



Instruction Manual

Rice Cooker · Multicooker
Slow Cooker · Food Steamer



Questions or concerns about your cooker?
Before returning to the store...



Aroma's customer service experts are happy to help. Call us toll-free at **1-800-276-6286**.



Answers to many common questions and even replacement parts can be found online. Visit **www.AromaCo.com/Support**



Download your free digital recipe book at **www.AromaCo.com/5000SBRecipes**



Congratulations on your purchase of the Aroma® Professional Plus 20-Cup Digital Rice Cooker/Multicooker, Slow Cooker and Food Steamer. In no time at all, you'll be making fluffy, delicious rice at the touch of a button! Whether long, medium or short grain, this cooker is specially calibrated to prepare all varieties of rice, including tough-to-cook whole grain brown rice, to perfection.

In addition to rice, your new Aroma® Professional Plus Rice Cooker/Multicooker, Slow Cooker and Food Steamer is ideal for healthy, one-pot meals for the whole family. The convenient steam tray inserts directly over the rice, allowing you to cook moist, fresh meats and vegetables at the same time, in the same pot. Steaming foods locks in their natural flavor and nutrients without added oil or fat, for meals that are as nutritious and low-calorie as they are easy.

Aroma®'s Sauté-Then-Simmer™ technology is ideal for the easy preparation of Spanish rice, risottos, pilafs, packaged meal helpers, stir fries and more stovetop favorites! And the new Slow Cook feature adds an extra dimension of versatility to your rice cooker, allowing it to fully function as a programmable slow cooker! Use them together for simplified searing and slow cooking in the same pot.

But it doesn't end there. Your new Rice Cooker/Multicooker is also great for soups, stews, stocks, gumbos, jambalaya, breakfast frittatas, dips and even desserts!

Several delicious recipes are included at the back of this manual, and even more are available online at www.AromaTestKitchen.com. This manual contains instructions for using your rice cooker and its convenient pre-programmed digital settings, as well as all of the accessories included. There are also helpful measurement charts for cooking rice and steaming.

For more information on your Aroma® Professional Plus Rice Cooker/Multicooker, Food Steamer and Slow Cooker or for product service, recipes and other home appliance solutions, please visit us online at www.AromaCo.com.

See what's cooking with Aroma online!



www.AromaTestKitchen.com

[/AromaHousewares](https://www.facebook.com/AromaHousewares)





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, electric shock and injury to persons, do not immerse 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 outlet when not in use and before cleaning. Allow unit to cool before putting on or taking off parts and before cleaning the appliance.
7. Do not operate any appliance with a damaged 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 cord touch hot surfaces or hang over the edge of a counter or table.
11. Do not place on or near a hot gas or electric burner or in a heated oven.
12. Do not use the appliance for other than its intended use.
13. Extreme caution must be used when moving the appliance containing rice, hot oil or other liquids.
14. Do not touch, cover or obstruct the steam vent on the top of the rice cooker as it is extremely hot and may cause scalding.
15. Use only with a 120V AC power outlet.
16. Always unplug from the base of the wall outlet. Never pull on the cord.
17. The rice 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 cooking 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. Rice should not be left in the inner cooking pot with the Keep-Warm function on for more than 12 hours.
21. To prevent damage or deformation, do not use the inner cooking pot on a stovetop or burner.
22. To disconnect, first power off the unit, then remove the plug from the wall outlet.
23. To reduce the risk of electrical shock, cook only in the removable inner cooking pot provided.
24. To avoid spills and burns, do not carry rice cooker by the lid handle.
25. Do not wrap or tie cord around appliance.
26. Intended for countertop use only.
27. **WARNING:** Spilled food can cause serious burns. Keep appliance and cord away from children. Never drape cord over edge of counter, never use outlet below counter, and never use with an extension cord.

SAVE THESE INSTRUCTIONS



IMPORTANT SAFEGUARDS

Polarized Plug

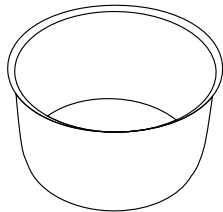
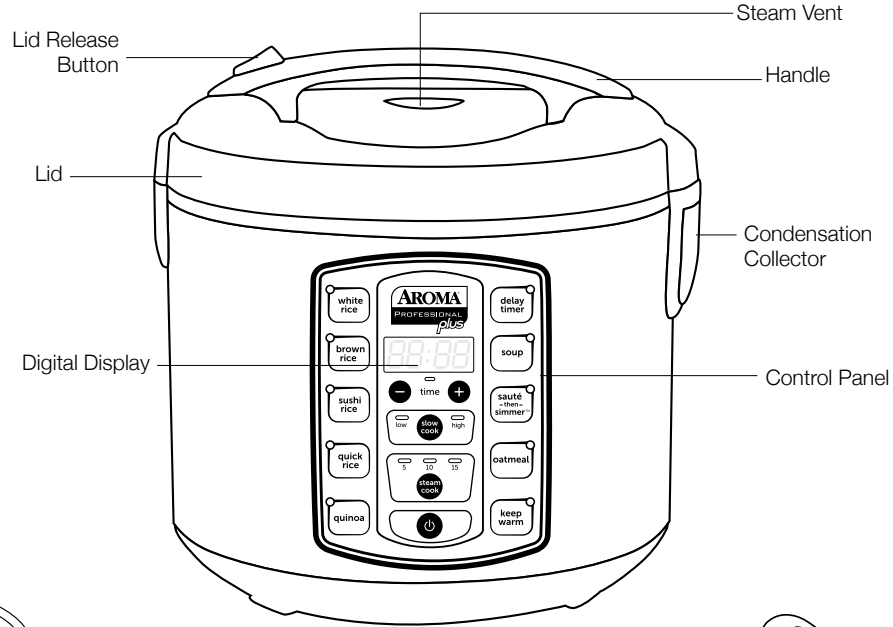
This appliance has a **polarized plug** (one blade is wider than the other); follow the instructions below:

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.

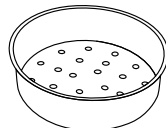
If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or a similarly qualified person in order to avoid a hazard.



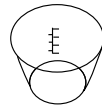
PARTS IDENTIFICATION



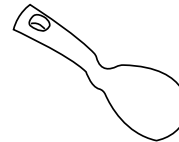
Inner Pot



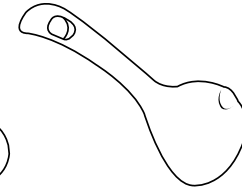
Steam Tray



Measuring Cup



Serving Spatula



Soup Ladle



DIGITAL CONTROLS

WHITE RICE

Cooks fluffy, delicious rice automatically.

BROWN RICE

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

SUSHI RICE

Tender, sticky rice made easy.

QUICK RICE

A great time-saving option for rice in a pinch. This setting foregoes the rice cooker's Sensor Logic™ for faster cooking times.

QUINOA

Fiber and protein-filled grains for a nutritious meal.

- or +

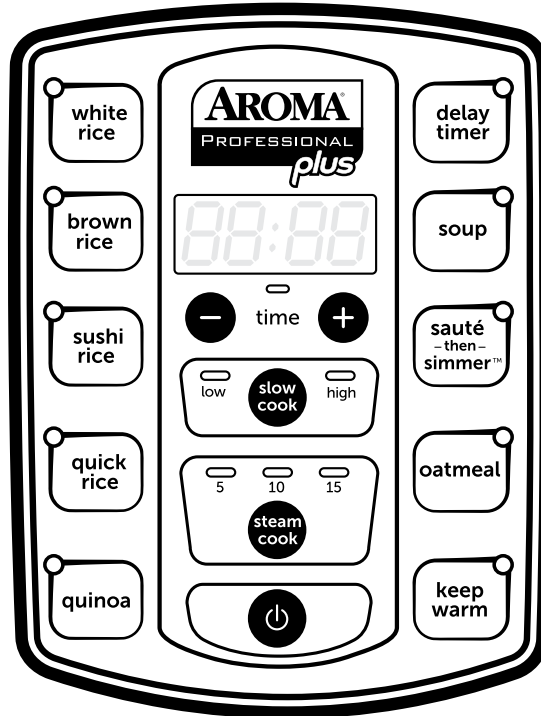
Increasing or decreasing time for SLOW COOK and SOUP.

SLOW COOK

Transforms the rice cooker into a 4-quart programmable slow cooker. Set it to cook from low to high.

STEAM COOK

Stears food from 5, 10, and 15 minute increments; countdown will begin when water reaches a boil and shut off once time has elapsed.



DELAY TIMER

Allows for rice to be ready right when it's needed. Add rice and water in the morning and come home to delicious rice ready to eat!

SOUP

Prepare your favorite hot and hearty soup or stew by selecting cook time between 2 to 5 hours.

SAUTÉ-THEN-SIMMER™

Sauté foods at high heat and automatically switch over to its simmer mode once liquid is added. It's perfect for Spanish rice, chili, risotto, stir fries and much more!

OATMEAL

Quick and healthy breakfast with no need to stir.

KEEP WARM

The rice cooker will automatically switch over to keep warm once rice is finished cooking.



Power the rice cooker on and off.

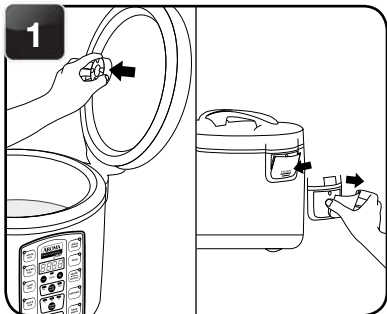


BEFORE FIRST USE

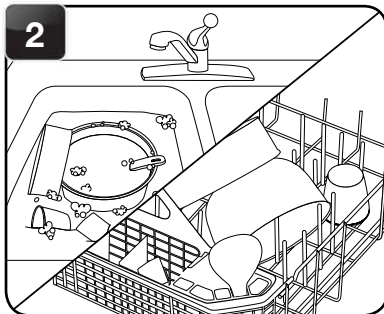
1. **Read all instructions and important safeguards.**
2. Remove all packaging materials and check that all items have been received in good condition.
3. Tear up all plastic bags and dispose of properly as they can pose a suffocation or choking risk to children.
4. Wash the removable inner lid and all other accessories in warm, soapy water. Rinse and dry thoroughly.
5. Remove the inner pot from rice cooker and clean with warm, soapy water. Rinse and dry thoroughly before returning to cooker.
6. Wipe body clean with a damp cloth.



TO CLEAN



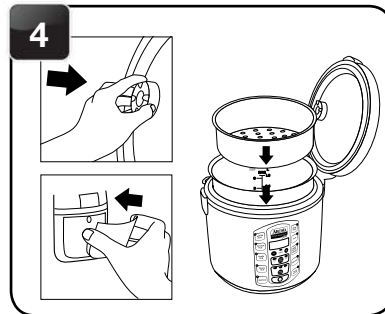
1 Remove the steam vent and remove the condensation collector.



2 Soak the inner pot and all accessories or wash them on the top rack of the dishwasher.



3 Wipe rice cooker body clean with a damp cloth and thoroughly dry rice cooker body and all accessories.



4 Reassemble for next use.



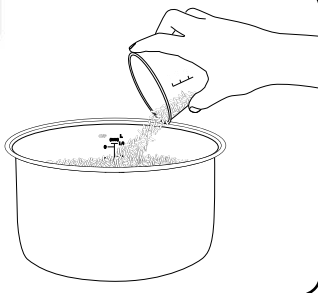
NOTE

- 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 pot and accessories may occur. This is cosmetic only and will not affect performance.
- Any other servicing should be performed by Aroma® Housewares.



TO COOK RICE

1



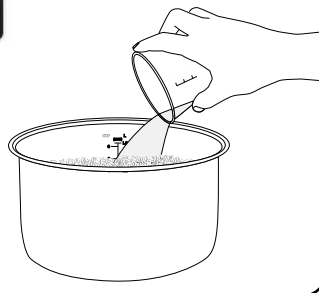
Using the provided measuring cup, add rice to the inner cooking pot.

2



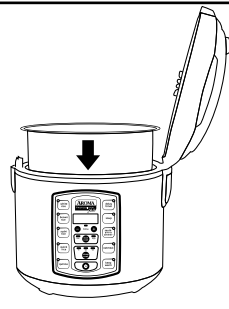
Rinse rice to remove excess starch. Drain.

3



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

4



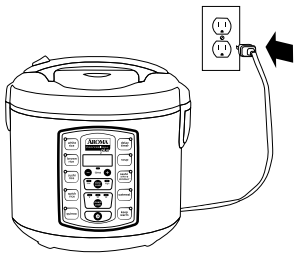
Place the inner pot into the rice cooker.

5



Close the lid securely.

6



Plug the power cord into a 120V AC wall outlet.



NOTE

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

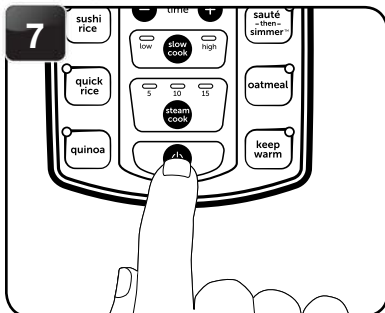


HELPFUL HINTS

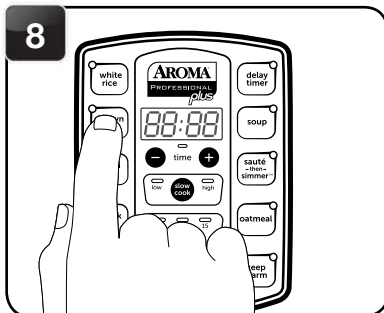
- If you misplace the measuring cup, a $\frac{3}{4}$ standard US cup is an exact replacement.
- To add more flavor to rice, try substituting a favorite meat or vegetable broth or stock. The ratio of broth/stock to rice will be the same as water to rice.
- For approximate rice cooking times and suggested rice/water ratios, see the "Rice/Water Measurement Table" on **page 8**.



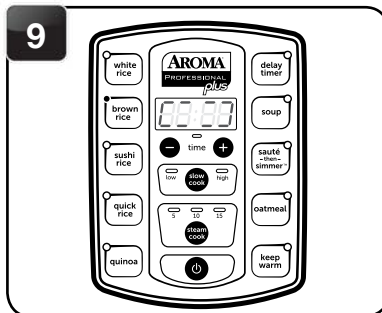
TO COOK RICE (CONT.)



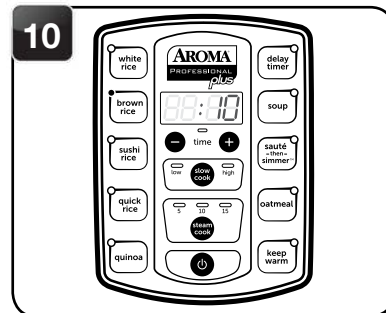
7 Press the **⏻** button to turn on the rice cooker.



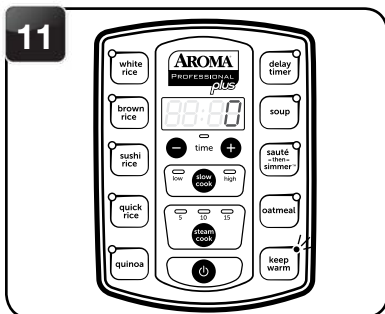
8 Press the **WHITE RICE, BROWN RICE OR SUSHI RICE** button, depending upon the type of rice being cooked.



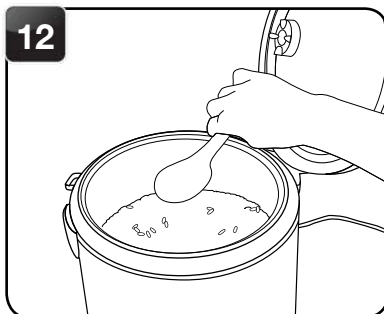
9 The rice cooker will beep and begin cooking. The cooking indicator light will illuminate and a chasing pattern will be in the display.



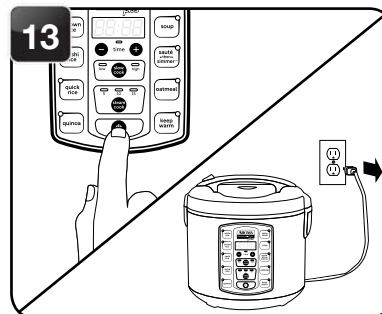
10 The rice cooker will countdown the final 10 minutes of cook time.



11 Once rice is finished, the rice cooker will beep and automatically switch to **KEEP WARM**.



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



13 When finished serving rice, turn rice cooker off by pressing **⏻** and unplug the power cord.



NOTE

- Brown rice requires a longer cooking cycle than other rice varieties due to the extra bran layers on the grains. **BROWN RICE** 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 **BROWN RICE**, this is due to a low-heat soak cycle that precedes the cooking cycle to produce better brown rice results.
- Rice should not be left in the rice cooker on **KEEP WARM** for more than 12 hours.



RICE/WATER MEASUREMENT TABLE

UNCOOKED RICE	RICE WATER LINE INSIDE POT	APPROX. COOKED RICE YIELD	COOKING TIMES
2 Rice Cooker Cups*	Line 2	4 Rice Cooker Cups*	WHITE RICE: 29-34 Min. BROWN RICE: 39-44 Min.
3 Rice Cooker Cups*	Line 3	6 Rice Cooker Cups*	WHITE RICE: 32-37 Min. BROWN RICE: 43-48 Min.
4 Rice Cooker Cups*	Line 4	8 Rice Cooker Cups*	WHITE RICE: 35-40 Min. BROWN RICE: 46-51 Min.
5 Rice Cooker Cups*	Line 5	10 Rice Cooker Cups*	WHITE RICE: 36-41 Min. BROWN RICE: 49-54 Min.
6 Rice Cooker Cups*	Line 6	12 Rice Cooker Cups*	WHITE RICE: 37-42 Min. BROWN RICE: 51-56 Min.
7 Rice Cooker Cups*	Line 7	14 Rice Cooker Cups*	WHITE RICE: 38-43 Min. BROWN RICE: 51-56 Min.
8 Rice Cooker Cups*	Line 8	16 Rice Cooker Cups*	WHITE RICE: 39-44 Min. BROWN RICE: 52-57 Min.
9 Rice Cooker Cups*	Line 9	18 Rice Cooker Cups*	WHITE RICE: 40-45 Min. BROWN RICE: 54-59 Min.
10 Rice Cooker Cups*	Line 10	20 Rice Cooker Cups*	WHITE RICE: 41-46 Min. BROWN RICE: 55-60 Min.



HELPFUL HINTS

- Rinse rice before placing it into the inner pot to remove excess bran and starch. This will help reduce browning and sticking to the bottom of the pot.
- Want perfect brown rice without the wait? Use the Delay Timer. Simply add rice and water in the morning and set the Delay Timer for when rice will be needed that night. See “To Use The Delay Timer” on **page 10** for more details.
- This chart is only a general measuring guide. As there are many different kinds of rice available, rice/water measurements may vary.

*1 Cup = ¾ US Cups



TO USE QUICK RICE

An excellent option for cooked rice when short on time.

***To use the Quick Rice function, follow the steps for “To Cook Rice” beginning on page 6. Rather than pressing one of the standard rice function buttons, press QUICK RICE.
If cooking brown rice, add an additional 1½ cups water, using the provided measuring cup, to compensate for the lack of soaking time. The included measuring cup is equal to a standard ¾ US cup.***

WHITE RICE UNCOOKED CUPS*	COOKING TIME WITH QUICK RICE FUNCTION	APPROX. TIME SAVINGS COMPARED TO WHITE RICE FUNCTION
2 Rice Cooker Cups*	21-26 Min.	8 Min.
4 Rice Cooker Cups*	26-31 Min.	9 Min.
6 Rice Cooker Cups*	29-34 Min.	8 Min.
8 Rice Cooker Cups*	32-37 Min.	7 Min.
10 Rice Cooker Cups*	35-40 Min.	7 Min.

BROWN RICE UNCOOKED CUPS*	COOKING TIME WITH QUICK RICE FUNCTION	APPROX. TIME SAVINGS COMPARED TO BROWN RICE FUNCTION
2 Rice Cooker Cups*	39-44 Min.	-
4 Rice Cooker Cups*	43-48 Min.	3 Min.
6 Rice Cooker Cups*	44-49 Min.	7 Min.
8 Rice Cooker Cups*	46-51 Min.	6 Min.
10 Rice Cooker Cups*	50-55 Min.	5 Min.

* Cups referenced are with the included measuring cup.

*1 Cup = ¾ US Cups

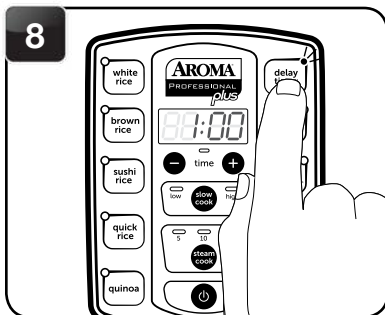


NOTE

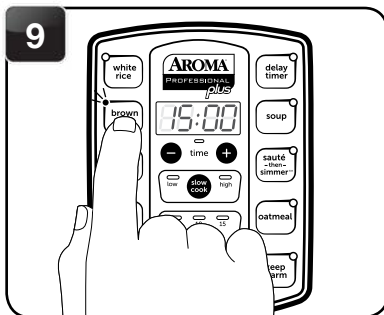
- Cooking times are approximate. Altitude, humidity and outside temperature will affect cooking time.
- Opening the lid during the cooking cycle causes a loss of heat and steam. Cooking time may be prolonged if the lid is opened before the rice is finished.

15 TO USE THE DELAY TIMER

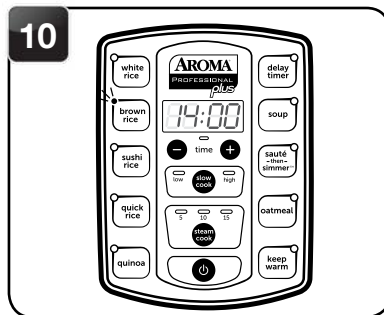
Follow steps 1 to 7 of "To Cook Rice" beginning on page 6.



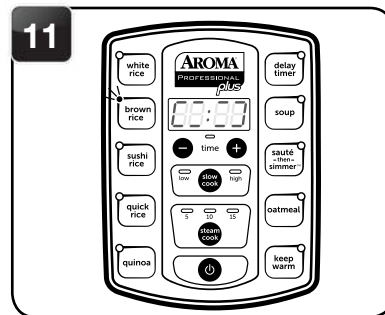
Press DELAY TIMER. Then press - or + to adjust time in one hour increments. It may be set to have rice ready in 1 to 15 hours. The time selected will indicate when cooking will be complete.



Once the needed time is selected, press the WHITE RICE, BROWN RICE or SUSHI RICE depending on the rice being cooked.



The digital display will countdown from the time selected.



Once rice begins cooking, the cooking indicator light will illuminate and a chasing pattern will appear in the display.



NOTE

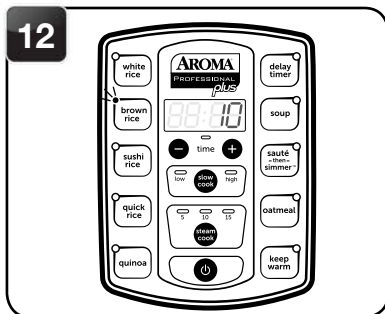
- Due to the longer cooking time needed, brown rice may only be delayed for 2 hours or more.



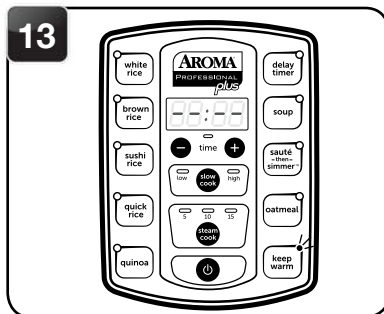
HELPFUL HINTS

- 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.

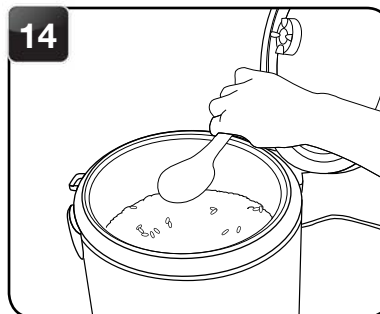
15 TO USE THE DELAY TIMER (CONT.)



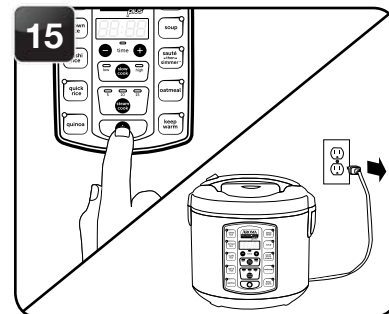
The rice cooker will countdown the final 10 minutes of cook time.



Once rice is finished, the rice cooker will beep and automatically switch to **KEEP WARM**.



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



When finished serving rice, turn the rice cooker off by pressing **⏻** twice and unplug the power cord.



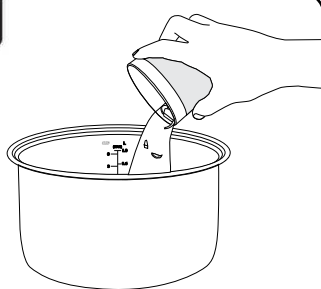
NOTE

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



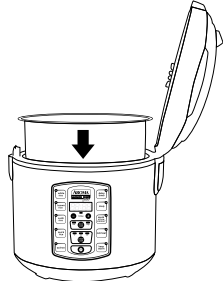
TO SLOW COOK

1



Add food to be slow cooked to the inner cooking pot.

2



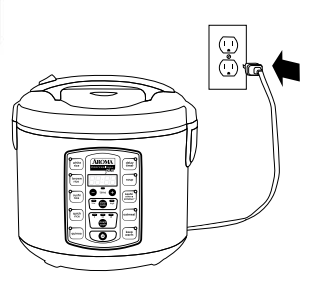
Place the inner cooking pot into the rice cooker.

3



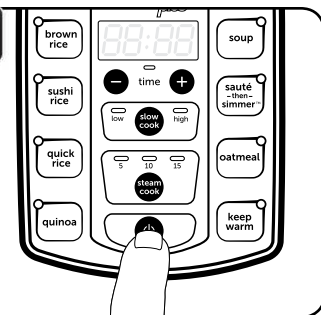
Close the lid securely.

4



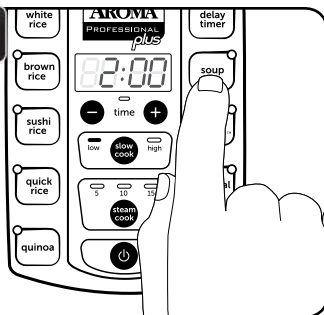
Plug the power cord into an available 120V AC outlet.

5



Press **ON/OFF** button to turn the rice cooker on.

6



Press **SLOW COOK**. The digital display will show a flashing 2 to represent two hours of slow cook time. Press **SLOW COOK** again to change to low.

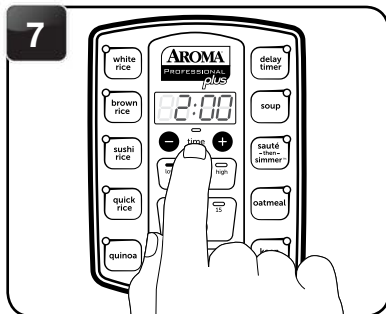


NOTE

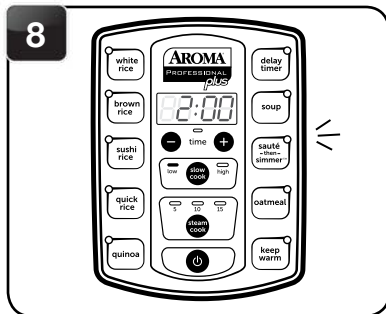
- The Slow Cook function can operate on “Low” or “High” Slow Cook function.
- Before placing the inner cooking pot into the rice cooker, check that the cooking pot is dry and free of debris. Adding the inner cooking pot when wet may damage the rice cooker.
- If recipe calls for ingredients to be seared or browned use Saute-Then-Simmer™ to sear meat then switch to Slow Cook to finish cooking.



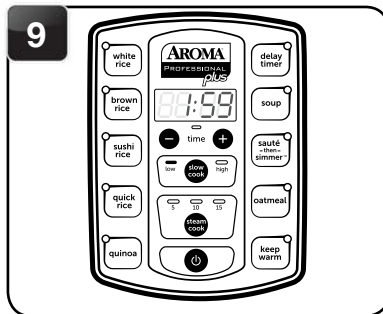
TO SLOW COOK (CONT.)



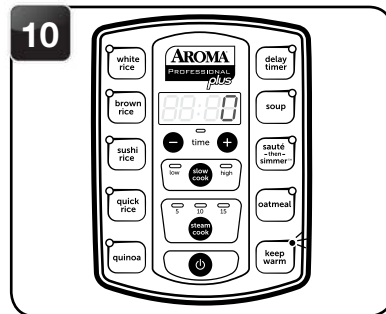
Each press of the **SLOW COOK** button will alternate between low and high setting. Press - or + to select time setting.



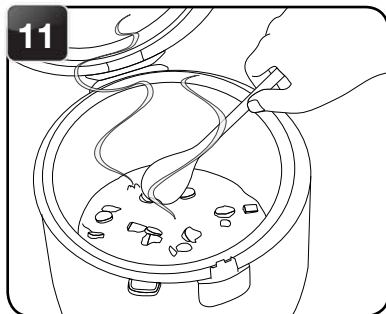
Once the needed cooking time is selected, the rice cooker will beep and stop flashing to indicate it is set at the displayed time.



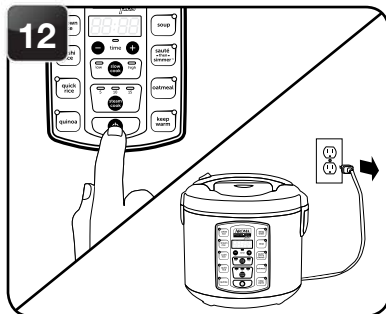
The rice cooker will begin to slow cook. The digital display will countdown in one minute increments from the selected time.



Once set time has elapsed, the rice cooker will beep and automatically switch to keep warm.



Open the lid to check food for doneness. If fully cooked, remove food for serving.



When finished serving, turn the rice cooker off by pressing **⏻** twice and unplug the power cord.



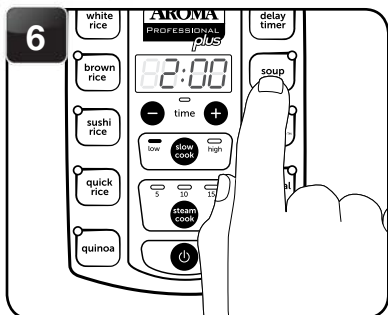
NOTE

- Press - or + to select time setting. Low can be set 6 to 10 hours by 1 hour increments. High can be set 2 to 5 hours by 1 hour increments.

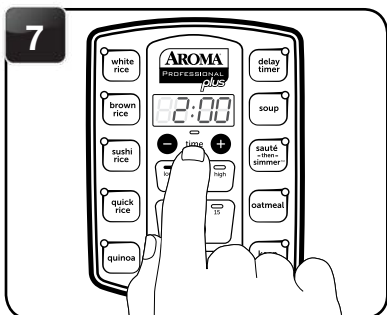


TO COOK SOUP

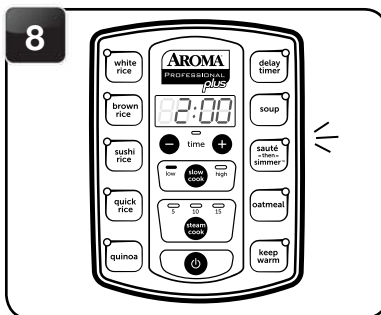
Follow steps 1 to 5 of "To Slow Cook" beginning on page 12.



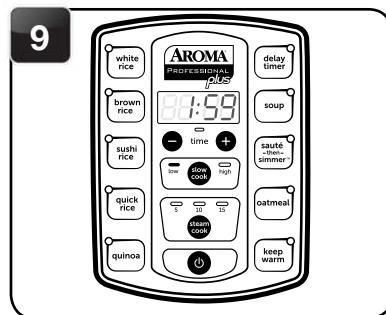
Press SOUP. The digital display will show a flashing 2 to represent two hours of soup time.



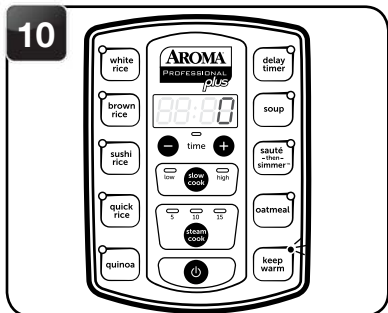
Press - or + to select time setting. Time can be set for 2 to 8 hours.



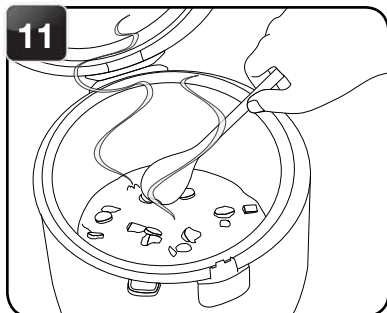
Once the needed cooking time is selected, the rice cooker will beep and stop flashing to indicate it is set at the displayed time.



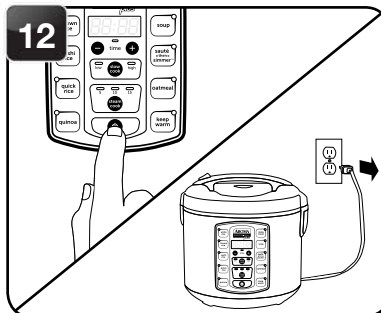
The rice cooker will begin to cook. The digital display will countdown in one minute increments from the selected time.



Once set time has elapsed, the rice cooker will beep and automatically switch to keep warm.



Open the lid to check food for doneness. If fully cooked, remove food for serving.

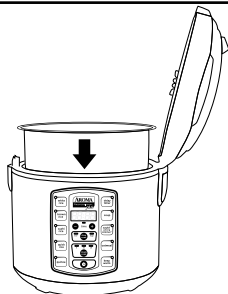


When finished serving, turn the rice cooker off by pressing twice and unplug the power cord.



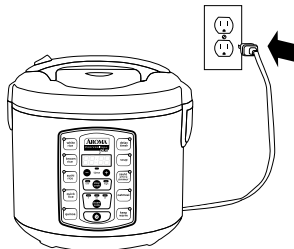
TO USE SAUTÉ-THEN-SIMMER™

1



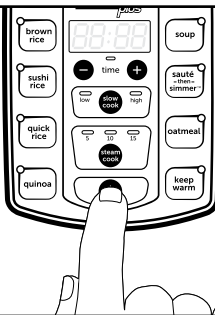
Place the inner cooking pot into the rice cooker and close the lid.


2



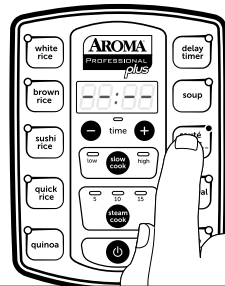
Plug the power cord into an available 120V AC outlet.

3



Press  to turn on the rice cooker.

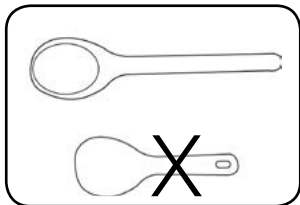
4



Press the SAUTÉ-THEN-SIMMER™ button to begin sautéing. Allow the cooker to preheat for 5 minutes.



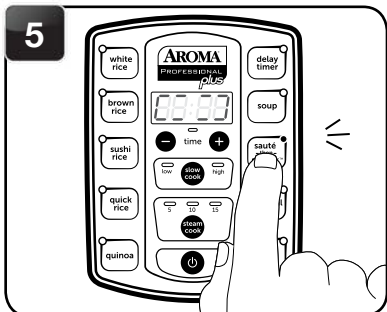
CAUTION



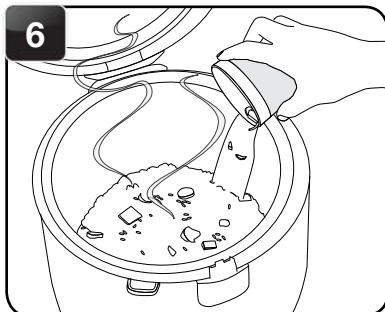
- **Do not use the provided serving spatula to sauté.** It is not intended to be used in contact with high temperatures. Use a long-handled wooden or heat-safe spoon to stir food while sautéing.



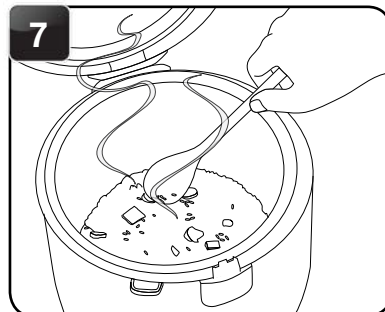
TO USE SAUTÉ-THEN-SIMMER™ (CONT.)



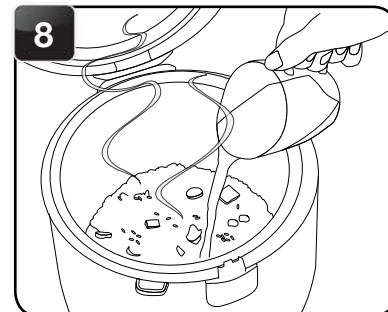
Rice cooker will beep and chasing pattern will be in display. Sauté light will flash to indicate sautéing.



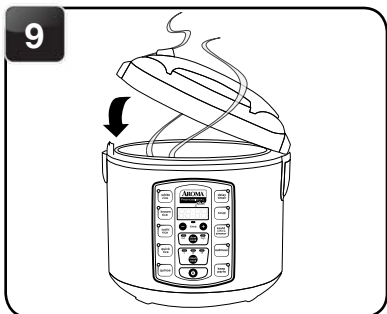
Add ingredients to be sautéed/browned to the inner cooking pot.



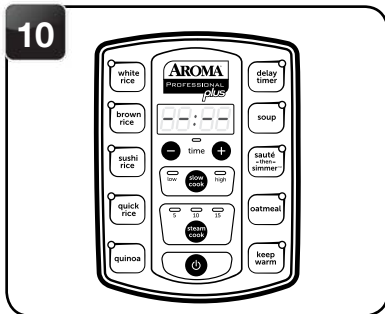
Using a long-handled wooden spoon, stir ingredients until sautéed/browned to the desired level. **DO NOT** use included serving spatula while sautéing.



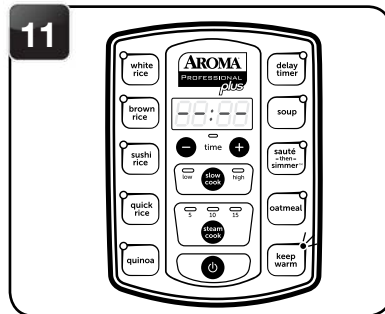
Add other called for ingredients and liquid to the inner cooking pot.



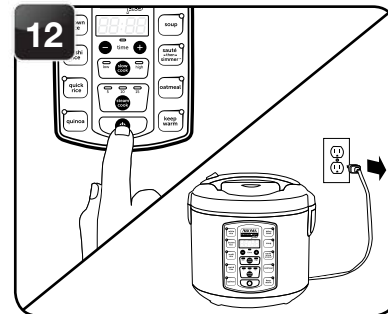
Close the lid securely and allow the rice cooker to cook.



After a few minutes, the rice cooker will automatically switch to simmer.



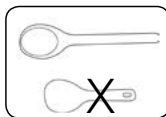
Once the meal has cooked, the rice cooker will beep and automatically switch over to **KEEP WARM**.



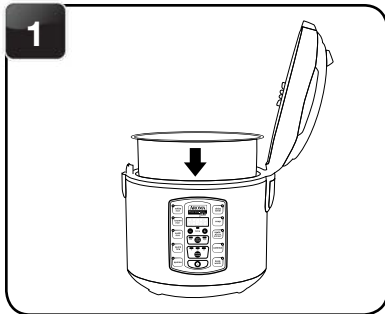
When finished serving, turn the rice cooker off by pressing the **⏻** button twice and unplug the power cord.



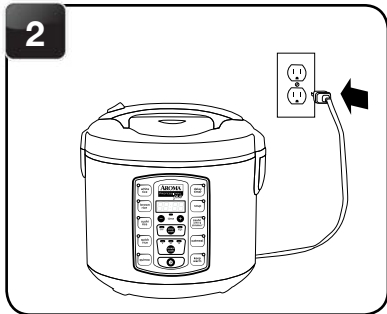
TO SAUTÉ ONLY



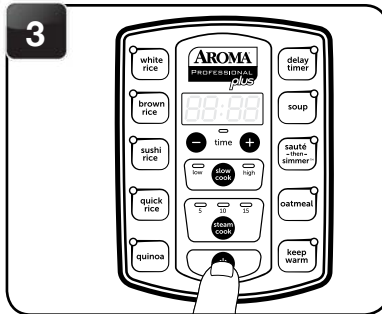
- Do not use the provided serving spatula to sauté. It is not intended to be used in contact with high temperatures. Use a long-handled wooden or heat-safe spoon to stir food while sautéing.



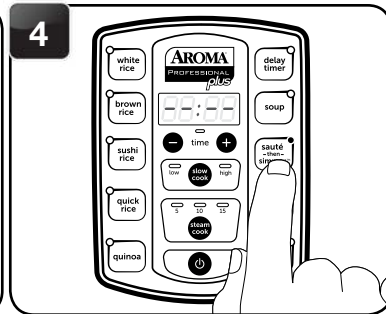
1 Place the inner cooking pot into the rice cooker and close the lid.



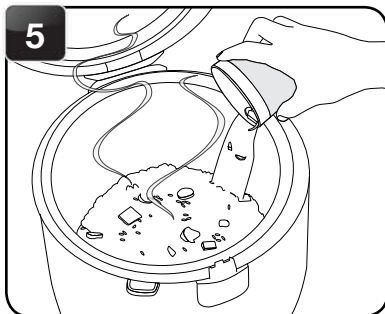
2 Plug the power cord into an available 120V AC outlet.



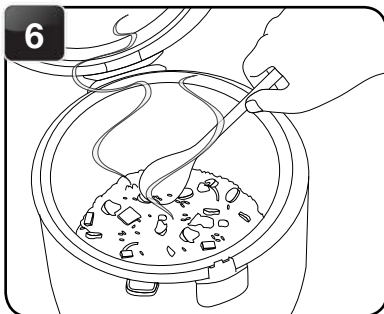
3 Press the  button to turn on the rice cooker.



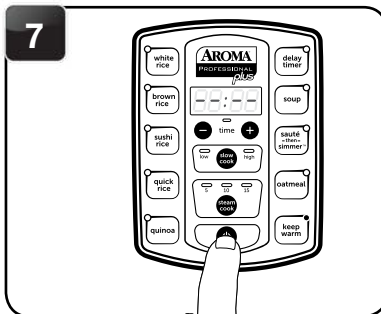
4 Press the SAUTÉ-THEN-SIMMER™ button to begin sautéing and allow the cooker to preheat for 5 minutes.



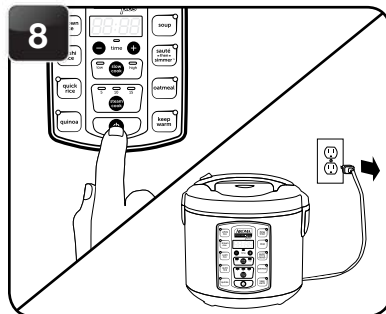
5 Add ingredients to be sautéed/browned to the inner cooking pot.




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

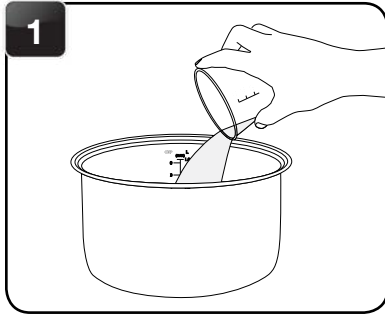


7 Press the  to cancel Sauté.



8 When finished sautéing, turn the rice cooker off by pressing the  button twice and unplug the power cord.

TO STEAM



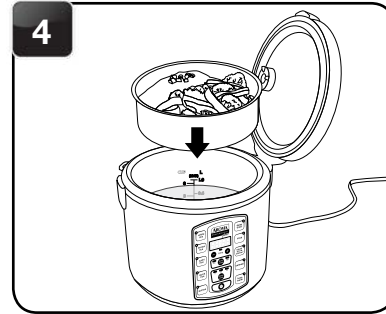
1 Using the provided measuring cup, add 3 rice cooker cups of water to the inner cooking pot.



2 Place the inner cooking pot into the rice cooker.



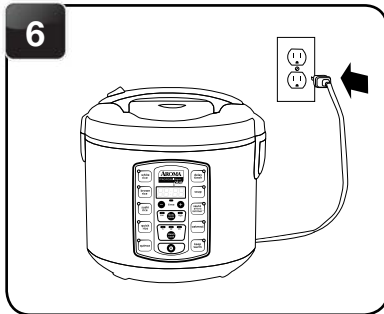
3 Place food to be steamed onto the steam tray.



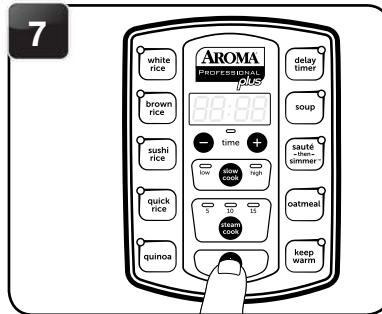
4 Place the steam tray into the rice cooker.



5 Close the lid securely.



6 Plug the cord into an available 120V AC outlet.



7 Press the  button to turn on the rice cooker.



HELPFUL HINTS

- Smaller foods may be placed on a heat-proof dish and then placed onto the steam tray. Parchment paper or aluminum foil may be used as well. Place the paper/foil in the center of the steam tray and ensure it does not create a seal along the bottom of the steam tray. For best results, it is recommended to puncture small holes in the paper/foil.
- For suggested steaming times and water amounts, see the meat and vegetable steaming tables on **page 22**.



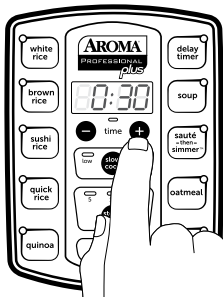
TO STEAM (CONT.)

8



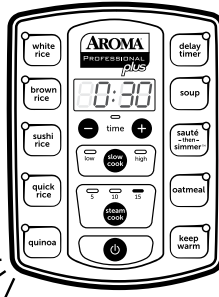
Press **STEAM COOK** to select steam times of 5, 10 or 15. Each press of **STEAM COOK** will increase by five minutes up to 15 minutes and cycle back to 5 minutes.

9



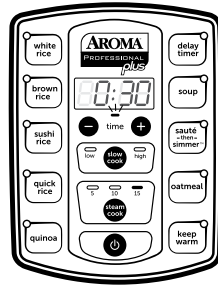
To increase time beyond 15 minutes, press **+** to increase time by one minute increments up to 30 minutes.

10



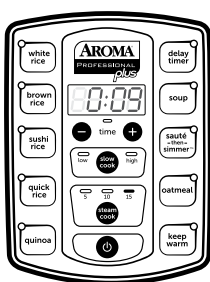
Once the needed time is selected, the rice cooker will beep once to indicate it is setting at the displayed time and the display will stop flashing to indicate it has set.

11



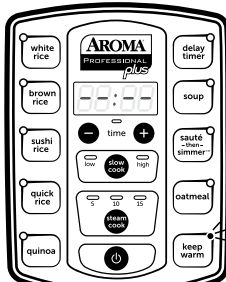
The cooking indicator light will illuminate to indicate it has begun steaming.

12



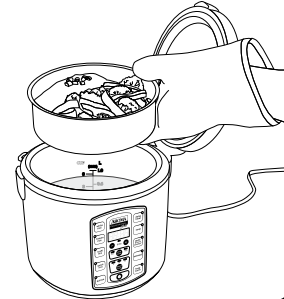
Once the water reaches a boil, the digital display will countdown in one minute increments from the selected time.

13



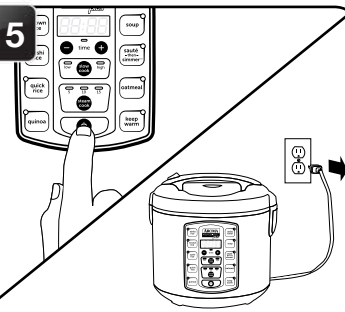
Once the selected time has passed, the rice cooker will beep and switch to **KEEP WARM**.

14



Check steamed food for doneness. If finished steaming, use a hot pad or oven mitt and remove food immediately to avoid overcooking.

15



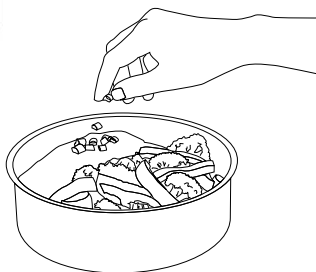
When finished steaming, turn the rice cooker off by pressing and **⏻** and unplug the power cord.



TO STEAM FOOD & SIMULTANEOUSLY COOK RICE

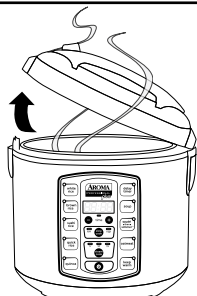
Follow steps 1 to 9 of “To Cook Rice” beginning on page 6.

10



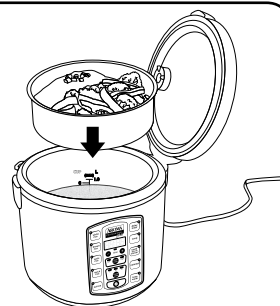
Place food to be steamed onto the steam tray.

11



Using caution to avoid escaping steam, open the lid.

12



Place steam tray into the rice cooker.

13



Close the lid securely.



NOTE

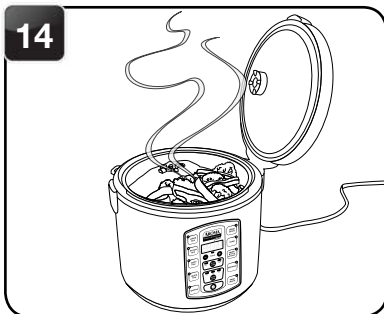
- Do not attempt to cook more than **8 cups (uncooked)** of rice if steaming and cooking rice simultaneously.
- It is possible to steam at any point during the rice cooking cycle. However, it is recommended that you steam during the end of the cycle so that steamed food does not grow cold or become soggy before the rice is ready.



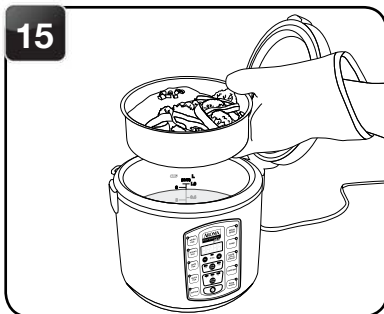
HELPFUL HINTS

- Refer to the steaming tables for meats and vegetables on **page 22** for hints and approximate steaming times. See the “Rice/Water Measurement Table” included on **page 8** for approximate rice cooking times.

1 TO STEAM FOOD & SIMULTANEOUSLY COOK RICE (CONT.)



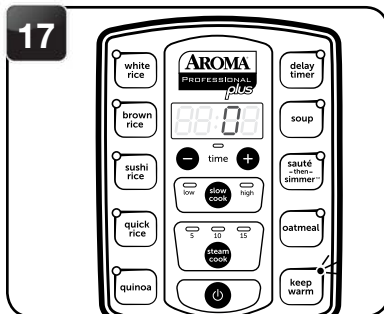
14 Using caution, open the lid to check food for doneness. **CAUTION:** Steam will be hot.



15 If food is finished steaming, remove steam tray using a hot pad or oven mitt to avoid injury.



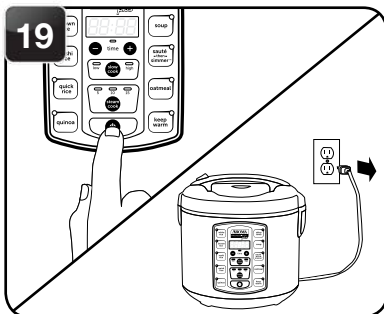
16 Allow the rice cooker to continue cooking rice.




17 Once rice is finished, the rice cooker will beep and automatically switch to **KEEP WARM**.



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



19 When finished serving rice, turn the rice cooker off by pressing the  button twice and unplug the power cord.



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



STEAMING TABLES

When steaming, Aroma® recommends using 3 rice cooker 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.
- Altitude, humidity and outside temperature will affect cooking times.
- These steaming charts are for reference only. Actual cooking times may vary.



NOTE

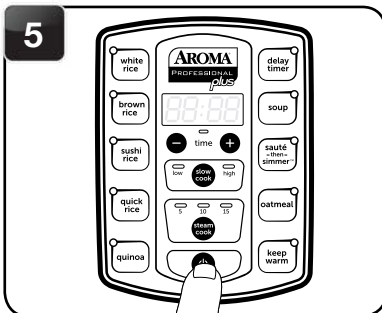
Vegetable Steaming Table

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

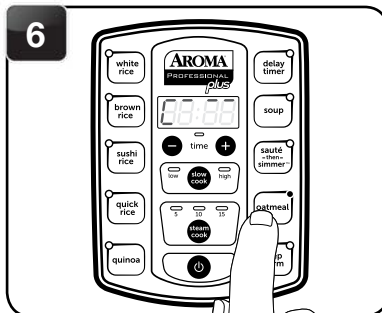


TO COOK QUINOA OR OATMEAL

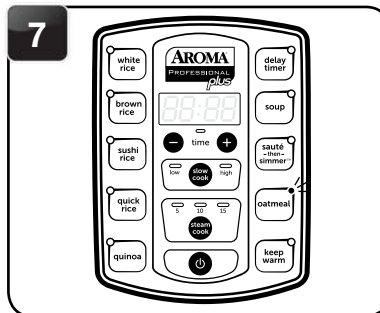
Follow steps 1 to 4 of "To Slow Cook" beginning on page 12.



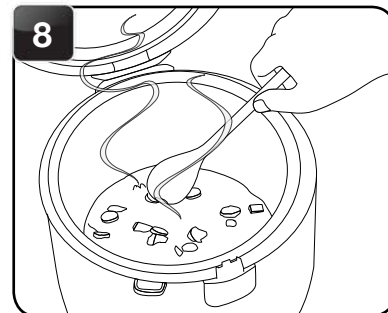
5 Press the  button to turn on the rice cooker.



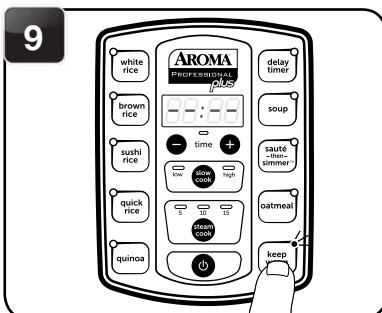
6 Press QUINOA or OATMEAL to begin cooking.



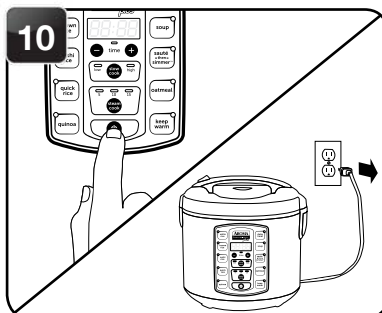
7 The cooking indicator light of the selected function will illuminate.




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



9 Rice cooker to automatically switch to KEEP WARM.



10 When finished serving, turn the rice cooker off by pressing  twice and unplug the power cord.



CAUTION

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



TROUBLESHOOTING

Because rice varieties may vary in their make-up, results may differ. Below are some troubleshooting tips to help you achieve the desired consistency.

<p>Rice is too dry/hard after cooking.</p>	<p>If your rice is dry or hard/chewy when the rice cooker switches to keep warm, additional water and cooking time will soften the rice. Depending on how dry your rice is, add ½ to 1 cup of water and stir through. Close the lid and press the WHITE RICE button. When rice 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.</p>
<p>Rice is too moist/soggy after cooking.</p>	<p>If your rice is too moist or soggy when the rice cooker switches to keep warm, use the serving spatula to stir the rice. This will redistribute the bottom (moistest) part of the rice as well as release excess moisture. Close the lid and allow to remain on keep warm for 10-30 minutes as needed, opening the lid and stirring periodically to release excess moisture.</p>



RECIPES

Jalapeño Quinoa with Shallots

Ingredients

1 tbsp	extra virgin olive oil
1	small shallot, minced
1	clove garlic, minced
2	jalapeño peppers, minced
2 cups	quinoa, thoroughly rinsed
2½	chicken broth

Place the inner pot into the rice cooker. Pour the oil into the inner pot and add the shallot, garlic and peppers. Press QUINOA button to begin cooking. Using a long-handled plastic spoon, stir until the onion begins to soften. Add the quinoa and chicken broth and stir well. Close the lid and cook until the quinoa is done, about 25 to 30 minutes. Serve while warm. Serves 4.

Spiced Breakfast Oatmeal

Ingredients

1 cup	oatmeal
2½ cups	milk, plus more for serving
	pinch of salt
3 tbsp	honey, plus more for serving (optional)
½ cup	raisins or dried cranberries
½ tsp	cinnamon
-----	sugar for serving (optional)

Place the inner pot into the rice cooker. In the inner pot, combine oatmeal, milk, salt, honey, raisins and cinnamon. Press OATMEAL, cover and allow the contents to come to a boil. Let simmer for 15 to 20 minutes, until mixture thickens, stirring frequently. Pour into serving bowls and add milk, honey, almonds or sugar to taste.



RECIPES

Green Chile Chicken and Rice

Ingredients

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

Press \odot to turn on the rice cooker. Place all ingredients in the inner cooking pot and stir. Place inner cooking pot into the rice cooker, close lid and press the WHITE RICE button. Allow to cook until rice cooker switches to KEEP WARM. Add salt to taste. Stir and serve immediately as a main course. Serves 4.

Aromatic Pot Roast

Ingredients

2-3 lb	beef roast
1 lb	potatoes, quartered
4	carrots, cut into chunks
2	onions, sliced
1 cup	beef broth
2	bay leaves
½ tsp	salt & black pepper

Preheat rice cooker using Sauté-Then-Simmer™. Brown roast for 4-5 minutes per side. Add remaining ingredients to the inner pot. Switch to High Slow Cook and set for 2 hours or cook until meat is tender. Serve and enjoy!



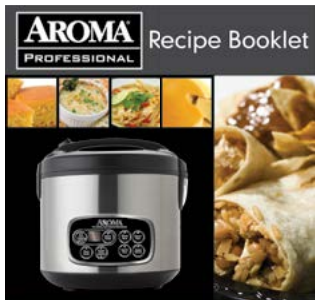
RECIPES

Sauté-Then-Simmer™ Risotto

Ingredients

1 tbsp	olive oil
¼ cup	yellow onion, diced small
1 large	garlic clove, chopped fine
1 cup	Arborio rice, uncooked
¼ cup	vermouth
4 cups	chicken broth
1 cup	whipping cream
3 tbsp	butter
½ cup	Parmesan cheese, shredded

Press \odot to turn on the rice cooker. Add olive oil, onion and garlic to inner cooking pot. Press the SAUTÉ-THEN-SIMMER™ button. The sauté indicator light will illuminate. Add rice and mix with a long handled spoon until well coated. Add vermouth and stir until liquid has been absorbed. Stir in the chicken broth and whipping cream; mix well and close the lid securely. Sauté-Then-Simmer™ Technology then will automatically adjust to simmer to cook rice. Once the rice cooker automatically turns to keep warm, open the lid and stir in butter and Parmesan cheese. Serves 4 to 6.



Download your free digital recipe book at
www.AromaCo.com/5000SBRecipes