

## say hello to mi.



- 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 removing or replacing 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. 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. See "quick tips" on page 9.
- 12. Do not place on/near a hot gas/electric burner or in a heated oven.
- 13. Do not use the appliance for other than its intended use.
- 14. Always check the pressure release devices for clogging before use.
- 15. Do not touch, cover or obstruct the steam vent on the top of the pressure cooker as it will be extremely hot and may cause scalding.
- 16. Use only with a 120V AC power outlet.
- 17. Always unplug from the base of the wall outlet. Never pull on the cord.
- 18. 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.
- 19. Always make sure the outside of the inner 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.





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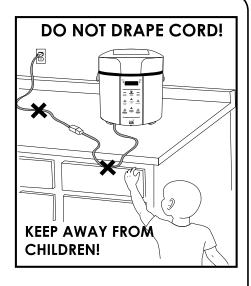
- 20. To prevent damage or deformation, do not use the inner pot on a stove top or burner.
- 21. To disconnect, press 🖰 twice to turn off, then remove the plug from the wall outlet.
- 22. To reduce the risk of electrical shock, cook only in the removable inner pot provided.
- 23. Do not wrap or tie cord around appliance.
- 24. Food should not be left in the inner pot with *keep warm* on for more than 12 hours.
- 26. To reduce the risk of electrical shock, cook only in the removable inner pot provided.
- 27. Extreme caution must be used when moving a pressure cooker containing hot food or liquids.
- 28. For household use only.
- 29. This appliance cooks under pressure. Improper use may result in scalding injury. Make certain unit is properly closed before operating. Follow the instructions in "function description" on page 7.
- 30. Do not fill the unit over 3/5 full. When cooking foods that expand during cooking such as rice or dried vegetables, do not fill the unit over 1/2 full. Over filling may cause a risk of clogging the vent pipe and developing excess pressure. Follow the instructions in "quick tips" on page 9.
- 31. 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 valve). These foods should not be cooked in the pressure cooker.
- 32. Do not use this pressure cooker for pressure frying with oil.

## **SAVE THESE INSTRUCTIONS**



# Short Cord Instructions

- A short power-supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.
- 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.

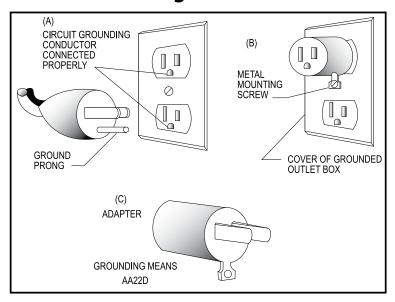




## IMPORTANT SAFEGUARDS

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

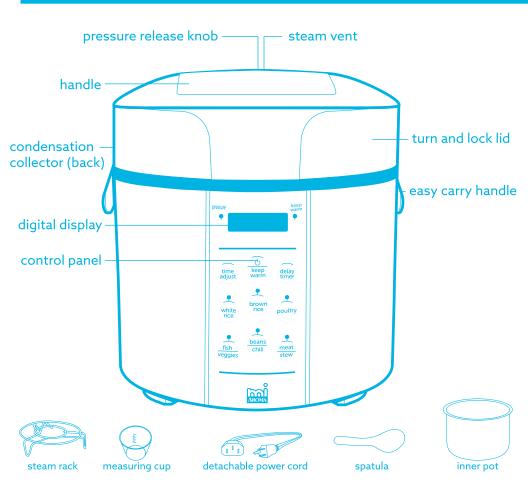
## **Grounding Instructions**



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





## lid parts



#### \*Note:

- Be sure to handwash the lid, metal gasket, silicone ring and metal plate guard to prevent build-up and clogging.



## function description

Light indicator when

pressure • Light indicator when maximum pressure has been reached

keep warm

Light indicator when in keep warm mode



Select time adjust for fish/veggies, beans/chili, meat/stew and poultry in 1 minute incremements



Press once to power on. Press again to change to keep warm



Delay timer can be set 30 minutes to 15 hours for white rice, brown rice and beans/chili



white rice

Cooking time set at 5 minutes



brown rice Cooking time set at 20 minutes



Select and press time adjust to set from 10 to 40 minutes.

Default is 15 minutes

Select and press time adjust



to set from 1 to 40 minutes. Use steam rack to place fish and veggies on top and add 1 cup of water



chili

Select and press time adjust to set from 1 to 60 minutes. Default is 45 minutes



meat

Select and press time adjust to set from 10 to 60 minutes. Default is 20 minutes



## function settings

Function	Pressure	Default Time	Time Adjust Range	
fish/veggies	5-6.5 psi	10 mins.	1-40 mins.	
beans/chili	5-6.5 psi	45 mins. 1-60 mins.		
meat/stew	5-6.5 psi	20 mins.	10-60 mins.	
white rice	5-6.5 psi	5 mins. N/A		
brown rice	5-6.5 psi	20 mins. N/A		
poultry	5-6.5 psi	15 mins.	10-40 mins.	



## quick tips

## digital display readings



pressure setting: cooking time





## pressure release valve



## error display readings

Display Code	Meaning	Action	
E1	Sensor circuit failure	Contact customer service at 1-800-276-6286	
E2	Sensor short-circuit	Contact customer service at 1-800-276-6286	
E3	Over-heating/high temperature	Turn off pressure cooker and release pressure. Allow to cool for 2-5 minutes.	
E4 Pressure switch failure		Contact customer service at 1-800-276-6286	

## \*Note:

- PSI level is the same for all functions (5-6.5 PSI).
- All functions use pressure and set pressure release valve to airtight.
- Hold down increase/decrease to speed up time adjustment.
- Always add cooking liquid.

CAUTION: DO NOT fill inner pot beyond 3/5 line marked inside inner pot.



## to cook white/brown rice

## how to cook white/brown rice

- 1. Add 1 to 4 cups of uncooked rice to the pressure cooker. Rice will roughly double in amount once cooked.
- 2. Fill the inner pot with water to the line that matches the number of cups of rice.
- 3. Press (b) to turn the pressure cooker on. Press white rice or brown rice to begin cooking. Once the rice is ready, the rice cooker will beep and automatically switch to keep warm. Cooking times can be adjusted in various increments for all functions except white rice and brown rice.

Amount	Water Line	Yields	White Rice Cooking Times	Brown Rice Cooking Times
1 cup	1	2 cups	10-15 mins	23-28 mins
2 cup	2	4 cups	13-18 mins	26-31 mins
3 cup	3	6 cups	16-21 mins	29-34 mins
4 cup	4	8 cups	18-23 mins	36-41 mins

#### \*Note:

- Be sure to handwash the lid, metal gasket, silicone ring and metal plate guard to prevent build-up and clogging.
- Pressure cooking times need to be increased at higher altitudes and ½ cup cooking liquid will need to be added.



## cleaning instructions

- 1. Remove lid and inner pot from pressure cooker after use and after inner pot has completely cooled.
- 2. Pull center silicone knob from underside of lid to separate inner metal plate from lid.
- 3. Handwash all parts, inner pot and accessories
- 4. Dry inner pot, lid and accessories with drying towel.
- 5. Reassemble pressure cooker for next use.

#### \*Note:

- Do not use harsh or 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.
- Always make sure the outside of the inner pot is dry prior to use. If the inner pot is returned to the pressure cooker when wet, it may damage this product, causing it to malfunction.



## open/close lid instructions







Twist lid clockwise to open and counterclockwise to close.



Lift lid to separate from unit.

#### \*Note:

- Use the open/close lid markers to line up with the bottom marker to correctly secure or separate the lid from the unit.





Aroma Housewares Company warrants this product free from defects in material and workmanship for one year 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. \$20.00 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.

This warranty does not cover improper installation, misuse, abuse or neglect on the part of the owner. Warranty is 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 of the United States.





www.AromaTestKitchen.com

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# **Brecipes**

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## recipes

chunky beef goulash with sweet Hungarian paprika

## **Ingredients:**

2 tblsp olive oil

3 tblsp flour

1½ tsp salt

1 teaspoon black pepper

1 lb. boneless beef chuck roast, cut into 1" pieces

2 tblsp sweet Hungarian paprika

1 bay leaf

7 oz. can whole tomatoes, with juice

2 cloves garlic, peeled, minced

1 small yellow onion, peeled, chopped

7 oz. can beef broth

7 oz. can yellow corn, drained

6 oz. wide egg noodles, cooked and drained

- 1. Place the oil in the inner pot and set cooker to **meat/stew**.
- 2. Press time adjust and set for 30 minutes. Allow oil to heat for 4 minutes.
- 3. In a plastic bag, combine the flour, salt and pepper.
- 4. Add several pieces of beef to the bag and seal, tossing the flour mixture and beef.
- 5. Remove beef using tongs. Place half of the pieces of beef into the inner pot to brown all sides. Place lid on with vent on exhaust to retain heat and sauté faster.
- 6. Remove beef pieces and repeat with the remaining beef pieces. When all beef is brown return beef back into inner pot.
- 7. Add the paprika, bay leaf, tomatoes with juice, garlic, onion and beef broth.
- 8. Close lid securely and set the steam vent to airtight.
- When time expires, release the pressure, remove the lid and add the corn and noodles, stirring to mix.
- 10. Remove the bay leaf before serving. Serves 4 to 6.





# glazed honey and red currant chicken

#### **Ingredients:**

1/2 cup sweet red wine 1/2 cup white vinegar

1 cup red currant preserves

2 tblsp soy sauce 2 tblsp honey

1 tblsp 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.
- 2. Add the chicken pieces and mix well.
- 3. Marinate in the refrigerator for 4 to 6 hours.
- 4. Place the chicken and marinade in the inner pot.
- 5. Close the lid securely and set the steam vent to *airtight*.
- 6. Use *poultry*. Press *time adjust* to set time to 35 minutes.
- 7. When time has expired carefully release the pressure and remove the lid.
- 8. Serve while warm, spooning the sauce over the chicken. Serves 4.



## recipes

fresh brussel sprouts with white wine vinaigrette

### **Ingredients:**

4 slices smoked bacon

11/4 lbs. fresh Brussels sprouts, cleaned, trimmed

1/4 cup olive oil

3 tblsp white wine vinegar

1 tsp salt

1/2 tsp black pepper

½ cup water chestnuts, thinly sliced

2 tblsp green onions, minced

- 1. Slice bacon into thin strips and place in the inner pot.
- 2. Press *fish/veggies* with default setting at 10 minutes.
- 3. Cook until crisp.
- 4. Remove to a paper towel and crumble when cool. Set aside.
- 5. Add the sprouts to the bacon drippings for 4 minutes, turning often.
- 6. Discard any excess drippings and add 1 cup water.
- 7. Close the lid securely and set the steam vent to airtight.
- 8. Release the pressure and remove lid.
- 9. Spoon the sprouts into a serving bowl.
- 10. In a small bowl, whisk together the oil, vinegar, salt and pepper.
- 11. Add the water chestnuts and green onions and pour over the sprouts.
- 12. Top with bacon and serve while warm or cover and chill for 4 hours. Serves 8 to 10.



# mediterranean lamb medallion with couscous

### Ingredients:

2 tblsp olive oil

½ tsp black pepper

1½ lbs. boneless lamb loin

1 cup chicken broth ½ tsp dried thyme

½ tsp ground marjoram

½ tsp ground sage

2 tsp fresh mint, chopped, divided

1 green pepper, cored and roughly chopped

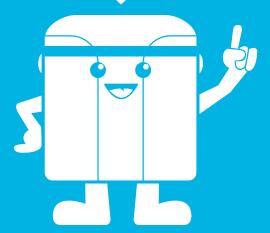
2 cups instant couscous, uncooked

- 1. Place the oil in the inner pot and set cooker to *meat* until hot.
- 2. Rub the pepper over the lamb and place the meat in the cooker, browning on all sides in the oil.
- 3. Add the chicken broth, herbs and green pepper.
- 4. Turn the pressure cooker off.
- 5. Close the lid securely and set the steam vent to airtight.
- 6. Cook until the meat's internal temperature registers 150°F.
- 7. Carefully release the pressure.
- 8. Remove the lid, remove lamb and let stand for 10 minutes.
- 9. Slice lamb and serve over cooked couscous.



## **Troubleshooting?**





Visit
www.AromaCo.com
or Call
1-800-276-6286

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