

AROMA®

PROFESSIONAL



instruction manual

AMC-800

SmartCarb® Multicooker · Food Steamer

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Digital Rice & Grain
Multicookers



Rice & Grain
Cookers



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AROMA®

To Enhance and Enrich Lives.

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

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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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, electrical shock and injury to persons, do not immerse the power cord, plug or 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 the wall outlet when not in use and before cleaning. Allow the unit to completely cool before putting on or removing parts and before cleaning the appliance.
7. Do not operate any appliance with a damaged power 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. Use extreme caution when opening the lid during or after cooking. Hot steam will escape and may cause scalding.
11. Do not allow the power cord to touch hot surfaces or hang over the edge of a counter or table.
12. Do not place on or near a hot gas or electric burner or in a heated oven.
13. Do not use the appliance for anything other than its intended use.
14. Extreme caution must be used when moving the appliance containing hot food, hot oil or other hot liquids.
15. Do not touch, cover or obstruct the steam vent on the top of the cooker as it is extremely hot and may cause scalding.
16. Use only with a 120V AC power outlet.
17. Always unplug from the plug gripping area. Never pull on the cord.
18. The 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.
19. Always make sure the exterior of the glass inner pot is dry prior to use. If the glass inner pot is returned to the cooker when wet, it may damage the product or cause it to malfunction.
20. Food should not be left in the cooker on **Keep Warm** mode for more than 6 hours.
21. To prevent damage or deformation, do not use the inner pot(s) on a stovetop or burner.
22. To turn off the unit, press and hold **(⏻)/Cancel** for at least 3 seconds then safely remove the plug from the wall outlet.
23. To reduce the risk of electrical shock, cook only in the removable glass inner pot provided.
24. Do not wrap or tie the power cord around the appliance.
25. Intended for countertop use only.
26. To avoid spills and burns, do not carry the cooker while in use.
27. Do not use for deep frying.

SAVE THESE INSTRUCTIONS



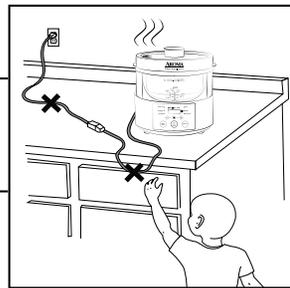
IMPORTANT SAFEGUARDS

Short Cord Instructions

1. A short power supply cord is provided to reduce the risk 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 detachable power-supply cord or 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 extension cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over unintentionally.
 - c.) If the appliance is of the grounded type, the extension cord should be a grounding 3-wire cord.

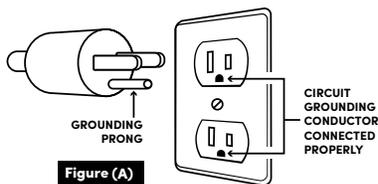
DO NOT DRAPE CORD!

KEEP AWAY FROM CHILDREN!



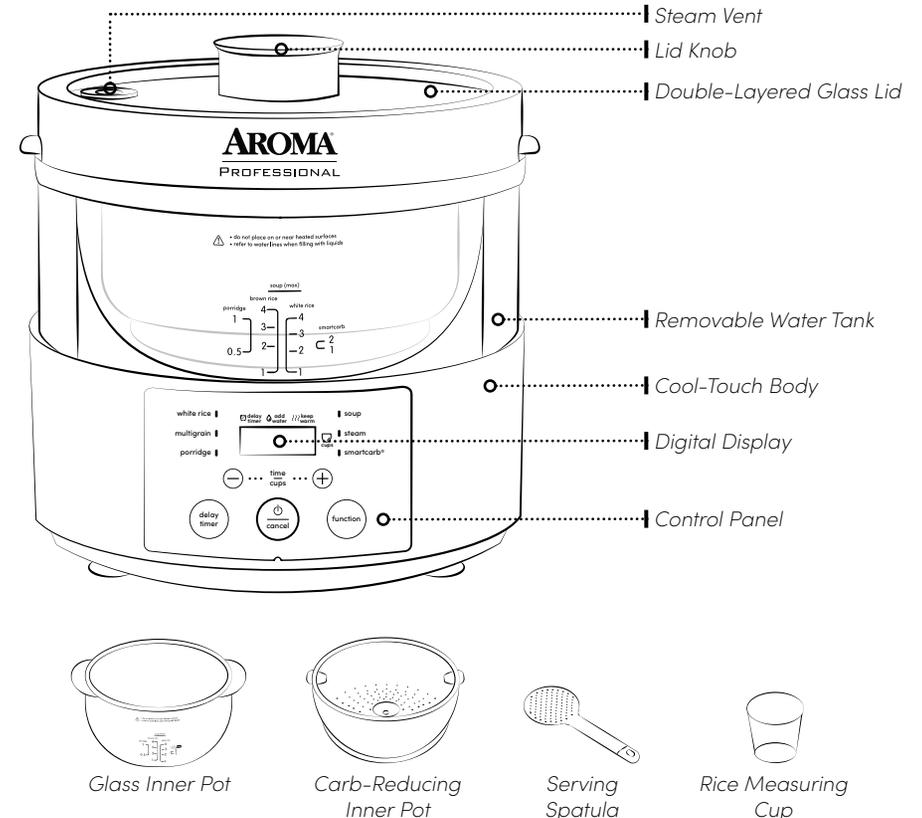
Grounding Instructions

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 figure (A).



THIS APPLIANCE IS FOR HOUSEHOLD USE ONLY.

Parts Identification



Controls/Functions

(⏻)/Cancel

Initiates a function with a short press, or cancels a current function with a long press.

(⌚) Delay Timer

Allows for food to be ready right when it's needed with preparation up to 12 hours in advance.

Function

Cycles through the different functions with each press.

(-) or (+)

Adjusts the amount of cook time, delay time, or amount of cups for **White Rice**, **Multigrain**, and **SmartCarb®**.

(???) Keep Warm

Manually sets the cooker to **Keep Warm** mode, perfect for keeping foods at ready-to-serve temperatures. Available **Keep Warm** time ranges from 0:10-6:00.

Multigrain

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

Porridge

Prepares a quick and healthy breakfast with no need to stir or monitor.

White Rice

Cooks fluffy, delicious white rice automatically.

Soup

Simmers your favorite hot and hearty soups with an adjustable cook time of 1½ to 3 hours.

Steam

Steaming healthy sides and main courses has never been easier by simply placing ingredients into the inner pot.

SmartCarb®

Offers a lower carb version of white rice by removing starch throughout the cooking cycle.

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. Remove both of the inner pots, lid and accessories and clean with warm, soapy water.
5. Remove the water tank and hand wash using warm, soapy water.
6. Wipe the cooker's body clean with a damp cloth.
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TO CLEAN

1. Remove the inner pot(s) when the cooker has completely cooled.
2. Hand wash the inner pot(s) and all accessories using warm, soapy water.
3. Remove the water tank and hand wash using warm, soapy water.
4. Wipe the cooker's body clean with a damp cloth.
5. Thoroughly dry the cooker's body and all accessories. Reassemble for next use.
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DEEP CLEANING

Regular use of the cooker can cause scale build-up on the steam generator. This residue is normal and will not negatively affect you or the unit but can impact the quality of prepared meals over time if not cleaned properly. We recommend deep cleaning the unit once a month with regular use, but the digital display will also read "CL" to signify when the unit needs to be deep cleaned. To deep clean, follow these steps:

1. Fill the water tank with purified water up to the MIN line.
2. Add ½ rice measuring cup of food-grade descaling citric acid to the water tank and stir the solution.
3. Press and hold the **Function** button for at least 3 seconds.
4. The digital display will show 22 minutes and begin the cleaning cycle.

6.

Note:

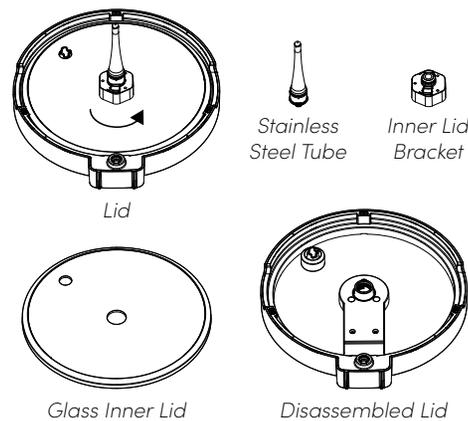
- Do not use harsh abrasive cleaners, scouring pads or products that are not considered safe to use on glass or stainless steel.
- Any other servicing should be performed by Aroma® Housewares.
- To remove the stainless steel tube, simply twist the tube counterclockwise until fully loosened.
- Ensure the glass inner pot is at room temperature before placing it inside the cooker and beginning a cooking cycle.
- Please **DO NOT** place the lid in the dishwasher.

DEEP CLEANING (CONT.)

5. Once the time has elapsed, pour out any remaining water in the water tank.
6. Fill the water tank with purified water above the MIN line once more without the descaling citric acid then repeat steps 3-5.
7. After the cycle is complete, pour out any remaining liquid in the water tank then wash the water tank and glass inner pot with warm, soapy water.
8. Following the steps in "Disassembling the Lid," remove the stainless steel tube, inner lid bracket, and glass inner lid then hand wash using warm, soapy water.
9. Rinse and dry thoroughly then reassemble for next use.
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DISASSEMBLING THE LID

1. Lay the glass lid on a flat, even surface so that the stainless steel tube is pointed upwards.
2. Remove the stainless steel tube by turning it counterclockwise until loosened.
3. Remove the inner lid bracket by turning it counterclockwise until loosened.
4. Carefully remove the glass inner lid by pulling it out towards you. We recommend removing the silicone ring around the perimeter of the glass inner lid as well to effectively clean.



Caution:

It is important to regularly disassemble the lid and clean all parts thoroughly, especially if you notice condensation build-up in the glass inner lid. If the inner lid is not cleaned properly, mold could begin to grow within in extreme cases.

7.

Error Code Chart

If an error shows on the digital display, the following chart will help explain the next course of action.

Code	Description	Action
E0	Dry boil protection or steam generator maintenance warning	Turn off the cooker. Allow it to cool for 5 to 10 minutes then restart. If the display flashes "CL," the unit needs to be thoroughly cleaned before continuing to use the cooker. For details, see "Deep Cleaning" on pages 6-7. If the problem persists, contact Aroma® Customer Service at 1-800-276-6286.
E1	Improper glass inner pot or lid placement	Ensure the glass inner pot and lid are properly placed in/on the unit. Once they are correctly placed, the cooking process will resume automatically.
E2	Not enough water in the water tank	Ensure the water tank is filled with purified water above the MIN line. Once sufficiently filled, cooking will resume.
E3	High voltage protection (135V~155V)	Press and hold the (⏻)/ Cancel button for at least 3 seconds then unplug the power cord. Rectify the electrical power problem, then restart the cooker.
E4	Low voltage protection (75V~95V)	Press and hold the (⏻)/ Cancel button for at least 3 seconds and unplug the power cord. Rectify the electrical power problem then restart the cooker.
E5	Temperature sensor open circuit error	Contact Aroma® Customer Service at 1-800-276-6286.
E6	Temperature sensor short circuit error	Turn off the cooker. Allow it to cool for 5 to 10 minutes then restart. If the problem persists, contact Aroma® Customer Service at 1-800-276-6286.
E9	Exceeding "0" limit error	Contact Aroma® Customer Service at 1-800-276-6286.
E10	Communication error	Contact Aroma® Customer Service at 1-800-276-6286.
E13	Heater malfunction	Contact Aroma® Customer Service at 1-800-276-6286.

Note:

Not satisfied with your Aroma® purchase? Our product experts can help! **Before returning, please contact Customer Service at 1-800-276-6286** for product support, helpful tips and more!

TROUBLESHOOTING

Rice is too dry/hard after cooking.

- Depending on how dry your rice is, add ¼ to ½ cup of water and stir thoroughly. Close the lid and select the **White Rice** function once more. When the cooker switches to **Keep Warm**, open the lid and stir the rice to check the consistency. Repeat as necessary until rice is soft and moist.

Rice is too moist/soggy after cooking.

- Use the serving spatula to stir the rice to redistribute the bottom (moist) part of the rice and to release excess moisture. Close the lid and allow the cooker to remain on **Keep Warm** for 10-30 minutes as needed, opening the lid and stirring periodically to release excess moisture.

RICE & GRAIN

- Using the provided rice measuring cup, add rice or grain to the glass inner pot.
- Rinse to remove excess starch. Drain.
- For white rice, fill the glass inner pot with water to the white rice line that matches the number of cups of uncooked rice added. For brown rice, fill the glass inner pot with water to the brown rice line that matches the number of cups of uncooked rice added. For other grains, see the "Grain & Water Measurement Table" on page 17.
- Place the glass inner pot into the cooker then place the lid on securely.
- Fill the water tank with purified water above the MIN line.
- Plug the power cord into an available 120V AC wall outlet.
- Press **Function** until **White Rice** or **Multigrain** is selected, depending on the type of grain being cooked.
- Use (-) and (+) to choose the number of cups of uncooked rice added to the glass inner pot.
- Press (⏻) to initiate the selected function. The digital display will begin counting down from the allotted cooking time.

Note:

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



- Because rice varieties may vary in their make-up, results may differ.
- Food should not be left in the cooker on **Keep Warm** for more than 6 hours.



Caution:

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

RICE & GRAIN (CONT.)

10. Once the time has elapsed, the 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 cooker off by pressing and holding (⏻)/**Cancel** for more than 3 seconds and unplug the power cord.

SMARTCARB®

1. Using the provided measuring cup, add rice to the carb-reducing inner pot.
2. Rinse to remove excess starch. Drain.
3. Fill the glass inner pot with water to the **SmartCarb®** water line that matches the number of cups of uncooked rice added.
4. Place the carb-reducing inner pot into the glass inner pot.
5. Place both inner pots into the cooker and close the lid securely.
6. Fill the water tank with purified water above the MIN line.
7. Plug the power cord into an available 120V AC wall outlet.
8. Press **Function** until **SmartCarb®** is selected.
9. Use (-) and (+) to choose the number of cups of uncooked rice added to the inner pots.
10. Press (⏻) to initiate the selected function. The digital display will begin counting down from the allotted cooking time.
11. Once the cycle has completed, the cooker will beep and automatically switch to **Keep Warm**.
12. For best results, stir the rice with the serving spatula to distribute any remaining moisture.
13. When finished serving, turn the cooker off by pressing and holding (⏻)/**Cancel** for more than 3 seconds and unplug the power cord.

How does the SmartCarb® function work?

- In the carb-reducing inner pot, rice is submerged in water when it begins cooking.

Helpful Hints:

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

For approximate grain cooking times and suggested grain/water ratios, see the "Rice/Grain & Water Measurement Tables" on pages 16-17.

Note:

- Food should not be left in the cooker on **Keep Warm** for more than 6 hours.
- Automatic **Keep Warm** mode will be canceled once the water in the water tank is completely depleted. If additional **Keep Warm** time is desired, we recommend monitoring the water level as the cooking cycle progresses and adding more water as needed.

SMARTCARB® (CONT.)

- During the cooking cycle, boiling water breaks down all easily-dissolvable starch molecules. Excess starchy water drains below through holes in the carb-reducing inner pot while traditional inner pots will not drain the excess.
- Rice and grains will finish off the cooking cycle by being steamed instead of traditionally sitting in its excess starchy water and reabsorbing carbohydrates.

DELAY TIMER

1. Using the provided measuring cup, add rice or grain to the glass inner pot or to the carb-reducing inner pot if using the **SmartCarb®** function.
2. Rinse to remove excess starch. Drain.
3. For white or brown rice, fill the inner pot with water to the white or brown rice water line that matches the number of cups of uncooked rice added. For the **SmartCarb®** function, fill the glass inner pot with water to the SmartCarb® water line that matches the number of cups of uncooked rice added. For other grains, see the "Grain & Water Measurement Table" on page 17.
4. If using the **SmartCarb®** function, place the carb-reducing inner pot with rice into the glass inner pot.
5. Place the inner pot(s) into the cooker and close the lid securely.
6. Fill the water tank with purified water above the MIN line.
7. Plug the power cord into an available 120V AC wall outlet.
8. Press **Function** until **White Rice, Multigrain, SmartCarb®**, or **Porridge** is selected depending on the type of grain being cooked.
9. Use (-) and (+) to choose the number of cups of uncooked rice added to the inner pot.
10. Press **Delay Timer**.
11. Use (-) or (+) to decrease or increase the delay time by 10 minute increments. It may be set to have grains ready up to 12 hours.

Note:

- Do not attempt to cook more than 2 cups of uncooked rice in this cooker at a time while using the **SmartCarb®** function.

Note:

- The **Delay Timer** is not compatible with the **Soup** and **Steam** functions for food safety reasons. Uncooked meats, fish, and other raw perishable foods should not be kept in the cooker for extended periods of time to avoid food-borne illness.
- Ensure the glass inner pot is at room temperature before placing it inside the cooker and beginning a cooking cycle.

DELAY TIMER (CONT.)

12. Press (⏻) to initiate the selected function and the **Delay Timer**. The digital display will begin counting down from the input delay time.
13. When the delay time has elapsed, the selected function will begin its cooking cycle.
14. Once the cycle has completed, the cooker will beep and automatically switch to **Keep Warm**.
15. When finished serving, turn the cooker off by pressing and holding (⏻)/**Cancel** for more than 3 seconds and unplugging the power cord.
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PORRIDGE

1. Using the provided rice measuring cup, add ½ cup or 1 cup of rice to the glass inner pot.
2. Fill the glass inner pot with water to the porridge line that matches the number of cup of uncooked rice added.
3. Place the glass inner pot into the cooker then close the lid securely.
4. Fill the water tank with purified water above the MIN line.
5. Plug the power cord into an available 120V AC outlet.
6. Press **Function** until **Porridge** is selected. The digital display will show a default cooking time of 1 hour 5 minutes.
7. If desired, use (-) or (+) to decrease or increase the cook time by 5 minute increments, between 40 minutes and 1½ hours.
8. Press (⏻) to initiate the selected function. The digital display will begin counting down from the allotted cooking time.
9. Once the cycle has completed, the cooker will beep and automatically switch to **Keep Warm**.
10. When finished serving, turn the cooker off by pressing and holding (⏻)/**Cancel** for more than 3 seconds and unplug the power cord.
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Helpful Hints:

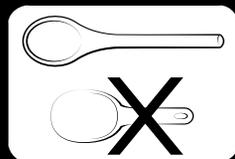
For approximate grain cooking times and suggested grain/water ratios, see the "Rice/Grain & Water Measurement Tables" on pages 16-17.



Caution:

Do not attempt to cook more than 2 cups of porridge or oatmeal in this appliance at a time.

The provided serving spatula is not intended to be used in contact with high temperatures. Use a long-handled wooden or heat-safe utensil to stir ingredients while cooking.



SOUP

1. Add desired ingredients to the glass inner pot, ensuring the contents do not exceed the soup MAX line.
2. Place the glass inner pot into the cooker then close the lid securely.
3. Fill the water tank with purified water above the MIN line.
4. Plug the power cord into an available 120V AC wall outlet.
5. Press **Function** until **Soup** is selected. The digital display will show a flashing "2:00" to represent 2 hours of cook time.
6. Use (-) or (+) to decrease or increase the cook time by 10 minute increments, between 1½ and 3 hours.
7. Press (⏻) to initiate the selected function. The digital display will begin counting down from the allotted cooking time.
8. Once the time has been input, the cooker will beep and the digital display will stop flashing to indicate that the time has been successfully set.
9. The cooker will now begin heating and the digital display will begin counting down from the input cook time.
10. Using caution, open the lid occasionally and stir the ingredients with a long-handled wooden or heat-safe utensil if desired.
11. Once the time has elapsed, the cooker will beep and automatically switch to **Keep Warm**.
12. When finished serving, turn the cooker off by pressing and holding (⏻)/**Cancel** for more than 3 seconds and unplug the power cord.
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Note:

- Food should not be left in the cooker on **Keep Warm** mode for more than 6 hours.
- Automatic **Keep Warm** mode will be canceled once the water in the water tank is completely depleted. If additional **Keep Warm** time is desired, we recommend monitoring the water level as the cooking cycle progresses and adding more water as needed.

Helpful Hints:

For suggested steaming times, see the "Meat & Vegetable Steaming Tables" on page 15.

STEAM

1. Place the desired food into the glass inner pot, lower the glass inner pot into the cooker, then close the lid securely.
2. Fill the water tank with purified water above the MIN line.
3. Plug the power cord into an available 120V AC outlet.
4. Press **Function** until **Steam** is selected.
5. Use (-) or (+) to decrease or increase the steaming time from 5 minutes to 1½ hours in 1 to 5 minute increments. For suggested steaming times for meat and vegetables, see “Meat & Vegetable Steaming Tables” on the next page.
6. Press (⏻) to initiate the function.
7. Once the water reaches a boil, the digital display will begin counting down from the input steam time.
8. After the selected steam time has elapsed, the cooker will beep and automatically switch to **Keep Warm**.
9. Using caution, check to see that the steamed food is cooked. If finished steaming, carefully remove the food to prevent overcooking. Wear protective heat-resistant gloves to prevent injury as the glass inner pot will be hot.
10. When finished serving, turn the cooker off by pressing and holding (⏻)/**Cancel** for more than 3 seconds and unplug the power cord.

Helpful Hints:

For suggested steaming times, see the “Meat & Vegetable Steaming Tables” on the next page.

Note:

Food should not be left in the cooker on **Keep Warm** mode for more than 6 hours.

Meat & Vegetable Steaming Tables

Meat	Steaming Time	Safe Internal Temperature
Fish	20 Minutes	140°F
Chicken	60 Minutes	165°F
Pork	90 Minutes	160°F
Beef	90 Minutes	160°F

Vegetable	Steaming Time
Broccoli	12-16 Minutes
Cabbage	7-11 Minutes
Carrots	9-13 Minutes
Cauliflower	12-17 Minutes
Corn on the Cob	25-30 Minutes
Green Beans	10-15 Minutes
Spinach	5-7 Minutes
Squash	9-13 Minutes
Zucchini	9-13 Minutes
Potatoes	30-35 Minutes



Caution:

If steaming large foods such as crab, the stainless steel tube can be removed from the inner part of the lid. To remove, turn counterclockwise until loosened.

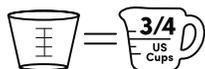
Rice & Water Measurement Table

Uncooked Rice*	Water: Using the Water Line (on glass pot)	Water: Using the Rice Measuring Cup*	Approx. Cooked Rice Yield*	Cooking Times
1 Cup	White Rice: Line 1 Brown Rice: Line 1	White Rice: ½ Cup Brown Rice: ½ Cup	2 Cups	White Rice: 39 Minutes Brown Rice: 48 Minutes
2 Cups	White Rice: Line 2 Brown Rice: Line 2	White Rice: 1½ Cup Brown Rice: 1½ Cups	4 Cups	White Rice: 49 Minutes Brown Rice: 58 Minutes
3 Cups	White Rice: Line 3 Brown Rice: Line 3	White Rice: 1¾ Cups Brown Rice: 2¾ Cups	6 Cups	White Rice: 59 Minutes Brown Rice: 68 Minutes
4 Cups	White Rice: Line 4 Brown Rice: Line 4	White Rice: 2¾ Cups Brown Rice: 3½ Cups	8 Cups	White Rice: 68 Minutes Brown Rice: 77 Minutes

SmartCarb® Rice & Water Measurement Table

Uncooked Rice*	Water: Using the Water Line (on glass pot)	Water: Using the Rice Measuring Cup*	Approx. Cooked Rice Yield*	Cooking Times
1 Cup	White Rice: Line 1	White Rice: ¾ Cups	2 Cups	White Rice: 40 Minutes
2 Cups	White Rice: Line 2	White Rice: 3½ Cups	4 Cups	White Rice: 45 Minutes

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



Note:

- Cooking times are approximate. Altitude, humidity and outside temperature will affect cooking times.
- **Do not place more than 4 cups of uncooked rice into this appliance at one time.** The maximum capacity of this unit is 4 cups of uncooked rice which yields 8 cups of cooked rice.
- Do not attempt to cook more than 2 cups of uncooked rice in this cooker at a time while using the **SmartCarb®** function.

Grain & Water Measurement Table

Grain	Uncooked Grain	Liquid	Approx. Cooked Grain Yield	Max. Uncooked Grain*	Function	Cooking Times
Quinoa	1 Part	½ Part	2½ Parts	4 Cups	White Rice	39-68 Minutes
Barley	1 Part	¾ Part	2½ Parts	3 Cups	Multigrain	48-68 Minutes
Bulgur	1 Part	¾ Part	2½ Parts	3 Cups	Multigrain	48-68 Minutes
Couscous	1 Part	½ Part	2 Parts	4 Cups	White Rice	39-68 Minutes
Oatmeal	1 Part	1 Part	2 Parts	2 Cups	Porridge	40 Minutes
Arborio	1 Part	½ Part	2 Parts	4 Cups	Steam	15 Minutes

Note:

- For best results when cooking barley or bulgur, let both grains sit on **Keep Warm** for 10 minutes before serving.
- If softer grains are desired, add an additional ½ cup of water or liquid.
- Rinse grains before placing into the inner pot(s) to remove excess bran and starch. This will reduce the chance of rice browning and sticking to the bottom of the inner pot(s).

RECIPES

Multigrain Porridge

1 cup	milk
1 cup	water
½ tsp.	salt
½ cup	oats
¼ cup	quinoa
¼ cup	millet

Place all ingredients into the glass inner pot then insert the glass inner pot into the cooker. Fill the water tank with purified water above the MIN line. Press **Porridge** and set the cook time for 40 minutes. After the time elapses, serve warm and top with fresh fruit, nuts, or granola.

SERVES 2-4.

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Steamed Egg Custard

3	large eggs
½ tsp.	soy sauce
1 tsp.	sugar
1	(10½-oz.) can chicken broth
¼ cup	edamame
¼ cup	carrots, chopped or sliced
1	shiitake mushroom, destemmed and sliced
5	raw shrimp

In a large bowl, mix together the eggs, soy sauce and sugar then gradually add the chicken broth while stirring constantly. Strain the egg mixture into the glass inner pot then insert the glass inner pot into the cooker. Remove the stainless steel tube found on the lid of the cooker before closing the lid. Fill the water tank with purified water above the MIN line. Press **Steam** and set the steam time for 13 minutes. After the time elapses, carefully open the lid and top the custard with the edamame, carrots, shiitake mushroom, and shrimp. Close the lid and select the **Steam** function once more, setting the steam time for 12 minutes. Once the custard has set, spoon into heat-safe bowls and serve.

SERVES 2-4.

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RECIPES

Chicken Tortilla Soup

1 tsp.	olive oil
½ cup	onion, chopped
1	garlic clove, minced
2 cups	low-sodium chicken broth
½ cup	diced tomatoes
½ cup	green chiles, chopped
1 tbsp.	taco seasoning
1 cup	cubed cooked chicken
½ cup	frozen corn
2 tbsp.	fresh cilantro, minced
--	tortilla strips, sliced avocado and lime wedges, for serving

Place all ingredients into the glass inner pot then insert the glass inner pot into the cooker. Fill the water tank with purified water above the MIN line. Press **Soup** and set the cook time for 40 minutes. After the time elapses, spoon into heat-safe bowls and top with tortilla strips and sliced avocado to serve.

SERVES 2-4.

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Steamed Whole Chicken

1	whole chicken (about 3½ lbs.)
1	(½-in.) piece fresh ginger, sliced
1	bunch green onions, cut into 3-in. pieces
3	garlic cloves, minced
¼ cup	Cajun seasoning
--	salt and pepper, to taste

Season the chicken thoroughly with Cajun seasoning, salt and pepper then refrigerate overnight. Add the green onion, garlic, and ginger to the glass inner pot then place the chicken on top. Insert the glass inner pot into the cooker then fill the water tank with purified water above the MIN line. Remove the stainless steel tube found on the lid of the cooker before closing the lid. Press **Steam** and set the steam time for 60 minutes. After the time elapses, use a meat thermometer to ensure the middle of the chicken is fully cooked. Remove the chicken from the inner pot and serve with your choice of sauces, vegetables or grains.

SERVES 2-4.

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RECIPES

Sausage & Tomato Rice

2 cups	white rice
½ cup	water
1 tsp.	sesame oil
3 tbsp.	soy sauce
½ cup	edamame
½ cup	corn
½ cup	carrots, diced
½ cup	mushrooms, sliced
½ cup	sausage, crumbled
1	medium tomato

Add the rice and water to the glass inner pot. Cut an "X" across the top of the tomato then place it in the center of the glass inner pot. Add the rest of the ingredients into the glass inner pot surrounding the tomato. Fill the water tank with purified water until the amount is above the MIN line. Press **White Rice** and set the amount of cups to 2 cups. After the cooking cycle is complete, mix the rice thoroughly with a heat-safe utensil then serve.

SERVES 4.

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Chinese Mushroom Chicken Soup

1 oz.	dried shiitake mushrooms
1 lb.	chicken thighs, cut into chunks
1	(1-in.) piece fresh ginger, peeled and sliced
2 tbsp.	cooking wine
2 tbsp.	soy sauce
1 cup	water
--	pinch of salt

Soak the dried mushrooms in hot water for 20 minutes. Place all ingredients into the glass inner pot then close the lid. Fill the water tank with purified water until the amount is above the MIN line. Press **Soup** and set the cook time for 40 minutes. After the time has elapsed, spoon the soup into heat-safe bowls to serve.

SERVES 4.

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RECIPES

Steamed White Fish

2 lbs.	cod
2	green onions, thinly sliced
1	(1-in.) piece fresh ginger, peeled, cut into thin matchsticks
1 tsp.	sugar
1 tbsp.	soy sauce

Place the cod into the carb-reducing inner pot then add the green onions and ginger on top. Insert the carb-reducing inner pot into the glass inner pot. Press **Steam** and set the steam time for 20 minutes. After the time elapses, remove the cooked fish, green onions, and ginger and place on serving plates. Mix together the sugar and soy sauce in a small bowl then pour it over top the fish to serve.

SERVES 2-4.

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Wild Rice Chicken Soup

2	medium onions, chopped
2	carrots, chopped
1	celery stalk, chopped
2 cups	grill chicken, sliced
4 cups	chicken stock
½ cup	wild rice
2 tbsp.	parsley
--	salt and pepper, to taste

Place all ingredients into the glass inner pot then insert the inner pot into the cooker. Fill the water tank with water until the amount is above the MIN line. Press **Soup** and set the cook time for 1 hour and 20 minutes. After the time elapses, spoon into heat-safe bowls and top with tortilla strips and sliced avocado to serve.

SERVES 2-4.

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