

AROMA®

PROFESSIONAL



instruction manual

ARC-5000SB/ARC-5100SB

Rice & Grain Multicooker

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Here at Aroma we strive to make a difference—to design and distribute products that enhance and enrich people's lives.

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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 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.
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. Contact Aroma® customer service for examination, repair or adjustment.
8. The use of accessory attachments not recommended by Aroma® Housewares 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 gas or electric burner or in a heated oven.
12. Do not use the appliance for anything other than its intended use.
13. Extreme caution must be used when moving the appliance containing rice, hot oil or other liquids.
14. Do not touch, cover or obstruct the steam vent on the top of the rice cooker as it is extremely hot and may cause scalding.
15. Use only with a 120V AC power outlet.
16. Always unplug from the plug gripping area. 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 pot is dry prior to use. If the inner pot is returned to the rice 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 scalding.
20. Rice should not be left in the inner 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, first power off the unit, then remove the plug from the wall outlet.
23. **CAUTION:** To reduce the risk of electrical shock, cook only in the removable inner pot provided.
24. Do not wrap or tie cord around appliance.
25. **CAUTION:** Intended for countertop use only.
26. **WARNING:** Spilled food can cause serious burns. Keep appliance and cord away from children. Never drape cord over edge of counter, never use outlet below counter, and never use with an extension cord.
27. To avoid spills and burns, do not carry rice cooker by the lid handle.
28. **CAUTION:** Do not use for deep frying.
29. Do not immerse in water.

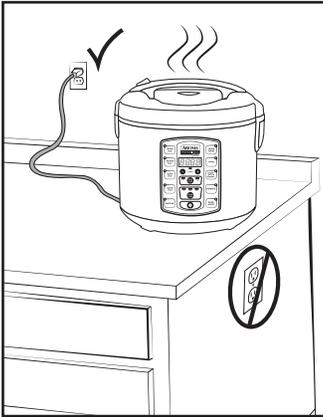
SAVE THESE INSTRUCTIONS



IMPORTANT SAFEGUARDS

Short Cord Instructions

A short power-supply cord is provided to reduce the risks resulting from it being grabbed by children, and becoming entangled in or tripping over a longer cord.



WARNING

Spilled food can cause serious burns.
Keep appliance & cord away from children.

NEVER

- Drape cord over edge of counter.
- Use outlet below counter.
- Use extension cord.

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

Cooks fluffy, delicious rice automatically.

Brown Rice

Ideal for cooking brown rice and other tough-to-cook whole grains to perfection.

Sushi Rice

Tender, sticky rice made easy.

Quick Rice

A great time-saving option for rice in a pinch.

Quinoa

Perfectly cooks nutritious, protein-filled quinoa.

Delay Timer

Allows for food to be ready right when it's needed. Add ingredients in the morning and come home to delicious meals ready to eat!

Soup

Great for preparing all kinds of savory soups or broths.

Sauté-then-Simmer®

Sautés food at high heat and automatically switches to simmer mode once liquid is added. Perfect for Spanish rice, chili, risotto, stir fries and much more!

Oatmeal

Quick and healthy breakfast with no need to stir. Use with the **Delay Timer** to prepare oatmeal overnight and have it ready-to-eat in the morning!

Keep Warm

Perfect for keeping food at a ready-to-serve temperature.



Turns the rice cooker on/off or cancels a function.

Steam Cook

Stews food in 5, 10, and 15 minute increments; countdown will begin when water reaches a boil.

Slow Cook (low/high)

Sets to **Slow Cook Low** from 6-10 hours and **Slow Cook High** from 2-5 hours. Great for homemade roasts and stews.



Allows you to adjust times for **Delay Timer**, **Slow Cook**, **Soup** and **Steam Cook**.

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 them properly as they can pose a risk to children.
4. Wash the steam vent and all other accessories in warm, soapy water. Rinse and dry thoroughly.
5. Remove the inner pot from the rice cooker and clean with warm, soapy water. Rinse and dry thoroughly before returning to the cooker.
6. Wipe the cooker body clean with a damp cloth.

TO CLEAN

1. Remove the steam vent when the rice cooker has completely cooled.
2. Remove the condensation collector.
3. Soak the inner pot and all accessories or wash them in the top rack of the dishwasher.
4. Wipe the rice cooker body clean with a damp cloth.
5. Thoroughly dry the rice cooker body and all accessories.
6. Reassemble for next use.

TROUBLESHOOTING

• Grain is too dry/hard after cooking.

If your grain is dry or hard/chewy when the rice cooker switches to **Keep Warm**, additional water and cooking time will soften it. Depending on how dry the grain is, add ½ to 1 cup of water and stir thoroughly. Close the lid and press the desired function button. When rice cooker switches to **Keep Warm** mode, open the lid and stir to check the consistency. Repeat as necessary until soft and moist.

• Grain is too moist/soggy after cooking.

If your grain is still too moist or soggy when the rice cooker switches to **Keep Warm**, use the serving spatula and stir. This will redistribute the bottom (moist) part of the grain and 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.

6.

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 pot and accessories may occur. This is cosmetic only and will not affect performance.
- Any other servicing should be performed by Aroma® Housewares.

Helpful Hints:

The provided rice measuring cup is the equivalent to a ¾ standard U.S. cup.



Note:

- Because of different varieties of rice, results may vary. Refer to these troubleshooting tips to help you achieve the desired consistency.

COOKING RICE

1. Using the provided measuring cup, add rice to the inner 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 inner pot into the rice cooker and close the lid securely.
5. Plug the power cord into an available 120V AC wall outlet.
6. Press the (b) button to turn on the rice cooker.
7. Press **White Rice**, **Sushi Rice** or **Brown Rice**, depending on the type of rice being cooked.
8. The indicator light will illuminate. The unit will beep and the display will begin a chasing pattern. The rice cooker will now begin cooking.
9. The digital display will show a countdown for the final 10 minutes of cook time.
10. Once finished, the rice cooker will beep and automatically switch to **Keep Warm**.
11. For best results, stir the rice with the serving spatula to distribute any remaining moisture.
12. When finished serving rice, turn the rice cooker off by pressing (b) twice and unplug the power cord.

QUICK RICE

1. Using the provided measuring cup, add rice to the inner 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 inner pot into the rice cooker.
5. Close the lid securely.
6. Plug the power cord into an available 120V AC wall outlet.
7. Press the (b) button to turn on the rice cooker, then press **Quick Rice**.
8. The indicator light will illuminate. The unit will beep and the display will begin a chasing pattern. The rice cooker will now begin cooking.

continued on the next page >>

Note:

- Before placing the inner pot into the rice cooker, check that it is dry and free of debris. Adding the inner pot when wet may damage the rice cooker.
- Some grains require a much longer cooking cycle than others 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 grain properly. If it appears the rice cooker is not heating up immediately on the **Brown Rice** setting, this is due to a low-heat soak cycle that precedes the cooking cycle to produce better results.
- Food should not be left in the rice cooker on **Keep Warm** for more than 12 hours.

Helpful Hints:

If you misplace the measuring cup, a ¾ standard U.S. 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 and grain cooking times and suggested rice/water ratios, see the "Rice/Grain & Water Measurement Tables" on pages 10-11.

7.

QUICK RICE (CONT.)

9. The rice cooker will count down the final 6 minutes of cook time.
10. Once rice is finished, the rice cooker will beep and automatically switch to **Keep Warm**.
11. For better results, stir the rice with the serving spatula to distribute any remaining moisture.
12. When finished serving rice, turn the rice cooker off by pressing (⏻) twice and unplug the power cord.
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QUINOA

1. Using the provided measuring cup, add quinoa to the inner pot.
2. Rinse to remove excess starch. Drain.
3. Fill inner pot with water, referring to the "Grain & Water Measurement Table" on page 11.
4. Place the inner pot into the cooker and close the lid securely.
5. Plug the power cord into an available 120V AC wall outlet.
6. Press the (⏻) button to turn on the cooker.
7. Press **Quinoa** to begin cooking.
8. The indicator light will illuminate, the unit will beep and the display will begin a chasing pattern. The rice cooker will now begin cooking.
9. The rice cooker will count down the final 10 minutes of cook time.
10. Once cooking is complete, the rice cooker will automatically switch to **Keep Warm**.
11. When finished serving, turn the rice cooker off by pressing (⏻) twice and unplug the power cord.
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OATMEAL

1. Using the provided measuring cup, add oatmeal to the inner pot.
2. Fill with water according to packaging instructions, or refer to the "Grain & Water Measurement Table" on page 11.
3. Place the inner pot into the cooker and close the lid securely.

8.

Note:

Due to extra soaking time needed for brown rice, the **Quick Rice** function is best for white rice. However, if you are using brown rice, add an additional 1½ rice measuring cups of water to compensate for the lack of soaking time.

See "Quick Rice Comparison Table" on page 11 for approximate time savings compared to the **White Rice** function.

Helpful Hints:

The provided rice measuring cup is the equivalent to a ¾ standard U.S. cup.



OATMEAL (CONT.)

4. Plug the power cord into an available 120V AC wall outlet.
5. Press the (⏻) button to turn on the cooker.
6. Press **Oatmeal** to begin cooking.
7. The indicator light will illuminate, the unit will beep and the display will begin a chasing pattern. The rice cooker will now begin cooking.
8. The rice cooker will count down the final 10 minutes of cook time.
9. Once cooking is complete, the rice cooker will automatically switch to **Keep Warm**.
10. When finished serving, turn the rice cooker off by pressing (⏻) twice and unplug the power cord.
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COOKING GRAINS

Follow the instructions below to cook *Arborio rice, barley, bulgur, or couscous*.

1. Using the provided measuring cup, add grain to the inner pot.
2. Rinse to remove excess starch. Drain.
3. Fill the inner pot with water, referring to the "Grain & Water Measurement Table" on page 11.
4. Place the inner pot into the rice cooker and close the lid securely.
5. Plug the power cord into an available 120V AC wall outlet.
6. Press the (⏻) button to turn on the rice cooker.
7. Select the appropriate function for the type of grain you are cooking, referring to the "Grain & Water Measurement Table" on page 11.
8. The indicator light will illuminate, the unit will beep and the display will begin a chasing pattern. The rice cooker will now begin cooking.
9. The rice cooker will count down the final 10 minutes of cook time.
10. Once finished, the rice cooker will beep and automatically switch to **Keep Warm**.
11. For best results, stir the grain with the serving spatula to distribute any remaining moisture.
12. When finished serving, turn the rice cooker off by pressing (⏻) twice and unplug the power cord.
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Note:

Before placing the inner pot into the rice cooker, check that it is dry and free of debris. Adding the inner pot when wet may damage the rice cooker.

Some grains require a much longer cooking cycle than others 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 grain properly. If it appears the rice cooker is not heating up immediately on the **Brown Rice** setting, this is due to a low-heat soak cycle that precedes the cooking cycle to produce better results.

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

Helpful Hints:

To add more flavor to grains, try substituting a favorite meat or vegetable broth or stock. The ratio of broth/stock to grain will be the same as water to grain.

For approximate rice and grain cooking times and suggested rice/water ratios, see the "Rice/Grain & Water Measurement Tables" on pages 10-11.

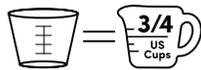
9.

Rice & Water

Measurement Table

Uncooked Rice*	Rice Water Line (inside pot)	Approx. Cooked Rice Yield*	Cooking Times
2 Cups	Line 2	4 Cups	White Rice: 29-34 Min. Brown Rice: 39-44 Min.
3 Cups	Line 3	6 Cups	White Rice: 32-37 Min. Brown Rice: 43-48 Min.
4 Cups	Line 4	8 Cups	White Rice: 35-40 Min. Brown Rice: 46-51 Min.
5 Cups	Line 5	10 Cups	White Rice: 36-41 Min. Brown Rice: 49-54 Min.
6 Cups	Line 6	12 Cups	White Rice: 37-42 Min. Brown Rice: 51-56 Min.
7 Cups	Line 7	14 Cups	White Rice: 38-43 Min. Brown Rice: 51-56 Min.
8 Cups	Line 8	16 Cups	White Rice: 39-44 Min. Brown Rice: 52-57 Min.
9 Cups	Line 9	18 Cups	White Rice: 40-45 Min. Brown Rice: 54-59 Min.
10 Cups	Line 10	20 Cups	White Rice: 41-46 Min. Brown Rice: 55-60 Min.

*Cups referenced are with the included measuring cup
(1 Rice Measuring Cup = ¾ U.S. Cup)



Grain & Water

Measurement Table

Grain	Uncooked Grain	Liquid	Approx. Cooked Grain Yield	Max. Uncooked Grain*	Function	Cooking Times
Quinoa	1 Part	1.5 Parts	2.5 Parts	6 Cups	Quinoa	32-48 Min.
Arborio	1 Part	2 Parts	2 Parts	5 Cups	Steam Cook	12-17 Min.
Barley	1 Part	2 Parts	2.5 Parts	2 Cups	Delay Timer & Brown Rice	5 Hours
Bulgur	1 Part	2 Parts	2.5 Parts	7 Cups	Brown Rice	35-50 Min.
Couscous	1 Part	1 Part	2 Parts	10 Cups	White Rice	29-60 Min.
Oatmeal	1 Part	2.5 Parts	2 Parts	4 Cups	Oatmeal	35-42 Min.

Quick Rice

Comparison Table

White Rice Uncooked Cups*	Cooking Time With Quick Rice Function	Approx. Time Savings Compared To White Rice Function
2 Cups	21-26 Min.	8 Min.
4 Cups	26-31 Min.	9 Min.
6 Cups	29-34 Min.	8 Min.
8 Cups	32-37 Min.	7 Min.
10 Cups	35-40 Min.	7 Min.

Note:

- For softer grains, simply add more water.
- This chart is only a general measuring guide, grain/water measurements may vary.
- Cooking times are approximate. Altitude, humidity and outside temperature will affect cooking times.
- Rinse grains before placing into the inner pot to remove excess bran and starch. This will help reduce browning and sticking to the bottom of the pot.

Note:

- When cooking barley, you must use the **Delay Timer** for 4 hours in combination with the **Brown Rice** function. The additional soaking time will ensure good flavor and texture.
- For best results when cooking barley or bulgur, let both grains sit on **Keep Warm** for 10 minutes before serving.

DELAY TIMER

1. Using the provided measuring cup, add rice, grain or oatmeal to the inner pot.
2. Rinse to remove excess starch. Drain.
3. If cooking rice or grain, refer to the "Rice & Water Measurement Table" on page 10 or the "Multigrain & Water Measurement Table" on page 11 and fill with water accordingly. If cooking oatmeal, fill with water according to the package instructions.
4. Place the inner pot into the rice cooker and close the lid securely.
5. Plug the power cord into an available 120V AC wall outlet.
6. Press the (⏻) button to turn on the rice cooker.
7. Press the **Delay Timer** button. Press (+) or (-) to adjust the time in one hour increments. It may be set to have rice ready in 1 to 15 hours for **White Rice, Sushi Rice, Quinoa** and **Oatmeal**, and 2 to 15 hours for **Brown Rice**.
8. Once the needed time is selected, press the appropriate function button for the type of rice or grain you are cooking.
9. The indicator light will illuminate. The unit will beep and the display will begin a chasing pattern. The rice cooker will now begin cooking.
10. The rice cooker will count down the final 10 minutes of cook time.
11. Once the rice or grain is finished, the rice cooker will beep and automatically switch to **Keep Warm**.
12. For better results, stir the rice with the serving spatula to distribute any remaining moisture.
13. When finished serving, turn the rice cooker off by pressing (⏻) twice and unplug the power cord.
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SOUP

1. Add ingredients to the inner pot.
2. Place the inner pot into the rice cooker and close the lid securely.
3. Plug the power cord into an available 120V AC wall outlet.
4. Press the (⏻) button to turn on the rice cooker.
5. Select **Soup** and press (+) or (-) to increase or decrease time by 1 hour increments. Soup can be set from 2 to 8 hours.

Note:

- Due to the longer cooking time needed, **Brown Rice** may only be delayed for 2 hours or more.
- Food should not be left in the rice cooker on **Keep Warm** for more than 12 hours.

Helpful Hints:

If you misplace the measuring cup, a ¾ standard U.S. cup is an exact replacement.

For approximate rice and grain cooking times and suggested rice/water ratios, see the "Rice/Grain & Water Measurement Tables" on pages 10-11.

SOUP (CONT.)

6. Once the time is selected, the rice cooker will beep to indicate it is setting at the displayed time. The display will stop flashing to indicate it has set. The rice cooker will begin to cook.
7. When the liquid reaches a boil, the digital display will count down in one minute increments from the selected time.
8. Using caution to avoid escaping steam, open the lid and stir occasionally with a long-handled wooden spoon.
9. Once the selected time has passed, the rice cooker will beep and automatically switch to **Keep Warm**.
10. When finished serving, turn the rice cooker off by pressing (⏻) twice and unplug the power cord.
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SAUTÉ-THEN-SIMMER®

1. Place the inner pot into the rice cooker and close the lid securely.
2. Plug the power cord into an available 120V AC outlet.
3. Press (⏻) to turn on the rice cooker, then press the **Sauté-then-Simmer®** button.
4. The rice cooker will beep, a chasing pattern will be in the display, and the **Sauté-then-Simmer®** indicator light will flash.
5. Add ingredients to be sautéed/browned to the inner pot.
6. Using a long-handled wooden spoon, stir the ingredients until they reach the desired level of doneness.
7. Add remaining ingredients and liquid to the inner pot, stirring thoroughly.
8. Close the lid securely and allow to cook. After a few minutes, the rice cooker will automatically switch to a gentle simmer.
9. The rice cooker will count down the final 10 minutes of cook time.
10. Once all liquid has evaporated, the cooker will beep and automatically switch to **Keep Warm**.
11. When finished serving, turn the rice cooker off by pressing (⏻) twice and unplug the power cord.
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Caution:

When cooking time has expired, the rice cooker will go into **Keep Warm**. Follow the recipe carefully and do not leave the rice cooker unattended.

Do not use the provided serving spatula or soup ladle to cook soup or sauté. They are for serving, and are not intended to be used in contact with high temperatures.

Use a long-handled wooden or heat-safe spoon to stir food while cooking soup or sautéing.

STEAM COOK

1. Using the provided measuring cup, add 3 rice measuring cups of water to the inner pot.
2. Place the inner pot into the rice cooker.
3. Place food to be steamed onto the steam tray.
4. Place the steam tray into the rice cooker and close the lid securely.
5. Plug the power cord into an available 120V AC wall outlet.
6. Press the (b) button to turn on the rice cooker.
7. Press the **Steam Cook** button. The digital display will show a flashing 0:05 to represent five minutes of steam time.
8. Continue to press **Steam Cook** to increase the time to 10 or 15 minutes. To set a custom time, use the (+) or (-) buttons. The maximum time is 30 minutes.
9. Once the time is selected, the rice cooker will beep to indicate it is setting at the displayed time. The display will stop flashing to indicate it has set.
10. When the water reaches a boil, the digital display will count down in one minute increments from the selected time.
11. Once the selected time has passed, the rice cooker will beep and switch to **Keep Warm**.
12. Check steamed food for doneness. If finished steaming, carefully remove food to prevent overcooking. Wear a protective, heat-resistant glove when removing to prevent possible injury.
13. When finished steaming, turn the rice cooker off by pressing (⏻) twice and unplug the power cord.
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Helpful Hints:

Smaller foods may be placed on a heat-proof dish and then placed onto the steam tray. Parchment paper or aluminum foil may be used as well. Place the paper/foil in the center of the steam tray and ensure it does not create a seal along the bottom of the 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 & Vegetable Steaming Tables" on page 16.

STEAM & COOK GRAIN

1. Using the provided measuring cup, add rice or grain to the inner pot.
2. Rinse rice to remove excess starch. Drain.
3. Refer to the "Rice & Water Measurement Table" on page 10 or the "Multigrain & Water Measurement Table" on page 11 and fill with water accordingly.
4. Place the inner pot into the rice cooker and close the lid securely.
5. Plug the power cord into an available 120V AC wall outlet.
6. Press the (b) button to turn on the rice cooker.
7. Press the appropriate function button for the type of rice or grain you are cooking.
8. The indicator light will illuminate, the unit will beep and the display will begin a chasing pattern. The rice cooker will now begin cooking.
9. Place food to be steamed onto the steam tray.
10. Refer to "Meat & Vegetable Steaming Table" on page 16 to determine how long your food should steam.
11. Using caution to avoid escaping steam, open the lid.
12. Place the steam tray into the rice cooker and close the lid securely. Allow the food to steam.
13. Using caution, open the lid to check food for doneness.
14. If food is finished steaming, remove steam tray. Wear a protective, heat-resistant glove when removing to prevent possible injury.
15. Allow the cooker to continue cooking. The digital display will show a countdown for the final 10 minutes of cook time.
16. Once rice or grain is finished, the cooker will beep and automatically switch to **Keep Warm**.
17. For best results, stir with the serving spatula to distribute any remaining moisture.
18. When finished serving, turn the rice cooker off by pressing (⏻) twice and unplug the power cord.
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Caution:

To avoid overflow, **Do not** attempt to cook more than 8 cups (uncooked) of rice if steaming and cooking rice simultaneously.

Note:

- It is possible to steam at any point during the grain cooking cycle. However, it is recommended that you steam during the end of the cycle so that steamed food does not grow cold or become soggy before the rice is ready.
- Refer to the "Meat & Vegetable Steaming Tables" on page 16 and the "Rice/Grain & Water Measurement Tables" on pages 10-11 to help determine when you should add your steam tray to the inner pot.
- Food should not be left in the cooker on **Keep Warm** for more than 12 hours.

Meat & Vegetable Steaming Tables

Meat	Steaming Time	Safe Internal Temperature
Fish	25 Min.	140° F
Chicken	30 Min.	165° F
Pork	30 Min.	160° F
Beef	Medium = 25 Min. Medium-Well = 30 Min. Well = 33 Min.	160° F

Vegetable	Steaming Time
Asparagus	9-11 Min.
Broccoli	6-8 Min.
Cabbage	5-7 Min.
Carrots	11-13 Min.
Cauliflower	7-9 Min.
Corn on the Cob	12-16 Min.
Green Beans	9-11 Min.
Peas	4-6 Min.
Potatoes	28-33 Min.
Spinach	2-4 Min.
Squash	9-11 Min.
Zucchini	9-11 Min.

* To properly steam, make sure there are at least 3 rice measuring cups of liquid in the inner pot.

Note:

- Cooking times are approximate. Altitude, humidity and outside temperature will affect cooking times.
- Since most vegetables only absorb a small amount of water, there is no need to increase the amount of water when steaming a large serving of vegetables.
- To ensure meat tastes its best, and to prevent possible illness, check that meat is completely cooked prior to serving. If it is not, simply place more water in the inner pot and repeat the cooking process until the meat is cooked.

SLOW COOK

1. Add food to be slow cooked to the inner pot.
2. Place the inner pot into the rice cooker and close the lid securely.
3. Plug the power cord into an available 120V AC wall outlet.
4. Press the (b) button to turn on the rice cooker.
5. Press **Slow Cook**. The digital display will show a flashing "2" to represent 2 hours of slow cook time. Repeatedly press **Slow Cook** to alternate between the "low" or "high" setting.
6. Press (+) or (-) to increase or decrease cook time by one hour. **Slow Cook (low)** can be set from 6-10 hours, and **Slow Cook (high)** can be set from 2-5 hours.
7. Once the needed cooking time is selected, the rice cooker will beep to indicate it is setting at the displayed time. The display will stop flashing to indicate it has set.
8. The rice cooker will begin to slow cook. The digital display will count down in one minute increments from the selected time.
9. Once the selected time has passed, the rice cooker will beep and automatically switch to **Keep Warm**.
10. Open the lid to check food for doneness. If fully cooked, remove food for serving.
11. When finished serving, turn the rice cooker off by pressing (⏻) twice and unplug the power cord.

Helpful Hints:

If the recipe calls for ingredients to be seared or browned before slow cooking, use **Sauté-then-Simmer**® to sear meat, then switch to **Slow Cook** to finish cooking.

Opening the lid during the cooking cycle causes a loss of heat and steam. Cooking time may be prolonged if the lid is opened before the food is finished.

Note:

· Slow cooking requires a small amount of liquid. Without liquid, the cooker will automatically switch to **Keep Warm**.

RECIPES

Pulled Pork

2 lbs	boneless pork loin
½	yellow onion, sliced
5 tbsp	chili powder
8 oz.	BBQ sauce
½ cup	water

Press **Sauté-then-Simmer**[®] and allow the inner pot to heat for 5 minutes. Place the pork loin into the hot inner pot and brown for 4-5 minutes per side. Add remaining ingredients to the inner pot and stir. Press **Slow Cook (high)** and set for 2 hours, or until the meat easily shreds. Serve on warm slider buns.

SERVES 4-6.
.....

One-Pot Pasta

2 cups	bow tie pasta
2½ cups	chicken broth
1 cup	marinara sauce
1 cup	parmesan cheese
1 tsp	olive oil
----	basil leaves for garnish (optional)

Combine all ingredients except cheese into the inner pot. Ensure they are evenly mixed. Close the lid and press **White Rice**. Allow to cook, opening the lid and stirring a few times. When the rice cooker switches to **Keep Warm**, open the lid and stir in the cheese until melted. Serve hot and garnish with basil leaves.

SERVES 4.
.....

RECIPES (CONT.)

Frittata

2	bell peppers, diced
1 cup	baby spinach
1	zucchini, sliced into thin rounds
8	eggs
1 cup	half and half
4 tbsp	cheddar cheese, grated
2 tbsp	olive oil
----	salt and pepper, to taste

Add olive oil to the inner pot and select the **White Rice** function. Once hot, add the bell pepper, spinach, and zucchini. Close the lid and allow the veggies to cook, stirring occasionally. In a separate bowl, whisk together the eggs, cheese, salt, pepper, and half-and-half. Once the vegetables are slightly softened, add the egg mixture and close the lid. The rice cooker will continue cooking and automatically switch to **Keep Warm**. When the frittata is ready, flip onto a plate and serve.

SERVES 4.
.....

Jambalaya

2 lbs	spicy smoked sausage
2 lbs	shrimp, peeled and deveined
3 cups	white rice
4 oz.	chicken broth
½	jalapeno, diced
2 tbsp	creole seasoning

Cut the sausage in half, lengthwise, then into ¼" half circles. Add all ingredients to the inner pot and mix well. Place the inner pot into the rice cooker and close the lid. Select the **White Rice** function. The rice cooker will automatically switch to **Keep Warm** when ready. Stir well and serve in bowls with additional seasoning.

SERVES 8.
.....

RECIPES (CONT.)

San Antonio Rice

1 cup	white rice
12 oz.	fresh salsa, mild or hot
1 tbsp	vegetable oil
1 cup	corn kernels, fresh or canned
½ tsp	ground cumin
½ tsp	salt
1¼ cups	water
----	fresh ground pepper, to taste
----	fresh minced cilantro, for garnish

Add all ingredients except cilantro to the inner pot and stir. Close the lid, press the **White Rice** button and allow to cook. Once the rice cooker switches to **Keep Warm**, carefully open the lid and stir. Allow to stand for 8-10 minutes before serving. Garnish with fresh cilantro and serve alone, or paired with grilled chicken or fish.

SERVES 3-4.
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Jalapeño Quinoa with Shallots

1 tbsp	extra virgin olive oil
1	small shallot, minced
1	clove garlic, minced
2	jalapeño peppers, minced
2 cups	quinoa, thoroughly rinsed
2½ cups	chicken broth

Add olive oil to the inner pot and select the **Quinoa** function. Once hot, add the shallot, garlic, and peppers. Close the lid and allow the veggies to cook, stirring occasionally with a long-handled wooden spoon. Once the onion has softened, add the quinoa and chicken broth. Stir well. Close the lid and cook until the quinoa is done, about 25 to 30 minutes. Serve while warm.

SERVES 4.
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RECIPES (CONT.)

Aromatic Pot Roast

2-3 lbs	beef roast
1 lb	potatoes, quartered
4	carrots, cut into chunks
2	onions, sliced
1 cup	beef broth
2	bay leaves
½ tsp	salt and pepper, to taste

Press **Sauté-then-Simmer**[®] and allow the inner pot to heat for 5 minutes. Place the beef roast into the inner pot and brown for 4-5 minutes per side. Add remaining ingredients to the inner pot and stir. Press **Slow Cook (high)** and set for 2 hours, or until the meat is tender. Serve and enjoy!

SERVES 4-6.
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Sauté-then-Simmer[®] Risotto

1 tbsp	olive oil
¼ cup	yellow onion, finely diced
1 large	garlic clove, chopped
1 cup	Arborio rice, uncooked
¼ cup	vermouth
4 cups	chicken broth
1 cup	whipping cream
3 tbsp	butter
½ cup	Parmesan cheese, shredded

Press **Sauté-then-Simmer**[®], and allow the inner pot to heat for 5 minutes. Add olive oil, onion and garlic to the inner pot, stirring well with a long-handled wooden spoon. Once the onion has softened, add rice and sauté until well coated. Add vermouth and stir until the liquid has been absorbed. Stir in the chicken broth and whipping cream, mix well, and close the lid. The rice cooker will automatically adjust to a gentle simmer to finish cooking. Once the rice cooker switches to **Keep Warm**, open the lid and stir in the butter and Parmesan cheese. Serve while warm.

SERVES 4-6.
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