Cuisinarte INSTRUCTION BOOKLET

Recipe Booklet on reverse side



Cuisinart[®] Super Grains & Rice Multicooker

FRC-1000XA

For your safety and continued enjoyment of this product, always read the instruction book carefully before using.

IMPORTANT SAFEGUARDS

When using an electrical appliance, especially when children are present, basic safety precautions should always be taken, including the following:

1. READ ALL INSTRUCTIONS.

- 2. Do not touch hot surfaces; use handles or knobs.
- 3. To protect against risk of electric shock, do not immerse the Super Grains & Rice Multicooker housing, cord or plug in water or any other liquids. If housing falls into liquids, unplug the cord from outlet immediately. DO NOT reach into the liquid.
- To avoid possible accidental injury, close supervision is necessary when any appliance is used by or near children.
- 5. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts.
- 6. Do not operate any appliance with a damaged cord or plug, or after the appliance has malfunctioned or has been dropped or damaged in any way or is not operating properly.
- 7. The use of attachments not recommended by Cuisinart may cause fire, electric shock, or risk of injury.
- 8. Do not use outdoors.
- 9. Do not use the Super Grains & Rice Multicooker for anything other than its intended use.
- 10. To avoid the possibility of the Super Grains & Rice Multicooker being accidentally pulled off work area, which could result in damage to it or in personal injury, do not let cord hang over edge of table or counter.
- 11. To avoid damage to cord and possible fire or electrocution hazard, do not let cord contact hot surfaces, including a stove.

- 12. Extreme caution must be used when moving any appliance containing hot oil or other hot liquids.
- 13. Do not place on or near a hot gas or electric burner, or in a heated oven.
- 14. Do not operate the Super Grains & Rice Multicooker in water or under running water.
- To reduce the risk of electric shock, cook only in removable container. Do not immerse the container in water.
- 16. Always attach plug to appliance first, then plug cord to the wall outlet. To disconnect, press Start/Stop to stop cooking cycle, then remove plug from wall outlet.
- 17. Intended for countertop use only.
- WARNING: Spilled food can cause serious burns. Keep appliance and cord away from children. Never drape cord over edge of counter, never use outlet below counter, and never use with an extension cord.
- 19. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- 20. Children should be supervised to ensure that they do not play with the appliance.
- The appliances are not intended to be operated by means of an external timer or separate remote-control system.
- 22. This appliance is intended to be used in household and similar applications such as:
 - staff kitchen areas in shops, offices and others working environments;
 farm houses:
 - by clients in hotels, motels and other residential type environments;
 - bed and breakfast type environments.

SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

SPECIAL CORD SET INSTRUCTIONS

A short power-supply cord is used to reduce the risk resulting from it being grabbed by children, becoming entangled in, or tripping over a longer cord.

CONTENTS

INTRODUCTION

The Cuisinart[®] Super Grains & Rice Multicooker benefits from the use of Fuzzy Logic, a technology that senses moisture levels to accurately cook food. All Super Grains & Rice programs are automatic. Cooking time and temperature are defined by the appliance. Whether you are cooking rice, quinoa, oatmeal or risotto, our highly intelligent Super Grains & Rice Multicooker automatically adjusts the heat and timing for perfect results every time. It's easy to use, has an extra-large capacity and is beautiful to look at. Now that's a smart way to cook!

Additionally, no time is displayed on the control panel for automatic presets a series of - - - - will appear on the display panel to let you know cooking has begun. In the last 10 minutes of cooking, a countdown will appear for most preset functions.

NOTE: Do not open lid during cooking as steam will escape and will affect cooking time and taste

ASSEMBLY INSTRUCTIONS

- 1. After unpacking your Cuisinart[®] Super Grains & Rice Multicooker, wash the nonstick cooking pot, steaming tray, rice paddle, inner lid, steam release vent and measuring cup in warm, soapy water. Rinse well and dry thoroughly.
- 2. Wipe all interior and exterior surfaces of the unit with a soft, damp cloth.
- 3. Place the cooking pot in the base of the unit.
- 4. Place the steaming tray (open side up), if using, in the cooking pot.
- 5. Close the lid.
- 6. Insert the removable cord into the back of the unit. Plug into power.
- 7. Your Super Grains & Rice Multicooker is now ready for use.

FEATURES & BENEFITS

- 1. Locking Lid with Removable Inner Lid
- 2. Handles Stay cool during use
- 3. Steam Release Vent Removes for easy cleaning. Always re lock before reuse of appliance
- 4. Steaming Tray Allows you to steam a variety of foods
- 5. Nonstick Cooking Pot For easy cleaning

- Rice Cooker Measuring Cup Designed specifically for your Cuisinart[®] Super Grains & Rice Multicooker. 1 rice cooker cup = ³/₄ standard dry measure
- 7. Rice Paddle
- 8. Integrated Reference Guide Behind unit
- 9. Lid Release Button (not shown)
- **10. Power Cord (not shown)** Detaches for storage
- **11. Control Panel** See detail on the next page



GETTING TO KNOW YOUR CONTROL PANEL *****

Detailed programming instructions begin on the following page.

1. Sauté

30 minutes of time to sauté ingredients alone, or before using a preset function. One preset temperature only.

2. Soak

Soak rice, grains, or beans in unit, timed, for up to 24 hours.

3. Selector Knob

Use to select and confirm preset functions on control panel

4. Keep Warm

Keep newly prepared food warm for up to six hours (unit will automatically keep warm for up to three hours after some preset functions)

5. Start/Stop

Use to start or stop cooking





LCD display planel -

displays cooking functions and countdown timer. Use the selector dial to choose functions.

Fuzzy Logic sensor and Countdown timer -

this cooker uses fuzzy logic technology on presets RICE, GRAINS and RISSOTO. This automatically senses the moisture content and adjusts cooking temperature and time. Whilst the cooker is automatically sensing and adjusting temperatures it will display a series of moving dash lines – – – –

When the cooker has sensed it is 10 mins before final cooking time a countdown timer will appear.

Other functions you can adjust the timing directly and it will display on the screen once you press START.

OPERATION

REMINDER

Your Super Grains & Rice Multicooker comes with a 3/4 cup measuring cup. Most recipes in this Instruction & Recipe Booklet are written with the rice/grain measured with the cooker measuring cup. The liquid is measured with a standard liquid measuring cup 250ml.

Most grains and rice can be cooked to the maximum amount of the Super Grains & Rice Multicooker (10 rice cooker cups). See cooking charts starting on page 11 for more information.

COOKING RICE OR GRAINS

- 1. Fill cooking pot with desired ingredients (see page 9 for tips and hints on cooking guidelines).
- 2. Close lid.
- 3. Using the Selector Knob, scroll to Rice or Grains.
- 4. Press the center of the Selector Knob to confirm Rice or Grain.
- 5. Use the Selector Knob to scroll through Rice or Grain options (e.g. white, brown, small, chewy, etc.).
- 6. When correct option is flashing, use the flashing Start/Stop button to start the cooking program.
- Sequential lighting will appear on the screen to show unit is in cooking mode. Looks like - - - - .
- After time has expired, unit will beep 4 times and automatic Keep Warm mode for up to three hours (LED Keep Warm will appear on screen).
- 9. To turn the unit off at any time, press the Start/Stop button.
- 10. Once you are ready to serve, press the Lid Release button to open the lid.
- 11. Lift and remove the cooking pot using the stay-cool handles.

COOKING "ONE POT" OR BEANS

- 1. Fill cooking pot with ingredients (see page 10 for tips and hints on cooking guidelines).
- 2. Close lid.
- 3. Using the Selector Knob, scroll to One Pot or Beans. Press Knob to confirm, then use Selector Knob to set time.
- 4. Press Start/Stop button to confirm selection.
- 5. After time has expired, unit will beep 4 times and automatic Keep Warm mode for up to three hours (LED Keep Warm will appear on screen).
- 6. To turn the unit off at any time, press the Start/Stop button.
- 7. Once you are ready to serve, press the Lid Release button to open the lid.
- 8. Lift and remove the cooking pot using stay-cool handles.

COOKING RISOTTO

- Most risotto recipes suggest sautéing aromatics and vegetables as well as toasting the rice. To do so, simply use the Sauté program to prepare as you would on the stovetop.
- After sautéing, press Start/Stop to return to the Main Menu. Add the remaining ingredients (as directed in the recipe that is being used).
- 3. Close lid.
- 4. Using the Selector Knob, scroll to Risotto.
- 5. Press Start/Stop button to accept selection.
- Sequential lighting will appear on the screen to show unit is in cooking mode. Looks like - - - - .
- 7. Countdown timer will appear for last 15 minutes of cooking. At this time, open the lid and stir the risotto. If it is done to your liking, press Start/Stop (or switch to the Keep Warm function). If the risotto needs additional liquid, stir it in at this time (best if the liquid is room temperature). This also allows

you to add additional ingredients that only require a short cooking time, such as leafy vegetables, herbs and delicate seafood.

- 8. After time has expired, unit will beep 4 times and automatic Keep Warm mode for up to three hours (LED Keep Warm will appear on screen).
- 9. To turn the unit off at any time, press the Start/Stop button.
- 10. Once you are ready to serve, press the Lid Release button to open the lid.
- 11. Lift and remove the cooking pot using the stay-cool handles.

COOKING PASTA

- 1. Add dry pasta to cooking pot. Any pasta variety (up to 225g) can be cooked using the Pasta function.
- 2. Add liquid to the PASTA line on the cooking pot.
- 3. Close lid.
- 4. Using the Selector Knob, scroll to Pasta.
- 5. Press the Selector Knob to confirm selection.
- 6. Adjust the time as desired (Preset time, 18 minutes, cooks most medium cuts of pasta to al dente).
- 7. Press Start/Stop button to accept selection.
- 8. Unit will beep 4 times when timer has expired.
- 9. To turn the unit off at any time, press the Start/Stop button.
- 10. Once you are ready to serve, press the Lid Release button to open the lid.
- 11. Lift and remove the cooking pot using stay-cool handles and drain pasta.

STEAMING

- 1. Add liquid to the STEAM line on the cooking pot.
- 2. Place steaming tray in pot.
- 3. Put food to be steamed onto tray.
- 4. Close lid.

- 5. Using the Selector Knob, scroll to Steam.
- 6. Press the Selector Knob to accept selection.
- 7. Adjust the time as desired (see page 14 for recommended steaming times).
- 8. Press Start/Stop button to start steaming.
- 9. To turn the unit off at any time, press the Start/Stop button.
- 10. Unit will beep 4 times when timer has expired.
- 11. Remove food immediately to avoid overcooking.

PRE-WASH

- 1. Add liquid to the PRE-WASH line on the cooking pot.
- 2. Place steaming tray in pot, if desired, to pre-wash with cooking pot.
- 3. Close lid.
- 4. Using the Selector Knob, scroll to Pre-Wash.
- 5. Press the Selector Knob to accept selection.
- 6. Press Start/Stop button to start.
- 7. Unit will beep 5 times when timer has expired.
- 8. To turn the unit off at any time, press the Start/Stop button.
- 9. Once unit is finished pre-washing, press the Lid Release button to open the lid.
- 10. Lift and remove the cooking pot using stay-cool handles.

SAUTÉ

- 1. Select the Sauté function by pressing the Sauté button.
- 2. Press the Start/Stop button to accept selection and start unit.

NOTE: Unit will need a few minutes to preheat. There is a preset temp for this function.

3. Add ingredients to be sautéed (keep lid open).

- Unit will function for 30 minutes. If more time is desired, press the Sauté button for an additional 30 minutes of cooking time.
- 5. To turn the unit off at any time, press the Start/Stop button.
- 6. When finished cooking, remove the ingredients or follow recipe instructions to the next program.

SOAK

- 1. To soak, add dry ingredients and water to cooking pot.
- 2. Close lid.
- 3. Select the Soak function by pressing the Soak button.
- 4. Timer will appear.
- 5. Adjust the time using the Selector Knob. Timer will adjust in 30-minute increments up to 24 hours.
- 6. Press the Start/Stop button to accept selection.

NOTE: When the timer expires, the unit will standby mode. To go back to the Main Menu, press any button.

- 7. To turn the unit off at any time, press the Start/Stop button.
- 8. When finished soaking, press Lid Release button.
- 9. Remove the ingredients and liquids from cooking pot.

NOTE: Heaters will not turn on for the Soak function.

KEEP WARM

- 1. Add prepared hot ingredients to cooking pot to be kept warm.
- 2. Close lid.
- 3. Select the Keep Warm function by pressing the Keep Warm button.
- 4. Timer will appear with a default of three hours.
- 5. Adjust the time using the Selector Knob. Timer will adjust in 30-minute increments up to six hours.

- 6. Press the Start/Stop button to accept selection.
- 7. When the timer expires, the unit will beep 5 times and automatically turn to Keep Warm.
- 8. To turn the unit off at any time, press the Start/Stop button.
- 9. When finished using the Keep Warm program, press Lid Release button.
- 10. Remove the ingredients from cooking pot.
- 11. Remove the cooking pot using staycool handles.

NOTE: This function is only for the purpose of keeping food warm, not cooking or heating up food. This feature keeps already hot food warm. This function will not be automatic for all cooking functions.

CLEANING, CARE & MAINTENANCE

- 1. Unplug your cooker and allow it to cool before cleaning.
- 2. Cooking pot, steaming tray, steam release vent, measuring cup and paddle can be washed in warm, soapy water and rinsed thoroughly, or washed in the dishwasher. Dry all parts after every use.

NOTE: To prevent discolouration, inner lid should be washed by hand. If food sticks to the surface of the cooking pot, fill it with warm, soapy water and allow it to soak before cleaning it or use Pre-Wash function.

- If scouring is necessary, use a nonabrasive cleanser or liquid detergent with a nylon pad or brush.
- 4. Wipe base of unit with a soft, damp cloth or microfiber towel. NEVER IMMERSE BASE OF UNIT IN WATER.
- 5. Make sure all parts are cool and dry before storing. Store unit in a clean, dry place.
- 6. Any other servicing should be performed by an authorised service representative.

7. Steam Release Vent (Features and Benefits #3) has a removable lower cavity. Unlock lower cavity using (arrow symbol) and turn clockwise to (unlock symbol). Wash the vent and lower cavity with warm water and soap after every use.

TIPS & HINTS

RICE

- Do not open lid during cooking, as steam will escape and this will affect the cooking time and taste.
- We recommend rinsing all imported rice (except for risotto rice). Place rice in a medium bowl and cover with water. Do not use the cooking pot. Swirl until the water appears cloudy, then drain in a fine mesh strainer. Fill the bowl with fresh water and repeat until water is clear or nearly clear.
- Some people wash domestic rice, which is often vitamin enriched. This removes the starch and makes it less sticky, but it also washes away some of those vitamins.
- Sushi rice and most brown rice should always be rinsed before cooking. Follow the directions on your package of rice.
- When measuring rice with your rice cooker cup, level it off with a knife or spatula.
- Adding a teaspoon of vegetable oil to rice or coating the cooking pot lightly with nonstick cooking spray will result in rice with separated, less sticky grains.
- After adding rice to the cooking pot, level it off to cover the entire bottom of the pot so it cooks evenly.
- The taste of the water will affect the taste of the rice. If you do not like the taste of your tap water, use filtered water.
- Rice can be cooked in liquids other than water. Use low-sodium meat, chicken or vegetable stocks/broths. Fish stock may be used for seafood-flavoured rice.
- When making rice, open the rice cooker as soon as the audible tone sounds to indicate cooking cycle is complete. Stir rice with the rice paddle or a wooden

spoon – this prevents rice from hardening or getting sticky.

• For combination dishes of rice, steamed vegetables, seafood, poultry and/or meats, use our recipes as a guide and create your own.

GRAINS

- We recommend rinsing most grains prior to cooking. This process removes excess starch and produces a cooked result that has more separated grains.
- Some people have sensitivities to grains and rinsing them can help remove some of those aggravating triggers.
- While grains can stay on Keep Warm in the unit up to 6 hours, it is recommended that upon finishing cooking, that the lid is opened and grains are fluffed with a paddle or fork. They can then sit on Keep Warm for longer.
- Some grains contain high starch content. The Steam Release Vent may need to be occasionally wiped with a cloth to prevent excess foaming and dripping.
- Always use cold, filtered water when cooking grains for the best flavor.
- Always refer to the cooking charts on page 12 for grain-to-water ratios – rice cookers require different measurements than standard stovetop preparations.

OATS

- Oats can be cooked with either water, milk, alternative milks, or a combination of those listed.
- Adding a pinch of salt and warm spices enhances the flavour of the cooked oats.
- Finished porridge should be stirred well prior to serving.
- For rolled oats, cooking is complete in approximately 15 minutes. A 4 beep tone will sound when ready.

RISOTTO

- Use the Sauté program to sauté aromatics and/or vegetables, toasting rice, and reducing liquid.
- The Risotto program is uniquely programmed to gently cook risotto rice and liquid to a creamy product without the constant stirring. Use our recipes as a guideline to adapt your favourite recipes.
- It is recommended to use Arborio rice, but other, similar-type rice can be used (Carnaroli, Vialone).
- The Countdown timer will appear for the last 15 minutes of cooking and a tone will sound. At this time, open the lid and stir the risotto. If it is done to your liking, press Start/Stop (or switch to the Keep Warm function). If the risotto needs additional liquid, stir it in at this time (best if the liquid is room temperature). This also allows you to add additional ingredients that only require a short cooking time, such as tender vegetables. i.e. spinach, fresh herbs and delicate seafood.

ONE POT

- This program can get you dinner on the table in as little as 30 minutes or can be used as a slow-cooking function. Just put your ingredients in the pot, choose your cooking time and press Start/Stop.
- Need to brown meat or steam chicken first? Combine with other programs, such as Sauté or Steam functions.
- One Pot is also perfect for making homemade soups. See our recipes for a few quick ideas.

PASTA

- Any pasta variety (up to 225g) can be cooked using the Pasta function.
- 18 minutes, the default time, produces an al dente pasta. Add more time, or reduce time, to desired doneness.
- Use cold lightly salted water when cooking.
- Drain pasta immediately after cooking.

BEANS

- All beans should be soaked prior to cooking (use the Soak program to soak a minimum of 8 hours).
- Always rinse beans well prior to and after soaking.
- Use the cooking chart on page 13 for cooking time guidelines (if the exact bean is not on the cooking chart, use one of similar size and shape).
- Only cook up to 225g of beans at one time.
- Add a small amount, about ½ teaspoon, of baking soda to tenderize beans while they are cooking.
- Add fresh herbs or aromatics, such as a quartered onion, to enhance flavour of the beans.
- Drain beans immediately after cooking.

SOAK

- The Soak program is a way to prepare rice, grains or beans prior to cooking.
- Soaking super grains & rices prior to cooking makes them easier to digest for many people who have food sensitivities.
- Always soak beans prior to cooking.

PRE-WASH

• Use immediately after cooking starchy grains or dishes with strong aromatic flavours to help clean pot and inner lid.

KEEP WARM

- The Keep Warm function is a great way to keep already just cooked, heated foods warm for serving.
- It is not meant as a cooking function.
- Raw meats or foods under the temperature of 60°C should not be cooked using this function.

STEAMING

• When steaming vegetables, clean them and trim to a consistent size so they cook evenly.

- When steaming meats, such as poultry or sausage, cut into consistent-sized pieces (such as "finger strips" or 1½cm slices) and arrange in a single layer on the steaming tray.
- Refer to the chart on page 14 for suggested steaming times. Note that the chart is only a guide and that

times may vary based on the size of the pieces, quantity, freshness of food and personal taste.

 Steamed foods should be removed immediately after cooking to avoid overcooking.

COOKING CHARTS

GUIDE FOR COOKING RICE

Use these charts and the water level markings in the cooking pot as guidelines. There are variables in the texture of cooked rice, from subtle differences between brands, to rinsing or not rinsing to personal taste. Let your taste and preference serve as your best guide. If your rice/grain is too hard or chewy, increase water amounts by ¼ cup at a time. If rice/grain is too soft, reduce the water by ¼ cup until your desired texture is achieved.

WHITE RICE

RICE/GRAIN	DRY AMOUNT	Liquid Amount	APPROXIMATE COOKING TIME	COOKED YIELD
Long-Grain White Medium-Grain Aromatic (Jasmine, Basmati)	For these grains, use the cooker cup (provided) up to a maximum of 10 cooker cups.	Corresponding water level marking in the cooking pot. Example: 1 cooker cup, add water up to the 1 cup line.	White: 40 minutes Quick White: 30 minutes Hard White: 35 minutes	Approximate cooked yield of white rice varieties is about 1½ cups (Aust Standard) cooked rice per 1 cooker cup dry rice.

BROWN

RICE/GRAIN	DRY AMOUNT	Liquid Amount	APPROXIMATE COOKING TIME	COOKED YIELD
Long-Grain Medium-Grain Short-Grain Aromatic (Jasmine, Basmati) Wild	For these grains, use the cooker cup (provided) up to a maximum of 10 cooker cups.	Corresponding water level marking in the cooking pot. Example: 1 cooker cup, add water up to the 1 cup line.	Brown: 2 hours Quick Brown: 80 minutes	Approximate cooked yield of brown rice varieties is about 1½ cups (Aust Standard) cooked rice per 1 cooker cup dry rice (Wild rice yields 3 cooked cups per 1 cooker cup dry rice).

SUSHI RICE

RICE/GRAIN	DRY AMOUNT	LIQUID AMOUNT	APPROXIMATE Cooking time	COOKED YIELD
White Sushi Brown Sushi	For these grains, use the cooker cup (provided) up to a maximum of 10 cooker cups.	Corresponding water level marking in the cooking pot. Example: 1 cooker cup, add water up to the 1 cup line.	45 minutes	Approximate cooked yield of sushi rice is about 1½ cups (Aust Standard) cooked rice per 1 cooker cup dry rice.

SMALL GRAINS

RICE/GRAIN	DRY AMOUNT	LIQUID AMOUNT	APPROXIMATE COOKING TIME	COOKED YIELD
Quinoa	1 cooker cup (maximum10 cooker cups)	Level 1	15 minutes	3 cups
Couscous	1 cooker cup (maximum 6 cooker cups)	1 cup (250ml)	15 minutes	2 cups
Bulgur	1 cooker cup (maximum 4 cooker cups)	1 cup (250ml)	15 minutes	1½ cups
Amaranth	1 cooker cup (maximum 8 cooker cups)	1 cup (250ml)	15 minutes	1½ cups
Buckwheat	1 cooker cup (maximum 6 cooker cups)	Level 2	20 minutes	3 cups
Teff	1 cooker cup (maximum 6 cooker cups)	Level 1	20 minutes	2 cups

CHEWY GRAINS

RICE/GRAIN	DRY AMOUNT	LIQUID AMOUNT	APPROXIMATE Cooking time	COOKED YIELD
Wheat/Rye/Spelt Berries	1 cooker cup (maximum 4 cooker cups)	Level 2	25 minutes	3 cups
Farro (soaked overnight)	1 cooker cup (maximum 4 cooker cups)	Level 1	25 minutes	3 cups
Freekeh	1 cooker cup (maximum 4 cooker cups)	1¾ cups (310ml)	25 minutes	3 cups
Barley (soaked overnight)	1 cooker cup (maximum 4 cooker cups)	Level 2	25 minutes	2½ cups

OATS

GRAIN	DRY AMOUNT	LIQUID AMOUNT	APPROXIMATE Cooking time	COOKED YIELD
Steel Cut	1 cooker cup (maximum 6 cooker cups)	1½ cups (375ml)	30 minutes	1½ cups
Rolled (not quick cooking)	1 cooker cup (maximum 6 cooker cups)	1 cup (250ml)	15 minutes	1½ cups
Hot Cereals (Oat Bran; Cream of Wheat®; etc.)	1 cooker cup (maximum 6 cooker cups)	Level 2	15 minutes	1½ cups

BEANS Soak overnight. Drain, rinse and then cook to proportions. After cooking, drain beans.

BEANS	DRY AMOUNT	LIQUID AMOUNT	COOK TIME	COOKED YIELD
Black Beans	225g	Level 4	90 minutes	About 4 cups
Red Kidney Beans	225g	Level 4	90 minutes	About 4 cups
Great Northern Beans	225g	Level 4	90 minutes	About 4 cups
Navy Beans	225g	Level 4	60 minutes	About 4 cups
Garbanzo Beans (Chickpeas)	225g	Level 4	90 minutes	About 3 cups
Lentils	225g	Level 4	45 minutes	About 3 cups

GUIDE FOR STEAMING VEGETABLES, POULTRY & SEAFOOD

Put water into the cooking pot to the STEAM line. Arrange foods in a single layer on the steaming tray. Vegetables should be cut in similar sizes as indicated. Cooking times are approximate and will result in cooked, but crisp/tender vegetables. Add more time for more tender/softer vegetables or cut back on time for crispier vegetables to taste.

Foods must be removed immediately after steaming to prevent overcooking. If cooking vegetables over rice, use chart to determine approximately when to add steaming tray to rice cooker.

FOOD	AMOUNT	PREPARATION	COOKING TIME
Asparagus	120g (about 15 spears)	Trimmed and halved	8 Minutes
Baby Bok Choy	2 whole	Halved	17 Minutes
Broccoli	280g	5cm florets	15 Minutes
Cabbage Leaves	4 leaves	Cored	6 Minutes
Carrots - Baby	350g	Whole	18 Minutes
Carrots - Sliced	180g (about 1½ cups)	Sliced (1cm thick)	16 Minutes
Green Beans	150g	Trimmed	9 Minutes
Lettuce Leaves, Butter Variety	6 leaves	Cored	6 Minutes
Peas, Snow	125g	Trimmed	8 Minutes
Potatoes, New	350g	Quartered	16 Minutes
Potatoes, Desiree, Kifler	350g	1½cm thick slices	16 Minutes
Potatoes, Sweet	500g	2cm cubes	17 Minutes
Squash, Zucchini	250g	Sliced (1cm thick)	8 Minutes
Chicken	500g	5cm strips	25 Minutes
Green Prawns	500g	Peeled and deveined	15 Minutes
Fish (Salmon, Kingfish, Bream, etc.)	350g	Cut to fit steaming tray	18 Minutes
Eggs	Up to 12	Pierce a pinhole in bottom of each egg	15 Minutes – soft cooked 24 Minutes – hard cooked

TROUBLESHOOTING

PROBLEM	CAUSE	SOLUTION		
	Liquid/Rice amounts were incorrect	Refer to page 11.		
	Rice was not washed thoroughly	Certain rices need to be washed thoroughly prior to cooking. Refer to page 9 for more information.		
Liquid boiled over	Steam release vent was not inserted	Be sure that the steam release vent is properly assembled and in place before cooking.		
	Rice/Grains starch content is high	You can add a pinch of salt or a drop of oil to your recipe to counteract the high starch content of your rice. Some benefit from soaking overnight and rinsing.		
Rice is undercooked	Liquid/Rice amounts were incorrect	Refer to page 11.		
or too hard/ soft	Wrong program selected	Refer to pages 6 and 11 for information and charts.		
Risotto is	Cooking time was too long	Check the risotto 15 minutes before finished cooking time, when tone sounds and countdown timer appears.		
overcooked	Liquid/Rice amounts were incorrect	Refer to page 11.		
Rice is scorched/	Rice was not washed thoroughly	Certain rices need to be washed thoroughly prior to cooking. Refer to page 9 for more information.		
burned	Cooking Pot was not washed thoroughly after last use	Be sure to clean your cooking pot thoroughly after each use. Refer to page 8 for cleaning and care instructions.		
	Steam release vent was not inserted	Be sure that the steam release vent is in place before cooking.		
Rice is dry	Rice was kept on Keep Warm for over 12 hours	We suggest not leaving rice in the cooker on Keep Warm for more than 12 hours.		
	Rice was reheated	If your rice comes out too dry when reheated, add additional liquid to your cooking pot when reheating in the future.		
	Lid was not closed completely	Be sure the lid is closed completely during rice cooking.		
The cooker	The unit is not plugged in	Be sure that unit is plugged in.		
will not turn on	The unit has malfunctioned and needs repair	Contact Consumer Service at 1-800-808-971.		
	There has been a power failure	Wait for your power to resume and try again.		
	The power cord was not inserted correctly/has fallen out	Be sure that the unit is plugged in. Since the cord is removable, it is important to be sure the plug is fully inserted at both ends.		
The cooker turned itself off	The unit has overheated	Be sure that your ingredients have been added to the cooking pot and that the cooking pot is in place. Wait a few minutes for the unit to cool down and try again.		
	The unit has finished cooking/Keep Warm	For most functions, the unit will automatically turn off after the programmed Keep Warm time has elapsed. For functions that do not have Keep Warm, the unit will automatically turn off after the cooking time has elapsed. This is normal.		



www.cuisinart.com.au

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