



PARTS IDENTIFICATION



Digital Controls



White Rice
The WHITE RICE button cooks restaurant-quality rice automatically.



Brown Rice
The BROWN RICE button is ideal for cooking brown rice and other tough-to-cook whole grains to perfection.



Sauté-Then-Simmer™
The SAUTÉ-THEN-SIMMER button is for NutriWare's patent-pending Sauté-Then-Simmer™ Technology. This feature sautés foods at a high heat and automatically switches over to simmer mode once liquid is added. It's perfect for Spanish rice, chili, risotto, stir fries and much more!



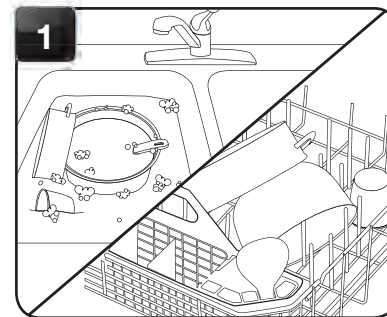
Steam
The STEAM button is perfect for quickly steaming delicious meats and vegetables.



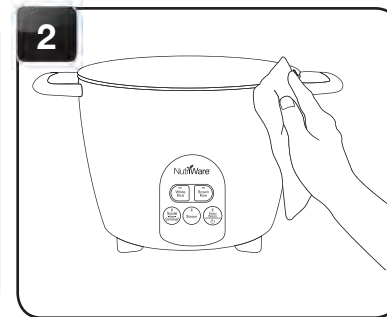
Keep-Warm/Power
The KEEP-WARM/POWER button serves two purposes. The "Keep-Warm" mode automatically switches on once rice is cooked to keep it warm and fresh. When pressed once, the button will shut the rice cooker off.



HOW TO CLEAN



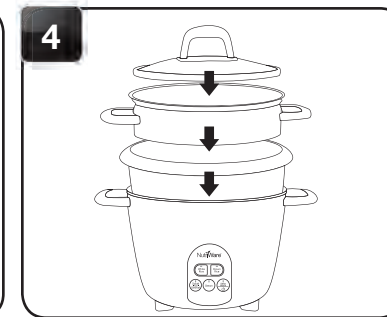
1
Hand wash stainless steel cooking pot and all accessories or wash them in the dishwasher.



2
Wipe the rice cooker body clean with a damp cloth.



3
Thoroughly dry rice cooker body and all accessories.



4
Reassemble for next use.



NOTE

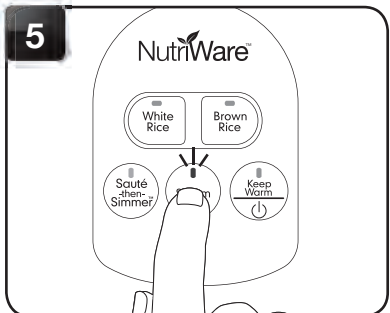
- Do not use harsh abrasive cleaners, scouring pads or products that are not considered safe to use on nonstick coatings.
- If washing in the dishwasher, a slight discoloration to the inner cooking pot and accessories may occur. This is cosmetic only and will not affect performance.
- Any other servicing should be performed by NutriWare™. Contact NutriWare™ customer service at 1-800-276-6286, Monday to Friday 8:30AM-4:30PM PST.



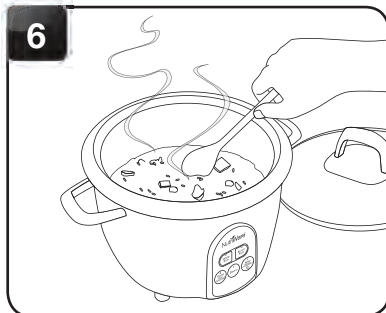
TO COOK SOUPS, STEWS AND CHILIS (CONT.)



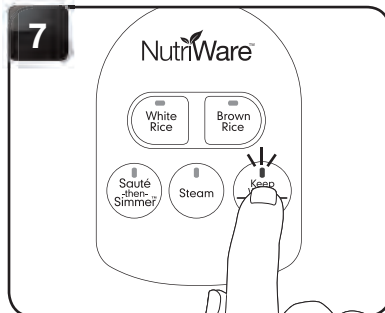
BEFORE FIRST USE



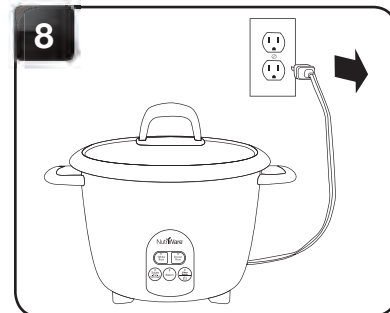
5 Press the **STEAM** button to begin cooking.



6 Using caution to avoid escaping steam, remove the lid and stir occasionally with a long-handled wooden spoon.



7 Once food is fully cooked, press the **KEEP-WARM/POWER** button to switch the rice cooker to "Keep-Warm."



8 When finished cooking, press the **KEEP-WARM/POWER** button once and unplug the power cord to turn the rice cooker off.

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 as they can pose a risk to children.
4. Wash lid and accessories in warm, soapy water. Rinse and dry thoroughly.
5. Remove the stainless steel cooking pot from the rice cooker and clean with warm, soapy water. Rinse and dry thoroughly.
6. Wipe rice cooker body clean with a damp cloth.



NOTE

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

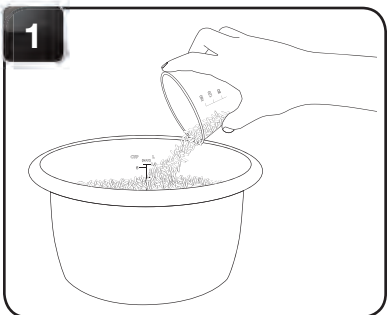


NOTE

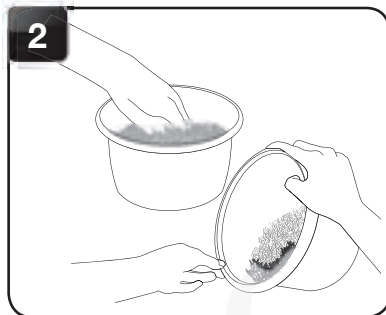
- Do not use abrasive cleaners or scouring pads.
- Do not immerse the rice cooker base, cord or plug in water at any time.

TO COOK RICE

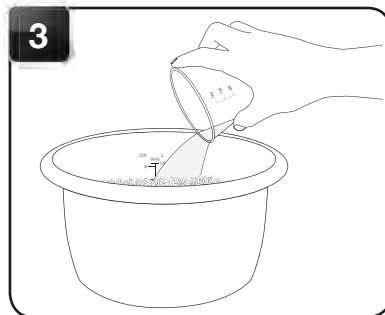
TO COOK SOUPS, STEWS OR CHILIS



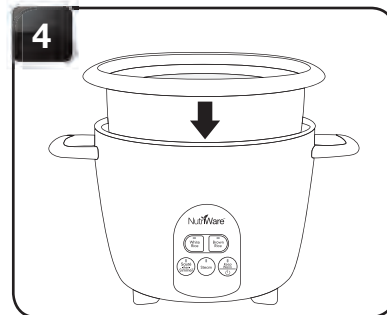
1 Using the provided measuring cup, add rice to the stainless steel cooking pot.



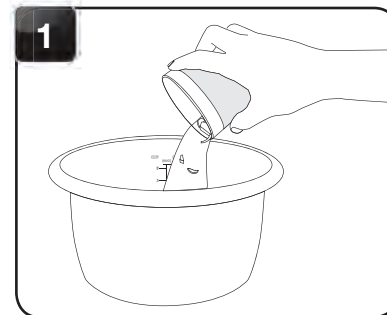
2 Rinse rice to remove excess starch. Drain.



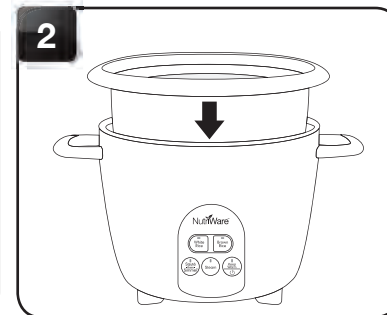
3 Fill with water to the line which matches the number of cups of rice being cooked.



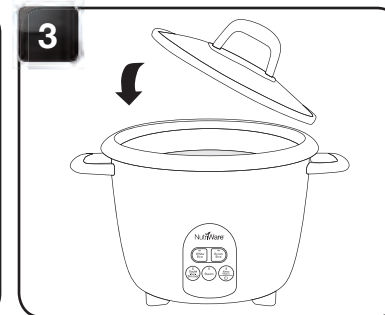
4 Place the stainless steel cooking pot into the rice cooker.



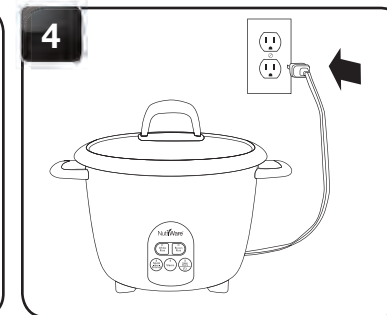
1 Add ingredients to the stainless steel cooking pot.



2 Place the stainless steel cooking pot into the rice cooker.



3 Place the tempered glass lid securely onto the rice cooker.



4 Plug the power cord into an available outlet. Press the **KEEP-WARM/POWER** button to turn the rice cooker on.



NOTE

- Before placing the stainless steel cooking pot into the rice cooker, check that the stainless steel cooking pot is dry and free of debris. Adding the stainless steel cooking pot when wet may damage the rice cooker.



HELPFUL HINTS

- If you misplace the measuring cup, a $\frac{3}{4}$ standard US cup is an exact replacement.
- To add more flavor to rice, try substituting 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 rice cooking times and suggested rice/water ratios, see the "Rice/Water Measurement Table" on **page 8**.



NOTE

- Before placing the stainless steel cooking pot into the rice cooker, check that the stainless steel cooking pot is dry and free of debris. Adding the stainless steel cooking pot when wet may damage the rice cooker.



CAUTION

- The rice cooker will not switch to "Keep-Warm" mode until all liquid is boiled away. Follow the recipe carefully and **do not leave the rice cooker unattended**.



STEAMING TABLES

When steaming, NutriWare™ recommends using 3 cups of water with the provided measuring cup.

Meat Steaming Table

MEAT	STEAMING TIME	SAFE INTERNAL TEMPERATURE
Fish	25 Min.	140°
Chicken	30 Min.	165°
Pork	30 Min.	160°
Beef	Medium = 25 Min. Medium-Well = 30 Min. Well = 33 Min.	160°



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.**
- Steaming times may vary depending upon the cut of meat being used.
- 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 cooking pot and repeat the cooking process until the meat is adequately cooked.



NOTE

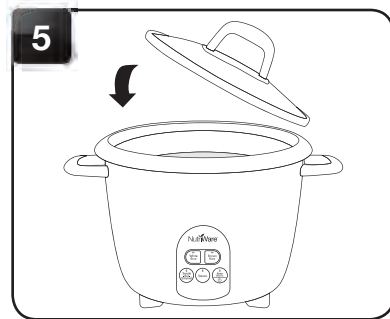
- Altitude, humidity and outside temperature will affect cooking times.
- These steaming charts are for reference only. Actual cooking times may vary.

Vegetable Steaming Table

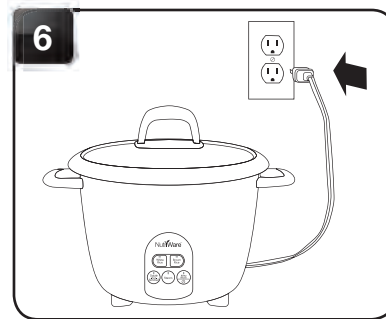
VEGETABLE	STEAMING TIME
Asparagus	9-11 Minutes
Broccoli	6-8 Minutes
Cabbage	5-7 Minutes
Carrots	11-13 Minutes
Cauliflower	7-9 Minutes
Corn on the Cob	12-16 Minutes
Green Beans	9-11 Minutes
Peas	4-6 Minutes
Potatoes	28-33 Minutes
Spinach	2-4 Minutes
Squash	9-11 Minutes
Zucchini	9-11 Minutes



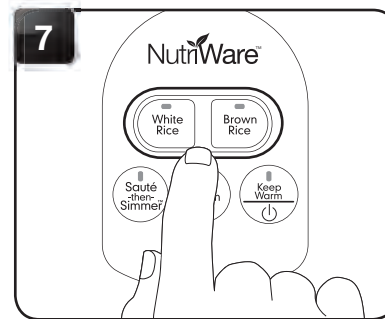
TO COOK RICE (CONT.)



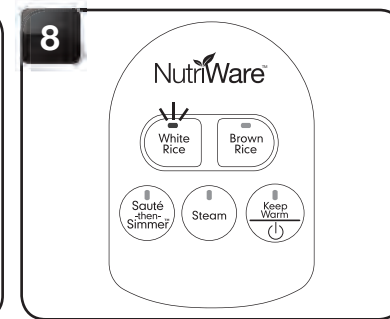
Place the tempered glass lid securely onto the rice cooker.



Plug the power cord into an available outlet. Press the KEEP-WARM/POWER button to turn the rice cooker on.



Press the WHITE RICE or BROWN RICE button, depending upon the type of rice being cooked.



The indicator light will illuminate and the rice cooker will begin cooking.

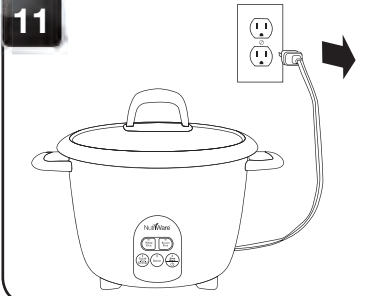
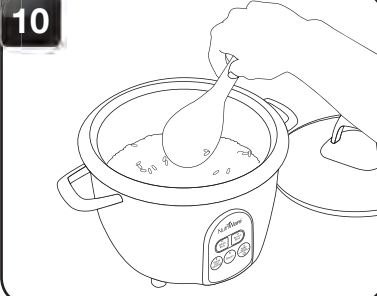
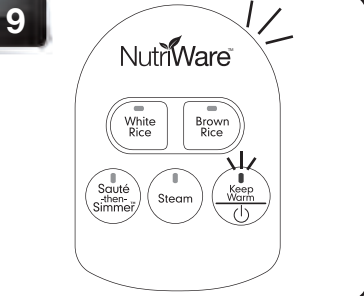


NOTE

- Brown rice requires a much longer cooking cycle than other rice varieties due to the extra bran layers on the grains. The "Brown Rice" function on this rice cooker allows extra time and adjusted heat settings in order to cook the rice properly. If it appears the rice cooker is not heating up immediately on the "Brown Rice" function, this is due to a low-heat soak cycle that precedes the cooking cycle to produce better brown rice results.



TO COOK RICE (CONT.)



When rice is ready, the rice cooker will beep and automatically switch to "Keep-Warm."

For best results, stir the rice with the serving spatula to distribute any remaining moisture.

When finished serving, press the **KEEP-WARM/POWER** button once and unplug the power cord to turn the rice cooker off.

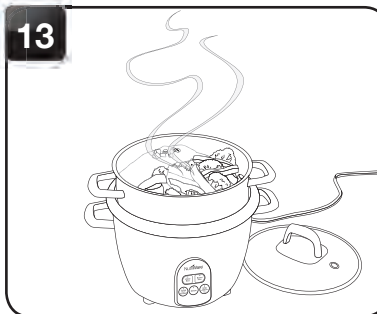


NOTE

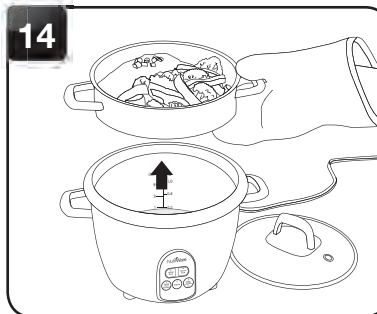
- Rice should not be left in the rice cooker on "Keep-Warm" for more than 12 hours.



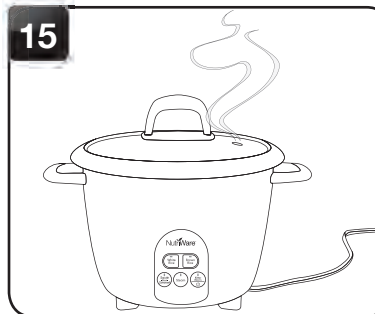
TO STEAM FOOD & SIMULTANEOUSLY COOK RICE (CONT.)



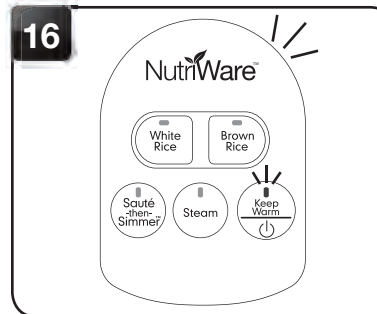
Using caution, remove the lid to check food for doneness.



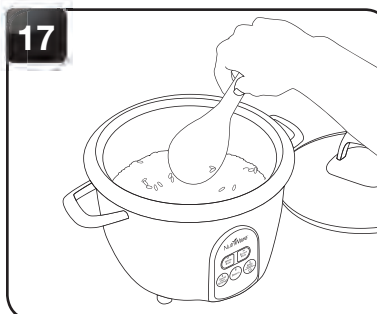
If food is finished steaming, remove stainless steel steam tray.



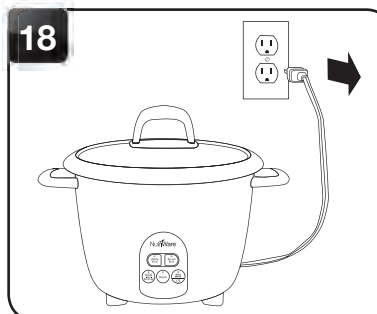
Allow the rice cooker to continue cooking rice.



When rice is ready, the rice cooker will beep and automatically switch to "Keep-Warm."



For best results, stir the rice with the serving spatula to distribute any remaining moisture.



When finished serving, press the **KEEP-WARM/POWER** button once and unplug the power cord to turn the rice cooker off.



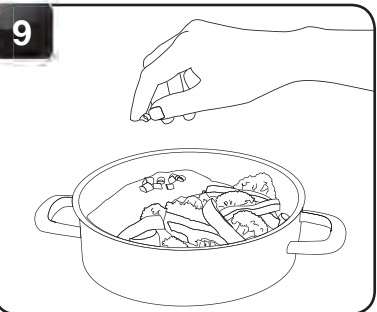
NOTE

- Rice should not be left in the rice cooker on "Keep-Warm" for more than 12 hours.

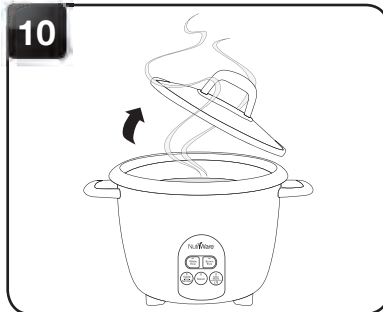


TO STEAM FOOD & SIMULTANEOUSLY COOK RICE

To steam while cooking rice, begin cooking rice by following steps 1 to 8 of “To Cook Rice” on page 5.



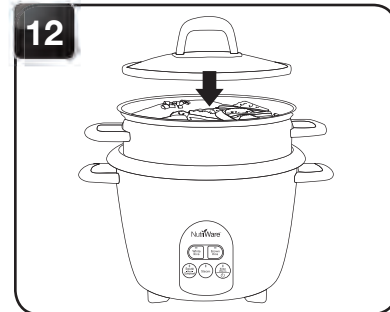
Place food to be steamed onto the stainless steel steam tray.



Using caution to avoid escaping steam, open the lid.



Place stainless steel steam tray into the rice cooker.



Place the tempered glass lid securely onto the rice cooker.



NOTE

- Do not attempt to cook more than **5 cups (uncooked)** of rice if steaming and cooking rice simultaneously.
- 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/Water Measurement Table” on **page 8** for approximate rice cooking times.



RICE/WATER MEASUREMENT TABLE

UNCOOKED RICE	RICE WATER LINE INSIDE POT	APPROX. COOKED RICE YIELD	COOKING TIMES
2 Cups	Line 2	4 Cups	WHITE RICE: 30-35 Min. BROWN RICE: 90-95 Min.
3 Cups	Line 3	6 Cups	WHITE RICE: 35-40 Min. BROWN RICE: 95-100 Min.
4 Cups	Line 4	8 Cups	WHITE RICE: 40-45 Min. BROWN RICE: 100-105 Min.
5 Cups	Line 5	10 Cups	WHITE RICE: 42-47 Min. BROWN RICE: 105-110 Min.
6 Cups	Line 6	12 Cups	WHITE RICE: 45-50 Min. BROWN RICE: 107-112 Min.
7 Cups	Line 7	14 Cups	WHITE RICE: 47-52 Min. BROWN RICE: 110-115 Min.

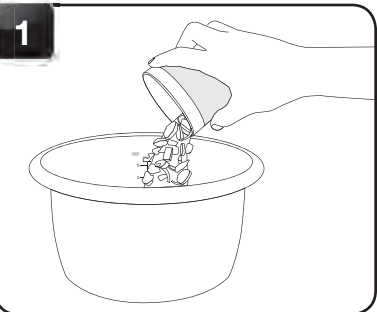


HELPFUL HINTS

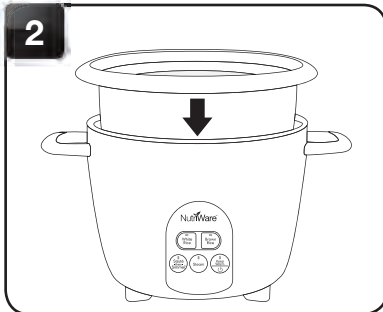
- Rinse rice before placing it into the stainless steel cooking pot to remove excess bran and starch. This will help reduce browning and sticking to the bottom of the pot.
- This chart is only a general measuring guide. As there are many different kinds of rice available (see “About Rice” on **page 22**), rice/water measurements may vary.



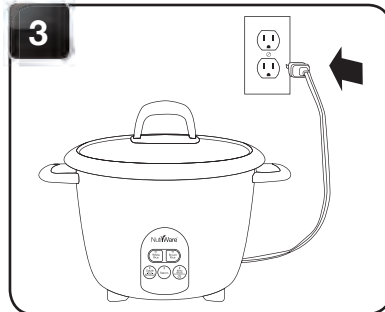
TO USE SAUTÉ-THEN-SIMMER™



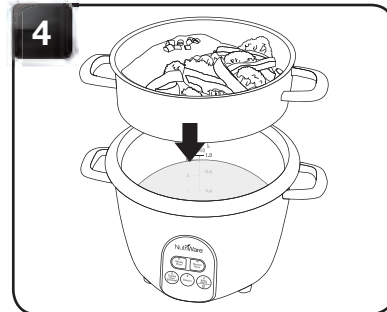
1 Add ingredients to be sautéed/browned to the stainless steel cooking pot.



2 Place the stainless steel cooking pot into the rice cooker.



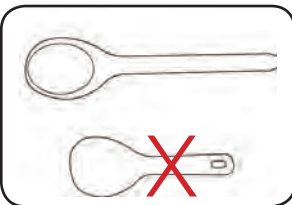
3 Plug the power cord into an available outlet. Press the KEEP-WARM/POWER button to turn the rice cooker on.



4 Press the SAUTÉ-THEN-SIMMER™ button to begin sautéing.



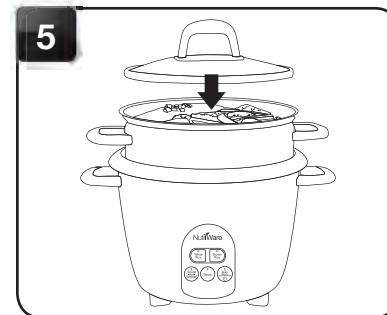
NOTE



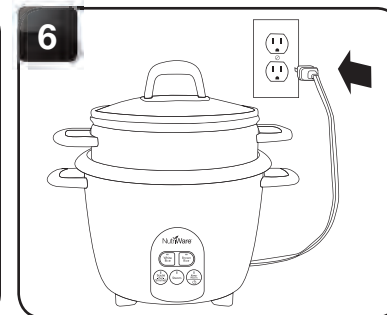
• Do not use the provided serving spatula to sauté. It is not intended to be used in contact with high temperatures. Use a long-handled wooden or heat-safe spoon to stir food while sautéing.



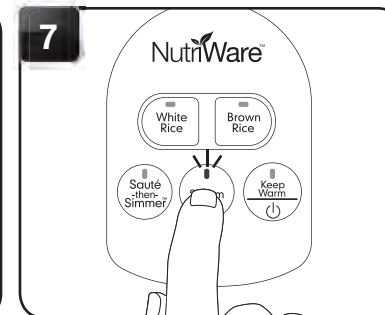
TO STEAM (CONT.)



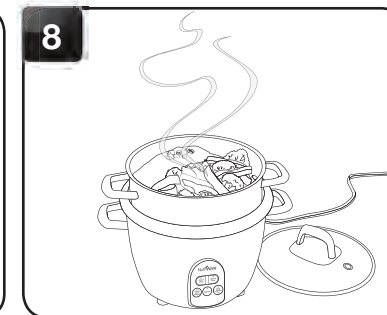
5 Place the tempered glass lid securely onto the rice cooker.



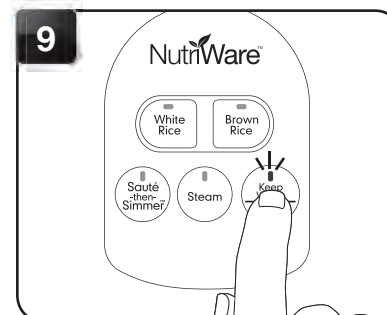
6 Plug the power cord into an available outlet. Press the KEEP-WARM/POWER button to turn the rice cooker on.



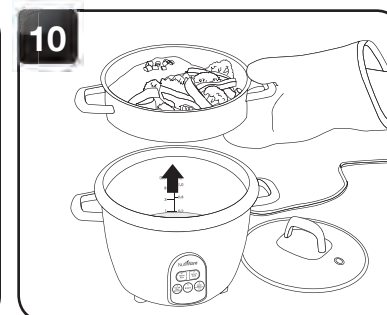
7 Press the STEAM button to begin steaming.



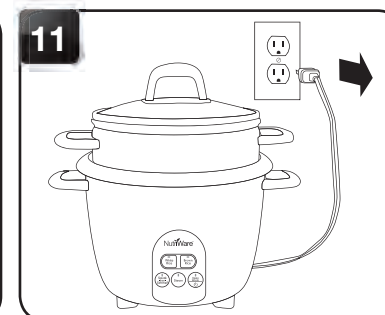
8 Once the suggested amount of time has passed, carefully remove the lid and check food for doneness.



9 If food is fully cooked, press the KEEP-WARM/POWER button to switch the rice cooker to "Keep-Warm."

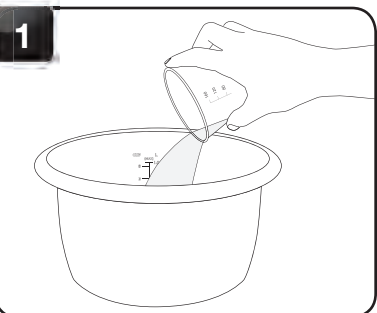


10 To prevent overcooking, remove steamed food immediately once it is cooked.

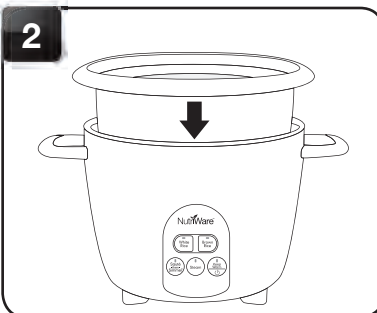


11 When finished steaming, press the KEEP-WARM/POWER button once and unplug the power cord to turn the rice cooker off.

TO STEAM



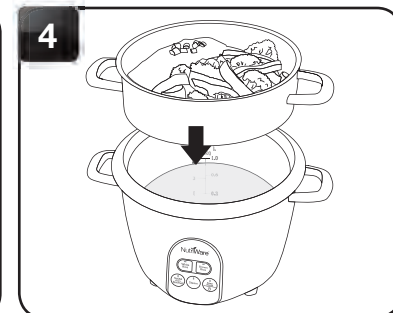
1 Using the provided measuring cup, add 3 cups water to the stainless steel cooking pot.



2 Place the stainless steel cooking pot into the rice cooker.

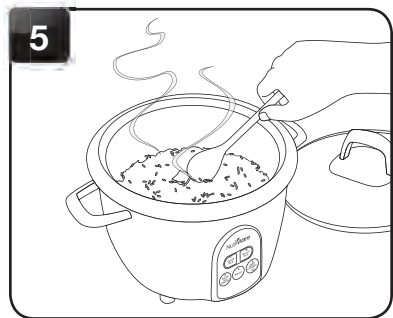


3 Place food to be steamed onto the stainless steel steam tray.

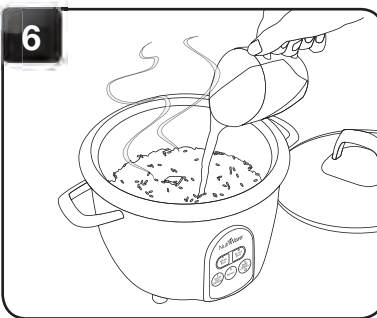


4 Place the stainless steel steam tray onto the rice cooker.

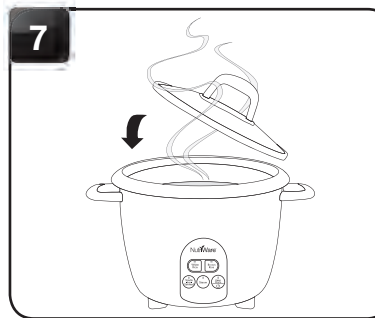
TO USE SAUTÉ-THEN-SIMMER™ (CONT.)



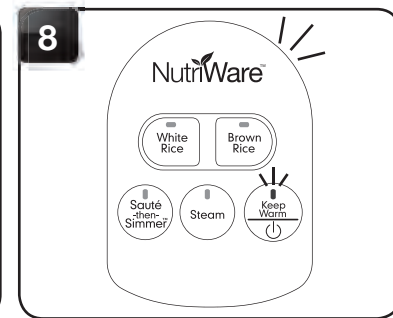
5 Using a long-handled wooden spoon, stir ingredients until sautéed/browned to the desired level.



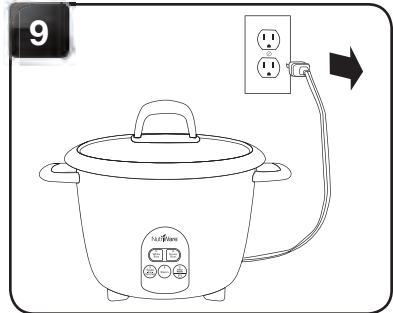
6 Add other called for ingredients and liquid to the stainless steel cooking pot.



7 The rice cooker will automatically switch to its “Simmer” mode. Place the lid securely onto the rice cooker and allow it to cook.



8 Once the meal has cooked, the rice cooker will beep and automatically switch over to “Keep-Warm.”



9 When finished serving, press the **KEEP-WARM/POWER** button once and unplug the power cord to turn the rice cooker off.



NOTE

- If too little water is added, the rice cooker will stop prematurely.



HELPFUL HINTS

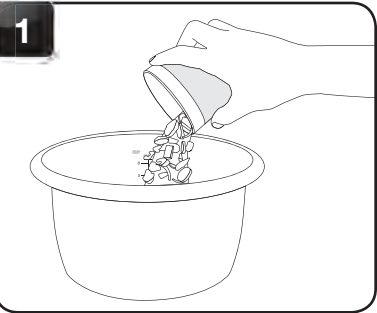
- Smaller foods may be placed on a heat-proof dish and then placed onto the stainless steel steam tray. Parchment paper or aluminum foil may also be used. Place the paper/foil in the center of the stainless steel steam tray and ensure it does not create a seal along the bottom of the stainless steel steam tray. For best results, it is recommended to puncture small holes in the paper/foil.
- For suggested steaming times and water amounts, see the meat and vegetable steaming tables on **page 17**.



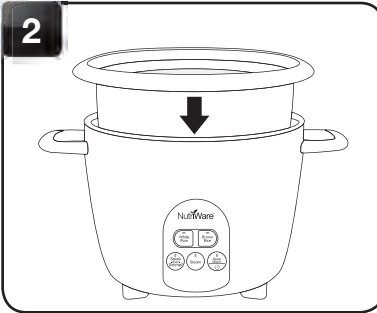
NOTE

- Food should not be left in the rice cooker on “Keep-Warm” for more than 12 hours.

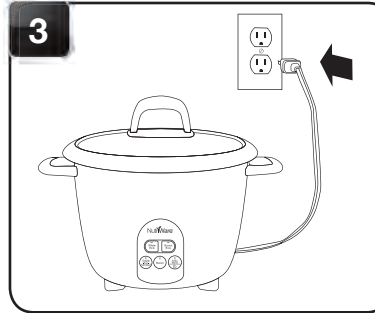
TO SAUTÉ ONLY



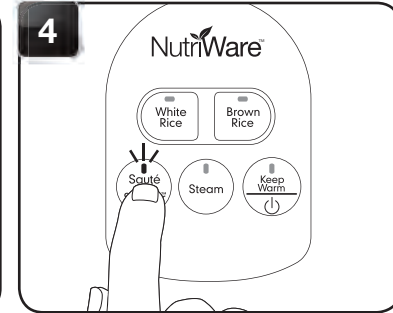
1 Add ingredients to be sautéed/browned to the stainless steel cooking pot.



2 Place the stainless steel cooking pot into the rice cooker.

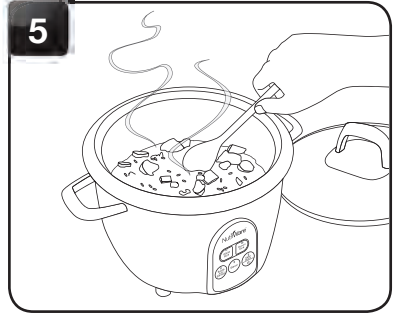


3 Plug the power cord into an available outlet. Press the **KEEP-WARM/POWER** button to turn the rice cooker on.

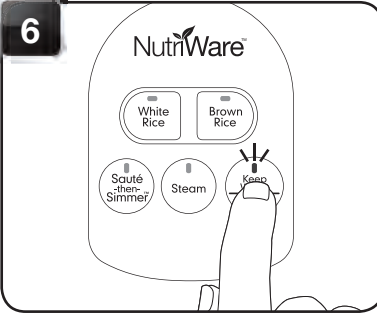


4 Press the **SAUTÉ-THEN-SIMMER™** button to begin sautéing.

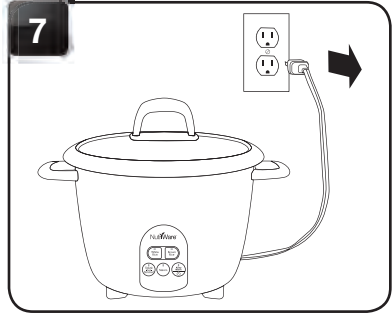
TO SAUTÉ ONLY (CONT.)



5 Using a long-handled wooden spoon, stir ingredients until sautéed/browned to the desired level.



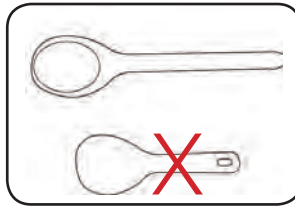
6 Press the **KEEP-WARM/POWER** button to switch the rice cooker to "Keep-Warm."



7 When finished sautéing, press the **KEEP-WARM/POWER** button once and unplug the power cord to turn the rice cooker off.



NOTE



• **Do not use the provided serving spatula to sauté.** It is not intended to be used in contact with high temperatures. Use a long-handled wooden or heat-safe spoon to stir food while sautéing.