

AROMA[®]

"America's Favorite Rice Cooker"

Instruction Manual Rice Cooker & Food Steamer

For Model Numbers:
ARC-743-1NG
ARC-743-1NGB
ARC-743-1NGR



**Questions or concerns about
your rice 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.





Congratulations on your purchase of the Aroma® 6-Cup Rice Cooker. In no time at all, you'll be making fantastic, restaurant-quality rice with the push of the switch! 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 fluffy perfection.

In addition to rice, your new Aroma® rice cooker 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.

But it doesn't end there. Your new rice cooker is also great for soups, stews, stocks, gumbos, jambalaya, breakfast frittata, dips and even desserts!

Several delicious recipes are included at the back of this manual, and even more are available online at **www.AromaCo.com**.

This manual contains instructions for using your rice cooker 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® rice cooker, or for product service, recipes and other home appliance solutions, please visit us online at **www.AromaCo.com**.



Published By:
Aroma Housewares Co.
6469 Flanders Drive
San Diego, CA 92121
U.S.A.
1-800-276-6286
www.AromaCo.com
©2011 Aroma Housewares Company
All rights reserved.





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 burner or in a heated oven.

SAVE THESE INSTRUCTIONS

1



IMPORTANT SAFEGUARDS (CONT.)

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, 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.

IMPORTANT SAFEGUARDS (CONT.)

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.



Polarized Plug

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

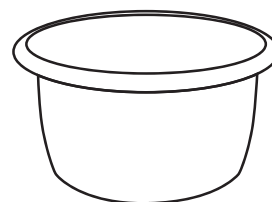
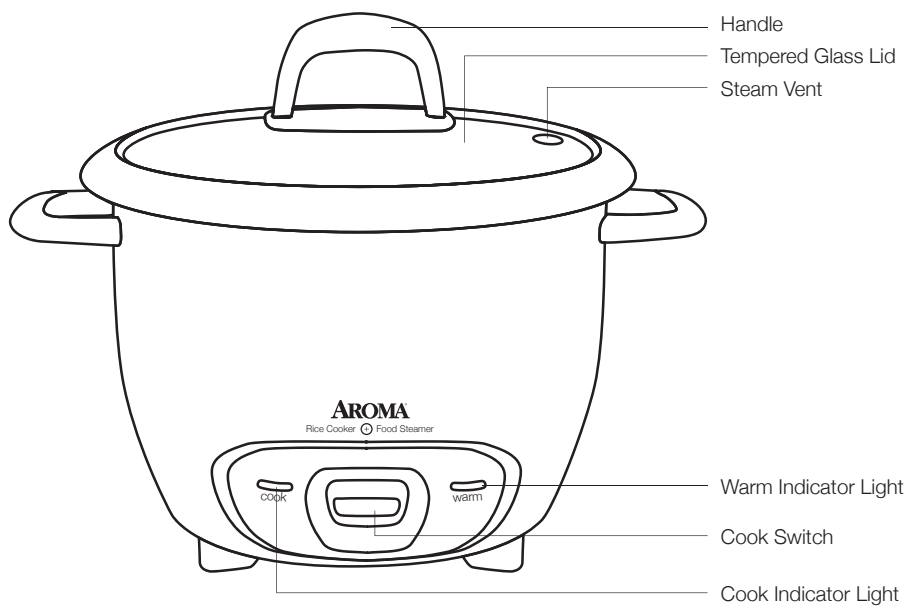
To reduce the risk of electric shock, this plug is intended to fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to modify the plug in any way.

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.

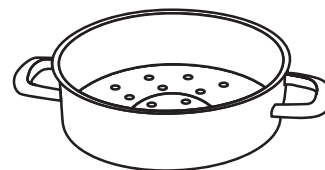
THIS APPLIANCE IS FOR HOUSEHOLD USE ONLY. ³



PARTS IDENTIFICATION



Inner Pot



Steam Tray



Measuring Cup



Serving Spatula

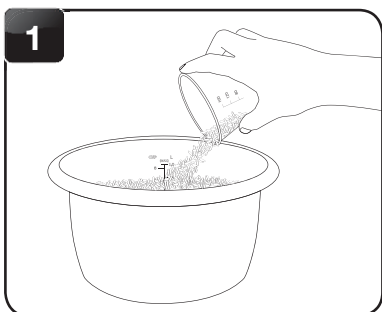


BEFORE FIRST USE

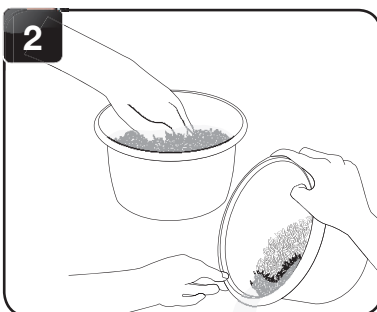
1. Read all instructions and important safeguards.
2. Remove all packaging materials and check that all items have been received in good condition.
3. Tear up all plastic bags as they can pose a risk to children.
4. Wash lid and accessories in warm, soapy water. Rinse and dry thoroughly.
5. Remove the inner cooking pot from rice cooker and clean with warm, soapy water. Rinse and dry thoroughly.
6. Wipe body clean with a damp cloth.
 - **Do not use abrasive cleaners or scouring pads.**
 - **Do not immerse the rice cooker base, cord or plug in water at any time.**



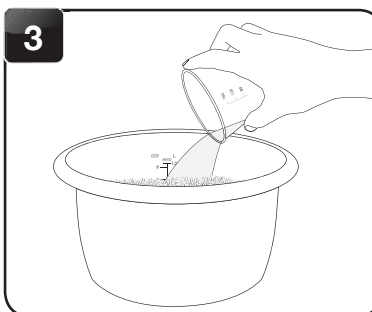
TO COOK RICE



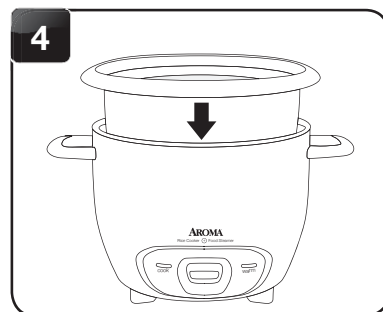
1 Using the provided measuring cup, add rice to the inner cooking pot.



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 cooking pot into the rice cooker.

* Due to the extra layers of bran, brown rice will require more water. See the "Rice/Water Measurement Tables" on **page 9** for water amounts.



NOTE

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

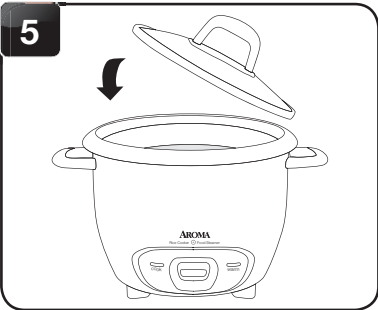


HELPFUL HINTS

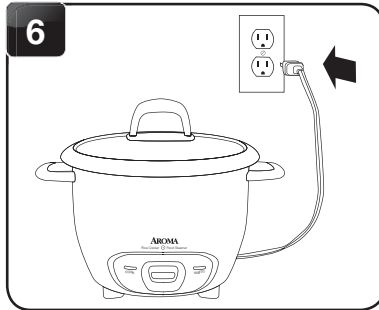
- If you misplace the measuring cup, a $\frac{3}{4}$ standard US cup is an exact replacement.
- To add more flavor to rice, try substituting a favorite meat or vegetable broth or stock. The ratio of broth/stock to rice will be the same as water to rice.
- For approximate rice cooking times and suggested rice/water ratios, see the "Rice/Water Measurement Tables" on **page 9**.



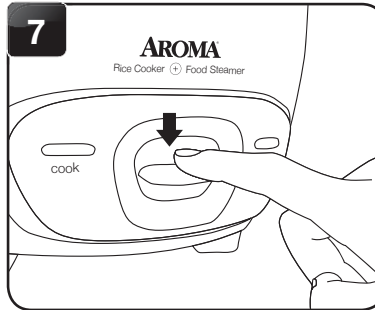
TO COOK RICE (CONT.)



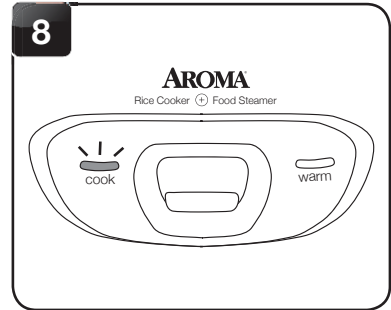
Place the tempered glass lid securely onto the rice cooker.



Plug the cord into an available outlet.



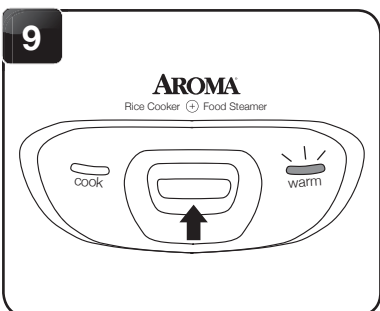
Press the COOK SWITCH to begin cooking.



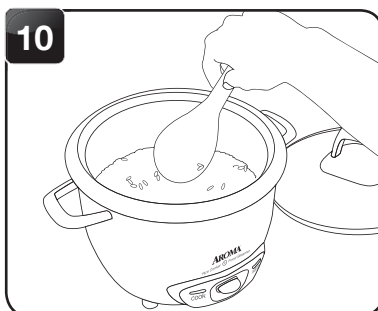
The COOK indicator light will illuminate as the rice cooker begins cooking the rice.



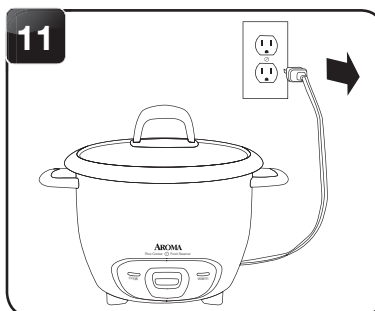
TO COOK RICE (CONT.)



When rice is ready, the **COOK SWITCH** will flip up and switch into “Keep-Warm” mode.



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



When finished serving rice, unplug the power cord to turn the rice cooker off.



RICE/WATER MEASUREMENT TABLES

White Rice

UNCOOKED RICE	RICE WATER LINE INSIDE POT	APPROX. COOKED RICE YIELD	COOKING TIMES
1 Cup	Line 1	2 Cups	19-24 Min.
2 Cups	Line 2	4 Cups	23-28 Min.
3 Cups	Line 3	6 Cups	27-32 Min.

Brown Rice

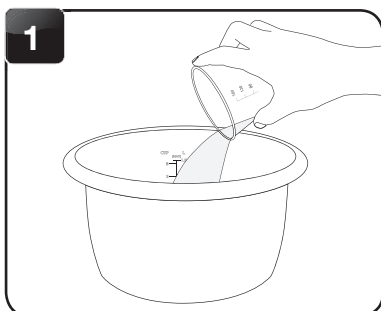
UNCOOKED RICE	WATER WITH MEASURING CUP	APPROX. COOKED RICE YIELD	COOKING TIMES
1 Cup	1¾ Cups	2 Cups	28-33 Min.
2 Cups	3 Cups	4 Cups	32-37 Min.



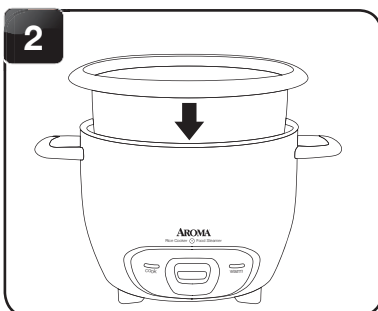
NOTE

- Brown rice takes longer to cook and requires more water than white rice due to the extra bran layers on the grains. The **water lines in the inner pot are meant for white rice only**. Please see the chart above for brown rice/water ratios.
- Brown rice, wild rice and rice mixes vary in their make-up. Some variations may require longer cooking times and/or additional water in order to achieve optimum results. Refer to the individual package instructions for cooking suggestions.
- The measuring cup included adheres to rice industry standards (180mL) and is not equal to one U.S. cup. The chart above refers to cups of rice/water according to the measuring cup provided.
- **Do not place more than 3 cups of uncooked rice (2 cups if brown rice) into this appliance at one time.** The maximum capacity of this unit is 3 cups raw rice (2 cups if brown rice) which yields 6 cups of cooked rice (4 cups brown rice).

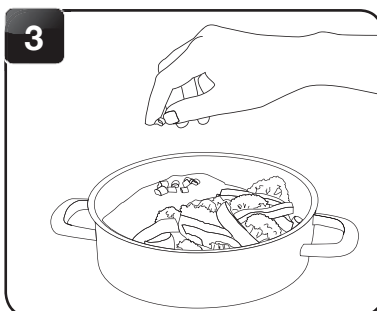
TO STEAM



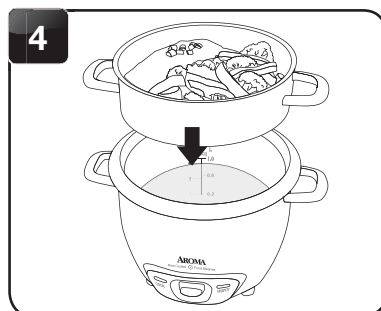
1 Add water to the inner cooking pot.



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 onto the rice cooker.

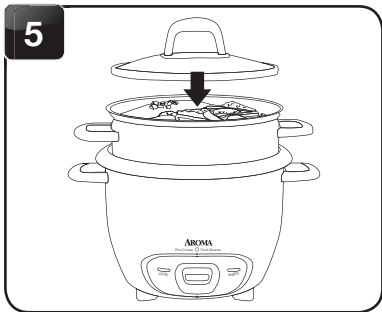


HELPFUL HINTS

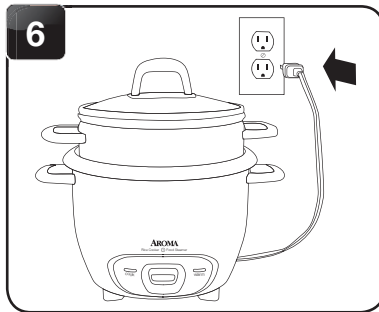
- Smaller foods may be placed on a heat-proof dish and then placed onto the steam tray. Parchment paper or aluminum foil may be used as well. Place the paper/foil in the center of the steam tray and ensure it does not create a seal along the bottom of the steam tray. For best results, it is recommended to puncture small holes in the paper/foil.
- For suggested steaming times and water amounts, see the meat and vegetable steaming tables on **page 16**.



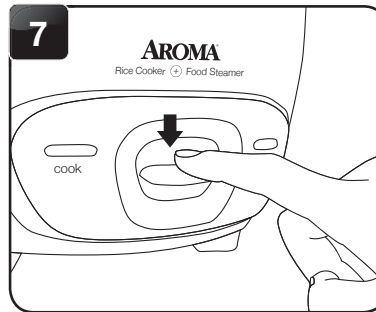
TO STEAM (CONT.)



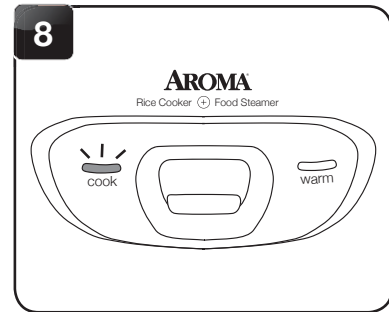
5 Place the tempered glass lid securely onto the rice cooker.



6 Plug the cord into an available outlet.



7 Press the COOK SWITCH to begin steaming.



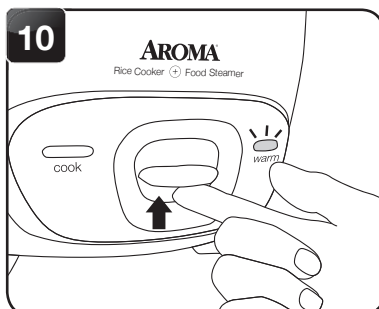
8 The COOK indicator light will illuminate as the rice cooker begins steaming.



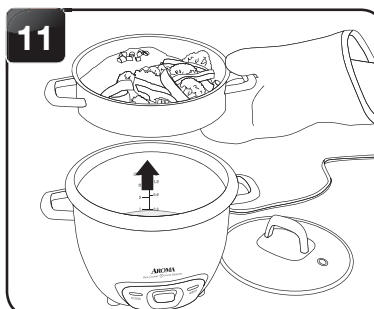
TO STEAM (CONT.)



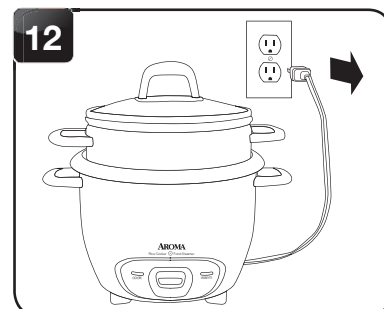
9 Once the suggested amount of time has passed, carefully remove the lid and check food for doneness.



10 If food is fully cooked, push the **COOK SWITCH** up to switch the rice cooker to "Keep-Warm."



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

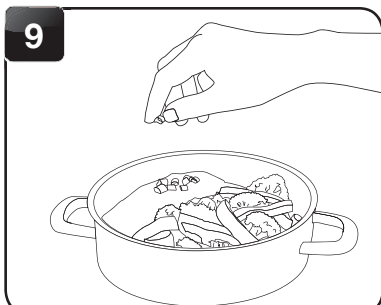


12 Unplug the rice cooker when it is not in use.

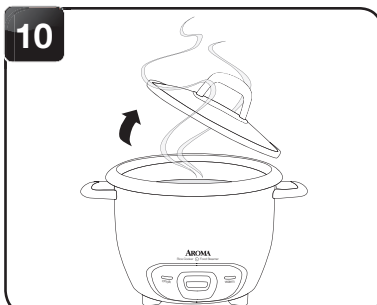


TO STEAM FOOD & SIMULTANEOUSLY COOK RICE

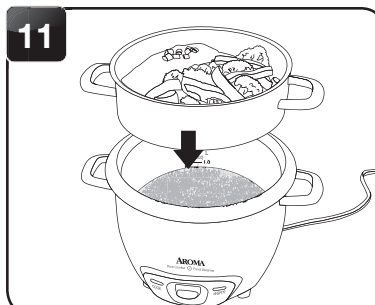
Follow steps 1 to 8 of "To Cook Rice" beginning on page 6.



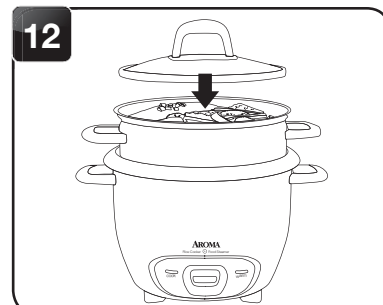
9 Place food to be steamed onto the steam tray.



10 Using caution to avoid escaping steam, remove the lid.



11 Place steam tray onto the rice cooker.



12 Replace the lid securely on top of the rice cooker.



NOTE

- Do not attempt to cook more than **2 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.



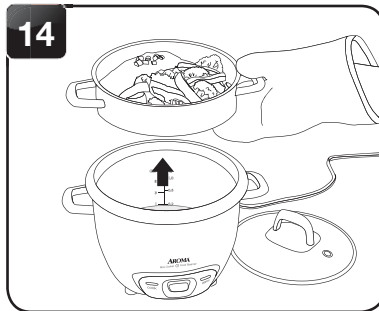
HELPFUL HINTS

- Refer to the steaming tables for meats and vegetables on **page 16** for hints and approximate steaming times. See the "Rice/Water Measurement Tables" included on **page 9** for approximate rice cooking times.

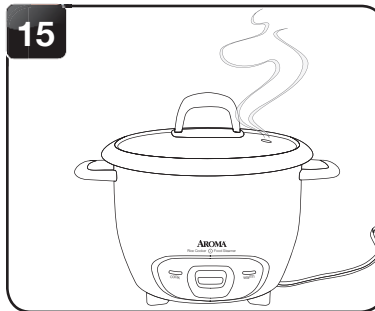
TO STEAM FOOD & SIMULTANEOUSLY COOK RICE (CONT.)



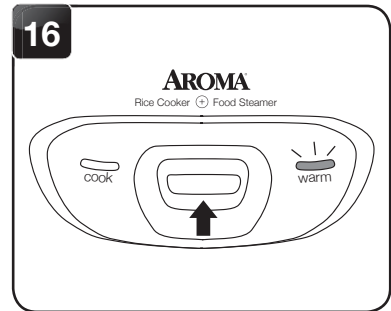
Using caution, remove the lid to check food for doneness.



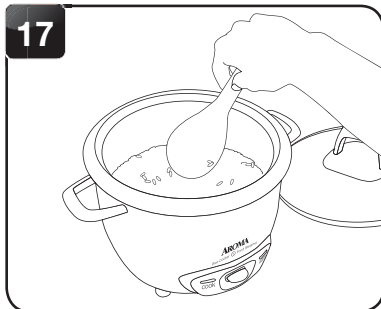
If food is finished steaming, remove steam tray.



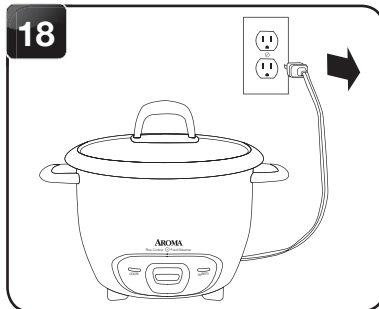
Allow rice cooker to continue cooking rice.



When rice is ready, the **COOK SWITCH** will flip up and switch into "Keep-Warm" mode.



Stir the rice with the serving spatula to distribute any remaining moisture.



When finished serving rice, turn the rice cooker off by unplugging the power cord.

14



STEAMING TABLES

Meat Steaming Table

MEAT	AMOUNT OF WATER	STEAMING TIME	SAFE INTERNAL TEMPERATURE
Fish	2 Cups	25 Min.	140°
Chicken	2½ Cups	30 Min.	165°
Pork	2½ Cups	30 Min.	160°
Beef	2½ Cups	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

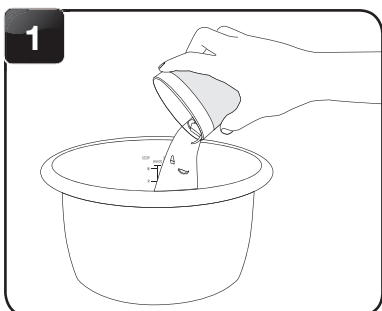
- Altitude, humidity and outside temperature will affect cooking times.
- These steaming charts are for reference only. Actual cooking times may vary.

Vegetable Steaming Table

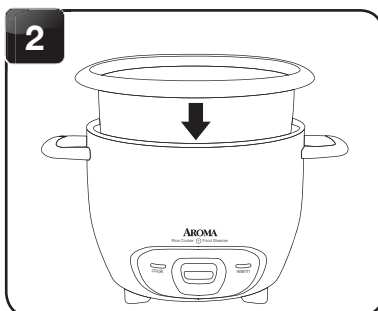
VEGETABLE	AMOUNT OF WATER	STEAMING TIME
Asparagus	¾ Cup	20 Minutes
Broccoli	½ Cup	15 Minutes
Cabbage	1 Cup	25 Minutes
Carrots	1 Cup	25 Minutes
Cauliflower	1 Cup	25 Minutes
Corn	1 Cup	25 Minutes
Eggplant	1¼ Cups	30 Minutes
Green Beans	1 Cup	15 Minutes
Peas	¾ Cup	20 Minutes
Spinach	¾ Cup	20 Minutes
Squash	¾ Cup	20 Minutes
Zucchini	¾ Cup	20 Minutes



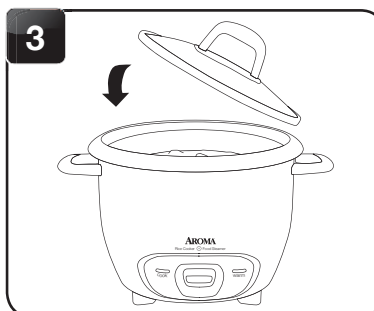
TO COOK SOUP, CHILI OR STEW



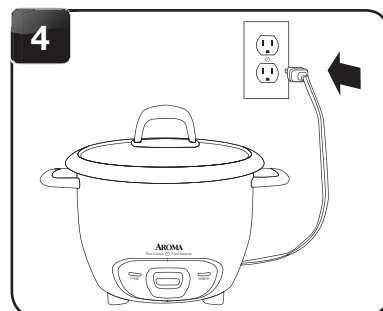
1 Add ingredients to the inner cooking pot.



2 Place the inner cooking pot into the rice cooker.



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



4 Plug the cord into an available outlet.

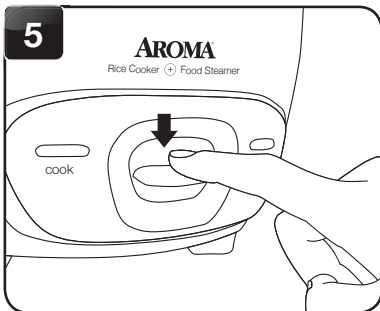


CAUTION

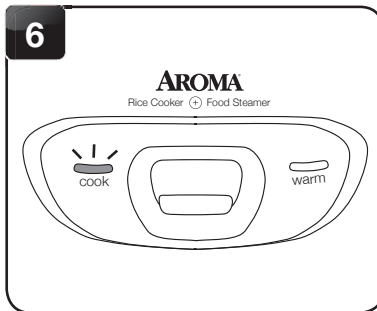
- The rice cooker will not switch to "Keep-Warm" mode until all liquid is boiled away. Follow the recipe carefully and do not leave the rice cooker unattended.



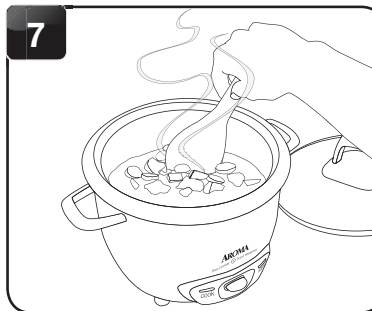
TO COOK SOUP, CHILI OR STEW (CONT.)



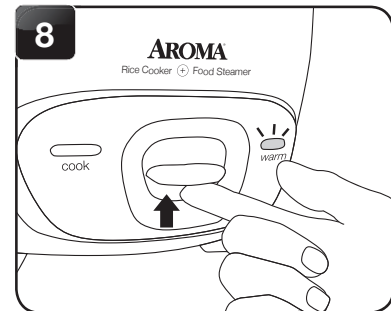
Press the **COOK SWITCH** to begin cooking.



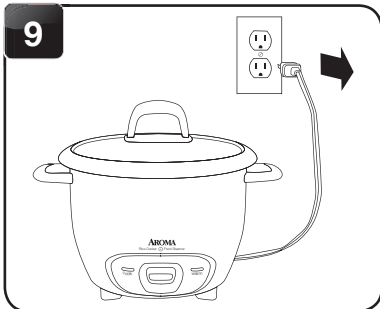
The **COOK** indicator light will illuminate as the rice cooker begins cooking.



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



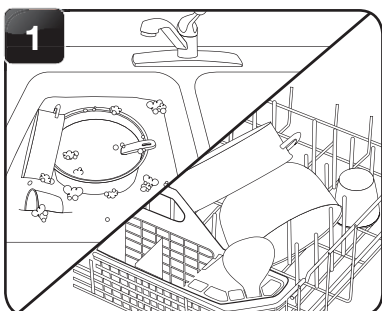
Once food is fully cooked, push the **COOK SWITCH** up to switch the rice cooker to "Keep-Warm."



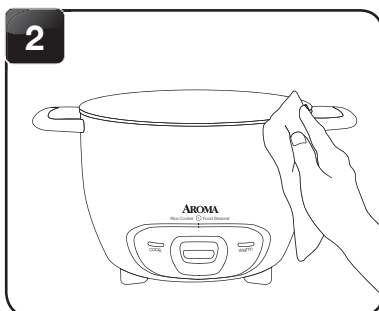
When finished serving, turn the rice cooker off by unplugging the power cord.



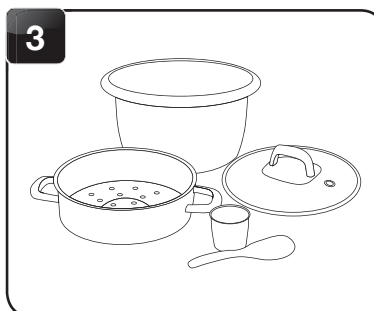
TO CLEAN



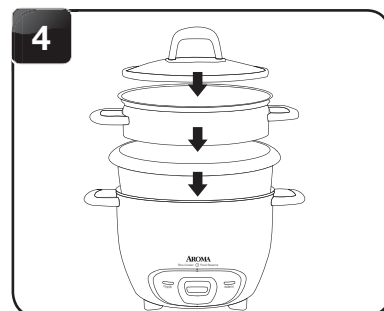
1 Soak inner cooking pot and all accessories or wash them in the dishwasher.



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



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.

Rice is too dry/hard after cooking.	If your rice is dry or hard/chewy when the rice cooker switches to "Keep-Warm" mode, 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. Replace the lid and press the COOK SWITCH. When rice cooker switches to "Keep-Warm" mode, remove 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.	If your rice is still too moist or soggy when the rice cooker switches to "Keep-Warm" mode, use the serving spatula to stir the rice. This will redistribute the bottom (moistest) part of the rice as well as release excess moisture. Replace the lid and allow to remain on "Keep-Warm" mode for 10-30 minutes as needed, removing the lid and stirring periodically to release excess moisture.



ABOUT RICE

Courtesy of the USA Rice Federation

Rice is the perfect foundation for today's healthier eating. It is a nutrient-dense complex carbohydrate that supplies energy, fiber, essential vitamins and minerals and beneficial antioxidants. Rice combines well with other healthy foods such as vegetables, fruits, meat, seafood, poultry, beans and soy foods.

Nearly 88% of rice consumed in the U.S. is grown in the U.S. Arkansas, California, Louisiana, Texas, Mississippi and Missouri produce high-quality varieties of short, medium and long grain rice as well as specialty rices including jasmine, basmati, arborio, red aromatic and black japonica, among others.

There are many different varieties of rice available in the market. Your Aroma® Rice Cooker can cook any type perfectly every time. The following are the commonly available varieties of rice and their characteristics:

Long Grain Rice

This rice has a long, slender kernel three to four times longer than its width. Due to its starch composition, cooked grains are more separate, light and fluffy compared to medium or short grain rice. The majority of white rice is enriched to restore nutrients lost during processing. Great for entrees and side dishes — rice bowls, stir-fries, salads and pilafs.

Medium Grain Rice

When compared to long grain rice, medium grain rice has a shorter, wider kernel that is two to three times longer than its width. Cooked grains are more moist and tender than long grain, and have a greater tendency to cling together. Great for entrees, sushi, risotto and rice puddings.

Short Grain Rice

Short grain rice has a short, plump, almost round kernel. Cooked grains are soft and cling together, yet remain separate and are somewhat chewy, with a slight springiness to the bite. Great for sushi, Asian dishes and desserts.

Brown Rice

Brown rice is a 100% whole grain food that fits the U.S. Dietary Guidelines for Americans recommendation to increase daily intake of whole grains. Brown rice contains the nutrient-dense bran and inner germ layer where many beneficial compounds are found. Brown rice is available in short, medium and long grain varieties and can be used interchangeably with enriched white rice.

Wild Rice

Wild rice is an aquatic grass grown in Minnesota and California and is a frequent addition to long grain rice pilafs and rice mixes. Its unique flavor, texture and rich dark color provide a delicious accent to rice dishes. Wild rice also makes a wonderful stuffing for poultry when cooked with broth and mixed with your favorite dried fruits.

For recipes and rice information visit the USA Rice Federation online at www.usarice.com/consumer.





ABOUT RICE (CONT.)

Courtesy of the USA Rice Federation

Did You Know?

- Rice is the primary dietary staple for more than half of the world's population.
- U.S. grown rice is the standard for excellence and accounts for nearly 88% of the rice consumed in America. It is grown and harvested by local farmers in five south-central states and California.
- Rice contains no sodium, cholesterol, trans fats or gluten, and has only a trace of fat. One half-cup of rice contains about 100 calories.
- Research shows that people who eat rice have healthier diets than non-rice eaters and eat more like the U.S. Dietary Guidelines for Americans recommendations.
- Whole grains like brown rice help reduce the risk of chronic diseases such as heart disease, diabetes and certain cancers, and aid in weight management.
- Brown rice is a 100% whole grain. One cup of whole grain brown rice provides two of the three recommended daily servings of whole grains.
- Eating rice triggers the production of serotonin in the brain, a chemical that helps regulate and improve mood.
- September is National Rice Month - promoting awareness of the versatility and the value of U.S. grown rice.

For recipes and rice information visit the USA Rice Federation online at www.usarice.com/consumer.





RECIPES

Aroma's Favorite Green Chili Chicken & Rice

Ingredients

1½ cups	rice
3 cups	low-sodium chicken broth
2 tablespoons	dried minced onion
½ teaspoon	salt
1	10-ounce can chicken breast
1	4-ounce can diced green chilies with liquid

Place all ingredients into the inner cooking pot and stir until evenly distributed. Place the inner cooking pot into the rice cooker, place the lid securely onto the rice cooker and press the COOK SWITCH. Allow rice to cook until the rice cooker switches to "Keep-Warm." Stir and serve immediately. Serves 4.

Game Day Chili Cheese Dip

Ingredients

½	small onion, chopped
1 teaspoon	vegetable oil
½	clove garlic, minced
1	15-ounce can prepared chili without beans
½ cup	prepared medium salsa
¼ cup	black olives, sliced
1½ ounces	low-fat cream cheese, cubed
1½ ounces	cheddar cheese, grated
-	Tortilla chips, for dipping

Place the onion, oil and garlic in the inner cooking pot. Press the COOK SWITCH and sauté for 3 minutes. Use a large wooden spoon to gently stir as the onion and garlic cook. Add the chili, salsa, olives, cream cheese and cheddar cheese. Stir to combine all of the ingredients, place the lid securely onto the rice cooker. Cook for 4 minutes. Carefully remove the lid, keeping hands and face away to avoid steam, and stir the dip. Replace lid and cook again for 3 minutes. Stir again, using caution when removing and replacing lid. Continue cooking until the dip is warm throughout and the cheeses are melted. When done, serve in a large bowl and use the tortilla chips for dipping.



RECIPES (CONT.)

Jambalaya

Ingredients

½ pound	spicy smoked sausage
½ pound	shrimp, peeled and deveined
1	10-ounce can chicken breast
1½ cups	rice (uncooked)
3 cups	chicken broth
1	4-ounce can diced green chiles
2 tablespoons	Creole seasoning

Cut the smoked sausage in half, lengthwise, then into ¼" half circles. Add all ingredients to the inner cooking pot and mix well. Place inner cooking pot in the rice cooker and place the lid securely onto the rice cooker. Press the COOK SWITCH. The rice cooker will automatically switch to "Keep-Warm" mode once the meal is ready. Serves 4.

Breakfast Oatmeal

Ingredients

1½ cups	rolled oats (not quick cooking)
2 cups	apple juice
¾ cup	water
⅓ cup	raisins
1 dash	salt

Add ingredients to the inner cooking pot and stir. Place inner cooking pot into the rice cooker and place the lid securely onto the rice cooker. Press the COOK SWITCH. After roughly 10 minutes, carefully open the lid, keeping hands and face away to avoid steam, and stir. Cover and continue cooking until the rice cooker switches to "Keep-Warm" mode. Allow to stand for 10 minutes before serving.

For additional rice cooker recipes, or even to submit your own, visit our website at www.AromaCo.com!



LIMITED WARRANTY

Aroma Housewares Company warrants this product free from defects in material and workmanship for one year from provable date of purchase in the continental United States.

Within this warranty period, Aroma Housewares Company will repair or replace, at its option, defective parts at no charge, provided the product is returned, freight prepaid with proof of purchase and U.S. \$13.00 for shipping and handling charges payable to Aroma Housewares Company. Before returning an item, please call the toll free number below for a return authorization number. Allow 2-4 weeks for return shipping.

This warranty does not cover improper installation, misuse, abuse or neglect on the part of the owner. Warranty is also invalid in any case that the product is taken apart or serviced by an unauthorized service station.

This warranty gives you specific legal rights, which may vary from state to state, and does not cover areas outside the United States.

AROMA HOUSEWARES COMPANY
6469 Flanders Drive
San Diego, California 92121
1-800-276-6286
M-F, 8:30 AM - 4:30 PM, Pacific Time
Website: www.AromaCo.com



SERVICE & SUPPORT

In the event of a warranty claim, or if service is required for this product, please contact Aroma® customer service toll-free at:

1-800-276-6286

M-F, 8:30AM – 4:30PM, Pacific Time

Or we can be reached online at CustomerService@AromaCo.com.

For your records, we recommend stapling your sales receipt to this page along with a written record of the following:

Date of Purchase: _____

Place of Purchase: _____



NOTE

Proof of purchase is required for all warranty claims.