

AROMA[®]

6-Cup Sensor Logic™ Rice Cooker and Food Steamer Instruction Manual



Congratulations on your purchase of the **AROMA** 6-Cup Digital Rice Cooker and Food Steamer.

Aroma has mastered the art of cooking perfect, fluffy rice, so you don't have to. Just add rice, water and turn the rice cooker on. The machine will automatically switch to warming mode when the rice is done. It also comes equipped with pre-programmed functions to prepare soup, porridge and slow cooked meals in addition to functions for white, sushi and brown rice.

The specialized brown rice function easily prepares tough-to-cook brown rice at the touch of a button. Now you can enjoy the great taste and nutritional benefits of brown rice, without the hassles of traditional preparation methods.

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 while simultaneously cooking rice to make a complete, healthy meal with ease in your rice cooker!

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 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 provided removable container.

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

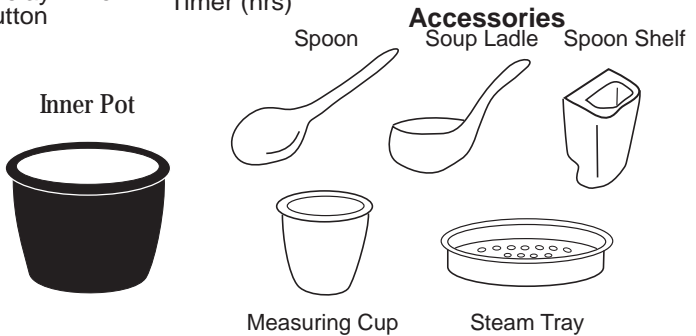
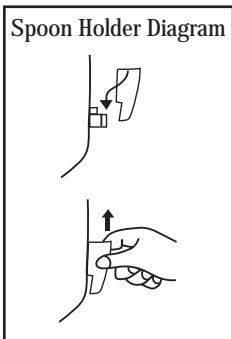
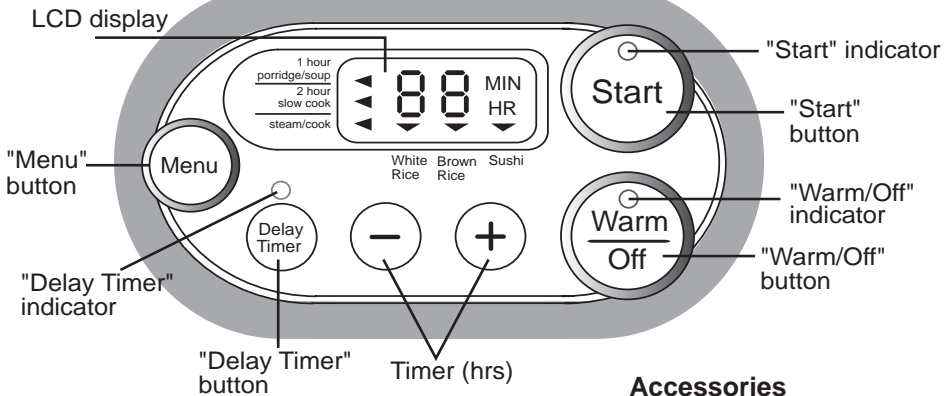
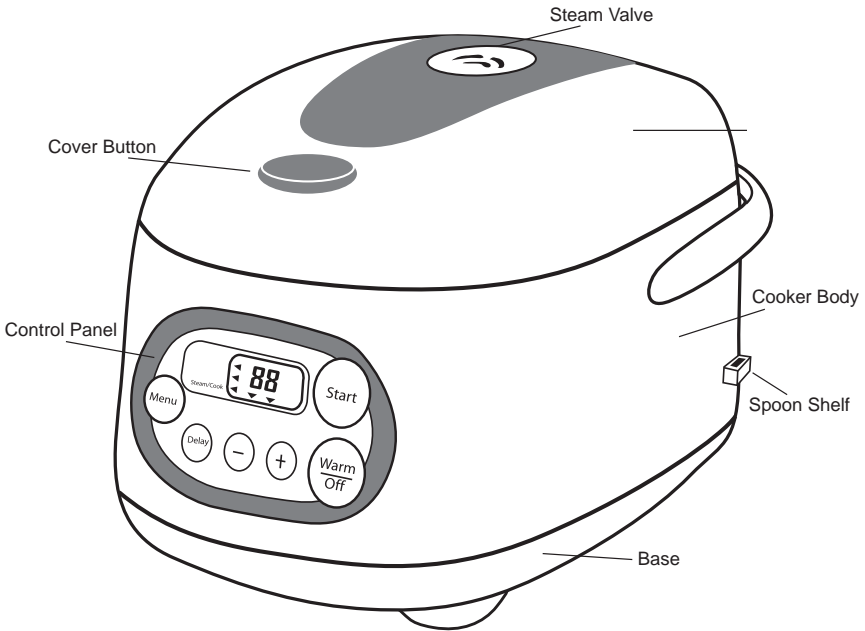
This appliance has a polarized plug (one blade is wider than the other); follow the instructions below:

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



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.
7. Wash the steam vent. See page 12 for detailed instructions.
 - 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 cup refers to one full, level cup. The measuring cup provided adheres to rice industry standards (180mL) and is not equal to one U.S. cup.
2. Rinse rice in a mesh strainer or other separate container (do not rinse rice in the inner pot) until the water becomes relatively clear. Drain; then place rinsed rice into the inner pot.
3. 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 8. Smooth over the top of the rice with the rice paddle so that rice surface is level to ensure even cooking.

TIP: *For softer rice, allow the rice to soak for 10-20 minutes prior to beginning the cooking cycle.*

4. Place the inner pot in the rice cooker. Close the lid, making sure that it locks into place, and plug power cord into a wall outlet. The 'START' light will flash.
5. Press the "MENU" button until the arrow is pointing to the desired setting. Choose from white rice, brown rice, or sushi rice.
6. Press "START" button. The indicator light will illuminate.
7. As the cook cycle nears completion, a countdown will appear on the digital display to count down the last 12 minutes. Once the countdown reaches 0, the rice is finished cooking.
8. After cooking, the rice cooker will automatically switch to keep-warm mode and the WARM indicator light will illuminate. Allow rice to stand on keep-warm mode 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 and the digital display will indicate the number of hours rice has been warming. 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

Rice Functions:

White Rice Function is the typical method for cooking rice, since white rice is the most common variety. Rice will be cooked until all water is absorbed and all that is left is delicious, fluffy rice.

Brown Rice Function is ideal for tough to cook, yet extremely nutritious brown rice. The brown rice is soaked for 20-30 minutes prior to cooking to allow the water to soak through its extra bran layers. The rice then cooks at a lower heat for a longer time, which ensures that it turns out light, moist and tender.

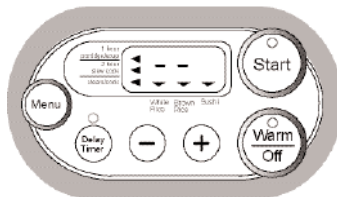
Sushi Rice Function is a shorter cooking cycle which gives the rice a firmer texture. The best variety of rice to use is Pearl Rice (see *About Rice* on page 13). Once cooked, sushi rice needs to be mixed with a rice vinegar mixture which makes it 'sticky' enough to hold together a sushi roll.

To Use the Delay Timer:

1. Press "MENU" to select 'White Rice', 'Brown Rice' or 'Sushi'. For health and safety reasons, the delay timer will only work with these three functions.
2. Press "DELAY TIMER." Select the number of hours within which you would like your cooking to finish by pressing the "+" button to add one hour or "-" button to subtract one hour (1 to 15 hours).
3. Press the "START" button.
4. In the last few minutes of the cooking cycle, the digital display will show a countdown to advise you approximately how many minutes are left until the rice will be finished.
5. Rice cooker will automatically switch to warm mode when complete. The digital display will indicate the number of hours rice has been warming.
6. Press "WARM/OFF" to turn off the rice cooker after using. Always unplug the unit when not in use.

NOTE

When the delay timer function is not active, the digital display will show two dashes (see illustration below). It does not countdown for any other function.



USING YOUR RICE COOKER

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 on page 10 for vegetables and page 11 for meats.
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. Set the inner pot into the body of the rice cooker, making sure that the exterior is clean and completely dry, then place the steam tray into the inner pot. Close the lid and plug the power cord into a wall outlet.
4. Press the "MENU" button until the arrow points to the "STEAM/COOK" setting. Press the "START" button.
5. When food has steamed for the appropriate time, press the "OFF" button. When the water in the inner pot has boiled off, the rice cooker will automatically switch to "WARM" mode. Exercise caution when opening the lid and removing the steam tray and wear protective kitchen mitts to avoid burns. The digital display will indicate the number of hours food has warmed.
6. The rice cooker will remain on "WARM" mode until it is unplugged. Always unplug the rice cooker when not in use.

FOR INSTRUCTIONS ON COOKING RICE AND
STEAMING SIMULTANEOUSLY, REFER TO PAGE 7.

Short on time?

The steam/cook function can be used as a quick cook mode for your rice. This will forego the soaking cycle, saving a significant amount of time. However, we only recommend doing this if time is of the essence. The rice produced by quick cooking will not be nearly as good as if the full, proper rice cycle was used.

To Cook Porridge, Soups and Stews:

1. Add ingredients to inner pot, and place pot in rice cooker. Close the lid.
2. Press the "MENU" button until the arrow is pointing to 1-hour porridge/soup. Press the "START" button.
3. Heat will rapidly rise to bring ingredients to a boil, then reduce to low. Heat will be maintained for 1 hour.
4. Cooker will automatically switch to keep warm mode when complete. The digital display will indicate the number of hours food has been warming.
5. Press "WARM/OFF" to turn the rice cooker off. Always unplug the rice cooker when not in use.

To Slow Cook:

1. Add ingredients to inner pot, and place pot in rice cooker. Close the lid.
2. Press the "MENU" button until the arrow is pointing to 2-hour slow cook. Press the "START" button.
3. Heat will rapidly rise to bring ingredients to a boil, then reduce to low. Heat will be maintained for 2 hours. *Continued on next page.*

USING YOUR RICE COOKER

To Slow Cook:

4. Cooker will automatically switch to keep warm mode when complete. The digital display will indicate the number of hours food has been warming.
5. Press "WARM/OFF" to turn the rice cooker off. Always unplug the rice cooker when not in use.

To Use Warm Mode:

Although the rice cooker automatically switches to warm mode after cooking finishes, you may also use this function independently to keep a meal warm for serving.

1. Add food to be warmed to inner pot and place in the rice cooker. Close the lid.
2. Press "WARM/OFF" button until the indicator light illuminates.
3. The digital display will indicate the number of hours food has been warming.
4. Press "WARM/OFF" button until the light turns off when finished warming.
5. Unplug the rice cooker when not in use.

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. Begin cooking the desired amount of rice. See "To Cook Rice" on page 4 for detailed instructions. Do not attempt to cook more than 4 cups (uncooked) of rice if trying to use the steam tray simultaneously, or the steam tray will not fit.
2. Place the inner pot into the unit, close the lid and press "START".
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 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 steam tray and check food to be sure it has been thoroughly cooked. Exercise caution when removing the steam tray as well; it will be hot.
7. Close the lid of the rice cooker and allow rice to continue to cook until finished. The unit will chime when rice is ready and switch to keep warm mode. The digital display will indicate the number of hours food has been warming.
8. Press "WARM/OFF" to turn off the rice cooker. Always unplug the rice cooker when not in use.

CAUTION:

- Use caution when opening lid as steam escaping will be extremely hot.
- If cooking pot is returned to cooker when wet it will damage this product, causing it to malfunction.

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 become cold or 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. This is only a general measuring guide. As there are many different kinds of rice available (see *About Rice* on page 13), rice/water measurements may vary slightly.
4. For softer rice, allow it to soak for 10-20 minutes prior to cooking.

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

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

* Due to the extra water needed to cook brown rice, the maximum amount of brown rice that may be cooked at one time is 4 cups.

COOKING GUIDE

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 6 cups of uncooked rice (4 cups if brown rice) into this appliance at one time. The maximum capacity of this unit is 6 cups raw rice (4 cups if brown rice) which yields 12 cups of cooked rice (8 cups brown rice).

APPROXIMATE COOKING TIMES:

WHITE RICE UNCOOKED CUPS	COOKING TIME	BROWN RICE UNCOOKED CUPS	COOKING TIME
2 Cups	30-35 Min	2 Cups	1:40-45 Min
3 Cups	32-37 Min	3 Cups	1:42-47 Min
4 Cups	34-39 Min	4 Cups	1:50-55 Min
5 Cups	38-43 Min	-	-
6 Cups	40-45 Min	-	-

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 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
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 on page 7.
3. When possible, 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.
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°
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 is safe to eat, check that meat is completely cooked prior to serving. Use a meat thermometer to see if the internal temperature is at least that of the safe temperatures listed above. If it is not, simply place more water in the inner pot and repeat the cooking process until a safe temperature is reached.

HOW TO CLEAN

Always unplug unit and allow to cool completely before cleaning.

To Clean Inner Rice Pot:

1. Remove the inner cooking pot. Wash it in warm, soapy water using a nylon sponge or dishcloth.
2. Rinse and dry thoroughly.
3. Repeat process with steam tray and other provided accessories.
4. Wipe the body of the rice cooker clean with a damp cloth.

To Clean the Underside of the Lid:

The underside of the lid should be cleaned after every use.

1. Wipe the underside of the lid with a warm, damp cloth.
2. Dry with a soft dry cloth

To Clean Steam Vent: (See Diagram 1)

Steam vent should be cleaned after every use.

1. Pull out the steam valve as shown in Diagram 1.
2. Empty and wash the steam valve in warm, soapy water.
3. Wipe the steam valve clean with a damp cloth.
4. Reinsert the steam valve for next use.

Diagram 1

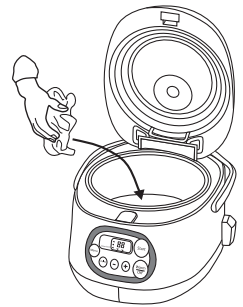


To Clean Heating Plate: (See Diagram 2)

Heating plate should be cleaned after every use.

1. Wipe the heating plate with a warm, damp cloth.
2. Dry with a soft dry cloth.

Diagram 2



Rice grains or other dried materials may stick to the heating plate. Repeat steps 1 and 2 until the heating plate is completely clean to ensure full contact between the inner pot and the heating plate. Otherwise, the appliance will not close properly and may overheat.

- Ø Do not use harsh or abrasive cleaners or products that are not considered safe to use on non-stick coatings.
- Ø Do not immerse rice cooker base in water or any other liquid. This appliance is NOT dishwasher safe. The inner pot is NOT dishwasher safe.

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. Your Aroma Rice Cooker can cook any type perfectly every time. The following are the most 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.

ABOUT SENSOR LOGIC™

Traditional electric rice cookers heat only from the bottom at one set temperature and turn off once all the water has been absorbed. Aroma's 6-Cup Sensor Logic™ Rice Cooker uses advanced technology and an all around heating system that maintains the optimal cooking environment for the perfect rice.

Sensor Logic™ rice cookers are for true rice enthusiasts. This rice cooker uses a micro computer chip that controls heating in a way that optimizes the cooking temperature of the rice to enhance flavor and texture. The sensor monitors the boiling rate of the water in the pot and controls temperature accordingly to provide the perfect pot of rice, every time. It also functions for cooking sushi rice, brown rice, soup and porridge.

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.

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