

INSTRUCTION MANUAL 使用説明書 사용 설명서 取扱説明書

# ECJ-HC55S/H (5.5 Cups) ECJ-HC100S/H (10 Cups)

**MICRO-COMPUTERIZED** RICE COOKER AND SLOW COOKER

微電腦電飯鍋與慢鍋 마이컴 제어 보온 밥솥 및 슬로우 쿠커

マイコンジャー炊飯器/ スロークッカー



Thank you for your purchase of a Sanyo Rice Cooker and Slow Cooker. Please read these instructions carefully before use and save the manual for future reference.

感謝您購買 三洋電飯鍋與慢鍋。 使用前請仔細閱讀說明書, 並確保將它收藏好, 以備隨時參閱。

구입해 주셔서 감사 합니다. 사용 ます。この「取扱説明書」をよくお読 곳에 보관 해두십시오.

**산요 보온 밥솥 및 슬로우 쿠커** 을 お買い上げまことにありがとうござい 전에 이 설명서를 잘 읽어보시고 みのうえ正しくお使いください。お読 나중에 참고할 수 있도록 가까운 **みになった後は、大切に保存してく** 

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# **HOUSEHOLD USE ONLY**

# IMPORTANT SAFEGUARDS

When using electrical appliances, follow basic safety precautions to reduce the risk of fire, electrical shock, and/or injury:

- 1. Read all instructions.
- Do not touch hot surfaces. Use handles or knobs.
- 3. To protect against fire, electrical shock, and personal injury, do not immerse cord, plugs or appliance in water or other liquid.
- 4. Close supervision is necessary when the appliance is used by or near children.
- 5. Unplug unit from outlet when not in use and before cleaning. Allow to cool before attaching or removing parts, and before cleaning the appliance.
- 6. Do not operate any appliance with a damaged cord or plug after the appliance malfunctions or has been damaged in any manner. Return appliance to an authorized service facility for examination, repair or adjustment.
- 7. To protect against risk of electrical shock, do not force any foreign objects, such as pins and wires, into any openings.

- 8. The use of accessory attachments not recommended by the appliance manufacturer may result in fire, electric shock or personal injury.
- 9. Do not use outdoors.
- 10. Do not let cord hang over edge of table or counter, or touch hot surfaces.
- 11. Do not place the appliance on or near a hot gas or electric burner, or in a heated oven.
- 12. Extreme caution must be used when moving an appliance containing hot oil or other liquids.
- 13. Do not clean the appliance with cleansers, steel wool pads, or other abrasive material.
- 14. Always attach plug to appliance first, then plug cord into the wall outlet. To disconnect, turn the switch to its "Off" position then remove the plug from wall outlet.
- 15. To reduce the risk of electric shock, cook only in removable container.
- Do not use appliance for other than intended use. This product is designed for household use only.

# **SAVE THESE INSTRUCTIONS**

#### Note:

- A. A short power cord is provided to reduce risks of becoming entangled in or tripping over a longer cord.
- B. Extension cords are available and may be used if care is exercised in their use.
- C. If extension cord is used:
  - (1) The marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance.
  - (2) The longer cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over.

The appliance has a polarized plug (one blade is wider than the other is). As a safety feature, this plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to override this safety feature.

#### **WARNING:**

- Handling the cord on this product or cords associated with accessories sold with this product, will expose you to lead, a chemical known to the State of California to cause cancer, and birth defects or other reproductive harm. **Wash hands after handling**.
- CALIFORNIA USA ONLY

This rice cooker uses a Lithium Battery that contains Perchlorate Material-special handling may apply. See www.dtsc.ca.gov/hazardouswaste/perchlorate.

### **PRECAUTIONS**

The important precautions described within this section must be followed carefully to prevent the possibility of personal injuries and/or property damage.

# **⚠ WARNING**

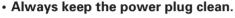
• Use only 120 Volt AC electrical current.



 Do not attempt to plug in or unplug with wet hands.



• Grasp only the power plug when unplugging the power cord.







If the power plug blades or plug surfaces become dirty, be sure that they are cleaned thoroughly.

 Plug the appliance into a single electrical outlet only.

Use only an electrical outlet rated at 15 amperes or more. Make sure that the power plug is firmly inserted into the electrical outlet.

 Do not operate the appliance if the power cord or plug has been damaged.





• Do not attempt to modify the appliance.

All repairs must be performed by qualified technicians.





 Do not handle the power cord in a rough manner.





· Do not touch the steam vent.

Do not place your face or hand near the steam vent.





 Do not immerse the appliance in water and do not pour water onto it.



This action may cause a short circuit or electric shock.

 Do not allow children to use this appliance without adult supervision.





 Do not insert any foreign objects into appliance openings or outlets.





 Allow the appliance to cool off prior to cleaning.





 Unplug the power plug from the outlet when the appliance is not being used.





## **PRECAUTIONS**

#### Do not place the appliance in the following locations:

• Locations where hot cooking oil may splash onto the appliance.

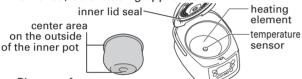
• Locations where the appliance is exposed to direct sunlight.

• Locations without proper ventilation.



· Remove all foreign substances.

Make sure that all rice grains and water drops on the appliance's inner wall, the outside of the inner pot, the heating element and the temperature sensor have been completely removed, before using appliance.



 Please refer to page 15 for care and maintenance for inner pot.

 Do not add ingredients to inner pot above the MAX line.

Overfilling may result in an overflow.

 Hold the power plug when retracting the power cord.

Do not touch the metal part on the inside of

the lid or inner lid during or

immediately after operation.

This action may

This action

may cause

or sparking.

This operation may cause fire.

electric shock

cause burn injuries.

Do not operate the appliance near flames or

Do not operate the appliance on an unstable

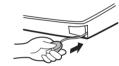
surface or on any surface that is not resistant

If the power plug is not held, the uncontrolled moving cord may cause injury.

wet areas.

to heat.





Avoid personal contact with steam vent.

- · Escaping steam is HOT and may cause burns.
- · Do not allow children near the steam vent.
- The appliance will feel hot-to-the-touch during and immediately following use.
   Use caution near appliance.

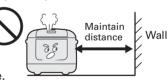


Doing so may cause overheating and lead to a malfunction.

Do not use any inner pot other than provided.

 Do not place the appliance near walls or furniture (within 12"/30cm).

Doing so may cause damage, possibly resulting in discoloration or disfiguration of the wall or furniture.



• Do not carry the appliance by the handle.

 While rice is cooking, keep the handle folded down behind the appliance and do not carry it.
 Doing so may cause scalding burns or handle deformation due to escaping steam.

 If carrying the appliance immediately after use, use caution to avoid steam that is released from the steam yent. Do not operate appliance without any ingredients in inner pot.

This will interfere with the micro-computerized program and may cause overheating.

 Do not place a cloth or towels over the appliance during operation.



 If appliance is damaged, stop using immediately and contact Sanyo Fisher Service.

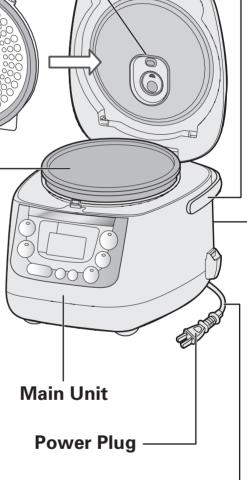
Please refer to warranty, page 21.



# NAMES AND FUNCTION OF PARTS

# Inner Lid (for cooking rice) Steam Vent & Lid Release For information about Please read warnings Steam Vent attaching and detaching and precautions • Make sure that the steam vent has the inner lid, please thoroughly. been firmly installed: refer to page 6. Do not touch the steam vent during or immediately after Steam Vent Seal operation, as it becomes extremely hot. Lid Release · Press this button to open the outer lid. **Inner Lid Seal Inner Pot** (for cooking rice)

# Accessories (one each) **Measuring Cup** (approximately 180ml) **Spatula** Inner Lid for **Slow Cooking** Recipe Steamer Book **Plate Tofu Container Inner Pot for** Spatula Holder **Slow Cooking** To Attach: Insert the spatula holder into receptacle and push down. Receptacle To Detach: Grasp the spatula holder



**Precautions** 

**Outer Lid** 

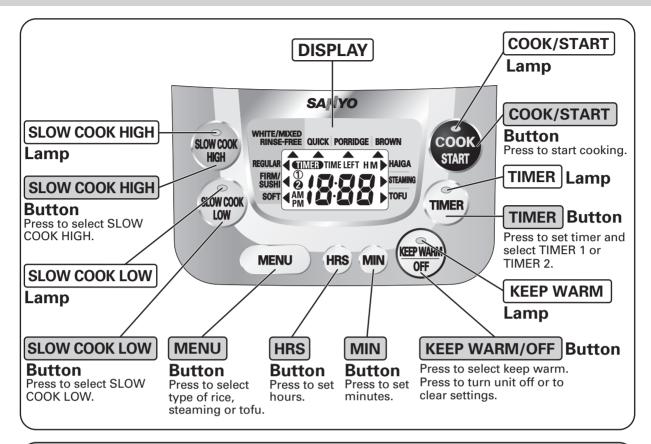
Handle-

#### **Power Cord**

- To pull out the power cord: Hold the power plug and pull out the power cord. Do not pull power cord out beyond red mark.
- To retract the power cord: Pull power cord gently and release. It will retract automatically.

and pull upwards.

## CONTROLS/DISPLAY



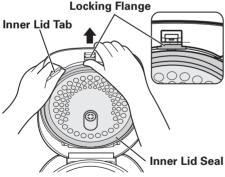
# How to Attach and Detach the Inner Lids

#### To Detach:

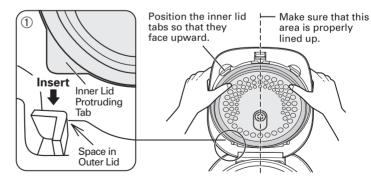
Grasp one of the inner lid tabs with one hand. Pull the inner lid tab toward yourself, while at the same time pushing the locking flange upward with the other hand.

#### To Attach:

- ① Insert the protruding tabs into the spaces present in the lower part of the outer lid.
- Make sure that the two protruding tabs are inserted into both of the appropriate spaces present in the outer lid.
- ② Push in the upper part of the inner lid until a "click" is heard.
- Make sure that the inner lid is supported by the locking flange.



\* Do not pull on the inner lid seal.



#### Caution!!

\* Prior to cooking rice or keeping warm, make sure that the inner lid has been attached. If the inner lid is not attached, the outer lid will not close.

Make sure that all rice and foreign matter has been removed around the inner lid.

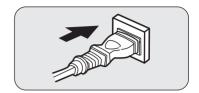
#### SETTING THE CLOCK

To set the correct time, follow the steps below.

**EXAMPLE**: When the current time is 8:00am, but the display shows 7:55am.

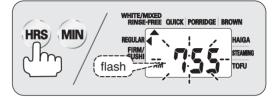
Insert the power plug into electrical outlet.

The rice cooker uses a 12-hour clock.
12:00 midnight will be displayed as AMIZIO.
12:00 noon will be displayed as PMIZIO.



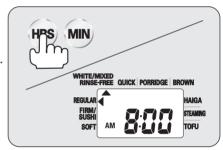
Press the HRS or MIN button until the time display begins to flash.

• The time display will begin flashing.



Press the HRS and MIN buttons to set the correct time.

- Press HRS to set "8". Press MIN to set "00".
- Holding down the buttons will allow the display to fast forward.
- The time display will stop flashing after 6 seconds.



#### THE BUILT-IN LITHIUM BATTERY

- The appliance's internal lithium battery provides power to retain the time display and the timer setting, even when the power plug has been disconnected.
- The battery life expectancy is 4-5 years at a room temperature of 68°F/20°C. The battery may last longer when the appliance is plugged into the wall outlet because the battery power is not consumed.

# **POWER FAILURE WHILE THE UNIT IS IN OPERATION**

- Information given in this section includes times during operation when the plug is pulled or a circuit breaker goes out:
  - If the power fails momentarily, the appliance will return to the same mode it was in prior to the failure.
  - In the event of a longer power outage, the following will occur once power is restored:

| During Cooking                   | <ul> <li>Cooking will continue, however, the rice may not be properly cooked.</li> <li>If a little cooking time remains, the appliance may switch to the KEEP WARM mode.</li> </ul>              |
|----------------------------------|--|
| While rice is being<br>Kept Warm | The appliance will continue to keep the rice warm.   |
| During Timer<br>Operation        | <ul> <li>The appliance will immediately begin cooking if the time has passed the cooking start time.</li> <li>The rice may not be cooked by the exact time programmed with the timer.</li> </ul> |

## **COOKING RICE**

Cook rice using the appropriate inner pot and attach the inner lid for cooking rice.

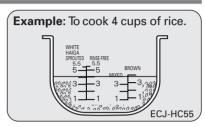
# Measure the rice correctly. Wash the rice.

- Measure the rice using measuring cup provided. 1 cup equals 180 ml.
- The inner pot can be used to wash rice.
- Rinse guickly using a lot of water. Drain guickly.
- Gently rinse rice 2-3 times, until water becomes clear.

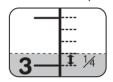
# Correct Incorrect

# 2 Add the appropriate level of water according to the menu setting selected and quantity of rice.

- If the water level is incorrect, excess water may boil over.
- Adjust the water level according to your own preference. The water level may be adjusted by up to 1/4 of a graduation level.
- Make sure that any rice grains or water droplets remaining on the outside of the inner pot or the inner wall of the main body are removed. Water remaining in these areas may cause noise during the cooking process.
- Gently turn the inner pot from side to side a few times to level the rice.

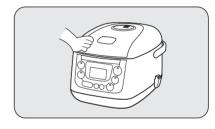


➤ Example: To cook 3 cups of rice.



# Attach the inner lid for cooking rice and close the outer lid.

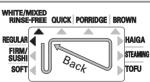
- Securely close the outer lid until you hear a click.
- If inner lid is not attached, the outer lid will not close.
- Make sure that there are no foreign objects such as rice grains, between the inner lid seal and the inner pot.
- Any foreign object between them will cause steam to escape or water to boil over.



# Insert the power plug into electrical outlet. Select the type of rice by pressing the MENU button.

- You cannot select a menu or cook rice until the power supply plug is plugged into the outlet.
- You cannot select a menu or cook rice while the KEEP WARM lamp is on or flashing. Press KEEP WARM/OFF button to cancel KEEP WARM mode.
- When cooking WHITE/MIXED/RINSE-FREE, you can select REGULAR, FIRM/SUSHI or SOFT.
- Select WHITE/MIXED/RINSE-FREE and REGULAR for cooking sweet rice.
- Select QUICK for faster cooking.
- QUICK course is when you would like your rice cooked quicker than a regular course. The rice may be slightly harder.
- If the wrong menu is selected, the water may boil over or the rice may not be cooked properly.



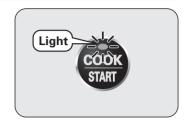


# **COOKING RICE**

# Press the COOK/START button to cook.

- The **COOK** lamp lights and begins cooking. The display will show the current time.
- Do not press the **COOK/START** button without the inner pot properly placed in the main unit.
- Be aware that if the COOK/START button is accidentally pressed without the inner pot in place, the heating element will temporarily become very hot.
- Make sure the **COOK** lamp is lit.
- If the COOK lamp is not lit, press the KEEP WARM/OFF button to cancel cooking. Press the MENU button to reselect the menu and press the COOK/START button again.

• The remaining cooking time until rice is done will be displayed beginning from 13 minutes. For **QUICK** and **PORRIDGE** course, it will be 10 minutes prior to completion.



**Example:** With 13 minutes remaining time.



# Stir the rice before serving. Cooked rice can be kept warm for up to 12 hours.

- Indicator beeps will sound when cooking is finished and will automatically switch to the "Keep Warm" mode.
- The **KEEP WARM** lamp will light and the display will show the elapsed time that the rice has been in the "Keep Warm" mode.
- Do not keep rice warm for more than 12 hours as rice may develop an odor, turn yellow, or dry out.
- Do not unplug unit while in KEEP WARM mode.
- Porridge cannot be kept warm. When porridge is cooked, the **KEEP WARM** lamp will flash. Do not keep porridge warm, as it tends to become sticky.
- Do not use KEEP WARM for MIXED RICE, BROWN RICE or SWEET RICE, HAIGA or SPROUTED BROWN RICE as they may begin to deteriorate or develop an odor.
- Slight scorching may form on the bottom of the inner pot.
- Make sure to press **KEEP WARM/OFF** button and unplug the power cord after use. If this is not done, the unit will enter the **KEEP WARM** mode when it is plugged in next time.
- Do not reheat cold rice as this may cause the rice to develop an odor.

# APPROXIMATE RICE COOKING TIMES (in minutes) (At room temperature 68°F/20°C and water temperature 64°F/18°C)

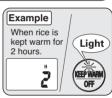
| Model #   | Menu                    | White   | Mixed (Regular) | Rinse-Free<br>(Regular) | Quick   | Porridge  | Brown   | Haiga   | Sweet   |
|-----------|-------------------------|---------|-----------------|-------------------------|---------|-----------|---------|---------|---------|
| ECJ-HC55  | Capacity (cups)         | 1-5.5   | 1-3             | 1 - 5.5                 | 1 - 5.5 | 0.5 - 1.5 | 1 - 4   | 1-5.5   | 1-3     |
|           | Time Required (minutes) | 35-56   | 43 - 50         | 46 - 52                 | 32 - 45 | 65 - 75   | 65 - 75 | 50 - 60 | 38 - 42 |
| ECJ-HC100 | Capacity (cups)         | 2 - 10  | 2-6             | 2 - 10                  | 2 - 10  | 0.5 - 2.5 | 2 - 8   | 2-10    | 2 - 6   |
|           | Time Required (minutes) | 34 - 60 | 43 - 55         | 37 - 56                 | 31 - 47 | 60 - 80   | 64-75   | 50 - 60 | 41-43   |

#### TYPES OF RICE AND KEEP WARM CHART

|     | Menu  | Keep Warm  |
|-----|---|--|
| (1) | White, Rinse-Free, Quick                      | Can keep warm.   |
| (2) | Mixed, Brown, Haiga, Sweet,<br>Sprouted Brown | Do not keep warm as rice may develop an odor, turn yellow, or dry out. |
| (3) | Porridge                                      | Cannot keep warm. (KEEP WARM) lamp will flash.)                        |
| (4) | Steaming, Tofu, Slow Cook                     | Cannot keep warm. (Beeps will sound and KEEP WARM lamp will flash.)    |

- Do not keep rice warm for more than 12 hours as rice may develop an odor, become discolored or dried out.
- When the elapsed time for the KEEP WARM mode exceeds 12 hours, the display will show the current time.





# TIPS FOR COOKING RICE

- Evenly distribute the rice in the bottom of the inner pot to ensure even cooking.
- Wash the rice thoroughly. Newly harvested rice (fall season) usually requires less water for cooking than does rice that has been stored. As time goes by, rice has a tendency to become dehydrated, so more water is needed for cooking.

Note: Some brands of rice recommend not washing the rice before cooking to retain vitamins.

#### (HOW TO COOK PORRIDGE)

- The porridge water lines in the inner pot are for cooking regular texture porridge. Adjust water level according to your own preference.
- Up to 1.5 cups of porridge can be cooked in a 5.5-cup rice cooker and 2.5 cups in a 10-cup rice cooker.
- Measure water to the **PORRIDGE** line on inner pot.
- Select PORRIDGE from the menu, and then begin cooking.

#### **HOW TO COOK SUSHI RICE**

- · Cook white medium grain rice for sushi.
- Sushi course cooks rice that has a less sticky texture than normal, which is ideal for making sushi. If the rice is sticky type, add old rice to reduce stickiness.
- Measure water to the SUSHI line on inner pot.
- · Select FIRM/SUSHI from the menu, and then begin cooking.

#### HOW TO COOK QUICK COURSE

- QUICK course is when you would like your rice cooked quicker than a regular course.
- The rice may be slightly harder or may have a thin crust of rice form on the bottom of the inner pot.
- The rice may become softer if the rice is steamed a little longer in the **KEEP WARM** mode after cooking.
- If softer rice is preferred, let the rice soak in water for at least 30 minutes before cooking.
- Measure water to the WHITE/MIXED/RINSE-FREE line on inner pot.
- Select QUICK from menu, and then begin cooking.

#### HOW TO COOK RINSE-FREE RICE

- Measure water to the RINSE-FREE line on inner pot.
- Select WHITE/MIXED/RINSE-FREE from the menu, and then begin cooking.

# HOW TO COOK HAIGA RICE (short grain rice with nutritious rice germ)

- Measure water to the HAIGA line on inner pot.
- Select **HAIGA** from the menu.
- Select rice texture, and then begin cooking.

#### **HOW TO COOK MIXED/SWEET RICE**

- · Wash rice and let sit until right before cooking.
- · Mix all ingredients in a bowl.
- Excess ingredients may cause the rice to cook improperly.
- Use of seasonings when cooking rice causes the rice to burn more easily.
- Up to 3 cups of mixed rice or sweet rice can be cooked in a 5.5-cup rice cooker and 6 cups in a 10-cup rice cooker.
- Measure water to the MIXED or SWEET line on inner pot.
- Select WHITE/MIXED/RINSE-FREE and REGULAR from the menu, and then begin cooking.
- After cooking rice mixed with other ingredients, a slight odor may remain. Wash the inner pot and inner lid thoroughly after each use.

#### HOW TO COOK BROWN RICE

- Up to 4 cups of brown rice can be cooked in a 5.5-cup rice cooker and 8 cups in a 10-cup rice cooker.
- Measure water to the **BROWN** line on inner pot.
- Select **BROWN** from the menu, and then begin cooking.
- For more delicious results with brown rice, soak the rice in water for an hour or more before cooking.

#### (HOW TO COOK SPROUTED BROWN RICE)

- · Mix washed white rice with sprouted brown rice.
- White rice to Sprouted Brown rice ratio: 2 cups of White rice to 1 cup of Sprouted Brown rice is the ideal ratio. Adjust the amount of rice based on personal preferences.
- Measure water to the **SPROUTED** line on inner pot.
- Select WHITE/MIXED/RINSE-FREE from the menu, and then begin cooking.

# **SPECIFICATIONS**

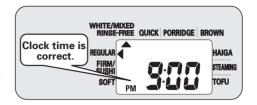
| Model No.               |                     | ECJ-HC55S/H   | ECJ-HC100S/H   |  |
|-------------------------|---------------------|---|--|--|
| Power Consumption       | Cooking             | 645 Watts   | 910 Watts  |  |
|                         | Keep Warm           | 34 Wh   | 44 Wh  |  |
|                         | White Rice          | 1-5.5 cups  | 2-10 cups  |  |
| Cooking Capacity        | Mixed Rice          | 1-3 cups  | 2-6 cups   |  |
| (cups)                  | Rinse-Free Rice     | 1-5.5 cups  | 2-10 cups  |  |
|                         | Porridge            | 0.5-1.5 cups  | 0.5-2.5 cups   |  |
|                         | Brown Rice          | 1-4 cups  | 2-8 cups   |  |
|                         | Haiga Rice          | 1-5.5 cups  | 2-10 cups  |  |
|                         | Sweet Rice          | 1-3 cups  | 2-6 cups   |  |
|                         | Sprouted Brown Rice | 1-5.5 cups  | 2-10 cups  |  |
| III :: B: : ()A/ II B)  |                     | 9 <sup>3/4</sup> " x 8 <sup>1/8</sup> " x 12 <sup>15/16</sup> " | 10 <sup>15/16</sup> " x 9 <sup>3/4</sup> " x 13 <sup>15/16</sup> " |  |
| Unit Dimensions (WxHxD) |                     | 248mm x 207mm x 328mm   | 279mm x 247mm x 353mm  |  |
| Weight                  |                     | Approx. 6.6 lbs./3.4 kg   | Approx. 9.7 lbs./4.4 kg  |  |
| Cord Length             |                     | Approx. 37 <sup>3/8</sup> "/0.95m                               |  |  |

#### TIMER COOKING

Rice cooking will be finished at a specific time when using Timer Cooking. Two times may be programmed using Timer Cooking.

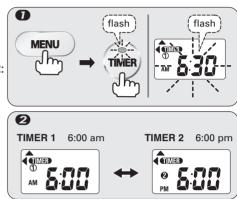
# Check that the current time is on the display. The rice cooker uses a 12-hour clock.

- If the clock has not been set to the correct time, Timer Cooking may not function properly.
- Timer Cooking will not work when the **COOK/START** lamp or **KEEP WARM** lamp is on. Press the **KEEP WARM/OFF** button to turn off the **COOK/START** lamp.



# 2 After selecting the type of rice by pressing the MENU button, press the TIMER button.

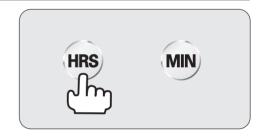
- The **TIMER** lamp and display will begin flashing.
- Two times may be programmed using TIMER 1 and TIMER 2: Each time the TIMER button is pressed, the display will alternate between TIMER 1 and TIMER 2.
   Select the desired timer.
- Do not use Timer Cooking to prepare BROWN, SPROUTED BROWN, HAIGA, RINSE-FREE rice or when the rice has seasoning or ingredients like MIXED or SWEET. The ingredients might sour or the rice might not be able to be cooked because of the seasoning sedimentation.



# 3 Select the time you would like the rice cooking to be completed.

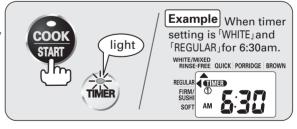
- Set the cooking timer using **HRS** button and **MIN** button.
- HRS button can be set in 1 hour increments.

  MIN button can be set in 10 minute increments.
- Timer cooking should begin within 12 hours.
- The cooked rice using Timer Cooking might be soft or slightly scorched.



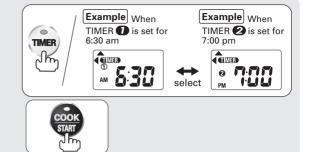
# Press the **COOK/START** button.

- The **TIMER** lamp will stop flashing and the display will show the completion time.
- When cooking starts, the **TIMER** lamp turns off and then the **COOK** lamp turns on.



## TIMER COOKING

- Once the timer has been set, Timer Cooking can be performed in two steps.
  - Press the **TIMER** button to confirm MENU selection.
- Select TIMER 1 or TIMER 2 by pressing the TIMER button, and then pressing the **COOK/START** button.
  - Previous timer settings are stored in memory.



## ■ To change the settings for Timer Cooking:

First press the **KEEP WARM/OFF** button and then repeat steps 2-4.

#### ■ To view current time while using **Timer Cooking:**

Press the **HRS** or **MIN** button. The display shows the current time for 2 seconds.

#### TIMER SETTINGS

Timer must be set for the minimum times listed below, otherwise cooking will start immediately.

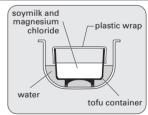
| Menu                        |                    | Time Required     |
|-----------------------------|--------------------|-------------------|
| White/Mixed/Rinse-Free      | Regular/Firm-Sushi | 1 hour            |
| vviiite/iviixeu/hiiise-riee | Soft               | 1 hour 10 minutes |
| Quick                       |                    | 1 hour            |
| Haiga Rice                  |                    | 1 hour 10 minutes |
| Porridge/Brown Rice         |                    | 1 hour 30 minutes |

# **HOW TO COOK TOFU**

Select TOFU menu to make soft tofu. Use tofu container and attach the inner lid for slow cooking.

#### Put the ingredients into the tofu container and place in inner pot.

- Clean tofu container with hot water prior to adding ingredients.
- · Add approximately .34 ounces (10ml) of nigari (magnesium chloride) and slowly stir in 17 ounces (500ml) of plain unprocessed soymilk into the tofu container. 17 ounces (500ml) of soymilk and .34 ounces (10ml) of magnesium chloride is the ideal ratio to make tofu.
- Place plastic wrap over top of tofu container.
- Add 17 ounces (500ml) of water into inner pot. Place tofu container in inner pot and put into main unit.

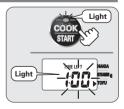


# Press the MENU button to select TOFU.



#### Press the COOK/START button.

• The **COOK** lamp lights. The display will show 1 hour and cooking begins.



#### Cooking completes after 1 hour.

- Indicator beeps will sound and the unit will switch to the KEEP WARM mode.
  - The **KEEP WARM** lamp lights and starts flashing.
  - When tofu is cooked, place on plate and serve.
  - If preferred cold, place in refrigerator for an hour.



## **STEAMING**

Select the **STEAMING** menu to steam food. The cooking times in chart below are approximate and should be used as a guideline.

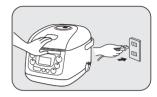
- Add approximately 1 ½ measuring cups (9.13oz/270ml) of water into the inner pot for steaming.
  - · Use the measuring cup provided.
  - · Always add a minimum of one measuring cup of water.



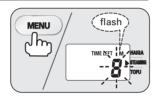
- Place inner pot into the main unit.
  - Place the steaming plate in the inner pot.
  - Place the food on the steaming plate.



Close the outer lid and insert power plug into electrical outlet.



Press the MENU button to select STEAMING.



5 Set the steaming time using the MIN button.

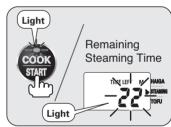
• MIN button can be set for 8 - 58 minutes in 2-minute increments.



- Press the COOK/START button.
  - The **COOK** lamp lights and steaming begins.
  - The display will show the remaining steaming time.
  - When the time set is reached, indicator beeps will sound and unit will switch to the KEEP WARM mode.
  - Press **KEEP WARM/OFF** button and unplug the power cord after use.
  - Some experimentation might be necessary to determine exact cooking times based on personal preferences for cooked vegetable tenderness or firmness.
  - When water has completely evaporated, indicator beeps will sound and the time remaining display becomes • . The KEEP WARM lamp will light and the unit will automatically switch from steaming to the KEEP WARM mode.

#### FOOD STEAMING CHART

| Vegetable              | Preparation                                    | Quantity            | Approx. Steaming Time |
|------------------------|--|---------------------|-----------------------|
| Artichokes             | Cut in half                                    | 2-4                 | 25-30 min.            |
| Asparagus              | Whole, stems trimmed                           | 1 lb.               | 10-15 min.            |
| Broccoli               | Florets  | ¹/₂ lb.             | 10-15 min.            |
| Beets                  | Peeled, cut into 1/4" slices                   | 1 lb.               | 15-20 min.            |
| Carrots                | Cut, peeled                                    | 1 lb.               | 15-20 min.            |
| Cauliflower            | Florets  | 1 lb.               | 20-25 min.            |
| Corn on the Cob        | Husked, halved                                 | 2 med. ears         | 15-20 min.            |
| Green Beans            | Whole, trimmed                                 | 3/ <sub>4</sub> lb. | 10-15 min.            |
| Red Potatoes           | Cut in half                                    | 1 lb.               | 25-30 min.            |
| Snow Peas              | Whole, trimmed                                 | ¹/₂ lb.             | 15-20 min.            |
| Spinach                | Leaves   | ¹/₂ lb.             | 8-10 min.             |
| Sweet Potatoes or Yams | Cut in ½" pieces                               | 1 lb.               | 20-25 min.            |
| Zucchini               | Cut in 1/4" rounds                             | 1 lb.               | 10-15 min.            |
| Eggs                   | Soft yolk (similar consistency to soft-boiled) | 8                   | 15 min.               |
|                        | Hard yolk (similar consistency to hard-boiled) | 8                   | 23 min.               |



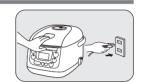
## SLOW COOK

Select SLOW COOK to make stews, soups or slow cook recipes. SLOW COOK can be set for up to 12 hours. Use SLOW COOK LOW for tougher cuts of meat or when you would prefer foods to be cooked for a longer period of time. Use **SLOW COOK HIGH** when you would prefer foods to be cooked quicker (in 6 hours or less).

# Put the ingredients and seasonings into inner pot for slow cooking. Place it into the main unit.

- Do not add ingredients above the MAX line on inner pot. Doing so may cause the unit to overflow or the food may not be cooked properly.
- Remove any foreign objects between the inner pot and inner lid. Not doing so may cause the unit to overflow or steam to leak.
- Do not place the inner pot directly on heating surfaces other than this appliance.

# Attach inner lid for slow cooking. Close the outer lid and insert power plug into electrical outlet.



Flash

SLÚW CÒOK

(Flash)

SLCW'COOK

Flash

Select SLOW COOK HIGH or SLOW COOK LOW. Press the HRS and MIN buttons to set the cooking time.

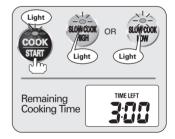
- HRS button can be set for up to 12 hours in 1 hour increments.
- MIN button can be set for up to 50 minutes in 10 minute increments.
- MIN button can be set from 30-50 minutes when set for less than 1 hour.
- To set cooking time for 12 hours, press MIN button to set "00" then set HRS button to 12.

**Example:** To set cooking time for 3 hours and 30 minutes. Press [HRS] button to set 3 hours, then press [MIN] button to set 30 minutes.



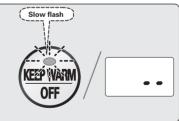
# Press the COOK/START button.

- The **COOK** lamp lights and cooking begins.
- The display will show the remaining cooking time.
- Timer cooking cannot be used for SLOW COOK.



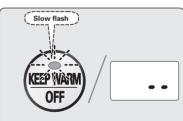
Slow cooking is finished.

- When the time set is reached, indicator beeps will sound and the unit will switch to the KEEP WARM mode. The KEEP WARM light starts flashing.
- Press KEEP WARM/OFF button and unplug the power cord after use.
- After using SLOW COOK, a slight odor may remain. Wash the inner pot and inner lid thoroughly after each use.



#### TIPS FOR USING SLOW COOK

- 1 hour of cooking on high will be equivalent to 2- 21/2 hours on low. Foods such as pot roast and stews are best cooked on low.
- · Add thawed ingredients for better results.
- · Vegetables cook more slowly than meats, therefore, place them in the bottom of inner pot or around the sides.
- Mix seasonings well in a separate bowl, then put them in inner pot.
- Do not use SLOW COOK for reheating foods.



### **CLEANING AND MAINTENANCE**

Always unplug the power supply cord from the electric outlet and allow the unit to cool off completely prior to cleaning.

When cleaning the unit, do not use cleaning powder, scrub brush, benzene or thinner.



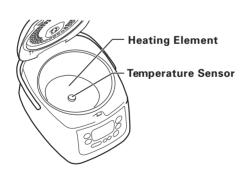
#### MAIN BODY AND OUTER LID

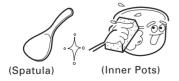


Make sure to wipe thoroughly any channels where moisture tends to accumulate.

#### HEATING ELEMENT AND TEMPERATURE SENSOR

If rice grains or other dirt becomes stuck to the heating element, gently polish with fine sandpaper (about 320 grit) and then wipe with a damp sponge.





#### INNER POTS AND INNER LIDS

Wash the inner pots using a sponge and dishwashing detergent.

#### CAUTION

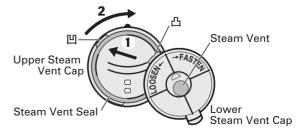
- Make sure that the inner pots do not become deformed.
- Make sure that the following instructions are heeded in order to avoid damaging the non-stick coating on the inner surface of the pots:
  - Do not wash rice in the inner pots using hard objects, such as whisks.
  - Always use the spatula that has been provided with the appliance.
  - Do not leave spoons or tableware in the inner pots.
  - Do not use vinegar for cleaning the pots.
  - Make sure that the inner pots are washed immediately after any rice with seasoning has been cooked.
- The inner pots may eventually become discolored during the course of normal usage. As any such discoloration is completely safe and will not affect the health at all, the pots may continue to be used without concern.
- Place a soft cloth underneath the inner pot when washing rice in the inner pot. This will prevent damage to the bottom of the inner pot.
- Some discoloration of the outer side of the inner pots may occur through normal use. This discoloration is completely safe and poses no health hazard.
- After using SLOW COOK, a slight odor may remain. Wash the inner pot and inner lid thoroughly after each use.



The center area on the outside bottom of the inner pot is an extremely important area, as it comes into direct contact with the temperature sensor. If this area is dirty or damaged, the rice may become scorched or burnt.

#### **How to Attach Steam Vent Cap**

- 1 Align the three tabs (凸) on the lower steam vent cap to the slots (凹) on the upper steam vent cap.
- 2 Turn the lower steam vent cap clockwise.
- Make sure the steam vent seal is placed properly in the upper steam vent cap.



# TROUBLESHOOTING Check the following before requesting service.

| Symptom  | Remedy  |
|--|---|
| <ul> <li>Plug or power cord is damaged, distorted, expanded, or discolored.</li> </ul> |   |
| Power cord or plug is warmer than normal.  | Unplug the power cord and stop using the appliance immediately. |
| Power cord fits loosely or loses power.  | Contact Sanyo Fisher Service (See warranty, page 21)            |
| Overheated main body produces burning odor.  | ,                         |
| The power plug blades or plug surfaces are dirty.                                      | Clean thoroughly.   |

| Symptom  | Possible Cause  | Ref. Page#         |
|--|---|--------------------|
| Rice does not cook.  | Is the power cord plugged in properly or has any power failure occurred?  | 7                  |
|  | Is the rice and water amount correct?   | 8                  |
|  | Are there any foreign objects sticking to the outer inner pot, temperature sensor, or heating element?  | 4, 8, 15           |
| B  | Is the rice stirred thoroughly after cooking?   | 9                  |
| Rice is hard or undercooked.                                 | Is the correct menu selected?   | 8, 10, 11          |
|  | Is the power cord plugged in properly or has any power failure occurred?  | 7                  |
|  | Are there any foreign objects between the inner pot and inner lid?  | 8                  |
|  | Is the rice and water amount correct?   | 8                  |
| Rice is soft or sticky.                                      | Are there any foreign objects sticking to the outer inner pot, temperature sensor, or heating element?  | 4, 8, 15           |
| nice is suit of sticky.                                      | Is the rice stirred thoroughly after cooking?   | 9                  |
|  | Is the correct menu selected?   | 8, 10, 11          |
|  | Is the rice and water amount correct?   | 8                  |
| Rice is scorched.  | Are there any foreign objects sticking to the outer inner pot, temperature sensor, or heating element?  | 4, 8, 15           |
| Tilice is scorched.  | Is the correct menu selected?   | 8, 10, 11          |
|  | Is the rice washed thoroughly before cooking?   | 8, 10              |
|  | Is the rice and water amount correct?   | 8                  |
| Rice cooking takes too long.                                 | Are there any foreign objects sticking to the outer inner pot, temperature sensor, or heating element?  | 4, 8, 15           |
| g takes too long.  | Is the correct menu selected?   | 8, 10, 11          |
|  | Is the power cord plugged in properly or has any power failure occurred?  | 7                  |
|  | Are there any foreign objects sticking to the outer inner pot, temperature sensor, or heating element?  | 4, 8, 15           |
|  | Is the rice stirred thoroughly after cooking?   | 9                  |
| Rice becomes hard, discolored                                | Is the rice washed thoroughly before cooking?   | 8, 10              |
| or develops an odor while in                                 | Is the power cord plugged in properly or has any power failure occurred?  | 7                  |
| KEEP WARM mode.  | Was the rice kept warm more than 12 hours?  | 9                  |
|  | Was the rice kept warm with spatula in inner pot? Was cold rice kept warm or cold rice added?  Are there any foreign objects between the inner pot and inner lid? | 9                  |
|  | , , , ,   | 8                  |
|  | Is the rice and water amount correct?   | 8                  |
| During cooking water boils over.                             | Are there any foreign objects sticking to the outer inner pot, temperature sensor, or heating element?  | 4, 8, 15           |
| During Cooking water bons over.                              | Is the rice washed thoroughly before cooking?   | 8, 10, 11<br>8, 10 |
|  | Are there any foreign objects between the inner pot and inner lid?  | 8                  |
|  |   | 8                  |
| During cooking steam comes out                               | Is the rice and water amount correct?   | 8, 10, 11          |
| from the outer lid.  | Is the rice washed thoroughly before cooking?   | 8, 11              |
|  | Are there any foreign objects between the inner pot and inner lid?  | 8                  |
|  | Is the rice and water amount correct?   | 8                  |
|  | Are there any foreign objects sticking to the outer inner pot, temperature sensor, or heating element?  | 4, 8, 15           |
| Rice cooking does not complete                               | Is the correct menu selected?   | 8, 10, 11          |
| at the preset time.  | Is the power cord plugged in properly or has any power failure occurred?  | 7                  |
|  | Is the timer set properly?  | 11                 |
| The control buttons won't work.                              | Is the power cord plugged in properly or has any power failure occurred?  | 7                  |
|  | The cling sound is caused by the unit adjusting power usage. It is not a malfunction.   | _                  |
| There is noise during cooking.                               | Water droplets remaining on the outside of the inner pot or the inner wall of the main body may   |                    |
| e.e ie iieiee dai.ii.g eeeiii.ig.                            | cause noise. It is not a malfunction.   | 8                  |
| The appliance smells of resin.                               | Is the unit new? The smells will lessen as the unit is used.  | _                  |
| There are lines or connections                               |   |                    |
| on the plastic housing.                                      | These will not affect rice cooking and it is safe to use.   | _                  |
| There are scratches on the outer side of the inner pot.      | THESE WILL HEEL HEE COUNTY AND IC IS SAIR IO USE.   |                    |
| Display is weak and the timer setting can not be maintained. | The battery is weak. Replace battery. Contact Sanyo Fisher Service. 800-421-5013 or visit www.sanyoservice.com  | _                  |

RECIPES (Use appropriate inner pot with inner lid for cooking rice or slow cooking.)

#### TIPS FOR COOKING RECIPES

- Use the provided measuring cup (6 oz. or 180 ml) for measuring rice.
- Do not measure seasonings with the provided measuring cup. Use a standard measuring cup and spoons for seasonings.
- · Do not cook more than the unit allows for cooking certain types of rice or recipes.
- · Mix seasonings thoroughly such as soy sauce or salt with the broth, soup, or water, and add to inner pot right before cooking.
- Excess ingredients or poor mixing of seasonings may cause the rice to cook improperly.
- Use of seasonings when cooking rice causes the rice to burn more easily.
- After cooking rice mixed with other ingredients, a slight odor may remain. Wash the inner pot and inner lid thoroughly after each use.

#### TIPS FOR USING SLOW COOK

- 1 hour of cooking on high will be equivalent to 2- 2½ hours on low. Foods such as pot roast and stews are best cooked on low.
- · Add thawed ingredients for better results.
- Vegetables cook more slowly than meats, therefore, place them in the bottom of inner pot or around the sides.
- Mix seasonings well in a separate bowl, then put them in inner pot.
- Do not use **SLOW COOK** for reheating foods.

#### Rice with Meat and Vegetables (Kayaku Gohan)

#### (MIXED RICE)



#### Makes 4-6 servings

#### **Ingredients:**

3 cups rice

1/3 cup burdock

1/3 cup chopped carrots

3 dried shiitake mushrooms

1.5 oz. yam cake (konnyaku)

1 sheet deep-fried tofu (abura-age)

2 oz. chicken

2 cups Japanese broth (dashi)

2 Tbs. light-colored soy sauce

3 Tbs. sake

1/2 tsp. salt

2 or 3 snow pea pods

#### **Preparation:**

- 1. Wash rice and let sit for 30-60 minutes.
- 2. Soak dried shiitake mushrooms in water and cut into
- 3. Remove outer skin of the burdock, shred into fine strips, and soak in water.
- 4. Chop carrots into thin strips and cut chicken into small, bite-size pieces.
- 5. Cut yam cake into thin strips and boil briefly.
- 6. Briefly boil deep-fried tofu and cut into thin slices.
- 7. Make seasoning by adding soy sauce, sake, and salt to the Japanese broth (dashi) and mix well.
- 8. Drain rice and pour into inner pot. Add enough seasoning prepared in step ② to fill up to 3 on the MIXED water level line. Then mix ingredients from steps ② through ⑥ and place on top of rice.
- 9. Close outer lid and select WHITE/MIXED/RINSE-FREE with the MENU button. Press the COOK/START button.
- 10. Briefly boil snow peas in salted water and cut into thin strips.
- 11. When rice is cooked, stir the rice. Place in bowl and garnish with snow pea pods.

#### **Seasoned Brown Rice**

#### **BROWN RICE**



#### Makes 6 servings

#### **Ingredients:**

- 3 cups long-grain brown rice 2 cans (10.5 oz.) chicken broth
- 3 Tbs. margarine
- 1/2 tsp. crushed garlic (from jar)

1 tsp. dried parsley

#### **Preparation:**

- 1. For better results, wash brown rice and let sit for 2 hours.
- 2. Drain rice and pour into inner pot.
- 3. Add chicken broth, margarine and crushed garlic into inner pot and water up to 3 on the BROWN water level line and mix well.
- 4. Close outer lid and select BROWN with the MENU button. Press the COOK/START button.
- 5. When rice is cooked, add dried parsley and stir the rice gently. Add 1 teaspoon of Poultry Seasoning, if desired.

# Rice with Red Beans (Sekihan)

#### (SWEET RICE)



#### Makes 4-6 servings

#### **Ingredients:**

2 cups sweet rice (rice for making rice dumplings)

- 1 cup rice
- 1/2 cup red beans (azuki)
- 1 tsp. black sesame salt (gomashio)

#### **Preparation:**

- 1. Mix the two kinds of rice together, wash, and let sit for 30-60 minutes.
- 2. Heat red beans in a pot of water over high flame. Bring to a boil and discard broth. Add another half quart of water and simmer until beans are slightly hard.
- 3. When red beans are cooked, separate beans from broth. Scoop broth with ladle and pour back into pot four or five times to air broth.
- Drain rice and pour into inner pot. Add broth from step ③ and water up to 3 on the SWEET water level line. Place red beans on top of rice.
- Close outer lid and select WHITE/MIXED/RINSE-FREE with the MENU button. Press the COOK/START button.
- 6. When rice is cooked, stir the rice gently and place in bowl. Sprinkle with the black sesame salt.

# **Shrimp Pilaf**

#### PILAF



#### Makes 4-6 servings

#### **Ingredients:**

- 3 cups rice
- 6 medium size shrimp (or 1/4 cup cocktail shrimp)
- 6 ½ oz. can chopped clams, (optional, save the juice)
- 1/4 cup mixed vegetables (frozen or canned)
- 3 Tbs. olive oil
- 2 tsp. chicken bouillon
- 2 cups water
- 1/2 tsp. curry powder
- Salt & pepper

#### **Preparation:**

- 1. Wash rice and drain well.
- 2. Cook shrimp in boiling water for 2-3 minutes. Peel and cut into bite-size pieces.
- 3. Heat 2 Tbs. olive oil in skillet. Sauté drained rice until rice becomes transparent. Remove from skillet and set aside.
- 4. Heat 1 Tbs. olive oil in skillet. Sauté chopped shrimp from step ②, clams or other seafood, and mixed vegetables. Season with salt, pepper, and curry powder.
- Dissolve chicken bouillon in 2 cups of water. If the juice from the can of clams is available, reduce the water to make 2 cups of liquid.
- 6. Place the sautéed rice in step ③ into inner pot. Add the liquid from step ⑤ and enough water to fill up to 3 on the WHITE/MIXED water level line. Then place sautéed seafood from step ④ on top of rice.
- Close outer lid and select WHITE/MIXED/RINSE-FREE with the MENU button. Press the COOK/START button.
- 8. When rice is cooked, fluff the rice and serve.

# California Roll (Inside Out)

#### SUSHI



#### Makes 4-6 servings

#### **Ingredients:**

- 3 cups white rice (short or medium grain)
- 1/3 cup rice vinegar
- 3 Tbs. sugar
- 1 tsp. salt
- 4 sheets of dried seaweed
- 1 avocado
- 1 cucumber
- 1 cup crab meat (or imitation crab meat)
- . Mayonnaise
- Toasted sesame seeds

Wasabi (green mustard)

#### **Preparation:**

- 1. Wash rice and drain well.
- 2. Pour rice into inner pot. Add water up to 3 on the WHITE water level line.
- Close outer lid and select WHITE/MIXED/RINSE-FREE with the MENU button. Press the COOK/START button.
- 4. Peel and slice avocado and cucumber in strips.
- 5. Transfer cooked rice to a large bowl. Combine rice vinegar, sugar and salt in a bowl. Sprinkle the vinegar mixture over the rice and gently fold with spatula.
- 6. Lay ½ sheet of seaweed on bamboo mat. With damp hands spread a thin layer of sushi rice over the entire sheet of seaweed and press firmly. Lift sushi sheet from mat, place damp kitchen towel on mat, turn the sushi sheet over on the damp towel so that the seaweed is facing up.
- 7. Place cucumber, avocado, mayonnaise, wasabi and crab meat lengthwise on the seaweed.
- Roll the bamboo mat and towel forward, pressing the ingredients inside. Press the roll firmly with your hands shaping a tight cylinder. Pull off towel carefully.
- 9. Sprinkle with sesame seeds and cut into eight pieces with a sharp knife.

#### Risotto

#### **PORRIDGE**



#### Makes 4-6 servings

#### **Ingredients:**

1 cup rice

1/2 medium onion, minced

4 stalks asparagus

1 clove garlic, minced

½ cup canned tuna (optional)

1 Tbs. olive oil

2 tsp. chicken bouillon

Salt & pepper

31/4 cups water

#### **Preparation:**

- 1. Wash rice and drain well.
- 2. Mince onion and garlic.
- 3. Cut asparagus diagonally into bite-size pieces and parboil. Drain and set aside.
- 4. Dissolve chicken bouillon in 31/4 cups of water.
- 5. Heat 1/2 Tbs. of olive oil in skillet. Sauté minced garlic well to bring out the flavor. Add minced onion and sauté well. Add tuna and season with salt and pepper. Remove from skillet and set aside.
- 6. Heat 1/2Tbs. olive oil in skillet. Sauté drained rice in step ① until rice becomes transparent.
- 7. Place the sautéed rice in step <sup>®</sup> into inner pot. Add liquid from step <sup>®</sup> to fill up to 1 on the **PORRIDGE** water level line. Then place sautéed garlic, onion, and tuna from step <sup>®</sup> on top of rice.
- 8. Close outer lid and select WHITE/MIXED/RINSE-FREE with the MENU button. Press the COOK/START button.
- When rice is cooked, add parboiled asparagus from step 3 and mix well. Let it steam for a few minutes before serving.

# **Soft Tofu**

#### (TOFU)



#### Makes 4 servings

#### **Ingredients:**

- 17 ounces (500ml) plain soymilk
- .34 ounces (10ml) magnesium chloride (nigari)
- .34 ounces (10ml) Japanese broth (dashi)
- 1 tsp. light soy sauce
- 1 tsp. sweet cooking rice wine (mirin)
- Salt to taste

#### **Preparation:**

- Clean tofu container with hot water prior to adding ingredients.
- 2. Add magnesium chloride (nigari) and slowly stir in plain soymilk into tofu container.
- 3. Place plastic wrap over top of tofu container.
- 4. Add 17 ounces (500 ml) of water into inner pot. Place tofu container in inner pot.
- Close outer lid and select TOFU with the MENU button. Press the COOK/START button. It takes one hour to cook tofu.
- 6. When tofu is cooked, place on plate and serve.
- 7. If preferred cold, place in refrigerator for an hour.
- 8. If desired, mix Japanese broth, light soy sauce, sweet cooking rice wine and salt in a bowl, then pour over tofu.

#### **Bread Pudding**

#### **PUDDING**



#### Makes 6-8 servings

#### **Ingredients:**

- 5 slices of bread
- 2 oz. butter or margarine
- 1/3 cup sugar
- 1 cup milk
- 3 eggs
- 1/2 tsp. vanilla
- 1/4 tsp. cinnamon

#### **Preparation:**

- 1. Tear bread into bite-size pieces and place into inner pot.
- 2. Heat milk, sugar and butter until butter melts in a saucepan.
- 3. In a bowl, beat eggs and add vanilla and cinnamon. Add to ②mixture.
- 4. Pour ③ over bread prepared in step ①.
- Place the inner pot in the rice cooker. Close outer lid and select WHITE/MIXED/RINSE-FREE with the MENU button. Press the COOK/START button.
- 6. After cooking is done, let stand for 5 minutes. Serve the pudding warm or cool, if desired.

#### **Optional:**

- Add 1/4 cup raisins or chopped nuts for variety.
- Sprinkle powdered sugar or liqueur for added flavor.

## **Tangy Garlic Chicken**

#### (SLOW COOK)



#### Makes 3-4 servings

#### **Ingredients:**

- 4 skinless, boneless chicken breast halves
- 1 tsp. salt
- 2 tsp. paprika
- 2 tsp. lemon pepper
- 1 large onion, sliced
- 10 garlic cloves (about 1 medium) peeled, but not chopped

#### **Preparation:**

- 1. Rinse chicken breasts and pat dry.
- 2. Mix together all dry seasonings.
- 3. Rub dry seasonings on chicken breasts.
- 4. Slice onion into thin slices.
- 5. Place sliced onions on bottom of inner pot.
- 6. Place seasoned breasts on top of onions.
- 7. Place garlic cloves on top of chicken breasts.
- 8. Close outer lid and press SLOW COOK HIGH. Set the time to cook for 2 to 2 ½ hours, depending on thickness of breast. Press the COOK/START button. You may also press SLOW COOK LOW and set the time to cook for 4 to 4 ½ hours.
- 9. The chicken is done when it reaches a minimum of 165° F.

#### **French Onion Soup**

#### SLOW COOK



#### Makes 4 servings

#### **Ingredients:**

- 3 large onions, thinly sliced
- ½ cup butter or margarine
- 2 Tbs. instant beef bouillon cubes
- 4 cups hot water
- 1 tsp. worcestershire sauce
- ½ tsp. salt
- 4 slices toasted French bread
- 1/4 cup grated Parmesan cheese

#### **Preparation:**

- In large skillet, cook onions in butter until lightly browned.
- 2. Mix hot water with beef bouillon cubes until dissolved.
- Add cooked onions, butter, bouillon water, worcestershire sauce, and salt to Inner Pot and place in main unit.
- 4. Close outer lid and press SLOW COOK HIGH. Set the time to cook for approximately 3 hours. Press the COOK/START button. You may also press SLOW COOK LOW and set the time to cook for approximately 6 hours.
- 5. Top each bowl with toasted French bread sprinkled with Parmesan cheese.

# **Quick and Easy Chili**

### **SLOW COOK**



#### Makes 4-6 servings

#### Ingredients:

- 1 lb. ground beef
- 1 can (15 ounces) tomato sauce
- 1 can (14.5 ounces) diced tomatoes
- 1 can (15 ounces) pinto beans, rinsed and drained
- 1 small onion, finely chopped
- 2 teaspoons chili powder (or to taste)
- 1 tsp garlic powder (or to taste)
- salt and pepper (to taste)

#### **Preparation:**

- 1. In large skillet, cook onions and brown meat. Drain.
- 2. Mix pinto beans, tomato sauce, diced tomatoes and seasonings together in separate bowl.
- 3. Place mixed ingredients in inner pot. Add meat and onions.
- 4. Close outer lid and press SLOW COOK HIGH. Set the time to cook for 4 to 4 ½ hours. Press the COOK/START button. You may also press SLOW COOK LOW and set the time to cook for 7-8 hours.

# SANYO RICE COOKER AND SLOW COOKER ECJ-HC55S/H, ECJ-HC100S/H LIMITED WARRANTY

#### **OBLIGATIONS**

In order to obtain factory warranty service, call the toll-free number below. The unit must be packed in the original carton or a well-padded sturdy carton in order to avoid shipping damage.

Note: Do not return this unit to the retail store for service.

To obtain factory warranty service, product operation information or for problem resolution, call 1-800-421-5013

Weekdays 8:00 AM – 5:00 PM Pacific Time Or visit web at www.sanvoservice.com

THIS WARRANTY IS VALID ONLY ON SANYO PRODUCTS PURCHASED AND USED IN THE UNITED STATES OF AMERICA. THIS WARRANTY APPLIES ONLY TO THE ORIGINAL RETAIL USER AND DOES NOT APPLY TO PRODUCTS USED FOR ANY INDUSTRIAL, PROFESSIONAL OR COMMERCIAL PURPOSE. THE ORIGINAL DATED BILL OF SALE OR SALES SLIP MUST BE SUBMITTED TO THE AUTHORIZED SANYO SERVICE CENTER AT THE TIME WARRANTY SERVICE IS REQUESTED.

Subject to the OBLIGATIONS above and EXCLUSIONS below, SANYO FISHER COMPANY (SFC) warrants this SANYO product against defects in materials and workmanship for the periods of LABOR and PARTS specified below. SFC will repair or replace (at its option) the product and any of its parts which fail to conform to this warranty. The warranty period commences on the date the product was first purchased at retail.

| LABOR  | PARTS  |  |
|--------|--------|--|
| 1 YEAR | 1 YEAR |  |

#### **EXCLUSIONS**

This warranty does not cover (A) the adjustment of customer-operated controls as explained in the appropriate model's instruction manual, or (B) the repair of any product whose serial number has been altered, defaced or removed.

This warranty shall not apply to setup, installation, removal or the product for repair or reinstallation of the product after repair.

This warranty does not apply to repairs or replacements necessitated by any cause beyond the control of SFC including, but not limited to, any malfunction, defect or failure caused by or resulting from unauthorized service or parts, improper maintenance, operation contrary to furnished instructions, shipping or transit accidents, modification or repair by the user, abuse, misuse, neglect, accident, incorrect power line voltage, fire, flood or other Acts of God, or normal wear and tear.

The foregoing is in lieu of all other expressed warranties and SFC does not assume or authorize any party to assume for it any other obligation or liability.

THE DURATION OF ANY WARRANTIES WHICH MAY BE IMPLIED BY LAW (INCLUDING THE WARRANTIES OF MERCHANTABILITY AND FITNESS) IS LIMITED TO THE TERM OF THIS WARRANTY. IN NO EVENT SHALL SFC BE LIABLE FOR SPECIAL, INCIDENTAL OR CONSEQUENTIAL DAMAGES ARISING FROM OWNERSHIP OR USE OF THIS PRODUCT, OR FOR ANY DELAY IN THE PERFORMANCE OF ITS OBLIGATIONS UNDER THIS WARRANTY DUE TO CAUSES BEYOND ITS CONTROL. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS AND/OR DO NOT ALLOW THE EXCLUSION OR LIMITATION OF CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATIONS AND EXCLUSIONS MAY NOT APPLY TO YOU.

THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS. YOU MAY HAVE OTHER RIGHTS, WHICH VARY FROM STATE TO STATE.

| For your protection | in the event of theft or | loss of this product, | please fill in the ir | nformation below f | or your own personal |
|---------------------|--------------------------|-----------------------|-----------------------|--------------------|----------------------|
| records.            |                          |                       |                       |                    |                      |

| Model No         | Serial No                                |
|------------------|--|
|                  | (Located on back or bottom side of unit) |
| Date of Purchase | Purchase Price                           |
| Where Purchased  |  |