

# AROMA®



## instruction manual

ARC-914SBDS

### Select Stainless® Rice & Grain Multicooker

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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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- new test kitchen recipes
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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 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 the outlet when not in use and before cleaning. Allow unit to 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. Do not let the power cord touch hot surfaces or hang over the edge of a counter or table.
11. Do not place the appliance 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 hot food, oil, or other liquids.
14. Do not touch, cover or obstruct the steam vent on the top of the 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 power cord.
17. 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.
18. 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.
19. Use extreme caution when opening the lid during or after cooking. Hot steam will escape and may cause scalding.
20. Food should not be left in the cooker on **Keep Warm** mode for more than 12 hours.
21. To prevent damage or deformation, do not use the inner pot on a stovetop or burner.
22. To turn off the unit, press the (⏻) button twice then safely remove the plug from the wall outlet.
23. To reduce the risk of electrical shock, cook only in the removable 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 by the lid handle.



# IMPORTANT SAFEGUARDS

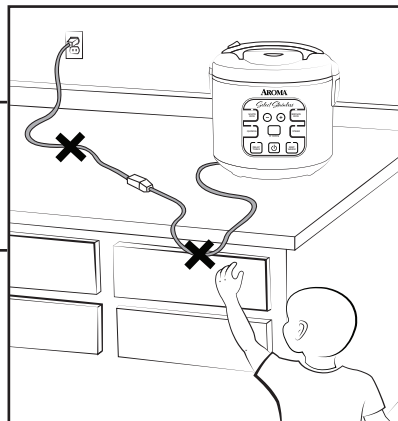
# Parts Identification

## Short Cord Instructions

1. A short power-supply cord is provided to reduce the risks 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 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 counter top or tabletop where it can be pulled by children or tripped over unintentionally.

**DO NOT DRAPE CORD!**

**KEEP AWAY FROM CHILDREN!**



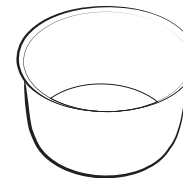
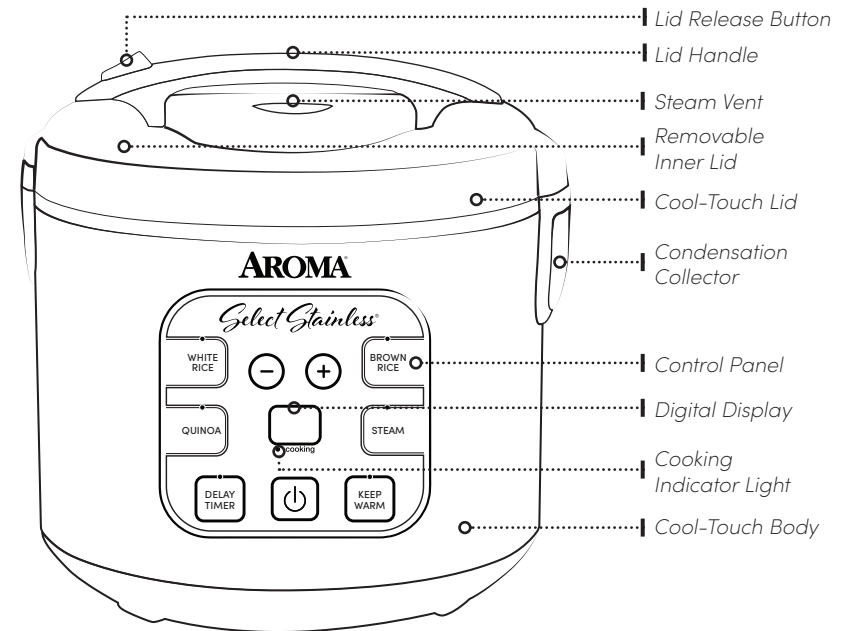
## Polarized Plug

This appliance has a polarized plug (one blade is wider than the other); follow the instructions below:

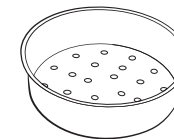
To reduce the risk of electric shock, this plug is intended to fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to modify the plug in any way.

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.



Stainless Steel Inner Pot



Steam Tray



Rice Measuring Cup



Serving Spatula

## Controls/Functions

**(⏻)**  
Powers the cooker on and off or cancels a current function.

**(-) or (+)**  
Adjusts the amount of steam time for **Steam** or the delay time for **Delay Timer**.

**Delay Timer**  
Allows for food to be ready right when it's needed with preparation up to 15 hours in advance.

**Keep Warm**  
Manually sets the cooker to **Keep Warm** mode, perfect for keeping foods at ready-to-serve temperatures.

**White Rice**  
Cooks fluffy, delicious white rice automatically.

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

**Steam**  
Using the included steam tray, steaming healthy sides and main courses has never been easier.

**Quinoa**  
Effortlessly cooks nutritious, protein-filled quinoa.

## 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 the inner pot from the cooker and clean with warm, soapy water. Rinse and dry thoroughly before returning to the cooker.
5. Wash all accessories in warm, soapy water. Rinse and dry thoroughly.
6. Wipe the cooker's body clean with a damp cloth.  
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## TO CLEAN

1. Remove the inner pot when the cooker has completely cooled.
2. Hand wash the inner pot and all accessories using warm, soapy water or place on the top rack of the dishwasher.
3. Remove the inner lid by pressing down on the white silicone support pin in the center while pulling the sides of the inner lid out towards you.
4. Hand wash the inner lid using warm, soapy water then wipe the inner surface of the lid with a damp cloth.
5. Remove the condensation collector and hand wash using warm, soapy water.
6. Wipe the cooker's body clean with a damp cloth.
7. Thoroughly dry the cooker's body and all accessories. Reassemble for next use.  
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## Note:

- To remove the condensation collector, squeeze both sides and pull out towards you.
- Any other servicing should be performed by Aroma® Housewares.
- 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!  
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## TROUBLESHOOTING

### Rice is too dry/hard after cooking.

- Depending on how dry your rice is, add ½ to 1 cup of water and stir thoroughly. Close the lid and select the **White Rice** function once more. When the cooker switches to **Keep Warm** mode, 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.  
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## Error Code Chart

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

Display Code	Meaning	Action
E1	Sensor open circuit	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 the cooker and allow it to cool for 5-10 minutes then restart. If problem persists, contact Customer Service at 1-800-276-6286.



## Caution:

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

## Note:

- 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 12 hours.

## Helpful Hints:

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



## RICE & GRAIN

1. Using the provided measuring cup, add rice or grain to the inner pot.
2. Rinse to remove excess starch. Drain.
3. For white or brown rice, fill the inner pot with water to the line that matches the number of cups of uncooked rice added. For quinoa and other grains, see 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 (⏻) to turn the cooker on.
7. Press **White Rice**, **Brown Rice**, or **Quinoa** depending on the type of grain being cooked.
8. The cooking indicator light will illuminate and the digital display will show a chasing pattern. The cooker will now begin heating.
9. The digital display will count down the final 10 minutes of cook time.
10. Once the cycle has completed, 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 (⏻) twice and unplug the power cord.  
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## DELAY TIMER

1. Using the provided measuring cup, add rice or grain to the inner pot.
2. Rinse to remove excess starch. Drain.
3. For white or brown rice, fill the inner pot with water to the line that matches the number of cups of uncooked rice added. For other grains, see 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 (⏻) to turn the cooker on.
7. Select **Delay Timer**.

8.

### Note:

- 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 12 hours.
- To avoid rice sticking to the bottom of the inner pot, mix an additional ½ cup of water into the cooked rice if it will be sitting on **Keep Warm** mode for longer than 20 minutes.

### Helpful Hints:

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

To add more flavor to rice, try substituting water for 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 grain cooking times and suggested grain/water ratios, see the "Rice/Grain & Water Measurement Tables" on pages 10-11.

## DELAY TIMER (CONT.)

8. Press (+) and (-) to increase or decrease the delay time by one hour increments. It may be set to have grains ready in 1 to 15 hours for **White Rice** or **Quinoa** and 2 to 15 hours for **Brown Rice**.
9. Once the desired time is selected, press the **White Rice**, **Brown Rice** or **Quinoa** button, depending on the type of grain being cooked.
10. The digital display will count down from the input delay time.
11. Once the delay time has elapsed, a chasing pattern will appear in the digital display signifying that the cooking cycle has begun.
12. The digital display will count down the final 10 minutes of cook time.
13. Once the cycle has completed, the cooker will beep and automatically switch to **Keep Warm**.
14. When finished serving, turn the cooker off by pressing (⏻) twice and unplug the power cord.  
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## SOUP & STEW

1. Add ingredients to the inner pot.
2. Place the inner pot into the cooker and close the lid securely.
3. Plug the power cord into an available 120V AC wall outlet.
4. Press (⏻) to turn the cooker on.
5. Press **White Rice**.
6. The cooking indicator light will illuminate and the digital display will show a chasing pattern. The cooker will now begin heating.
7. Open the lid occasionally to stir with a long-handled wooden spoon or heat-safe utensil. Use caution to avoid escaping steam when opening the lid.
8. Once cooking is complete, press (⏻) to turn the unit off or press **Keep Warm** to keep contents at serving temperature.
9. When finished serving, turn the cooker off by pressing (⏻) twice and unplug the power cord.  
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### Caution:

The cooker will not switch to **Keep Warm** mode until all liquid has evaporated. Follow your recipe carefully and do not leave the rice cooker unattended.

**Do not use the provided serving spatula to stir soup, chili or stew. It is not intended to be used in contact with high temperatures.** Instead, use a long-handled wooden or heat-safe spoon to stir hot liquids.

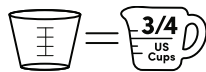
9.

# Rice & Water

## Measurement Table

Uncooked Rice*	Water: Using the Water Line (inside pot)	Water: Using the Measuring Cup*	Approx. Cooked Rice Yield*	Cooking Times
1 Cup	<b>White Rice:</b> Line 1 <b>Brown Rice:</b> Line 1	<b>White Rice:</b> 1½ Cups <b>Brown Rice:</b> 1½ Cups	2 Cups	<b>White Rice:</b> 27-32 Min. <b>Brown Rice:</b> 50-57 Min
2 Cups	<b>White Rice:</b> Line 2 <b>Brown Rice:</b> Line 2	<b>White Rice:</b> 2½ Cups <b>Brown Rice:</b> 2½ Cups	4 Cups	<b>White Rice:</b> 30-35 Min. <b>Brown Rice:</b> 53-60 Min
3 Cups	<b>White Rice:</b> Line 3 <b>Brown Rice:</b> Line 3	<b>White Rice:</b> 3½ Cups <b>Brown Rice:</b> 3½ Cups	6 Cups	<b>White Rice:</b> 34-39 Min. <b>Brown Rice:</b> 59-66 Min.
4 Cups	<b>White Rice:</b> Line 4 <b>Brown Rice:</b> Line 4	<b>White Rice:</b> 4½ Cups <b>Brown Rice:</b> 4½ Cups	8 Cups	<b>White Rice:</b> 36-41 Min. <b>Brown Rice:</b> 65-72 Min.

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

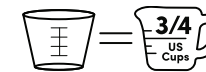


# Grain & Water

## Measurement Table

Grain	Uncooked Grain	Liquid	Approx. Cooked Grain Yield	Max. Uncooked Grain*	Function	Cooking Times
<b>Arborio</b>	1 Part	2 Parts	2 Parts	2 Cups	Steam	12-17 Minutes
<b>Barley</b>	1 Part	2 Parts	2½ Parts	½ Cup	Delay Timer & Brown Rice	5 Hours
<b>Bulgur</b>	1 Part	2 Parts	2½ Parts	2 Cups	Brown Rice	35-50 Minutes
<b>Couscous</b>	1 Part	1 Part	2 Parts	4 Cups	White Rice	22-26 Minutes
<b>Oatmeal</b>	1 Part	2½ Parts	2 Parts	½ Cup	White Rice	30-35 Minutes
<b>Quinoa</b>	1 Part	1½ Parts	2½ Parts	3 Cups	Quinoa	30-50 Minutes

\*Cups referenced are with the included 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.
- Rinse grains before placing into the inner pot to remove excess bran and starch. This will reduce the chance of rice browning and sticking to the bottom of the inner 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 optimal flavor and texture.
- 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.



## STEAM

- Using the provided measuring cup, add 2 cups of water to the inner pot.
- Place the inner pot into the cooker.
- Place desired food into the provided steam tray, lower the tray into the cooker then close the lid securely.
- Plug the power cord into an available 120V AC outlet.
- Press (⏻) to turn the cooker on.
- Press **Steam**. The digital display will show a flashing "5" to represent five minutes of steam time.
- Press (+) and (-) to increase or decrease steaming time by one minute increments, up to 30 minutes. For suggested steaming times for meat and vegetables, see "Meat & Vegetable Steaming Tables" on page 13.
- Once the water reaches a boil, the digital display will begin to count down from the input steam time.
- After the selected steam time has elapsed, the cooker will beep and automatically switch to **Keep Warm**.
- Using caution, check to see that the steamed food is cooked. If finished steaming, carefully remove the food to prevent overcooking. Wear a protective heat-resistant glove to prevent injury as the steam tray will be hot.
- When finished steaming, turn the cooker off by pressing (⏻) twice and unplug the power cord.  
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## STEAM & COOK

- To steam foods while cooking grains, begin cooking grain by following steps 1 through 8 of "Rice & Grain" on page 8.
- Place the desired food into the provided steam tray. Open the lid using caution, lower the steam tray into the cooker then close the lid securely.
- Cook food according to the "Meat & Vegetable Steaming Tables" on page 13.
- After the suggested amount of time has elapsed, open the lid to check steamed food for doneness. Use caution when opening the lid as hot steam will escape.

## Helpful Hints:

Parchment paper or aluminum foil may also be used while steaming. Place the paper/foil in the center of the steam tray and ensure it does not create a seal along the bottom of the tray.

We recommend beginning to steam your foods towards the end of the rice cooking cycle. This will allow steamed food and cooked grains to be ready around the same time. See the "Rice/Grain & Water Measurement Tables" on pages 10-11 for approximate cooking times.



## Caution:

Do not attempt to cook more than 2 cups of uncooked rice when steaming and cooking simultaneously.

## STEAM & COOK (CONT.)

- If food is finished steaming, remove the steam tray. Wear a protective heat-resistant glove to prevent injury as the steam tray will be hot.
- Close the lid securely and allow the cooking cycle to continue.
- Once the cycle has completed, the cooker will beep and automatically switch to **Keep Warm** mode.
- When finished serving, turn the cooker off by pressing (⏻) twice and unplug the power cord.  
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## 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	20 Minutes
Broccoli	15 Minutes
Cabbage	25 Minutes
Carrots	25 Minutes
Cauliflower	25 Minutes
Corn on the Cob	25 Minutes
Green Beans	15 Minutes
Peas	20 Minutes
Spinach	20 Minutes
Squash	20 Minutes
Zucchini	20 Minutes

\*When steaming, Aroma® recommends using 2 cups of water with the provided measuring cup.

## Helpful Hints:

Since most vegetables only absorb a small amount of water, there is no need to increase the amount of water with a larger serving of vegetables.

To ensure meat tastes its best and to prevent food-borne illness, check that the meat is completely cooked prior to serving. If the meat is still uncooked, simply add more water to the inner pot and repeat the steaming process until the meat is adequately cooked.

## Note:

- Altitude, humidity and outside temperature will affect cooking times.
- These steaming charts are for reference only. Actual cooking times may vary.
- Food should not be left in the rice cooker on **Keep Warm** for more than 12 hours.

## RECIPES

### Frittata

1 tbsp.	extra virgin olive oil
1	small bell pepper, diced
1½ cups	potato, peeled and sliced
½ cup	baby spinach
½	zucchini, sliced into thin rounds
4	eggs
½ cup	half-and-half
2 tbsp.	cheddar cheese, grated
--	salt and pepper, to taste

Coat the bottom of the inner pot with olive oil then press **White Rice**. Once the oil has preheated, add the bell pepper, potato, spinach and zucchini to the inner pot. Close the lid and allow the veggies to cook, opening and stirring occasionally with a long-handled wooden spoon. In a separate bowl, whisk the eggs, cheese, salt, pepper, and half-and-half together. Once the vegetables are slightly softened, add the egg mixture to the inner pot and close the lid. Once the eggs are set, carefully flip the frittata onto a plate and serve.

**SERVES 2-4.**  
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### Apple Cinnamon Oatmeal

2 cups	apple juice
1 cup	water
1 cup	Irish steel-cut oats
¾ cup	dried mixed fruit (optional)
1 tbsp.	brown sugar
1 tbsp.	butter (optional)
¼ tsp.	cinnamon
¼ tsp.	salt
1 tbsp.	lemon juice
1 dash	nutmeg
--	milk, for serving

Pour juice and water into the inner pot. Press **White Rice**. Stir in the oats, fruit, brown sugar, butter (if using), cinnamon, nutmeg and salt. Allow the oats to cook for 25 to 30 minutes. Stir in lemon juice then ladle into cereal bowls with milk, dried mixed fruit, and more sugar if desired.

**SERVES 2-3.**  
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## RECIPES

### French Toast Casserole

6-8	Hawaiian sweet rolls
1 tbsp.	butter, melted
3	eggs
¾ cup	half-and-half
1 tsp.	cinnamon
1 tsp.	vanilla extract
1 tsp.	honey
½ tsp.	salt
¼ cup	pecans, crushed

Slice the Hawaiian rolls in half then spread them evenly inside the inner pot. In a separate bowl, whisk together butter, eggs, half-and-half, cinnamon, vanilla extract, honey and salt. Once thoroughly whisked, stir in the crushed pecans. Pour the mixture over top the Hawaiian rolls then select the **White Rice** function and cook until the eggs have completely set. If additional cooking time is needed, select the **White Rice** function once more. Serve with your favorite syrup or toppings if desired.

**SERVES 3-4.**  
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### Jambalaya

½ lb.	spicy smoked sausage
½ lb.	shrimp, peeled and deveined
1 cup	cooked chicken, shredded
1½ cups	rice
4 oz.	chicken broth
2 tbsp.	diced green chilis
--	Creole seasoning

Cut the smoked sausage in half, lengthwise, then into ¼" half circles. Add all ingredients to the inner pot and mix well. Place the inner pot in the cooker and close the lid. Select the **White Rice** function. The cooker will automatically switch to **Keep Warm** once the meal is ready.

**SERVES 4.**  
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## RECIPES

### *Jalapeño Quinoa with Shallots*

1 tbsp.	extra virgin olive oil
1	small shallot, minced
1	garlic clove, 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 heated, add the shallot, garlic, and jalapeños. Close the lid and allow the ingredients to cook, stirring occasionally with a long-handled wooden spoon. Once the onion has softened, stir in the quinoa and chicken broth. Close the lid and cook until the quinoa is done, about 25 to 30 minutes. Serve while warm.

**SERVES 4.**  
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### *One-Pot Pasta*

2 cups	bow tie or penne pasta
2½ cups	chicken broth
1 cup	marinara sauce
1 cup	parmesan cheese
1 tsp.	olive oil
----	basil leaves, for garnish

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

**SERVES 4.**  
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## RECIPES

### *Green Chili Chicken Rice*

1½ cups	rice
3 cups	chicken broth
2 tbsp.	onion, diced
½ tsp.	salt
1	(10-oz.) can chicken breast chunks, with liquid
1	(4-oz.) can diced green chilis, with liquid

Place all ingredients in the inner pot and stir to combine. Place the inner pot into the cooker, close the lid then press **White Rice**. Allow the rice to cook until the cooker automatically switches to **Keep Warm**. Add salt to taste. Stir and serve immediately.

**SERVES 4.**  
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### *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
¼ cups	water
----	fresh ground pepper, to taste
----	fresh minced cilantro, for garnish

Add all ingredients except the cilantro to the inner pot and stir. Close the lid and press **White Rice**. 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 2.**  
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