



NURTURE

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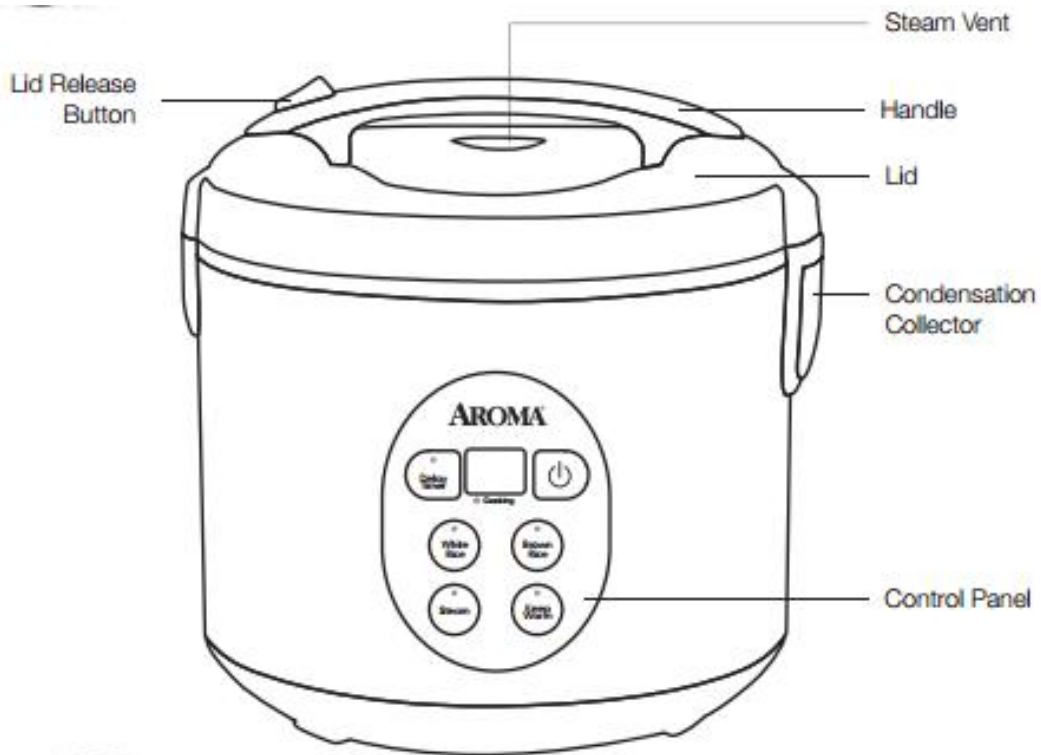
Rice Cooker Tips

Nurture chooses to provide rice cooker recipes because of their easy and convenient usage. You can turn a few ingredients into a delicious meal with the flip of a switch. Simply assemble the food in the rice cooker, and forget about it until meal time. Here are some general tips for usage, as well as some ideas to help you come up with your own family favorites.

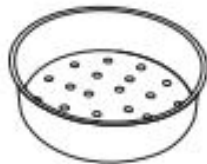
General Usage:

- The digital rice cookers provided by Nurture are 8 cups.
- There are 4 settings on the rice cooker: Brown Rice, White Rice, Steam and Keep Warm. These settings are used according to the type of grain you are cooking and the method you want to use. Keep warm is utilized to hold the food temperature until you are ready to eat.
- When washing the rice cooker, use warm soapy water and non-abrasive cleaners that can scratch the stoneware. Do not let rice cooker soak for more than one hour to protect the non stick coating.
- Don't soak the rice cooker for longer than one hour to preserve the non-stick coating.
- Use the rice cooker's delay timer to set up breakfast the night. Use only ingredients that do not need to be refrigerated, non-perishables.
- The rice cooker can be used to make large quantities of food to be frozen or eaten for lunches on days when you don't have time to cook.

Parts of Your Rice Cooker



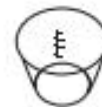
Inner Cooking Pot



Steam Tray



Removable Inner Lid



Measuring Cup



Serving Spatula

How to Use Your Rice Cooker

Cooking Rice/Grains

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	Dry the outside of the inner cooking pot and place into the rice cooker.
5	Close the lid securely.
6	Plug the rice cooker into an available outlet.
7	Press the POWER button to turn on the rice cooker
8	Press the WHITE RICE or BROWN RICE button, depending upon the type of rice being cooked.
9	The rice cooker will begin cooking. The COOKING INDICATOR LIGHT will illuminate.
10	The digital display will show a countdown for the final 12 minutes of cook time.
11	When the rice is finished the rice cooker will beep and automatically switch to the “Keep-Warm” setting.
12	For better results, stir the rice with the serving spatula to distribute any remaining moisture.
13	Turn the rice cooker off by pressing the POWER button twice and unplug the power cord.

* Brown rice requires a much longer cooking cycle than other rice varieties due to the extra bran layers on the grains. If it appears the rice cooker is not heating up immediately on the Brown Rice setting, this is due to a low-heat soak cycle that precedes the cooking cycle to produce better brown rice results.

* Broth may also be used to enhance flavor, if desired.

How to Steam

1	Using the provided measuring cup, add 2 cups water to the inner cooking pot.
2	Dry the outside of the inner cooking pot and place 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 power cord into an available outlet.
7	Press the POWER button to turn the rice cooker on.
8	Each press of the STEAM button will increase steaming time by one minute, up to 30 minutes.
10	The rice cooker will beep to indicate it is setting at the displayed time. 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, remove food immediately to avoid overcooking.
15	Turn the rice cooker off by pressing the POWER button twice and unplug the power cord.

Why a rice cooker will make your life easier

- No standing around at the stove
- Requires about 5 minutes of active cooking time

IMPORTANT SAFEGUARDS

Safety First: Please read the instructions manual/ user guide included with your rice cooker. It has important safety information you must review.

1. **Important: Read all instructions carefully before first use. *Basic safety precautions should always be followed when using electrical appliances, including the following:***
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 electrical shock, do not immerse cord, plug or the appliance in water or any other liquid.
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 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 burns.
20. Rice should not be left in the inner pot with the “Keep-Warm” function on for more than 10 hours.
21. To prevent damage or deformation, do not use the inner pot on a stovetop or burner.
22. To disconnect, turn any control to “OFF” 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.

Rice Cooking Amounts and Times

Uncooked Rice	Rice Water Line Inside Pot	Approx. Cooked Rice Yield	Cooking Times
1 Cup	Line 1	2 Cups	WHITE RICE: 26-35 Min. BROWN RICE: 50-60 Min.
2 Cups	Line 2	4 Cups	WHITE RICE: 28-37 Min. BROWN RICE: 65-75 Min.
3 Cups	Line 3	6 Cups	WHITE RICE: 30-39 Min. BROWN RICE: 70-80 Min.
4 Cups	Line 4	8 Cups	WHITE RICE: 35-44 Min. BROWN RICE: 75-85 Min.

Steps for Cleaning your Rice Cooker

1	Detach the removable inner lid from the rice cooker by gently pulling it outward.
2	Remove the condensation collector
3	Hand wash inner cooking pot, inner lid and all accessories.
4	Wipe rice cooker body clean with a damp cloth.
5	Thoroughly dry rice cooker body and all accessories. Reassemble for next use.

If for some reason food has cooked onto the bottom of the Removable Rice Pot, fill it with hot soapy water and soak. After allowing the bowl to soak, the cooked-on food should be loosened enough to remove.

Clean your rice cooker and all of the used accessories after each use.

Unplug before cleaning. **NEVER** clean the rice cooker while it is still plugged in.

Do not use harsh or abrasive cleansers on any part of the rice cooker.

Do not immerse the main body in water.

This appliance is **NOT** dishwasher safe. Inner pot is **NOT** dishwasher safe.