.



NOTE

- Do not use abrasive cleaners or scouring pads.
- Do not immerse the rice cooker base, cord or plug in water at any time.

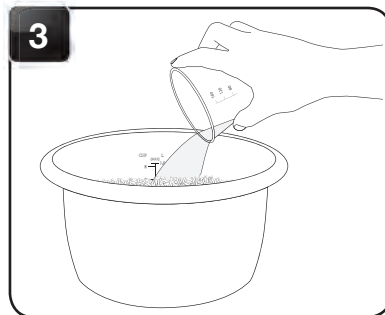
## TO COOK RICE



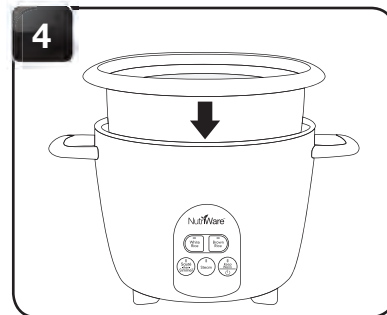
**1** Using the provided measuring cup, add rice to the stainless steel cooking pot.



**2** Rinse rice to remove excess starch. Drain.



**3** Fill with water to the line which matches the number of cups of rice being cooked.



**4** Place the stainless steel cooking pot into the rice cooker.



**NOTE**

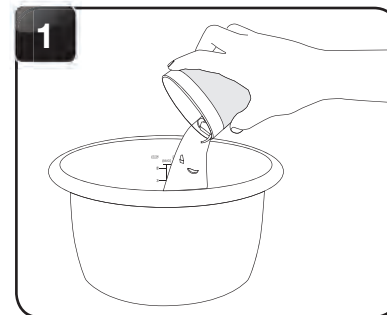
- Before placing the stainless steel cooking pot into the rice cooker, check that the stainless steel cooking pot is dry and free of debris. Adding the stainless steel cooking pot when wet may damage the rice cooker.



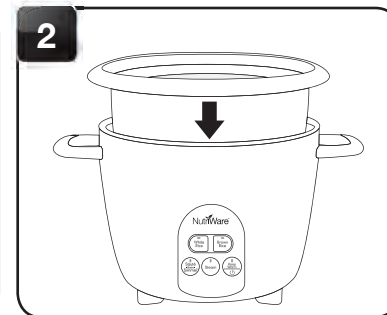
**HELPFUL HINTS**

- If you misplace the measuring cup, a  $\frac{3}{4}$  standard US cup is an exact replacement.
- To add more flavor to rice, try substituting a favorite meat or vegetable broth or stock. The ratio of broth/stock to rice will be the same as water to rice.
- For approximate rice cooking times and suggested rice/water ratios, see the "Rice/Water Measurement Table" on **page 8**.

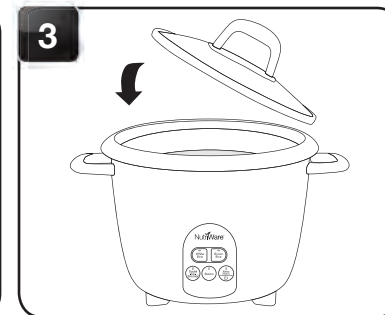
## TO COOK SOUPS, STEWS OR CHILIS



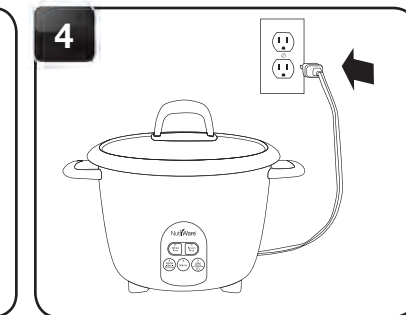
**1** Add ingredients to the stainless steel cooking pot.



**2** Place the stainless steel cooking pot into the rice cooker.



**3** Place the tempered glass lid securely onto the rice cooker.



**4** Plug the power cord into an available outlet. Press the **KEEP-WARM/POWER** button to turn the rice cooker on.



**NOTE**

- Before placing the stainless steel cooking pot into the rice cooker, check that the stainless steel cooking pot is dry and free of debris. Adding the stainless steel cooking pot when wet may damage the rice cooker.



**CAUTION**

- The rice cooker will not switch to "Keep-Warm" mode until all liquid is boiled away. Follow the recipe carefully and **do not leave the rice cooker unattended**.





# STEAMING TABLES

When steaming, NutriWare™ recommends using 3 cups of water with the provided measuring cup.

Meat Steaming Table

MEAT	STEAMING TIME	SAFE INTERNAL TEMPERATURE
Fish	25 Min.	140°
Chicken	30 Min.	165°
Pork	30 Min.	160°
Beef	Medium = 25 Min. Medium-Well = 30 Min. Well = 33 Min.	160°



HELPFUL HINTS

- 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.**
- Steaming times may vary depending upon the cut of meat being used.
- 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 cooking pot and repeat the cooking process until the meat is adequately cooked.



NOTE

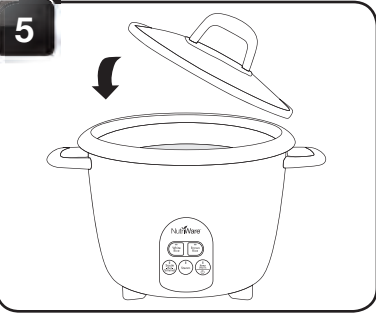
- Altitude, humidity and outside temperature will affect cooking times.
- These steaming charts are for reference only. Actual cooking times may vary.

Vegetable Steaming Table

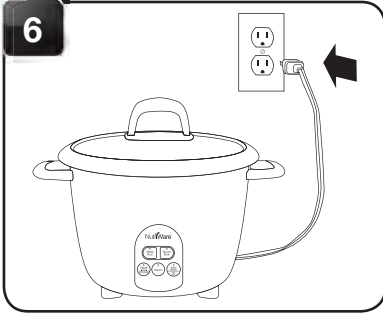
VEGETABLE	STEAMING TIME
Asparagus	9-11 Minutes
Broccoli	6-8 Minutes
Cabbage	5-7 Minutes
Carrots	11-13 Minutes
Cauliflower	7-9 Minutes
Corn on the Cob	12-16 Minutes
Green Beans	9-11 Minutes
Peas	4-6 Minutes
Potatoes	28-33 Minutes
Spinach	2-4 Minutes
Squash	9-11 Minutes
Zucchini	9-11 Minutes



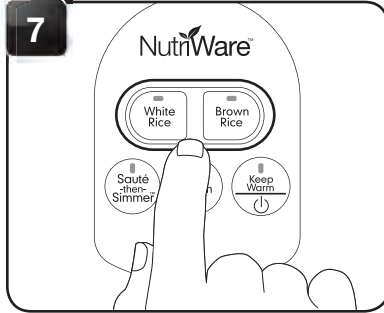
## TO COOK RICE (CONT.)



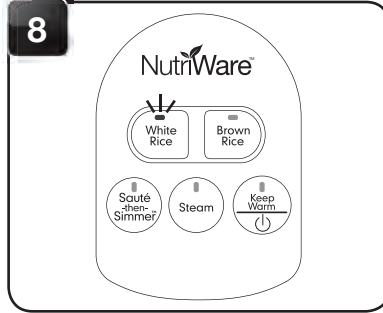
Place the tempered glass lid securely onto the rice cooker.



Plug the power cord into an available outlet. Press the KEEP-WARM/POWER button to turn the rice cooker on.



Press the WHITE RICE or BROWN RICE button, depending upon the type of rice being cooked.



The indicator light will illuminate and the rice cooker will begin cooking.



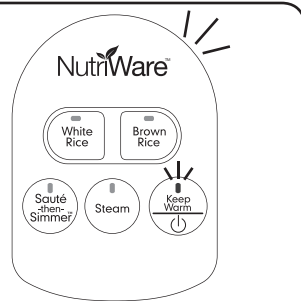
NOTE

- Brown rice requires a much longer cooking cycle than other rice varieties due to the extra bran layers on the grains. The “Brown Rice” function on this rice cooker allows extra time and adjusted heat settings in order to cook the rice properly. If it appears the rice cooker is not heating up immediately on the “Brown Rice” function, this is due to a low-heat soak cycle that precedes the cooking cycle to produce better brown rice results.



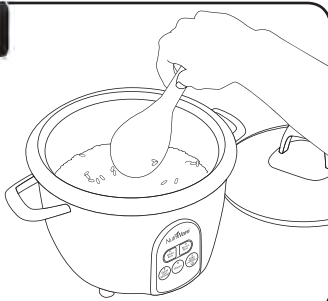
## TO COOK RICE (CONT.)

9



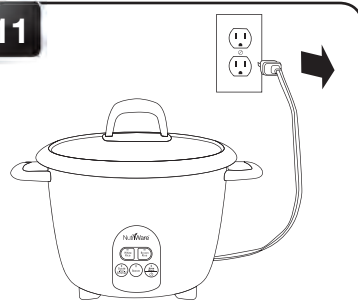
When rice is ready, the rice cooker will beep and automatically switch to "Keep-Warm."

10



For best results, stir the rice with the serving spatula to distribute any remaining moisture.

11



When finished serving, press the **KEEP-WARM/POWER** button once and unplug the power cord to turn the rice cooker off.



NOTE

- Rice should not be left in the rice cooker on "Keep-Warm" for more than 12 hours.



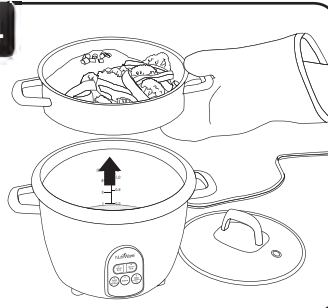
## TO STEAM FOOD & SIMULTANEOUSLY COOK RICE (CONT.)

13



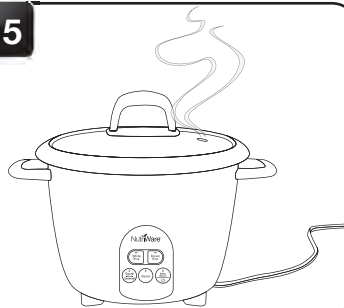
Using caution, remove the lid to check food for doneness.

14



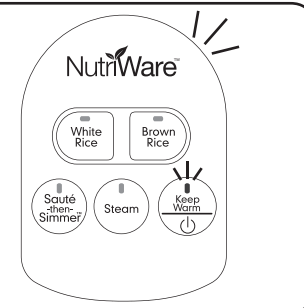
If food is finished steaming, remove stainless steel steam tray.

15



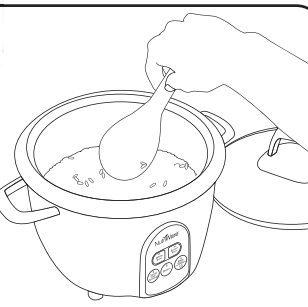
Allow the rice cooker to continue cooking rice.

16



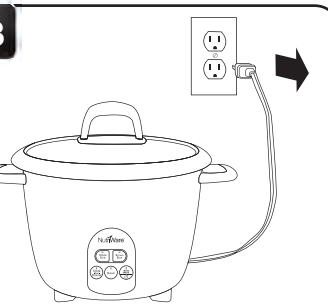
When rice is ready, the rice cooker will beep and automatically switch to "Keep-Warm."

17



For best results, stir the rice with the serving spatula to distribute any remaining moisture.

18



When finished serving, press the **KEEP-WARM/POWER** button once and unplug the power cord to turn the rice cooker off.



NOTE

- Rice should not be left in the rice cooker on "Keep-Warm" for more than 12 hours.



# TO STEAM FOOD & SIMULTANEOUSLY COOK RICE

*To steam while cooking rice, begin cooking rice by following steps 1 to 8 of “To Cook Rice” on page 5.*



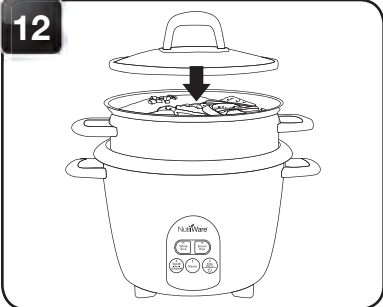
Place food to be steamed onto the stainless steel steam tray.



Using caution to avoid escaping steam, open the lid.



Place stainless steel steam tray into the rice cooker.



Place the tempered glass lid securely onto the rice cooker.



NOTE

- Do not attempt to cook more than **8 cups (uncooked)** of rice if steaming and cooking rice simultaneously.
- Food can be steamed at any time while rice cooks, however for best results food should be steamed toward the end of the rice cooking cycle. This will allow for rice and steamed food to be ready at the same time. See the “Rice/Water Measurement Table” on **page 8** for approximate rice cooking times.



# RICE/WATER MEASUREMENT TABLE

UNCOOKED RICE	RICE WATER LINE INSIDE POT	APPROX. COOKED RICE YIELD	COOKING TIMES
2 Cups	Line 2	4 Cups	<b>WHITE RICE:</b> 25-30 Min. <b>BROWN RICE:</b> 90-95 Min.
3 Cups	Line 3	6 Cups	<b>WHITE RICE:</b> 30-35 Min. <b>BROWN RICE:</b> 92-97 Min.
4 Cups	Line 4	8 Cups	<b>WHITE RICE:</b> 35-40 Min. <b>BROWN RICE:</b> 95-100 Min.
5 Cups	Line 5	10 Cups	<b>WHITE RICE:</b> 37-42 Min. <b>BROWN RICE:</b> 97-102 Min.
6 Cups	Line 6	12 Cups	<b>WHITE RICE:</b> 40-45 Min. <b>BROWN RICE:</b> 100-105 Min.
7 Cups	Line 7	14 Cups	<b>WHITE RICE:</b> 42-47 Min. <b>BROWN RICE:</b> 102-107 Min.
8 Cups	Line 8	16 Cups	<b>WHITE RICE:</b> 45-50 Min. <b>BROWN RICE:</b> 105-110 Min.
9 Cups	Line 9	18 Cups	<b>WHITE RICE:</b> 52-57 Min. <b>BROWN RICE:</b> 112-117 Min.
10 Cups	Line 10	20 Cups	<b>WHITE RICE:</b> 50-55 Min. <b>BROWN RICE:</b> 115-120 Min.

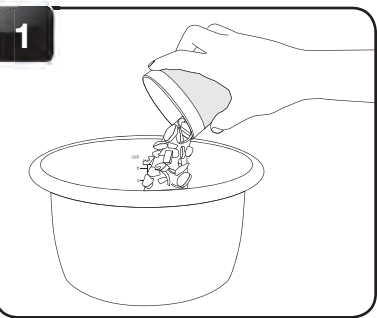


HELPFUL HINTS

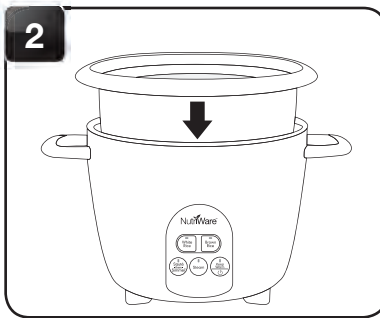
- Rinse rice before placing it into the stainless steel cooking pot to remove excess bran and starch. This will help reduce browning and sticking to the bottom of the pot.
- This chart is only a general measuring guide. As there are many different kinds of rice available (see “About Rice” on **page 22**), rice/water measurements may vary.



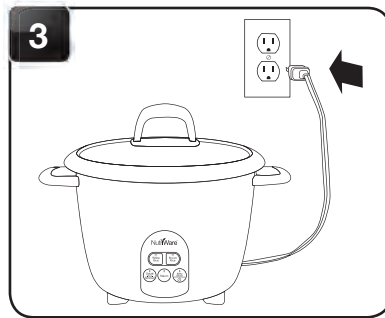
## TO USE SAUTÉ-THEN-SIMMER™



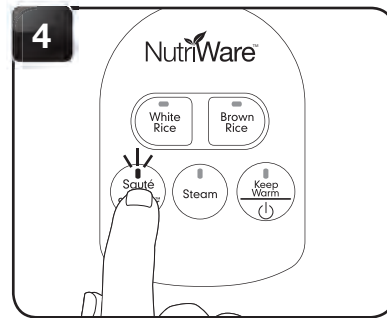
1 Add ingredients to be sautéed/browned to the stainless steel cooking pot.



2 Place the stainless steel cooking pot into the rice cooker.



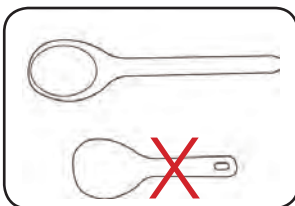
3 Plug the power cord into an available outlet. Press the **KEEP-WARM/POWER** button to turn the rice cooker on.



4 Press the **SAUTÉ-THEN-SIMMER™** button to begin sautéing.



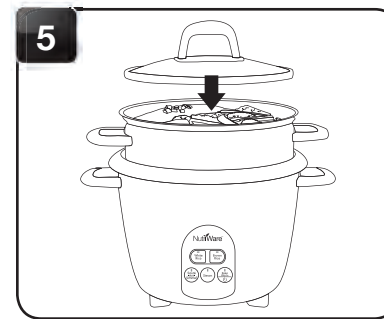
NOTE



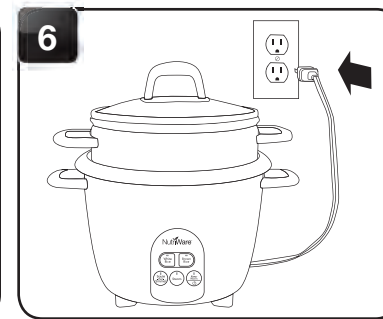
- **Do not use the provided serving spatula to sauté.** It is not intended to be used in contact with high temperatures. Use a long-handled wooden or heat-safe spoon to stir food while sautéing.



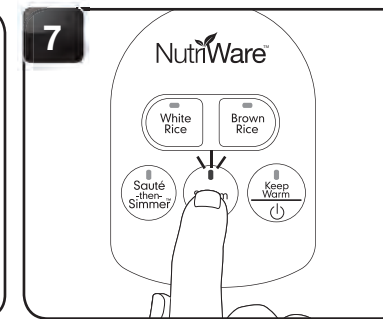
## TO STEAM (CONT.)



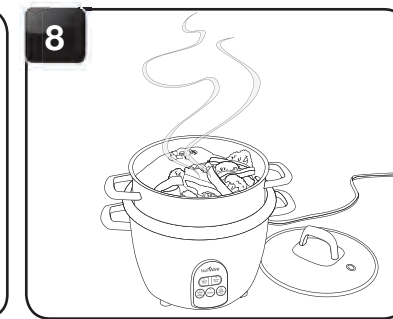
5 Place the tempered glass lid securely onto the rice cooker.



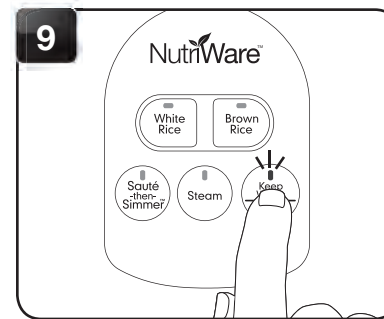
6 Plug the power cord into an available outlet. Press the **KEEP-WARM/POWER** button to turn the rice cooker on.



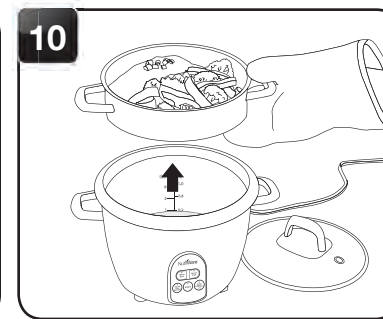
7 Press the **STEAM** button to begin steaming.



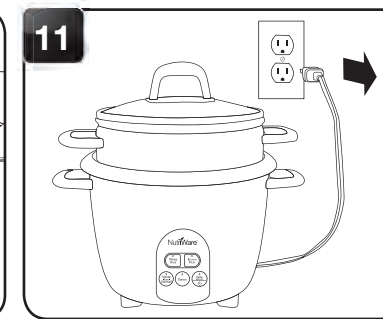
8 Once the suggested amount of time has passed, carefully remove the lid and check food for doneness.



9 If food is fully cooked, press the **KEEP-WARM/POWER** button to switch the rice cooker to "Keep-Warm."

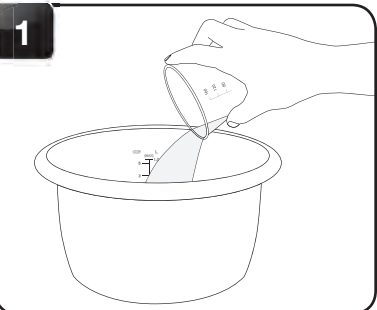


10 To prevent overcooking, remove steamed food immediately once it is cooked.

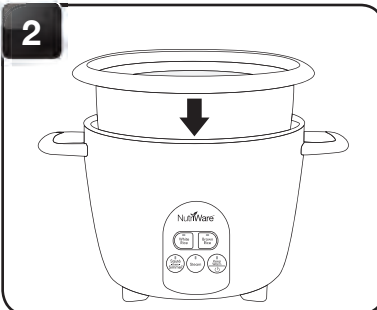


11 When finished steaming, press the **KEEP-WARM/POWER** button once and unplug the power cord to turn the rice cooker off.

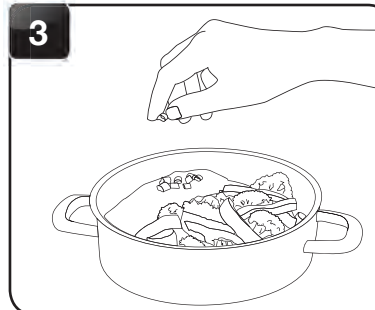
# TO STEAM



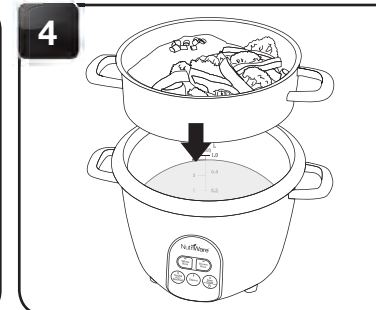
**1** Using the provided measuring cup, add 3 cups water to the stainless steel cooking pot.



**2** Place the stainless steel cooking pot into the rice cooker.



**3** Place food to be steamed onto the stainless steel steam tray.



**4** Place the stainless steel steam tray onto the rice cooker.



NOTE

- If too little water is added, the rice cooker will stop prematurely.

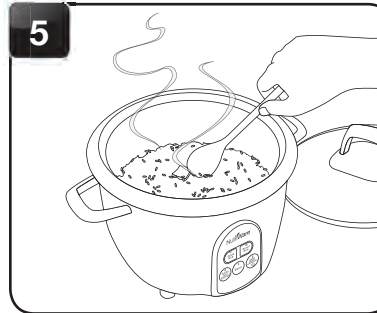


HELPFUL HINTS

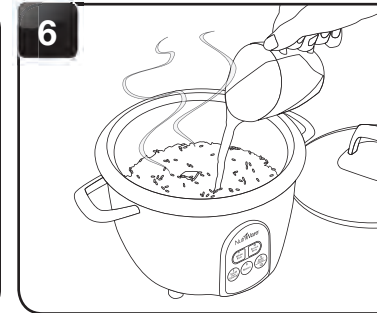
- Smaller foods may be placed on a heat-proof dish and then placed onto the stainless steel steam tray. Parchment paper or aluminum foil may also be used. Place the paper/foil in the center of the stainless steel steam tray and ensure it does not create a seal along the bottom of the stainless steel steam tray. For best results, it is recommended to puncture small holes in the paper/foil.
- For suggested steaming times and water amounts, see the meat and vegetable steaming tables on **page 17**.



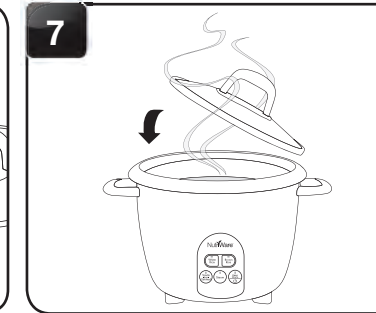
# TO USE SAUTÉ-THEN-SIMMER™ (CONT.)



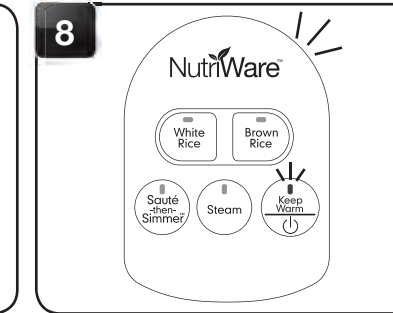
**5** Using a long-handled wooden spoon, stir ingredients until sautéed/browned to the desired level.



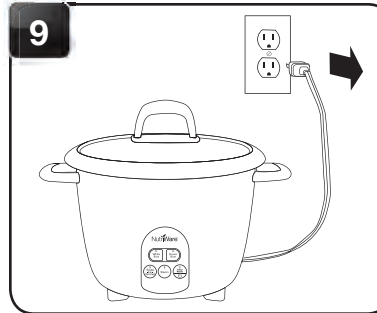
**6** Add other called for ingredients and liquid to the stainless steel cooking pot.



**7** The rice cooker will automatically switch to its “Simmer” mode. Place the lid securely onto the rice cooker and allow it to cook.



**8** Once the meal has cooked, the rice cooker will beep and automatically switch over to “Keep-Warm.”



**9** When finished serving, press the **KEEP-WARM/POWER** button once and unplug the power cord to turn the rice cooker off.



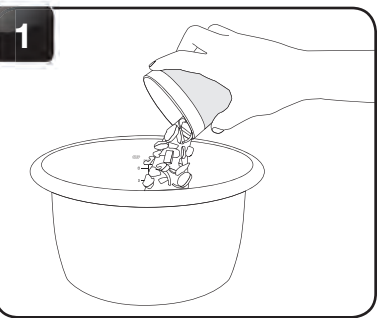
NOTE

- Food should not be left in the rice cooker on “Keep-Warm” for more than 12 hours.

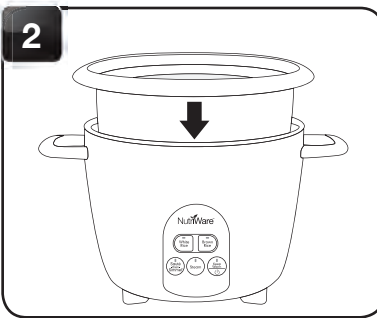




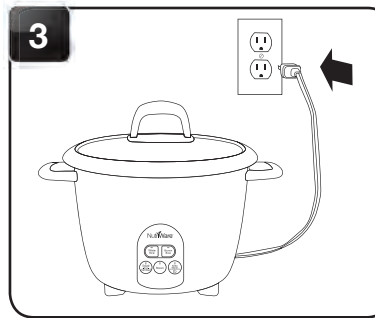
# TO SAUTÉ ONLY



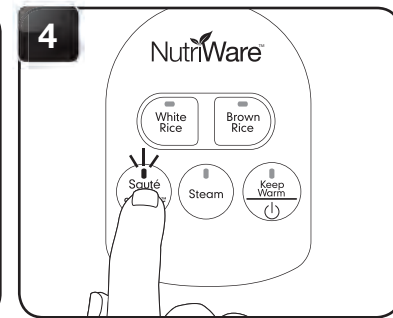
**1** Add ingredients to be sautéed/browned to the stainless steel cooking pot.



**2** Place the stainless steel cooking pot into the rice cooker.



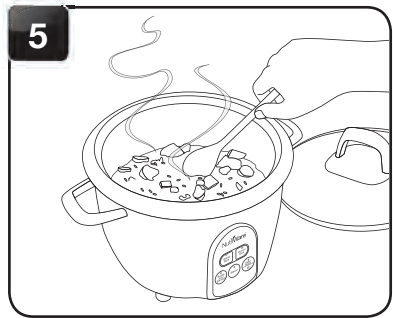
**3** Plug the power cord into an available outlet. Press the **KEEP-WARM/POWER** button to turn the rice cooker on.



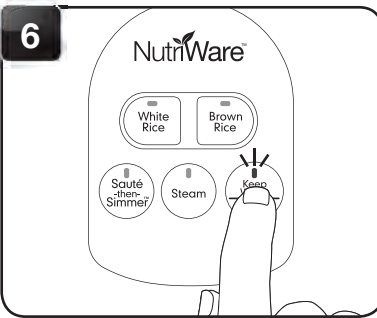
**4** Press the **SAUTÉ-THEN-SIMMER™** button to begin sautéing.



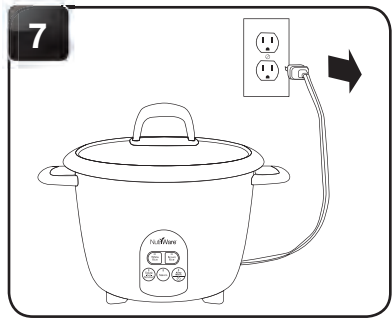
# TO SAUTÉ ONLY (CONT.)



**5** Using a long-handled wooden spoon, stir ingredients until sautéed/browned to the desired level.



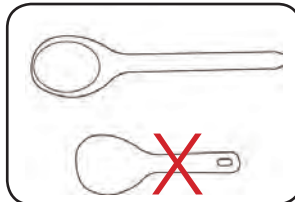
**6** Press the **KEEP-WARM/POWER** button to switch the rice cooker to "Keep-Warm."



**7** When finished sautéing, press the **KEEP-WARM/POWER** button once and unplug the power cord to turn the rice cooker off.



NOTE



• **Do not use the provided serving spatula to sauté.** It is not intended to be used in contact with high temperatures. Use a long-handled wooden or heat-safe spoon to stir food while sautéing.