

AROMA®

Instruction Manual

Digital Turbo Rice™ Pressure Cooker



Questions or concerns about your pressure cooker?

Before returning to the store...



Aroma'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**.





Congratulations on your purchase of the Aroma® 8-cup *Turbo Rice™* Digital Pressure Cooker!

Your new Aroma® *Turbo Rice™* Digital Pressure Cooker is the perfect way to have delicious home-cooked meals in a fraction of the time! Pressure cooking produces tender, delicious cooked results astonishingly fast. Your new digital pressure cooker is perfect for a wide variety of pressure cooking recipes. Pressure safety systems allow you to rest easy while your pressure cooker handles the cooking.

It's not just a pressure cooker! Your new Aroma® *Turbo Rice™* Digital Pressure Cooker also includes easy-to-use programmed functions to cook white rice, brown rice, beans, slow cook, steam, meat, poultry, soup, and keep warm. These additional functions, make meal options nearly endless!

This manual contains instructions for using your Aroma® *Turbo Rice™* Digital Pressure Cooker and its convenient pre-programmed digital settings, as well as the accessories included.

For more information on your Aroma® *Turbo Rice™* Digital Pressure Cooker or for replacement parts, product service, recipes and other home appliance solutions, please visit us online at **www.AromaCo.com**.

See what's cooking with Aroma online!



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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 fire, electric shock and injury to persons, do not immerse cord, plug or the appliance in water or any other liquid. See instructions for cleaning.
- 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 Aroma® customer service for examination, repair or adjustment.
- The use of accessory attachments not recommended by Aroma® 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.
- NEVER ATTEMPT TO OPEN LID WHILE THE UNIT IS PRESSURE COOKING.** Do not open the pressure cooker until the unit has cooled and all internal pressure has been released. If lid is difficult to turn, this indicates that the cooker is still pressurized. **Do not force it to open.** Any pressure in the cooker can be hazardous.
- 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.
- Always check the pressure release devices for clogging before use.
- Do not touch, cover or obstruct the steam vent on the top of the pressure 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 pressure cooker should be operated on a separate electrical circuit from other operating appliances. If the electrical circuit is overloaded with other appliances, the pressure cooker may not operate properly.
- Always make sure the outside of the inner cooking pot is dry prior to use. If the inner pot is returned to the cooker when wet, it may damage or cause the product to malfunction.
- Food should not be left in the inner cooking pot with the "Keep-Warm" function on for more than 12 hours.
- To disconnect, turn 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.
- Extreme caution must be used when moving a pressure cooker containing hot food or liquids.
- For household use only.**
- This appliance cooks under pressure. Improper use may result in scalding injury. Make certain unit is properly closed before operating. Follow the instructions in "Using the Start/Keep Warm" on page 7.
- Do not fill the unit over 4/5 full. When cooking foods that expand during cooking such as rice or dried vegetables, do not fill the unit over 3/5 full. Over filling may cause a risk of clogging the vent pipe and developing excess pressure. Follow the instructions in "To Pressure Cook" on page 7.
- Be aware that certain foods, such as applesauce, cranberries, pearl barley, oatmeal or other cereals, split peas, noodles, macaroni, rhubarb, or spaghetti can foam, froth, and sputter, and clog the pressure release device (steam vent). These foods should not be cooked in the pressure cooker.
- Do not use this pressure cooker for pressure frying with oil.

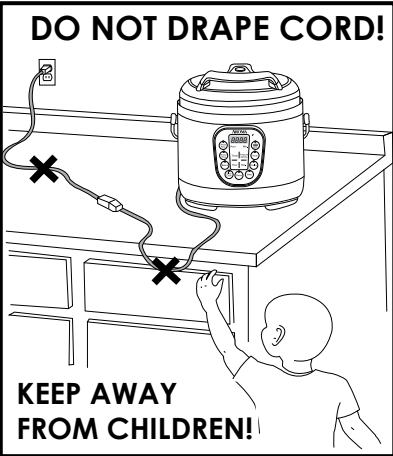
SAVE THESE INSTRUCTIONS



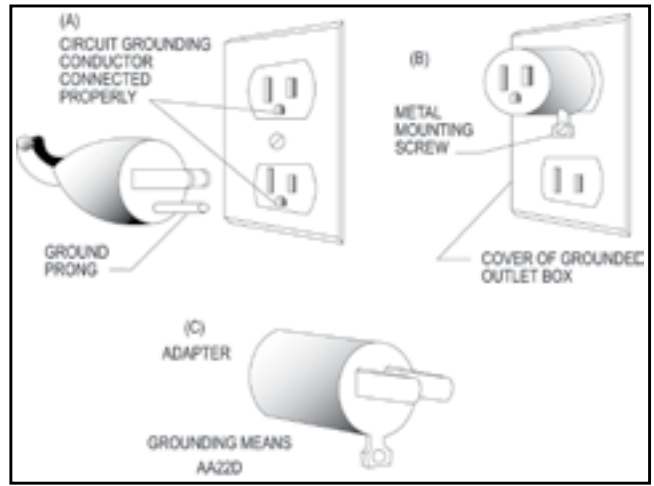
IMPORTANT SAFEGUARDS

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 countertop or tabletop where it can be pulled by children or tripped over unintentionally.
 - c. The extension cord should be a grounding-type 3-wire cord.



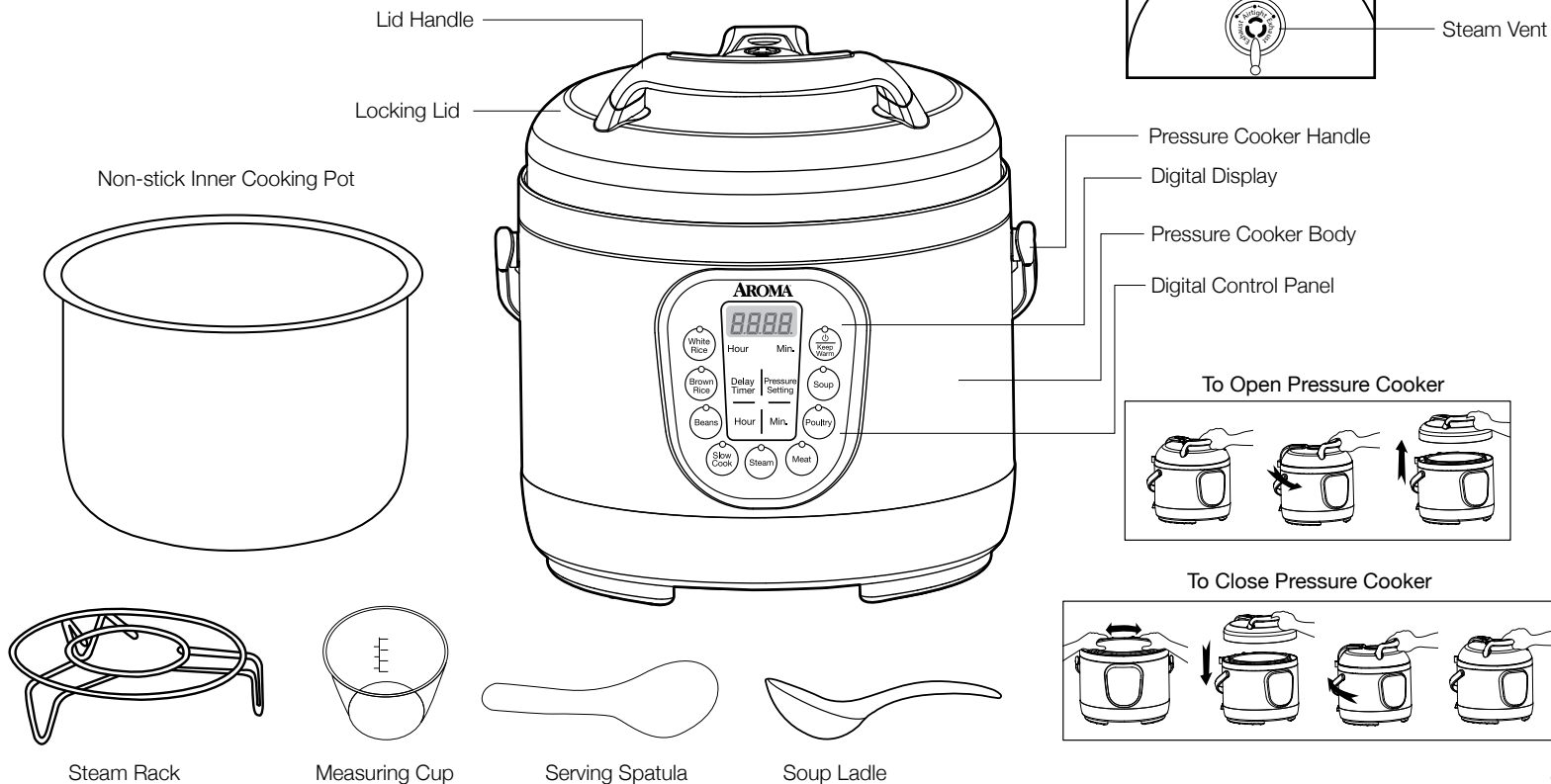
Grounding Instructions



This appliance must be grounded while in use to protect the operator from electrical shock. The appliance is equipped with a 3-conductor cord and a 3-prong grounding-type plug to fit the proper grounding-type receptacle. The appliance has a plug that looks like sketch A. An adapter, sketch B, should be used for connecting sketch-A plugs to two-prong receptacles. The grounding tab, which extends from the adapter, must be connected to a permanent ground such as a properly grounded outlet box as shown in sketch C using a metal screw.



PARTS IDENTIFICATION



THIS APPLIANCE IS FOR HOUSEHOLD USE ONLY.



PARTS IDENTIFICATION (CONT.)

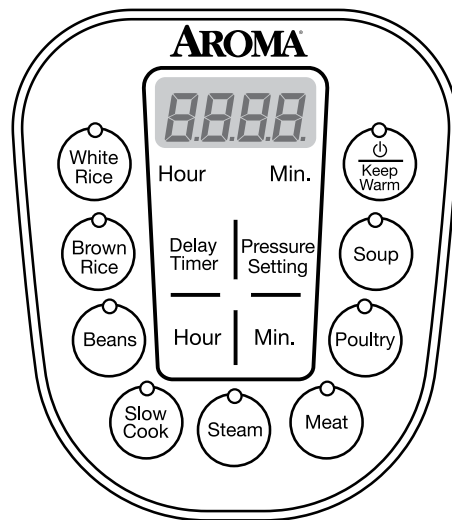
Power: The POWER button turns the pressure cooker on and off.

Keep-Warm: The KEEP-WARM button keeps food warm and ready to serve. The pressure cooker will automatically switch to this mode after the selected function has finished cooking.

Pressure Setting: The PRESSURE SETTING button allows you to determine what level of pressure you want: low (1P), medium (2P), high (3P).

Cooking Timer (HOUR/MINUTE): The HOUR and MINUTE buttons allow you to personalize the amount of time on the timer. These buttons allow for adding and removing cooking time.

Delay Timer: The DELAY TIMER button allows you to delay the time the pressure cooker will begin to cook.



MENU FUNCTIONS

White Rice: The White Rice function cooks delicious, quality rice automatically.

Brown Rice: The Brown Rice function is ideal for cooking brown rice and other tough-to-cook whole grains.

Beans: The Beans function allows optimal results for tough to cook beans at the touch of a button.

Slow Cook: The Slow Cook function allows the pressure cooker to double as a programmable slow cooker with time settings that range from 1 to 10 hours.

Steam: The Steam function allows the pressure cooker to quickly steam delicious meats and vegetables.

Meat: The Meat function is preset to a high pressure setting for quickly cooking meats to tender perfection.

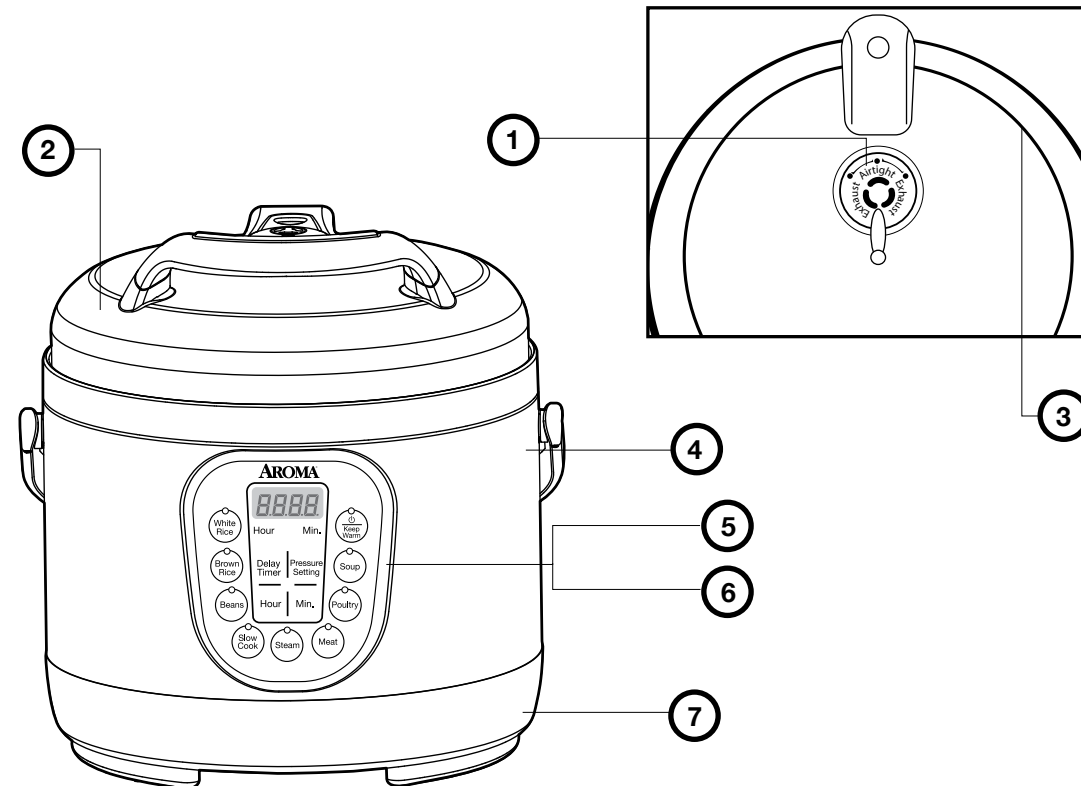
Poultry: The Poultry function is preset for perfectly cooked poultry at high pressure.

Soup: The Soup function is perfect for flavorful soups and stews. Add all of the ingredients and set the time from 1 minute to 5 hours depending on your recipe.



SAFETY SYSTEMS

The Aroma® Digital Pressure Cooker was built with safety in mind. Along with its convenient digital features, this pressure cooker also includes seven advanced safety systems.



Safety System #1: Vent automatically releases pressure if it becomes too high.

Safety System #2: The pressure cooker will not cook with pressure if the lid is not securely closed and locked.

Safety System #3: Flexible gasket releases pressure if it becomes too high.

Safety System #4: Built to withstand pressure higher than the cooker is intended to reach.

Safety System #5: Accurately measures pressure to ensure it stays within intended ranges.

Safety System #6: Digital thermostat cuts heating off to prevent dry boiling.

Safety System #7: To prevent overheating, the power fuse will trip if the temperature rises too high.



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 and dispose of properly as they can pose a risk to children.
4. Wash lid and all accessories in warm, soapy water. Rinse and dry thoroughly.
5. Remove the inner cooking pot from pressure cooker and clean with warm, soapy water. Rinse and dry thoroughly before returning to cooker.
6. Wipe body clean with a damp cloth.

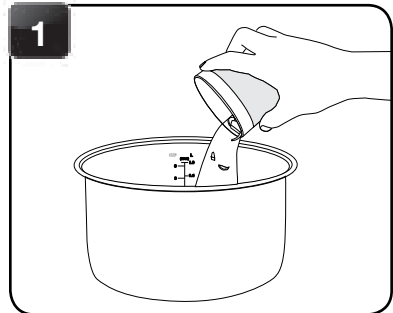


NOTE

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



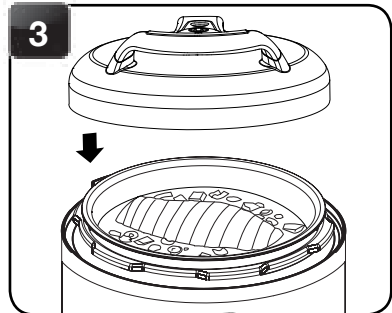
Using the START/KEEP WARM function



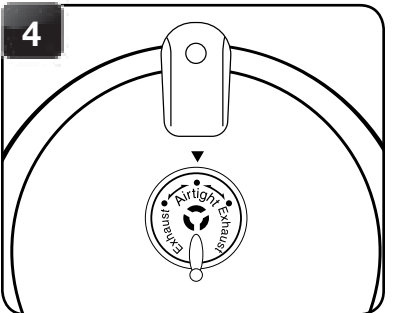
1
Add food to be pressure cooked to the inner cooking pot.



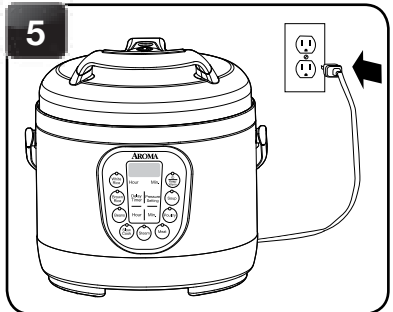
2
Place the inner cooking pot into the pressure cooker.



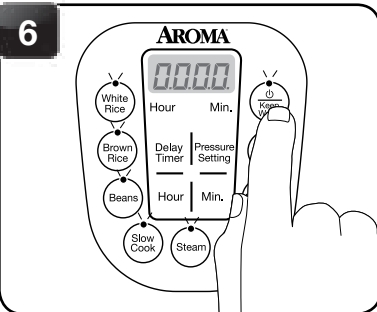
3
Close the lid securely onto the pressure cooker, turning it clockwise so that it locks into place. There will be an audible “click” when the lid locks closed.



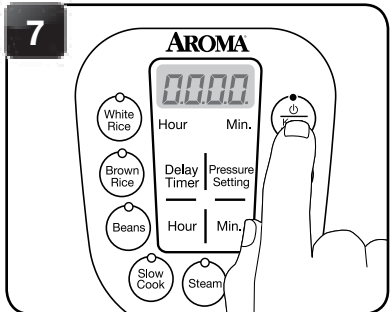
4
Move the steam vent on the top of the lid to the “AIRTIGHT” position.



5
Plug the power cord into an available 120V AC wall outlet.



6
Press the POWER/KEEP WARM button to turn on the pressure cooker. The LED display will light up.



7
Press the START/KEEP WARM button again, the cooker will remain in KEEP WARM. Press it a third time and it will cancel the process.



NOTE

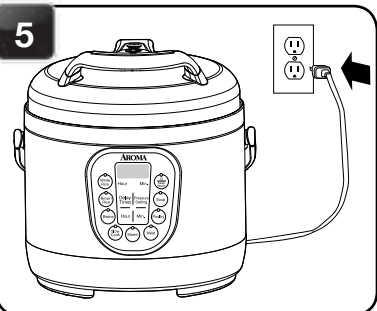
- Do not fill above the 4/5 line in the inner cooking pot.
- The amount of water and food should not exceed 4/5 of the height of the inner cooking pot. For food that will expand in water, the level should not exceed 3/5 of the inner cooking pot. The minimum allowable level is 1/5 of the inner cooking pot.



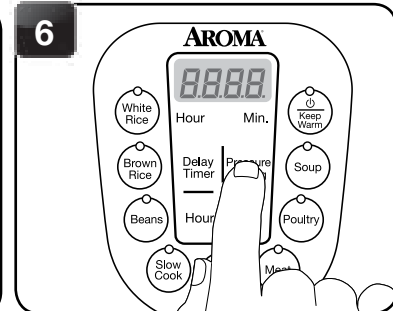
TO PRESSURE COOK

Using the **PRESSURE SETTING** function

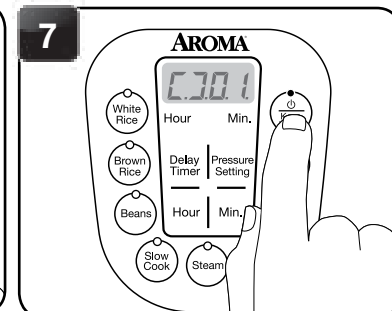
Begin PRESSURE SETTING cooking by following steps 1 to 4 on page 7.



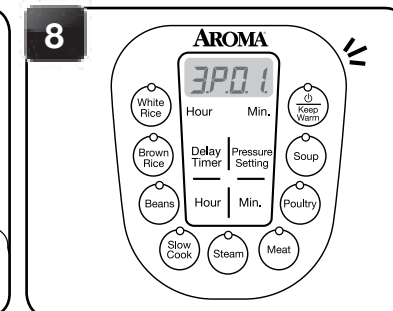
Plug the power cord into an available 120V AC wall outlet.



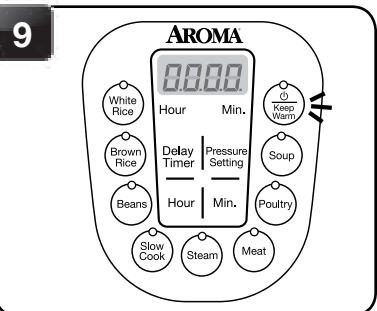
Press **POWER/KEEP WARM** button to turn pressure cooker on. Press the **PRESSURE SETTING** button. To select desired pressure setting, see page 10 for **PRESSURE SETTING** pressure levels.



Select Cooking time by pressing **MIN** button. Maximum cooking time is 90 minutes. Press the **POWER/KEEP WARM** button. The cooker will begin to operate.



When optimum pressure is achieved the cooker will beep once. The programmed time will count down until reaching zero "0".



Once the selected time has elapsed the pressure cooker will "beep" 3 times and automatically switch to the **KEEP-WARM** mode.



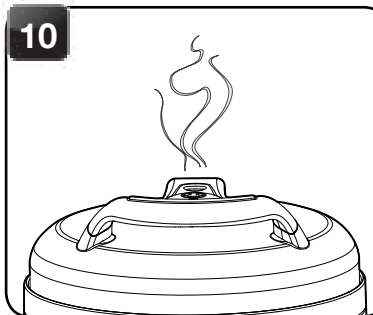
NOTE

- The programmed cook time can be set up to 90min and it is with High/Medium/Low pressure level selections. Press the Pressure Setting button, the LED screen shows 3P01, then press Min to select the cooking time from 1-90 min (After 90 min, the timer will start a new cycle.). After setting cooking time, you can press Pressure Setting again to change the pressure levels. By pressing Pressure Setting button, it will start a cycle of "3P"- "2P"- "1P". After setting, press Start button, the cooker will begin to operate
- 3P** is high pressure, **2P** is medium pressure, **1P** is low pressure.

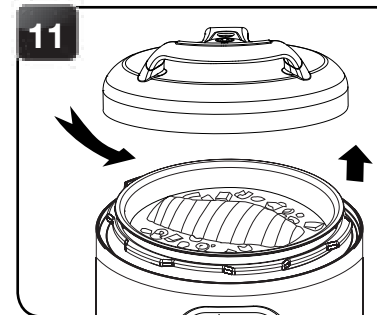


TO PRESSURE COOK

Using the **PRESSURE SETTING** function (CONT.)



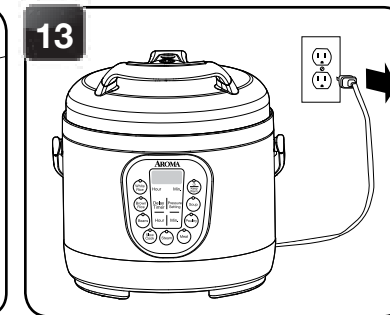
Allow the pressure cooker to cool and release all excess pressure before attempting to open the lid. To speed up this process, manually move the steam vent to the open position. ***CAUTION!**



Open the lid by turning it counterclockwise to unlock it. Remove the lid.



Check food for doneness. If cooking is complete, remove food for serving.



Once serving is complete, press the **POWER** button to turn the pressure cooker off. Unplug from the power outlet when not in use.



HELPFUL HINTS



CAUTION

- The "Keep-Warm" setting is great for keeping food warm and delicious while serving. However, do not leave food on "Keep-Warm" for longer than 12 hours.
- *Exercise caution when moving the steam vent to the "EXHAUST" position.** A large amount of hot steam will quickly escape once the vent is opened.



PRESSURE LEVELS

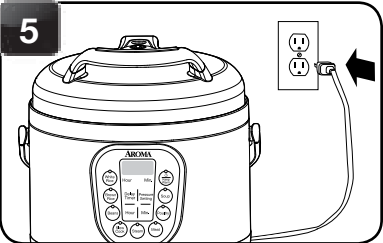
The Aroma® Turbo Rice™ Digital Pressure Cooker includes three pressure settings for a variety of cooking options. The table below gives an approximate pressure level that each pressure setting will reach.

PRESSURE SETTING	APPROXIMATE PRESSURE LEVEL (pounds per square inch)
High (3P)	10 psi
Medium (2P)	5 psi
Low (1P)	2.5 psi

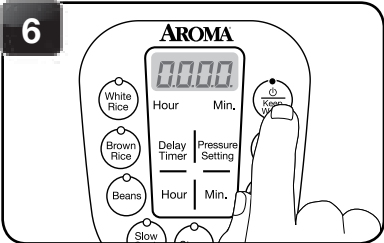


TO COOK USING THE DELAY TIMER FUNCTION

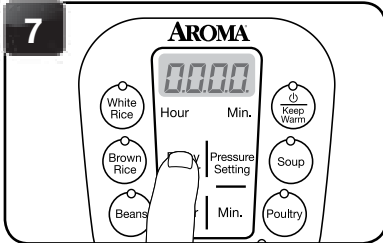
Begin DELAY TIMER cooking by following steps 1 to 4 on page 7.



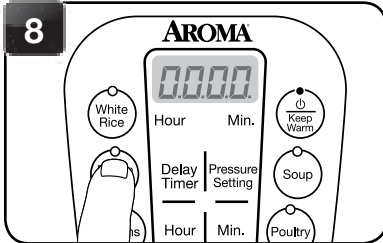
Plug the power cord into an available 120V AC wall outlet.



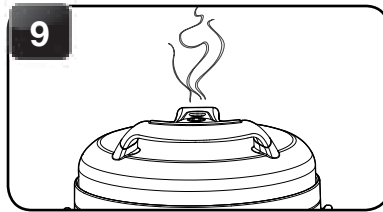
Press the **POWER/KEEP WARM** to turn on the pressure cooker. The LED display will light up.



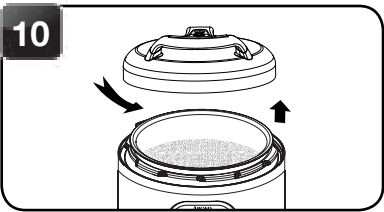
Press the **DELAY TIMER** to begin the delay timer process. Press **HOUR** to select the desired time in 30-minute increments.



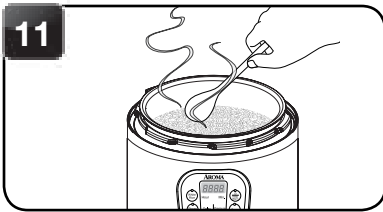
Select desired function. The cooker will start to build pressure and begin the cooking process when the delayed time has expired.



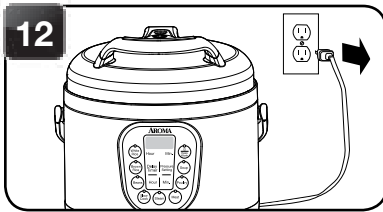
Allow the pressure cooker to cool and release all excess pressure before attempting to open the lid. To speed up this process, manually move the steam vent to the open position. ***CAUTION!**



Open the lid by turning it counterclockwise to unlock it. Remove the lid.



Check food for doneness. If cooking is complete, remove food for serving.



Once serving is complete, press the **POWER** button to turn the pressure cooker off. Unplug from the power outlet when not in use.

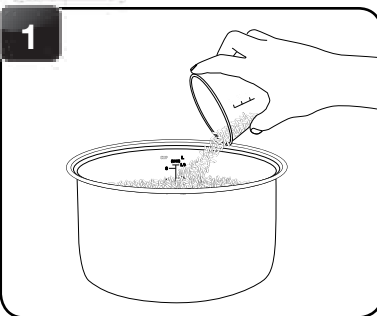


HELPFUL HINTS

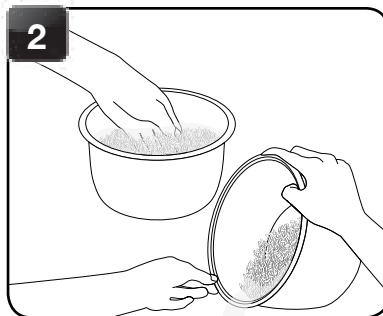
- You can delay the pressure cooker to delay cooking up to 15 hours.
- DELAY TIMER** is not recommended for use on **SLOW COOK**, **MEAT**, and **POULTRY**.

TO COOK WHITE RICE, BROWN RICE, BEANS

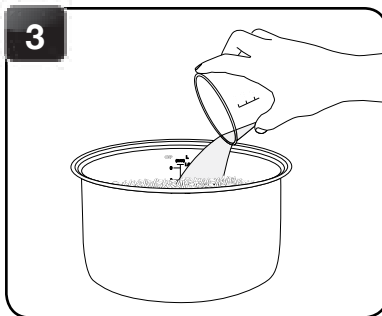
The steam vent should be closed when cooking Rice or Beans.



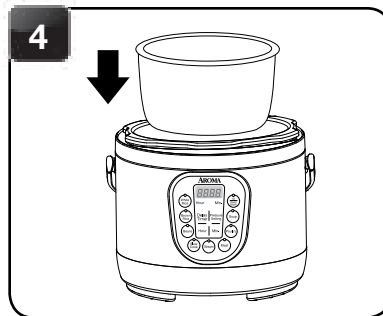
Using the provided measuring cup, add rice or beans to the inner cooking pot.



Rinse rice or beans to remove excess starch if desired. Drain.



For white rice, fill the inner pot with water to the line that matches the number of uncooked cups. For example, for two cups of uncooked rice you will fill to line labeled with a 2 or follow package directions.



Place the inner cooking pot into the pressure cooker.

NOTE: When cooking beans or legumes add 3 cups of water to each cup of beans or legumes.



NOTE

- Before placing the inner cooking pot into the pressure cooker, check that it is dry and free of debris. Adding the inner cooking pot when wet may damage the pressure cooker.
- The amount of water and food shall not exceed 4/5 of the height of the inner cooking pot. For food that will expand in water, the level should not exceed 3/5 of the inner cooking pot. The minimum allowable level is 1/5 of the inner cooking pot.



HELPFUL HINTS

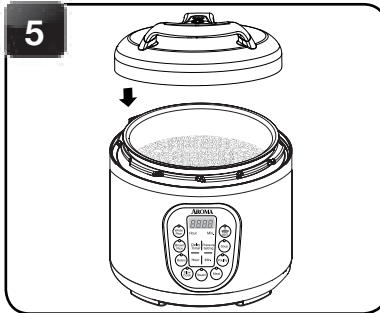
- If you misplace the measuring cup, a ¾ standard US cup is an exact replacement.
- To add more flavor to rice, try substituting a favorite meat or vegetable broth or stock. The ratio of broth/stock to rice will be the same as water to rice.
- 3P** is high pressure, **2P** is medium pressure, **1P** is low pressure.



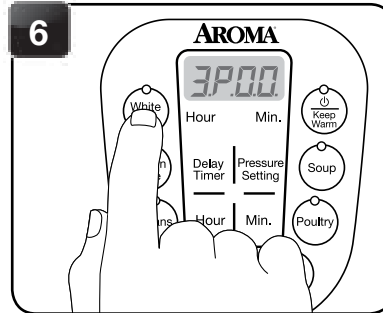
The provided rice cooker cup is the equivalent to a ¾ standard US cup.



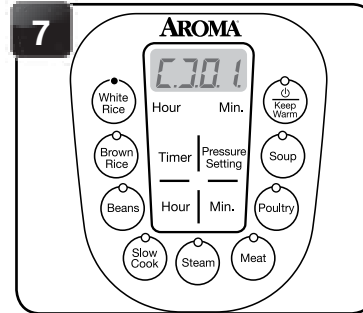
TO COOK WHITE/BROWN RICE, BEANS (CONT.)



Close the lid securely onto the pressure cooker, turning it clockwise so that it locks into place. There will be an audible “click” when the lid locks closed. Turn the steam vent to the “CLOSED POSITION”.



Press **POWER/KEEP WARM** button. Press either **WHITE RICE**, **BROWN RICE**, or **BEANS** function button. The LED light will indicate the power level and the cooking minutes.



After the function has been selected, the cooker will start automatically.



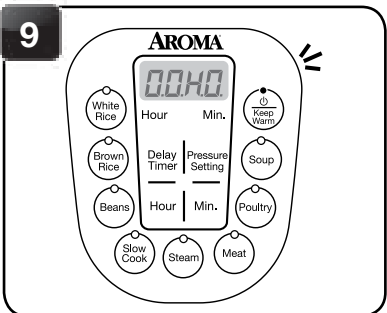
The pressure cooker will automatically start building pressure. Once pressure is achieved, the programmed time will begin to count down to zero.



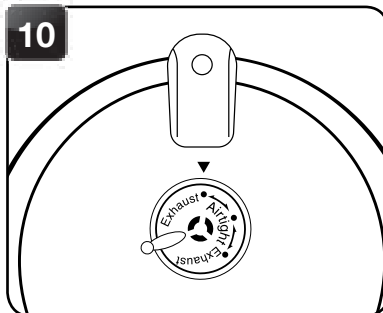
NOTE

- If you wish to delay cooking for Rice or Beans, press **DELAY TIMER** button, the LED screen shows 0000 (the 2 green digits 00 will flash). Press **HOUR** button to set the Pre-set time (30 min-15 hours). After 15 hours, the timer will start a new cycle. If you wish to choose the cooking time, press **MIN** button to select the time from 5-15min (After 15min, the timer will start a new cycle). If you wish to change the pressure level, press the **PRESSURE SETTING** button to choose **3P** (high pressure)/ **2P** medium pressure/ **1P** low pressure. After setting, press **START** button, the cooker will begin to operate.
- The amount of water and food should not exceed 4/5 of the height of the inner cooking pot. For food that will expand in water, the level should not exceed 3/5 of the inner cooking pot. The minimum allowable level is 1/5 of the inner cooking pot.

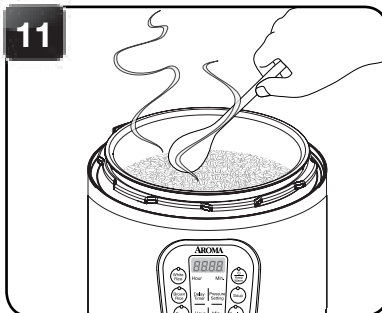
TO COOK WHITE/BROWN RICE, BEANS (CONT.)



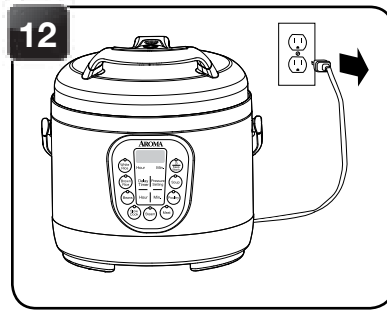
9 When cooking is complete, the pressure cooker will beep 3 times and automatically switch to KEEP WARM. Screen will read "00H0".



10 Turn the steam vent to the "EXHAUST" position to release pressure. Open the lid by turning it counterclockwise and remove the lid. **CAUTION:** Hot steam will release when vent is opened.



11 Check food for doneness. If cooking is complete, remove food for serving.



12 Once serving is complete, press the POWER button to turn the pressure cooker off. Unplug from power outlet when not in use.



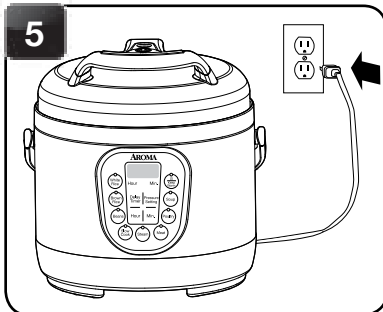
CAUTION

- Only use utensils safe for use on nonstick coatings. Metal utensils will damage the inner cooking pot's nonstick coating.
- To keep food warm in pressure cooker switch function to "KEEP-WARM".

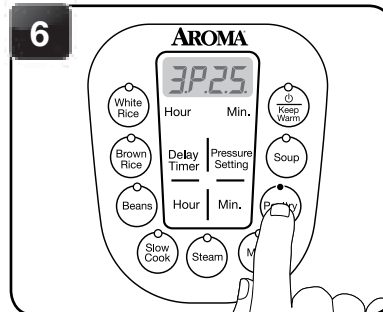


TO COOK MEAT, POULTRY, SOUP

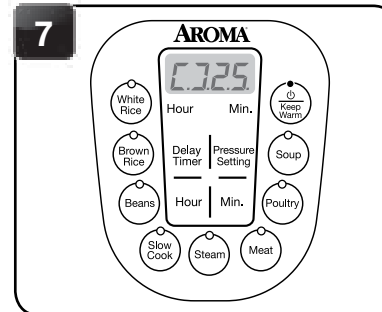
Begin cooking MEAT, POULTRY, SOUP by following steps 1 to 4 of "Pressure Cook" on page 7.



5 Plug the power cord into an available 120V AC wall outlet.



6 Press POWER/KEEP WARM button. Press MEAT, POULTRY, or SOUP button. The LED display will light up with each function's pressure level respective time.



7 After the function has been selected, the cooker will start automatically.



8 The pressure cooker will automatically start building pressure. Once pressure is achieved, the programmed time will begin to count down to zero.

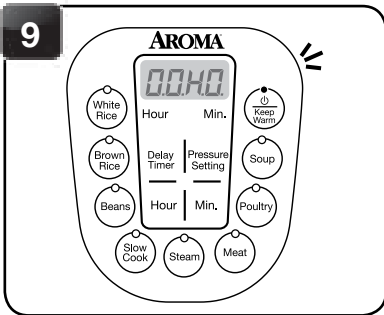


NOTE

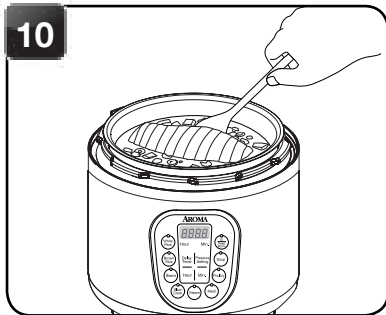
- You can press MIN to set the cooking time from 25-40min (After 40 min, the timer will start a new cycle), and press PRESSURE SETTING for pressure levels: 3P is high pressure, 2P is medium pressure and 1P is low pressure. After setting, press START/KEEP WARM button, the cooker will begin to operate.



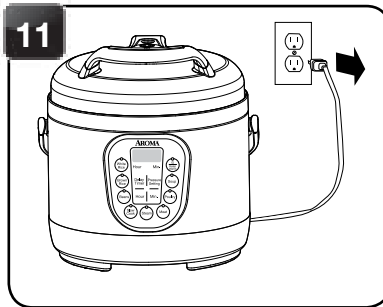
TO COOK MEAT, POULTRY, SOUP (CONT.)



When cooking is complete, the pressure cooker will beep 3 times and automatically switch to **KEEP WARM**. Screen will read "00H0"



Check food for doneness. If cooking is complete, remove food for serving.



Once serving is complete, press the **POWER** button to turn the pressure cooker off. Unplug from power outlet when not in use.



HELPFUL HINTS

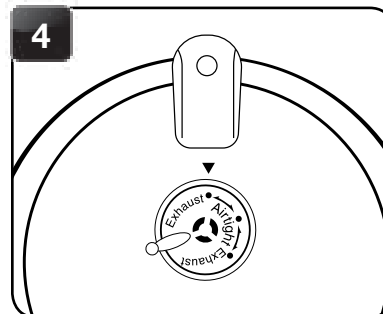
- The "Keep-Warm" setting is great for keeping food warm and delicious while serving. However, do not leave food on "Keep-Warm" for longer than 12 hours.



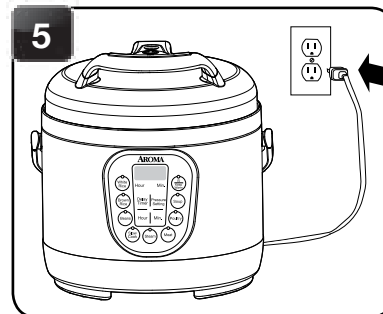
TO SLOW COOK

The steam vent should be in "EXHAUST" when slow cooking

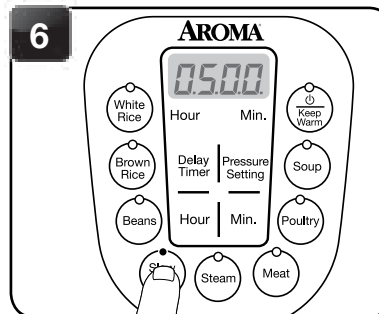
Begin slow cooking by following steps 1 to 3 of "Pressure Cook" on page 7.



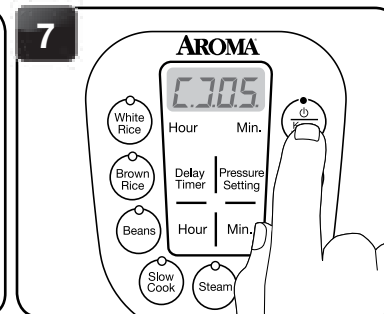
Turn the steam vent to the "EXHAUST" position.



Plug the power cord into an available 120V AC wall outlet.



Press **POWER** button. Press **SLOW COOK** button. The LED display will light up.

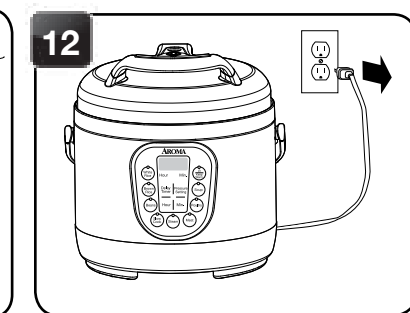
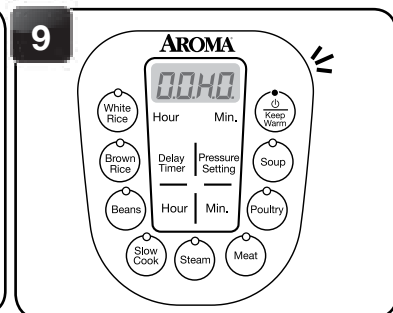


Adjust slow cook time to desired cooking time. Press the **POWER/KEEP WARM** button to begin the cooking process.
NOTE: cooking time can be adjusted from 2 hours to 9.5 hours.



TO SLOW COOK (CONT.)

The steam vent should be in “EXHAUST” when slow cooking



The pressure cooker will automatically start adjusting cooking temperature. Once temperature is achieved, the programmed time will begin to count down to zero.

When cooking is complete, the pressure cooker will beep 3 times and automatically switch to KEEP WARM. Screen will read “00H0”.

Check food for doneness. If cooking is complete, remove food for serving.

Once serving is complete, press the POWER button to turn the pressure cooker off. Unplug from power outlet when not in use.



NOTE

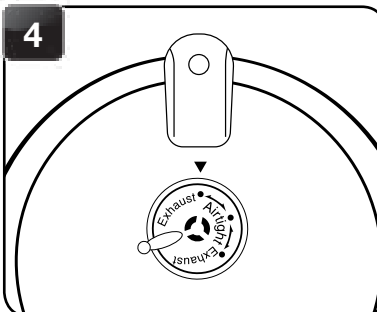
- If you wish to choose the cooking time, press HOUR to set the timer from 2 hours-9.5 hours. After 9.5 hours, the timer will start a new cycle. After setting, press START/KEEP WARM button.
- The steam vent should be in EXHAUST position when slow cooking.



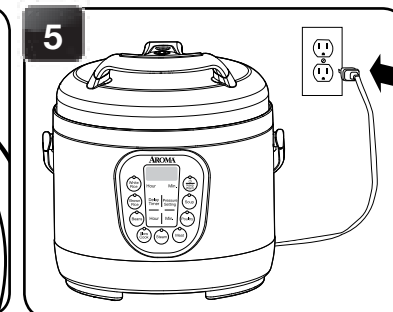
TO STEAM

The steam vent should be in “EXHAUST” when slow cooking

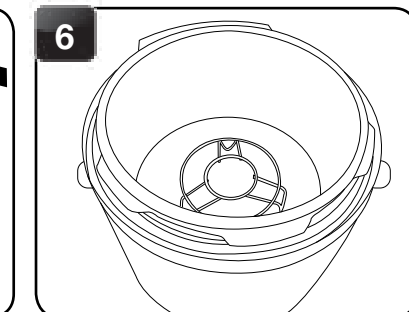
Begin slow cooking by following steps 1 to 3 of “Pressure Cook” on page 7.



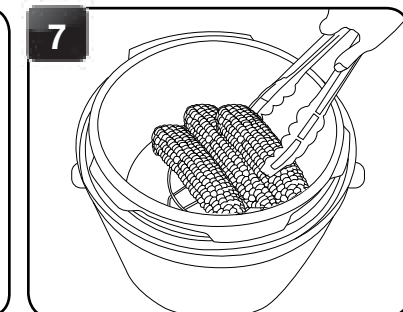
Turn the steam vent to the “EXHAUST” position.



Plug the power cord into an available 120V AC wall outlet.



Place the steam rack into the center of the inner cooking pot.



Place food to be steamed on top of the steam rack. Place food in a heatsafe bowl or dish then on rack that is included. You may also place certain foods on rack.



NOTE

- The steam vent should be in EXHAUST when steaming.

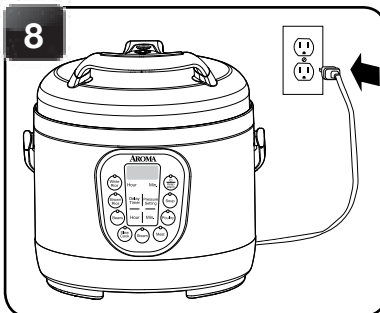


HELPFUL HINTS

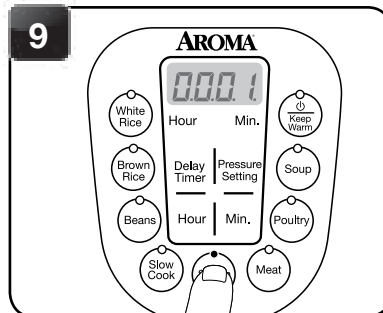
- For smaller foods, or to increase steaming space, a heat-safe dish may be placed on top of the steam rack. The dish should be small enough that space remains between the edges of the dish and the inner cooking pot to allow steam to reach food.



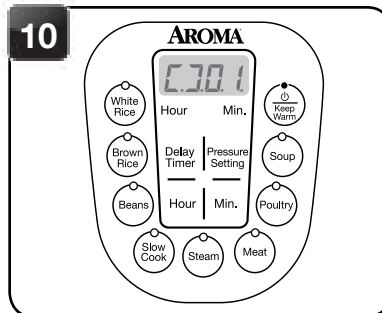
TO STEAM (CONT.)



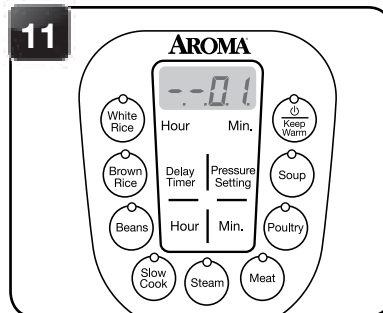
8 Plug the power cord into an available 120V AC wall outlet.



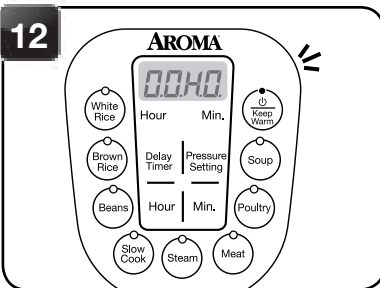
9 Press **POWER** button. Press **STEAM** button. The LED display will light up.



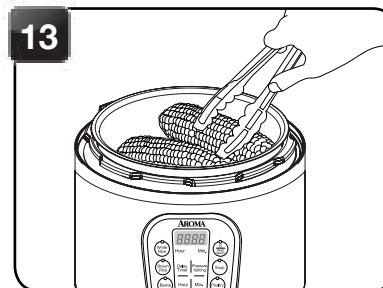
10 After the function has been selected, the cooker will start automatically.



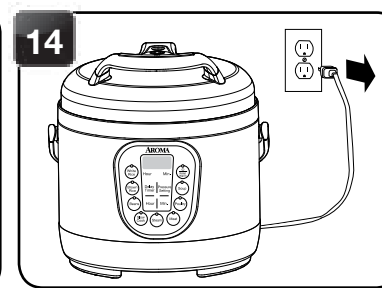
11 When the water inside begins to boil, the cooker will beep once. The pressure cooker will automatically start and the programmed time will begin to count down to zero.



12 When cooking is complete, the pressure cooker will beep 3 times and automatically switch to **KEEP WARM**. Screen will read "00H0".



13 Check food for doneness. If cooking is complete, remove food for serving.



14 Once serving is complete, press the **POWER** button to turn the pressure cooker off. Unplug from power outlet when not in use.



MEASURING TABLES

Meat Pressurizing Table

MEAT	COOKING TIME	SAFE INTERNAL TEMPERATURE
Fish	8-10 Min.	140°
Chicken	15-20 Min.	165°
Pork	20-25 Min.	160°
Beef	20-25 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.

Rice Water Measurement Chart

UNCOOKED RICE	RICE WATER LINE INSIDE POT	APPROXIMATE COOKED RICE YIELD	COOKING TIMES	
			WHITE RICE	BROWN RICE
1 Rice Cooker Cups*	Line 1	2 Cups	12-15 Min.	26-30 Min.
2 Rice Cooker Cups*	Line 2	4 Cups	13-17 Min.	28-32 Min.
3 Rice Cooker Cups*	Line 3	6 Cups	16-19 Min.	34-38 Min.
4 Rice Cooker Cups*	Line 4	8 Cups	19-21 Min.	36-39 Min.

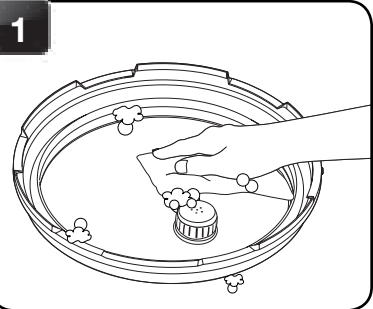
*1 Rice Cooker Cup = ¾ US Cups

Minimum Cooking Capacity: 2 Cups Uncooked/4 Cups Cooked

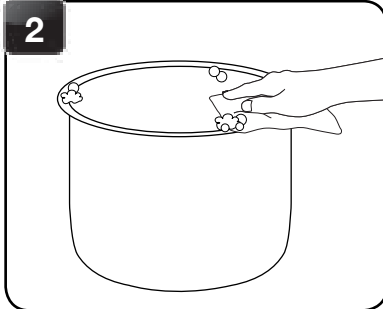


TO CLEAN

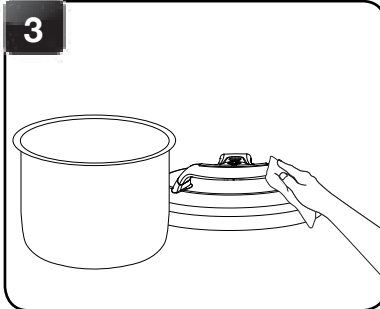
Always unplug the pressure cooker and allow it to cool completely before cleaning.



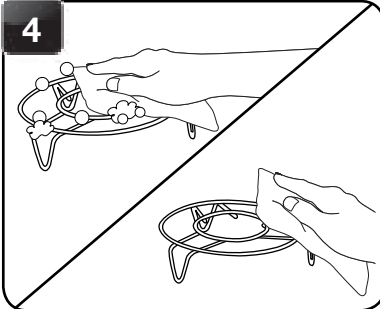
Remove the lid. Wash the lid top and underside in warm, soapy water using a sponge or dishcloth.



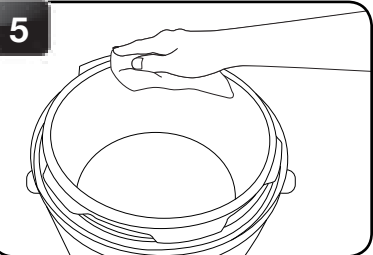
Remove the inner cooking pot. Wash in warm, soapy water using a sponge or dishcloth.



Rinse and dry thoroughly.



Repeat process with steam rack, if used.



Condensation will build up on condensation collection area on the rear of the unit where the lid locks into place. Wash with warm soapy water and dry thoroughly after each use.



Wipe the body of the pressure cooker clean with a damp cloth.



NOTE

- Remove Exhaust Valve and clean to prevent malfunction due to clogging.
- Remove valve cover located on the inside of lid to prevent malfunction due to clogging.
- Do not use harsh abrasive cleaners, scouring pads or products that are not considered safe to use on nonstick coatings.
- Always make sure the outside of the inner pot is dry prior to use. If the inner cooking pot is returned to the pressure cooker when wet, it may damage this product, causing it to malfunction.
- Any other servicing should be performed by Aroma® Housewares Company. Contact Aroma® customer service at 1-800-276-6286, Monday to Friday 8:30AM-4:30PM PST.



HELPFUL HINTS

- **For even faster cleanup, the inner cooking pot and steam rack can be washed in the top rack of the dishwasher!**



RECIPES

Chunky Beef Goulash with Sweet Hungarian Paprika

Ingredients

2 tablespoons	olive oil
3 tablespoons	flour
1½ teaspoons	salt
1 teaspoon	black pepper
1½ lbs.	boneless beef chuck roast, cut into 1-inch pieces
2 tablespoons	sweet Hungarian paprika
1	bay leaf
14½ oz.	can whole tomatoes, with juice
2 cloves	garlic, peeled, minced
1 large	yellow onion, peeled, chopped
14½ oz.	can beef broth
14½ oz.	can yellow corn, drained
6 oz.	wide egg noodles, drained

Place the oil in the inner cooking pot and heat with the MEAT setting until hot. In a plastic bag, combine the flour, salt and pepper. Add several pieces of beef to the bag and seal, tossing the flour mixture and beef. Remove and, using tongs, place the beef in the inner cooking pot to sauté. Repeat with the remaining beef pieces. Brown the beef on all sides.

Add the paprika, bay leaf, tomatoes with juice, garlic, onion and beef broth. Close the lid securely and set the steam vent to "Closed." Set to High Pressure and cook for 30 minutes. Release the pressure, remove the lid and add the corn and noodles, stirring to mix. Remove the bay leaf before serving. *Serves 4 to 6.*

CAUTION: Do not exceed 4/5 capacity of cooking pot when adding all ingredients.

Glazed Honey & Red Currant Chicken

Ingredients

½ cup	sweet red wine
½ cup	white vinegar
1 cup	red currant preserves
2 tablespoons	soy sauce
2 tablespoons	honey
1 tablespoon	Dijon mustard
2 lbs.	fryer chicken, skinless, cut into pieces

In a self-sealing plastic bag, combine the wine, vinegar, preserves, soy sauce, honey and mustard. Add the chicken pieces and mix well. Marinate in the refrigerator for 4 to 6 hours. Place the chicken and marinade in the inner cooking pot. Close the lid securely and set the steam vent to "AIRTIGHT". Use POULTRY setting. Release the pressure and remove the lid. Serve while warm, spooning the sauce over the chicken. *Serves 4.*

CAUTION: Do not exceed 4/5 capacity of cooking pot when adding all ingredients.

For additional pressure cooker recipes, or even to submit your own, visit our website at www.AromaCo.com!



RECIPES

Crimini Mushroom & White Wine Risotto

Ingredients

- | | |
|---------------|--|
| 2 tablespoons | olive oil |
| 3 tablespoons | shallots, peeled, chopped |
| 8 oz. | crimini mushrooms, wiped clean, sliced |
| 2 cups | Arborio rice, uncooked |
| 3 cups | chicken broth |
| 1 cup | dry white wine |
| ½ cup | Parmesan cheese, freshly grated |

Place the oil in the inner cooking pot and heat with MEAT or POULTRY. Add the shallots and sauté until tender. Add the mushrooms and rice and cook, stirring often, for 2 minutes. Add the broth and wine and stir again. Close the lid securely and set the steam vent to “AIRTIGHT.” Set to high pressure (3P) and cook for 20 to 25 minutes. Release the pressure and remove the lid. If the rice has not completely cooked through, continue to cook on High Pressure another 5 to 10 minutes. Stir the rice before serving, adding the cheese to blend and melt. Serve right away. *Serves 4 to 6.*

Golden Caramelized Onion Soup with Gruyere Cheese

Ingredients

- | | |
|---------------|--|
| 1 tablespoons | butter |
| 1 medium | yellow onions, peeled, thinly sliced |
| ¼ cup | sherry |
| 4 cups | beef broth |
| 1 | bay leaf |
| ¼ teaspoon | salt |
| ¼ teaspoon | black pepper |
| ¾ cups | Gruyere cheese, shredded (or use Swiss cheese) |

Place the butter in the inner cooking pot and heat with MEAT or POULTRY setting to melt. Add the onions and sauté until golden brown and caramelized. Add the sherry, broth, bay leaf, salt and pepper. Close the lid securely and set the steam vent to the “AIRTIGHT” position. Set to High Pressure and cook for 4 minutes. Release the pressure and ladle the soup into bowls. Top each with a generous portion of cheese before serving. *Serves 4.*



RECIPES

Fresh Brussels Sprouts with White Wine Vinaigrette

Ingredients

- | | |
|---------------|--|
| 4 slices | smoked bacon |
| 1¼ lbs. | fresh Brussels sprouts, cleaned, trimmed |
| ¼ cup | olive oil |
| 3 tablespoons | white wine vinegar |
| 1 teaspoon | salt |
| ½ teaspoon | black pepper |
| ½ cup | water chestnuts, thinly sliced |
| 2 tablespoons | green onions, minced |

Slice bacon into thin strips and place in the inner cooking pot. Press MEAT or POULTRY until crisp. Remove to a paper towel and crumble when cool. Set aside.

Add the sprouts to the bacon drippings and set to Sauté for 4 minutes, turning often. Discard any excess drippings and add 1 cup water. Close the lid securely and set the steam vent to “AIRTIGHT.” Set to high pressure (3P) and cook for 3 to 4 minutes. Release the pressure.

Spoon the sprouts into a serving bowl. In a small bowl, whisk together the oil, vinegar, salt and pepper. Add the water chestnuts and green onions and pour over the sprouts. Top with bacon and serve while warm or cover and chill for 4 hours. *Serves 8 to 10.*

Mediterranean Lamb Medallions with Couscous

Ingredients

- | | |
|---------------|---|
| 2 tablespoons | olive oil |
| ¼ teaspoon | black pepper |
| 1½ lbs. | boneless lamb loin |
| 1 cup | chicken broth |
| ½ teaspoon | dried thyme |
| ½ teaspoon | ground marjoram |
| ½ teaspoon | ground sage |
| 2 teaspoons | fresh mint, chopped, divided |
| 1 | green pepper, cored and roughly chopped |
| 2 cups | instant couscous, uncooked |

Place the oil in the inner cooking pot and heat with MEAT or POULTRY until hot. Rub the pepper over the lamb and place the meat in the cooker, browning on all sides in the oil. Add the chicken broth, herbs and green pepper. Turn the pressure cooker off. Close the lid securely and set the steam vent to “AIRTIGHT.” Set to high pressure (3P) and cook for 35 to 40 minutes, or until the meat’s internal temperature registers 150°F. Release the pressure. Remove the lid, remove lamb and let stand for 10 minutes. Slice.

Add water, if needed, to equal 2 cups of liquid in the inner cooking pot. Bring to a boil on Steam. Add the couscous. Cover and turn off. Let stand about 5 minutes until the liquid has been absorbed. Serve the lamb slices over the couscous. *Serves 6 to 8.*



WARRANTY

LIMITED WARRANTY

Aroma Housewares 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 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. \$15.00 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.

AROMA HOUSEWARES COMPANY
6469 Flanders Drive
San Diego, California 92121
1-800-276-6286
M-F, 8:30 AM - 4:30 PM, Pacific Time
Website: www.AromaCo.com

SERVICE & SUPPORT

In the event of a warranty claim, or if service is required for this product, please contact Aroma® 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.

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: _____



- Proof of purchase is required for all warranty claims.

NOTE