

AROMA[®]



instruction manual

RS-03/RS-07

Select Stainless[™]
Steam Tray

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AROMA®

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Aroma offers an array of exceptional products to make cooking simple and satisfying. Discover other countertop appliances and cookware from our current product lineup to complement your kitchen.

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BEFORE FIRST USE

1. Read all instructions before first use.
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 tray in warm, soapy water. Rinse and dry thoroughly.

TO CLEAN

1. When finished serving, wash the steam tray with a soft sponge and warm, soapy water.
2. For difficult-to-remove food stains, soak the steam tray in hot, soapy water for 20 minutes then wipe clean with a soft sponge.
3. Dry thoroughly then place the steam tray atop the inner pot to store.

STEAM

1. Using an Aroma® rice measuring cup, add 2 cups of water to the inner pot for ARC-753 series rice cookers, and 3 cups of water for ARC-757 series rice cookers.
2. Place the inner pot into the rice cooker.
3. Place food to be steamed onto the steam tray.
4. Place the steam tray atop the inner pot then place the glass lid on top.
5. Plug the power cord into an available 120V AC outlet.
6. Press the cook switch down to begin steaming. The cook indicator light will illuminate as the rice cooker begins to heat.
7. Once the suggested amount of time has passed, carefully remove the lid and check food for doneness.
8. If food is fully cooked, push the cook switch up to manually switch the rice cooker to **Warm**.



Caution:

This steam tray is only for use with rice & grain cookers in the Aroma® ARC-753 or ARC-757 series.

Note:

To avoid food sticking to the steam tray and overcooking, remove the food from the steam tray as soon as it is finished cooking.

Helpful Hints:

For suggested steaming times and water amounts, see the "Meat & Vegetable Steaming Tables" on page 5.

An Aroma® rice measuring cup is the equivalent to a $\frac{3}{4}$ standard U.S. cup.



Published By:
Aroma Housewares Co. | 6469 Flanders Drive, San Diego, CA 92121, U.S.A.
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STEAM (CONT.)

9. To prevent overcooking, remove steamed food immediately once it is cooked. Be sure to use a protective, heat-resistant glove when removing to avoid possible injury.
10. When finished cooking, unplug the power cord to turn the rice cooker off.
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STEAM & COOK RICE

1. Using an Aroma® rice measuring cup, add rice or grain to the inner pot.
2. Rinse to remove excess starch. Drain.
3. For white rice, fill with water to the line that matches the number of cups of uncooked rice added. For brown rice or other grains, refer to the "Grain & Water Measurement Tables" in an Aroma® ARC-753 or ARC-757 series rice & grain cooker manual.
4. Place the inner pot into the cooker then place the glass lid on top.
5. Plug the power cord into an available 120V AC wall outlet.
6. Press the cook switch down to begin cooking. The cook indicator light will illuminate as the rice cooker begins to heat.
7. Place food to be steamed onto the steam tray.
8. Remove the lid using caution as built-up steam may escape.
9. Place the steam tray atop the inner pot then place the glass lid on top.
10. Cook food according to the "Meat & Vegetable Steaming Tables" on page 5.
11. Using caution, remove the lid to check steamed food for doneness. If food is finished steaming, remove the steam tray. Be sure to use a protective, heat-resistant glove when removing to avoid possible injury.
12. Replace the lid onto the cooker and allow the cooking cycle to continue.
13. Once the cycle is complete, the rice cooker will automatically switch to **Warm**.
14. For best results, stir the rice or grain with the serving spatula to distribute any remaining moisture.
15. When finished serving, turn the rice cooker off by unplugging the power cord.
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Note:

Food can be steamed at any time while rice cooks. However, for best results, food should be steamed toward the end of the rice cooking cycle. This will allow for rice and steamed food to be ready at the same time. See the "Rice/Grain & Water Measurement Tables" in an Aroma® ARC-753 or ARC-757 series rice & grain cooker manual for approximate cooking times.

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

Helpful Hints:

Smaller foods may be placed on a heat resistant 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.

An Aroma® rice measuring cup is the equivalent to a $\frac{3}{4}$ standard U.S. cup.



Meat & Vegetable Steaming Tables

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

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

Note:

These steaming charts are for reference only. Actual cooking times may vary depending on the cut of meat being used.

Altitude, humidity and outside temperature will affect steaming 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.

5.



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