

#1 Rice Cooker Brand*

AROMA[®]
PROFESSIONAL
plus

Rice Cooker Multicooker

Slow Cooker • Food Steamer

Recipe Book (ARC-5000SB)



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Ready, Set, Cook!

Contents:

△ These recipes are excerpts from 5Plus5 by Pascoe Publishing, Inc.

EASY AS 1-2-3

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- 2) Add water,
- 3) Push a button.

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*NPD POS DATA 2015



5PLUS5:

Five Ingredients + Five Minute Prep

Deliciously Easy Recipes From your Professional *Plus* Rice Cooker, Multicooker, Slow Cooker & Food Steamer.

The following recipes are excerpts from 5 Plus 5 by Pascoe Publishing, Inc. 5 Plus 5 is full of great recipes for your new Aroma® Professional *Plus* Rice Cooker, Multicooker, Slow Cooker & Food Steamer. With just five ingredients and 5 minutes of prep time, you can have a delicious meal made completely in your new cooker.

To purchase a copy of 5 Plus 5, visit **www.AromaCo.com/5Plus5** or call us toll-free at **1.800.276.6286**.



“An Easy Cheesey Chicken”

Ingredients:

- 4 oz. boneless, skinless chicken breasts
- 15 oz. can diced tomatoes with peppers and onions, with juices
- 1½ cups long grain white rice, uncooked
- 1½ cups chicken broth
- 1 cup mozzarella cheese, shredded

Have on hand:

- 1 Tbs. butter
- salt and pepper, to taste

Directions:

Serves 4 Place the inner pot into the rice cooker. Press the Saute-Then-Simmer™. Melt about a tablespoon of butter. Add the chicken breasts and sauté until browned, about 2 minutes. Toss in the undrained tomatoes, rice, chicken broth and salt and pepper to taste. Close the cover and allow to cook for the remainder of the time set, or until the chicken is cooked through and no pink remains.

To serve, use a large spoon to portion the rice and chicken on to 4 dinner plates. Cover each serving with shredded cheese. Serve at once.



“Asparagus & Swiss Cheese Omeletatta”

Ingredients:


- 4 thin spears fresh asparagus, cut into 1-inch pieces
- 6 large eggs, beaten with a dash of salt and pepper
- ½ cup Swiss cheese, shredded
- 1 tsp. fresh thyme leaves, minced (or use ¼ tsp. dried thyme)
- 1 green onion, chopped

Have on hand:

- 1 Tbs. butter
- salt and pepper, to taste

Directions:

Serves 4 Place butter in the inner pot of the Aroma® rice cooker. Press the Sauté-Then-Simmer™ and set to 20 minutes. Allow to heat for 2 minutes. Add the asparagus pieces and sauté for about 4 minutes, stirring occasionally with a long-handled spoon. The asparagus should be crisp, but not tough.

Pour the eggs over the asparagus and scatter the cheese over the eggs. Sprinkle with the thyme and green onions. Close the lid and set cancel Sauté-then-Simmer™ by pressing the  button. Then select Steam Cook for 5 minutes.

Use a plastic spatula to slide the omeletatta onto a large serving plate. Cut into 4 large wedges and serve at once.



“Tuna & Tiny Tomato Tabouleh (aka TnTTT)”

Ingredients:

- 1 cup bulgur wheat, uncooked
- ½ lb. fresh ahi tuna steak
- 1 cup small grape tomatoes, halved
- 1 medium cucumber, peeled and diced
- ¼ cup Italian salad dressing

Have on hand:

- 2 cups water
- salt and pepper, to taste

Directions:

Serves 2 to 3 Pour the water into the inner pot of the Aroma® rice cooker and add the bulgur wheat. Add a pinch each of salt and pepper. Close the lid and Steam Cook for 17 minutes. Place the ahi tuna onto the steam tray. Once the Steam Cook time elapses carefully open the lid and place the steam tray into the rice cooker. Steam Cook for 5 minutes.

When done, remove the tuna and set aside. Allow the bulgur to cool. Spoon the cooled bulgur wheat into a serving bowl and add the tomatoes and cucumber. Toss with the Italian salad dressing. Slice the tuna steak thinly and place on top of the salad. Serve at once.



“Pulled Pork BBQ Loafers”

Ingredients:

- 10-12 oz. pork tenderloin
- 1 cup barbecue sauce
- 1 cup chili sauce
- 1 white onion, peeled and chopped
- 4 to 6 soft, hefty sandwich buns, split and toasted

Have on hand:

- 2 ½ cups water

Directions:

Serves 4 to 6 Cover the inside of the steam tray of the Aroma® rice cooker with 2 large sheets of aluminum foil, including the bottom and sides, to make it spill-proof. Position the pork tenderloin in the tray. Cover the pork with the barbecue sauce and the chili sauce. Scatter the onions over all. Set aside.

Pour the water into the inner pot of the Aroma® rice cooker. Fit the filled steam tray into the cooker and close the lid. Steam Cook for 25 to 30 minutes, or until a meat thermometer reads 160°F. The meat should shred easily with a fork when done. If needed, continue cooking for up to 10 minutes.

Remove the pork from the steam tray and place on a cutting board. Shred the pork with a fork and knife and mix some of the remaining sauce from the steam tray back into the meat. Don't be stingy with the sauce sloppy and juicy is good here.

To serve, mound equal portions of the pork onto the sandwich buns and close the buns. Serve with plenty of napkins and the above-mentioned garnishes.

“Authentic Goldilocks Porridge with Berries (or Bearies?)”

Ingredients:

- 1 cup white or brown rice farina (or try yellow polenta)
- 1 cup low-fat milk
- ½ cup strawberries, sliced
- ¼ cup sour cream
- 2 Tbs. clover honey

Have on hand:

- 2 cups water
- a pinch of brown sugar

Directions:

Serves 4 Place the farina in the inner pot of the Aroma® rice cooker and stir in the milk and 2 cups water. Steam Cook for 10 minutes. Open the rice cooker occasionally as porridge cooks and stir.

Spoon the porridge into 4 bowls and top each serving with strawberries, sour cream and honey. If you're one of those types who need more, more, more sweetness, add a pinch of brown sugar, as well.



“Ooh-La-La Potato Salad”

Ingredients:

- 1 lb. new potatoes, cut into bite-sized pieces
- 1 lb. fresh green beans, trimmed, cut in half
- ½ medium red onion, chopped
- ½ cup Kalmata Olives, pitted
- 1 Tbs. prepared Dijon mustard

Have on hand:

- 2 cups water
- ¼ cup extra virgin olive oil
- salt and pepper, to taste

Directions:

Serves 6 Pour the water into the inner pot of the Aroma® rice cooker and add the potatoes. Add a pinch each of salt and pepper. Close the lid and Steam Cook for 10 minutes.

Add the green beans and Steam Cook for an additional 10 minutes. To serve, place the potatoes and beans in a serving bowl and add the red onion and olives on top. Whisk together the mustard and oil and add generous amounts of salt and pepper to taste. Pour the dressing over the vegetables, toss together well and serve while warm.



“Eat Your Squash!”

Ingredients:

- 1 lb. small acorn squash, cut into bite-sized pieces
- 1 Tbs. fresh sage (or 1 tsp. ground sage)
- 2 Tbs. butter

Have on hand:

- 2 cups water
- salt and pepper, to taste

Directions:

Serves 2 Pour the water in the inner pot of the Aroma® rice cooker. Spoon the acorn squash into the steam tray and sprinkle with the sage. Place the steam tray into the rice cooker and close the lid.

Set Steam Cook for 20 minutes, or until the squash is tender. Spoon the cooked squash into a serving bowl and add butter, salt and pepper to taste.



“Bacon & Cheese Steak Sandwiches”

Ingredients:

- 4 slices bacon, cut into small pieces sirloin beef steak, thinly sliced across the grain
- 1 lb. white onion, peeled and thinly sliced
- 1 cream cheese, cut into small pieces
- 4oz. hoagie sandwich rolls, split and toasted

Have on hand:

- black pepper

Directions:

Serves 4 Place the bacon in the inner pot of the Aroma® rice cooker, press Saute-Then-Simmer™ and allow to cook for 4 minutes, or until the bacon is almost cooked through. Add the beef and onion slices and continue cooking for 6 to 8 minutes, stirring occasionally with a long-handled spoon. The beef slices should be slightly pink in the center when done.

Add the cream cheese to the meat and bacon mixture. Add black pepper and close the lid. Allow to cook for about 2 minutes, stirring lightly. Once cooked, press the ⏻ button to turn the rice cooker off.

To assemble the sandwiches, spoon the beef and sauce mixture equally into the rolls and close the rolls. Serve while warm.



“The Bok Choy Boys Chicken”

Ingredients:

- 1 lb. boneless, skinless chicken breast, cut in bite-sized pieces
- 2 heads bok choy, cut into 2-inch pieces
- 14 oz. package frozen Chinese vegetables, thawed
- 1 cup teriyaki cooking sauce
- 8 oz. fettuccini noodles, cooked and drained

Have on hand:

- canola oil

Directions:

Serves 4 Pour the oil into the inner pot of the Aroma® rice cooker and add the chicken pieces. Steam Cook for 6 minutes. Sauté until lightly brown. Add the bok choy, thawed vegetables, teriyaki sauce and salt and pepper.

Stir with a long-handled spoon and Steam Cook for an additional 8 to 10 minutes, or until the chicken is cooked through and no longer pink.

To serve, toss the chicken and veggies with the fettuccini noodles and spoon into bowls.



“Street Fish Tacos with Sesame Sauce”

Ingredients:

- 2 cups chicken broth (or water)
- 1 lb. mild, white fish fillets
- $\frac{3}{4}$ cup sesame salad dressing, divided
- 3 cups Asian cole slaw salad mix
- 12 small corn tortillas, warmed

Have on hand:

- salt and pepper, to taste

Directions:

Serves 4* Pour the chicken broth into the inner pot of the Aroma® rice cooker. Add the fish to the steam tray and season with salt and pepper to taste. Place the steam tray into the rice cooker. Close the lid. Steam Cook for 15 minutes, or until the fish flakes easily. Remove the fish and cut into bite-sized pieces. Toss the fish lightly with $\frac{1}{4}$ cup of the salad dressing.

To assemble the tacos, fill each corn tortilla with the fish and cole slaw and drizzle each with the extra sauce.

*1 serving = 3 street tacos



“Wine-Poached Pears with Caramel”

Ingredients:

- 2 cups sweet dessert wine
- 2 large pears, halved and cored
- ½ tsp. ground nutmeg
- ¼ cup premium caramel sauce
- Whipped cream, for garnish

Directions:

Serves 4 Pour the wine into the inner pot of the Aroma® rice cooker and add the nutmeg. Place the pears, cut side down, in the steam tray and place the filled tray in the rice cooker. Close the lid and Steam Cook for 12 minutes, or until the pears are tender.

To serve, place one half pear on each dessert plate and drizzle with the caramel sauce. Toss a dollop of whipped cream over each serving if you're feeling especially generous.



“Bacon & Cream Cheese Portobellos”

Ingredients:

- 2 large Portobello mushrooms, brushed clean
- 4 oz. cream cheese, softened
- ¼ cup Parmesan cheese, grated
- 2 slices bacon, cooked and crumbled
- 1 green onion, thinly sliced

Have on hand:

- 2 cups water
- salt and pepper, to taste
- buttery crackers

Directions:

- Serves 4** Pour the water into the inner pot of the Aroma® rice cooker. Place the mushrooms, gill-side up, in the steam tray. Place the steam tray into the rice cooker, close the lid and Steam Cook for 8 minutes.

Meanwhile, stir together in a small bowl the cream cheese, Parmesan cheese, bacon and green onion. Add salt and pepper to taste.

After steaming, open the rice cooker and use a large spoon to mound half of the cream cheese mixture on top of each Portobello. Smooth the top and edges with a knife. Close the lid and Steam Cook an additional 3 to 4 minutes.

Remove the mushrooms with a large spatula and let cool slightly. Place on a serving tray and cut each mushroom into 6 wedges. Pop the wedges into your mouth or, if you're into elegance and charm, serve the wedges with buttery crackers.



“Lavish Southern Belle Spoon Bread”

Ingredients:

- 1 large egg, beaten
- 2 cup corn muffin mix
- $\frac{3}{4}$ cup canned creamed corn
- $\frac{3}{4}$ cup sour cream
- $\frac{3}{4}$ cup Swiss cheese, shredded

Have on hand:

- 2 cups water
- $\frac{1}{4}$ cup mayonnaise
- cooking spray

Directions:

Serves 4 to 6 Line the steam tray of the Aroma® rice cooker with 2 large pieces of aluminum foil to create a spill-proof liner, including the bottom and sides of the tray. Lightly coat the foil with cooking spray. Set aside.

In a medium mixing bowl, use a large spoon to combine the eggs, corn muffin mix, creamed corn, sour cream and Swiss cheese. Stir well to combine and add the mayonnaise. Stir to blend again.

Pour the water into the inner pot and place the steam tray into the inner pot. Spoon the cornbread mixture into the prepared steam tray. Place the steam tray into the rice cooker and close the lid. Steam Cook for 30 minutes, or until the cornbread is very moist, almost pudding-like, but set in the middle.

Remove the steam tray from the cooker and cool slightly on a wire rack. Spoon onto plates or into bowls and top with other yummy garnishes such as butter or honey, if you feel like it.



“Shrimp & Green Onion Raviolis”

Ingredients:

- 1 lb. raw shrimp, finely chopped
- ½ cup water chestnuts, finely chopped
- 2 green onions, finely minced
- 2 tsp. sesame oil
- 24 small round potsticker wrappers

Have on hand:

- 2 cups water
- salt and pepper, to taste
- soy sauce, to taste

Directions:

Serves 6 Place the shrimp, water chestnuts, onion and sesame oil in a small bowl and mix together. Place one wrapper on a clean surface and add a spoonful of the filling. Dab the edges of the wrapper with water and cover with another wrapper. Press the edges together to seal. Repeat with the remaining wrappers and filling.

Pour the water into the inner pot of the Aroma® rice cooker. Position the raviolis in the steam tray so they do not overlap and place the tray into the rice cooker. Close the lid and Steam Cook for 12 minutes.

When done, remove the raviolis and serve with a little soy sauce on the side. Then, get ready to make another batch because everyone will be asking you for more.



“California Turkey, Avocado & Blue Cheese Salad”

Ingredients:

- 3 large eggs
- 12 oz. turkey cutlets
- 3 ripe avocados, peeled and sliced
- 8 cups assorted salad greens
- $\frac{3}{4}$ cup blue cheese salad dressing

Have on hand:

- 2 cups water
- salt and pepper, to taste

Directions:

- Serves 4** Pour the water into the inner pot of the Aroma® rice cooker. Place the eggs, unshelled, in the steam tray and add the turkey cutlets. Season the turkey with salt and pepper, to taste. Steam Cook for 12 minutes, or until the turkey is cooked through and no pink remains.

Remove the eggs and place in a bowl of cold water. Peel and cut into wedges. Cut the turkey cutlets into thin matchstick pieces. To assemble the salads, place the greens on 4 plates and top with the turkey, eggs and sliced avocados. Cover each salad with dressing and serve right away.



“Dark Chocolate Truffle Cake”

Ingredients:

- 2 cups water
- 2 cups chocolate cookie crumbs
- $\frac{3}{4}$ cups sugar
- 5 oz. unsweetened dark baking chocolate, melted
- 3 large eggs
- 2 tsp. vanilla extract
- $\frac{3}{4}$ cup evaporated milk

Have on hand:

- dash of salt

Directions:

- Serves 4** Pour 2 cups of water into the inner pot of the Aroma® rice cooker and close the lid. Place the cookie crumbs in the bottom of a 1-2 quart baking dish that fits into the inner pot.

Foil Pan Lifter

To make a foil lifter that will lift pans from the cooker, fold a long piece of heavy-duty foil into a single strip about 2 inches wide. The foil should extend over each side of the cooker, acting as handles to lift your prepared foods from the cooker. Place your cooking pan on top of the lifter and cook as directed.

In a medium bowl, add the sugar to the warm melted chocolate, stirring until the sugar dissolves. Add the eggs, one at a time, whisking to incorporate each egg. Add the vanilla and salt. Add the milk, whisking until the batter becomes completely blended. Gently pour the batter over the cookie crumbs. Cover with a piece of foil that fits the top of the dish. Using a cooking mitt and a foil pan lifter (see below), place the dish in the water. Close the lid and Steam Cook for 45 minutes (Steam Cook will only set up to 30 minutes, once 30 minutes have elapsed, check water level and Steam Cook again for 15 additional minutes). Open the lid, and use a cooking mitt and the foil pan lifter to remove the dish to a rack to cool. Serve while warm or chill for up to 4 hours before serving.

“Steamed Brandied Pears”

Ingredients:

- 2 cups water
- 2 d'Anjou pears, halved and cored
- 4 Tbs. almond-flavor liqueur
- 1 cup low-fat milk
- ½ cup sugar
- 4 Tbs. butter or margarine
- 2 Tbs. flour
- 3 Tbs. brandy

Directions:

- Serves 4** Pour 2 cups of water into the inner pot of the Aroma® rice cooker. Place the inner pot into the rice cooker. Place the pear halves on a plate that fits into the steam tray. Spoon a tablespoon of liqueur on each pear half and cover with aluminum foil. Place the steam tray into the cooker. Close the lid and Steam Cook for 20 to 25 minutes, or until the pears are tender. In a small bowl, combine the milk and sugar and stir to blend. In a saucepan over medium-low heat, melt the butter and add the flour, whisking constantly for 1 minute. Add the milk and sugar, whisking constantly for another minute. Remove the sauce from the heat and whisk in the brandy. When done, use a cooking mitt to remove the pears from the rice cooker. Garnish the pears with the brandy sauce to serve.



“BBQ Shredded Chicken & Cilantro on Toasted Ciabatta Rolls”

Ingredients:

- 6 boneless, skinless chicken thighs
- 1 white onion, peeled, chopped
- 2 cloves garlic, peeled, chopped
- 18 oz. bottled barbecue sauce
- 4 ciabatta rolls, split, toasted

Have on hand:

- 4 fresh cilantro, chopped
- ¼ cup thin slices provolone cheese

Directions:

- Serves 4** Place the thighs, onion, garlic and barbecue sauce in the inner pot. Close the lid and slow cook for 4 to 5 hours.

Cool slightly and remove the chicken meat. Shred and return to the inner pot, mixing with the sauce. To serve, pile the chicken and sauce liberally on one-half of each roll, top with a slice of cheese and garnish with the cilantro.



“Cracked Black Pepper-Rubbed Pork Loin Roast”

Ingredients:

- 2½ - 3 lb. boneless pork loin roast
- ½ tsp. onion powder
- 2 Tbs. cracked black pepper
- 2 tsp. dried basil
- 1 tsp. dried oregano
- 1 tsp. coarse salt
- 3 medium parsnips, cut in 1-inch pieces
- 3 medium red potatoes, cut in 1-inch pieces

Directions:

Serves 6 to 8 Place the roast on a work surface and pat dry. In a small bowl, combine the onion powder, black pepper, basil, oregano and salt. Firmly pat the pepper mixture into the pork, covering the roast entirely.

Set to Sauté-Then-Simmer and allow rice cooker to preheat for 5 minutes. Add a bit of olive oil or butter to the inner pot and sear roast for a few minutes on each side. Remove roast from the inner pot and set aside.

Place the parsnips and potatoes in the inner pot and position the roast over the vegetables. Close the lid and slow cook for 3 to 4 hours. Remove and slice the roast. Serve the pork with the vegetables, spooning the natural sauce over all.



“Go-To Italian Plum Tomato Sauce”

Ingredients:

- 28 oz can plum tomatoes, with juices
- 8 Roma tomatoes, quartered
- 1 large white onion, peeled, chopped
- 8 cloves garlic, peeled, chopped
- 1 large carrot, peeled, chopped
- 1 tsp. ground oregano
- 1 tsp. dried basil
- 1 Tbs. sugar
- 1 tsp. salt
- 1 tsp. black pepper

Directions:

- Serves 8*** Place all ingredients in the inner pot and stir once. Close the lid and slow cook for 4 to 5 hours. If desired, make a smooth sauce by blending or mash to desired consistency. Spoon into air-tight containers and refrigerate or freeze until use.

*1 serving = 1 cup



“Crab & Tarragon Stuffed Tilapia Fillets”

Ingredients:

- ½ cup fresh crab meat, cleaned
- 1 Tbs. fresh tarragon, minced
- 1 Tbs. fresh parsley, minced
- ½ cup fresh bread crumbs
- 3 green onions, minced
- 2 Tbs. lemon juice
- 1 tsp. salt
- ½ tsp. pepper
- 4 large tilapia fillets (or use other mild, white fillets)
- ¼ cup sauterne cooking wine

Have on hand:

- fresh parsley for garnish

Directions:

Serves 4 In a medium bowl, combine the crab, herbs, bread crumbs, onions, juice, salt and pepper. Toss lightly.

Place the fillets horizontally on a work surface and evenly spoon the stuffing over the middle of the widest part of each fillet. Roll each fillet up in jellyroll fashion, encasing the stuffing through the widest part. Secure each with cooking string or a toothpick.

Place each fillet roll in the inner pot and add the sauterne. Close the lid and slow cook for 2 hours. Garnish with the parsley just before serving.



“Split Pea Soup with Prosciutto and Crispy Croutons”

Ingredients:

- 3 oz. prosciutto, chopped
- 2 cups split peas, cleaned and sorted
- 6 cups low-sodium chicken broth
- 3 large carrots, peeled, chopped
- 1 large yellow onion, peeled, chopped
- 2 ribs celery, chopped
- 1 tsp. salt
- 1 tsp. black pepper
- ½ baguette, thinly sliced, buttered and toasted

Directions:

Serves 6 to 8 Place the peas, broth, carrots, onion, celery, salt and pepper in the inner pot and close the lid. Slow cook for 4 to 5 hours.

Open the lid and remove 2 cups of soup from the inner pot and blend until smooth. Return to the soup for 20 minutes to re-heat with Steam Cook and thicken the soup. Ladle into bowls for serving.

Place the prosciutto in the now empty inner pot. Press Sauté-then-Simmer™ and sauté until crumbly. Turn off the rice cooker and remove prosciutto.

Garnish each bowl with prosciutto and a toasted baguette slice.



“Sweet ‘n’ Tender Baby Back Ribs”

Ingredients:

- 2½-3 lbs. pork baby back ribs
- 8 oz. can tomato sauce
- 2 Tbs. prepared mustard
- ¼ cup dark brown sugar
- 1 Tbs. Worcestershire sauce

Directions:

Serves 4 Place the ribs in the inner pot, cutting to fit if needed.

In a small bowl, combine the remaining ingredients and spoon over the ribs. Close the lid and slow cook for 4 to 15 hours.



“Aroma’s Favorite Pulled Pork”

Ingredients:

- 1½ lb. pork tenderloin
- 2 cups barbecue sauce
- ½ cup bottle chili sauce
- 1 white onion, diced
- 4 to 6 sandwich buns, toasted

Directions:

Serves 4 to 6 Add all ingredients to the inner pot. Close the lid and slow cook for 4 hours. When finished cooking, shred pork with a fork and serve on toasted sandwich buns.



More recipes? Visit AromaTestKitchen.com



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