AROMA®



instruction manual

AWK-706/AWK-706WO

HealthPot® Cooker

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IMPORTANT SAFEGUARDS

When using electrical appliances basic safety precautions should always be followed, including the following:

1. **Important: Read all instructions carefully before first use.**
2. Do not touch hot surfaces. Use handles or knobs. Glass surfaces become extremely hot.
3. To protect against fire, electric shock and injury to persons, do not immerse cord, plug or the whole cooker in water or any other liquid. See instructions for cleaning.
4. Close supervision is necessary when the appliance is used by or near children.
5. Always unplug the appliance from the outlet when not in use and before cleaning. Allow the appliance to cool completely before putting on or taking off parts, and before cleaning the appliance.
6. Do not operate the appliance with a damaged cord or plug, or after appliance malfunctions or has been damaged in any manner. Contact Aroma® customer service for examination, repair or electrical/ mechanical adjustment.
7. The use of accessory attachments not recommended by Aroma® Housewares may result in fire, electric shock or injury.
8. Do not use outdoors.
9. Do not let the cord hang over the edge of a table or counter or touch hot surfaces.
10. Do not place the appliance on or near a hot gas or electric burner or in a heated oven.
11. To turn off the unit, turn the Heat Dial to ***0*** position, then remove the plug from the wall outlet.
12. Do not use the appliance for other than intended use.
13. Do not unscrew any screws on the appliance or attempt to disassemble them in any way.
14. Do not move the appliance during the heating process.
15. This appliance is for household use only.
16. **CAUTION:** To prevent overflow while boiling, do not allow liquids to exceed the **COOK MAX**/**BOIL MAX** water line.
17. Use only on a level, dry and heat resistant surface.
18. Always unplug from the plug gripping area. Never pull on the cord.
19. This appliance should be operated on a separate electrical circuit from other operating appliances. If the electrical circuit is overloaded with other appliances it may not operate properly.
20. Use only with a 120V AC power outlet.
21. Intended for countertop use only.
22. **WARNING:** Do not use the appliance if the glass body is cracked.
23. **WARNING:** Do not remove the lid while liquids are boiling. Scalding may occur if the lid is removed during the boiling cycle.

SAVE THESE INSTRUCTIONS

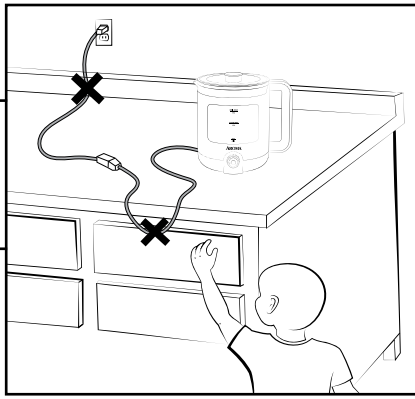
IMPORTANT SAFEGUARDS

Short Cord Instructions

1. 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.
2. Longer extension cords are available and may be used if care is exercised in their use.
3. If a longer extension cord is used:
   a.) The marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance.
   b.) The longer cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled by children or tripped over unintentionally.

DO NOT DRAPE CORD!

KEEP AWAY FROM CHILDREN!



Polarized Plug

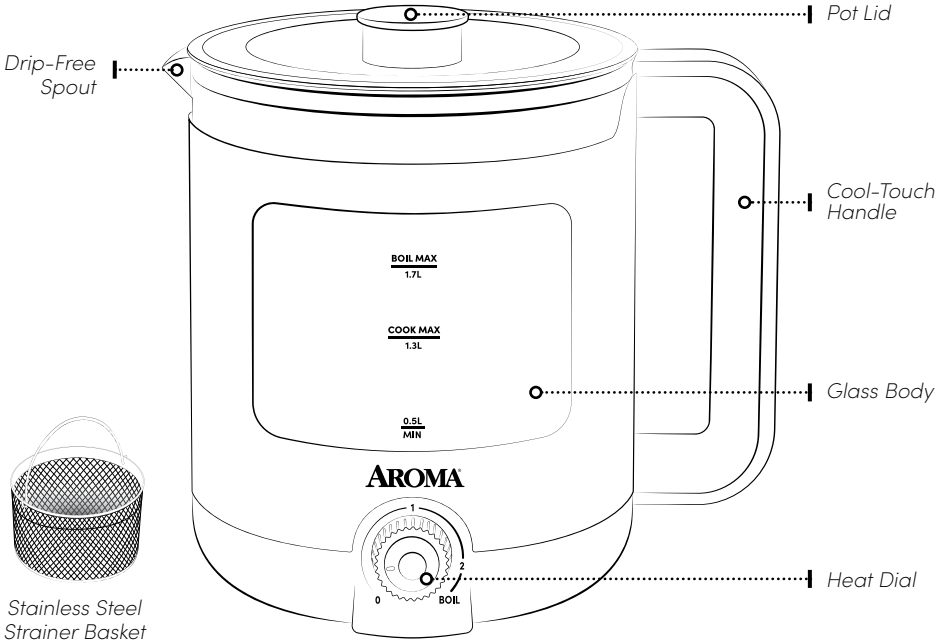
This appliance has a polarized plug (one blade is wider than the other); follow the instructions below:

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

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

THIS APPLIANCE IS FOR HOUSEHOLD USE ONLY.

Parts Identification



Controls/Functions

Heat Dial

Turn the dial to your desired heat setting. Turn the dial to ***0*** and unplug the unit to fully shut off.

Temperature Guide

Setting	Recommended Use
1 (Warm)	Maintains food at serving temperature. Ideal for keeping soups, tea, or cooked dished warm.
2 (Cook)	Gentle, continuous cooking. Best for simmering soups, cooking pasta or eggs, or cooking vegetables and meats in water.
Boil	Rapidly brings liquids to a boil. Use for water, tea, soup base, or when preheating before switching to ***2–Cook***.

⚠ Caution

ALL SETTINGS DO NOT SHUT OFF AUTOMATICALLY. Always turn the Heat Dial to ***0*** and unplug the appliance when cooking is complete.

The power light remains on while the unit is plugged in, even when Heat Dial is set to ***0***.

Use oven mitts or heat-resistant gloves when handling the pot, lid, and basket.

Before First Use ⚠

Before using for the first time, it is recommended to clean the interior of the pot thoroughly. Please follow the procedures below before using the pot:

1. **Read all instructions and important safeguards.**
2. Remove all packaging materials and check that all items have been received in good condition.
3. Tear up all plastic bags and dispose of them properly as they can pose a risk to children.
4. Clean the interior of the pot with a soft sponge and warm, soapy water. If your hand will not fit inside the pot, swish warm, soapy water around in the interior of the pot with the pot lid on. Rinse thoroughly with clean water to remove any soap residue. Take care to keep the electrical components on the exterior of the pot dry.
5. With a damp cloth, gently wipe the exterior of the pot. Do not wipe electrical components as this may cause damage to the unit.
6. Dry all parts thoroughly.

Troubleshooting

Why is the power light not turning on?

- Ensure the unit is securely plugged into a 120V AC outlet. The power light turns on automatically when the unit is plugged in. If the light does not illuminate, try a different outlet or inspect the power cord for any damage.

Why did the unit stop heating during cooking?

- This is normal. The unit cycles on and off to maintain the selected temperature. Once the desired temperature is reached, the heating element will pause and resume when the temperature drops below the set level.

Why is water boiling over?

- Do not exceed the **BOIL MAX** water line. Boil-over can occur if ingredients are added after the pot has been filled to this line. If cooking with food, fill water or broth to or below the **COOK MAX** water line before adding ingredients.



Caution:

Always unplug the pot and allow it to cool completely before cleaning.

Never attempt to disassemble the pot or the power base.

Never immerse the pot, power cord, or plug in water.

Always take care not to allow electrical components to come into contact with water.

Note:

- Any other servicing should be performed by Aroma® Housewares
- Not satisfied with your Aroma® purchase? Our product experts can help! **Before returning, please contact Customer Service at 1-800-276-6286** for product support, helpful tips and more!

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TROUBLESHOOTING
(CONT.)

Can I leave the unit unattended while it's on?

- No. For safety, always monitor the unit during use. The appliance does not shut off automatically. Always turn the dial to ***0*** and unplug the unit when cooking is complete.

Why does the unit produce a clicking sound during use?

- A soft clicking sound is normal and indicates the thermostat is cycling the heating element on and off to regulate the temperature.

What to do with spilling over when cooking pasta or noodles?

- This is typically caused by starch buildup. Always cook pasta or noodles with the lid off and avoid overfilling the basket. Stir occasionally and reduce the amount of pasta if foaming continues. It is recommended to stay near the unit during cooking.

The appliance appears to stop working during cooking.

- Make sure there is sufficient liquid in the pot. Operating without liquid can cause the unit to overheat. If this happens, the internal safety system will shut off the heating temporarily. Once the temperature cools to a safe level, the unit will resume heating.

There are mineral deposits or white residue inside the pot.

- This is caused by mineral buildup from hard water and is normal after repeated use.
- To clean the interior, refer to the "Maintenance" section on page **10**.

Note:

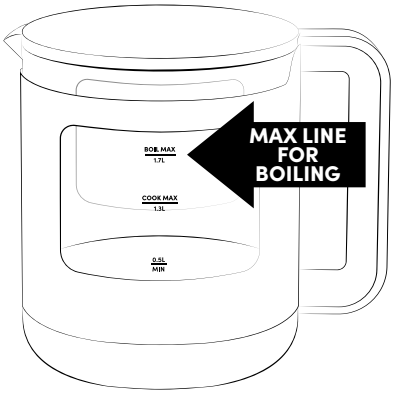
- If the problem persists, please contact our customer service department at **1-800-276-6286** or by email at **CustomerService@AromaCo.com**.

Using Your Health Pot®

A. Boiling Water

Use this method for boiling water only. Do not add solid ingredients when boiling to avoid overflow.

1. Ensure the Heat Dial is set to ***0***, then plug the power cord into a standard 120V AC outlet. The power light will turn on, indicating the unit is ready for use.
2. Add water directly into the cooking pot. Do not exceed the **BOIL MAX** water line on the pot. Place the lid back.
3. Turn the dial to ***Boil*** to bring water to a rapid boil. Once boiling, you may turn the dial to ***1–Warm*** to hold the temperature, or ***0*** to stop heating



4. When finished, turn the dial to ***0***, and unplug the unit from the power outlet.

Caution:

All settings do not turn off automatically. Be sure to turn the dial to ***0*** and unplug the unit when cooking is complete.

During and after use, the Health Pot and lid will become very hot. Always use the handle and wear oven mitts or heat-resistant gloves.

To prevent foodborne illness, always ensure food is cooked thoroughly before serving.

Note:

- The ***Boil*** setting maintains a high temperature and keeps contents at a continuous rolling boil. To avoid overcooking or boiling dry, it is recommended to switch to the ***2-Cook*** setting when cooking with liquids for an extended period.

continued on next page>>

Using Your Health Pot® (CONT.)

B. Cooking

Use this method for preparing food with water or broth, with or without the basket. This includes eggs, pasta, soup, vegetables, and more.

1. Ensure the Heat Dial is set to ***0***, then plug the power cord into a standard 120V AC outlet. The power light will turn on, indicating the unit is ready for use.
2. Add liquid directly into the pot up to the **COOK MAX** water line. Do not exceed this line. It is designed for safe and effective use when cooking.
3. Turn the dial to ***Boil*** to bring the liquid to a rapid boil. Once boiling, turn the dial to ***2–Cook***.
4. Always cook with the lid off to reduce steam buildup and prevent injury.
5. If using the cooking basket, prepare it with ingredients on the side. This allows for a smoother transfer when it's time to insert the basket. If not using the basket, you may add your ingredients directly into the cooking pot while cooking.
6. When cooking is complete, turn the dial to ***0*** and unplug the unit. Before handling the basket or pot, put on oven mitts or heat-resistant gloves. If using the basket, carefully lift it straight up to drain. If not using the basket, you may serve directly from the pot using a ladle or heat-safe spoon. Always use caution around hot steam and liquid.



Caution:

For safety, always cook with the lid off. Steam can build up under the lid during heating, and opening it mid-cooking may cause a sudden release of hot steam or splashing of hot liquids. This can lead to burns. Keeping the lid off while cooking—just like stovetop use—helps reduce this risk. Once cooking is complete, you may carefully place the lid on before pouring or serving.

All settings do not turn off automatically. Be sure to turn the dial to ***0*** and unplug the unit when heating is complete.

During and after use, the Health Pot and lid will become very hot. Use the handle and protective gloves.

Note:

- Depending on the food, you can place the basket with ingredients into the pot before heating—so the water and food heat together—or wait until the water reaches a boil, then switch to ***2–Cook*** and insert the basket to finish cooking more gently. Arrange ingredients evenly in the basket to ensure consistent results.
- After cooking, if water remains in the pot, allow it to cool before pouring. To avoid splashing or steam burns, you may also place the lid back on securely before pouring.

Waterline Guide

Cooking Method	Water Line to Follow	Notes
Boiling Water	**BOIL MAX**	For plain water only (e.g., boiling water for tea). No ingredients added.
Cooking with Food (e.g., pasta, eggs, veggies, meat)	**COOK MAX**	Use this line when cooking with food and liquid—start with liquid at or below the line, and it's acceptable if the total goes above after adding ingredients.

To Clean

To ensure optimal performance and extend the life of your Health Pot, follow these care and cleaning instructions after each use.

1. Unplug the unit and allow it to cool completely before cleaning.
2. Wash the pot, cooking basket, and lid using warm water, mild dish soap, and a soft sponge.
3. Rinse thoroughly and dry with a soft cloth or allow to air dry.



Caution:

Do not use abrasive cleaners or scouring pads of any kind on the pot.

Note:

- If heavy buildup remains, repeat the process or use a soft bottle brush to gently scrub the affected area.
- If food is stuck to the bottom of the pot, soak the area with warm soapy water for 10–15 minutes, then gently scrub with a non-abrasive sponge.

Maintenance

Over time, boiling water or broth may leave mineral deposits (limescale) inside the pot. This is normal and can be removed by descaling.

1. Fill the pot with a mixture of 1 part white vinegar to 3 parts water, up to the **BOIL MAX** water line.
2. Turn the dial to ***Boil*** and heat with the lid on.
3. Once boiling, turn the dial to ***0***, unplug the unit, and let the solution sit for 30 minutes.
4. Pour out the vinegar solution and rinse the pot with clean water 2-3 times.
5. Wipe dry with a clean towel.

Safety Tips:

- Always unplug the unit before cleaning.
- Never immerse the base or electrical components in water.
- Avoid letting water come into contact with the underside of the pot, especially near the electrical connector.
- Do not clean any part in the dishwasher.

Suggested Uses

Try these simple cooking applications to get the most out of your Health Pot®. Adjust water levels and cooking times as needed based on ingredient type and quantity.

Steamed Eggs

Max: 12 Eggs

Place eggs into the cooking basket. Add water up to the **MIN** water line and place the basket into the pot. Turn the dial to ***Boil*** and cook the eggs for 7 to 15 minutes with lid on, depending on your preferred doneness. Refer to chart below. When finished, turn the dial to ***0*** and lift the basket to drain. Cool the eggs under cold water before serving.

Doneness	Time
Soft	7 Minutes Aprox.
Medium	10 Minutes
Hard	15 Minutes

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HERBAL TEA

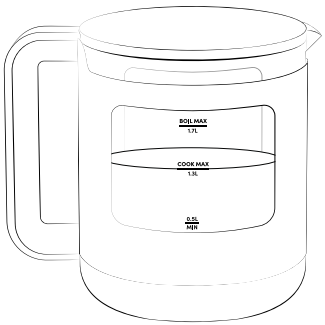
Fill the pot with water up to the **COOK MAX** water line. Then place your desired ingredients—such as dried herbs, ginger slices, or citrus peel—directly into the pot. Turn the dial to ***Boil***, keep the lid off. Once boiling, switch to ***2–Cook*** and simmer for 10–20 minutes to extract flavor. When finished, turn the dial to ***0*** and unplug the unit. Carefully pour to serve.

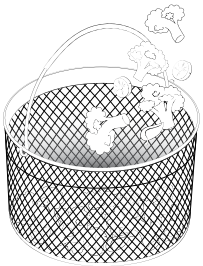
VEGETABLE OR MEAT

Fill the pot with water up to the **COOK MAX** water line and turn the dial to ***Boil***, keeping the lid off. While the water is heating, place vegetables (such as broccoli, carrots, or cauliflower) or thin pieces of meat (such as sliced chicken or fish fillets) into the cooking basket and set it aside. Once the water reaches a full boil, switch to ***2–Cook***, then carefully place the basket into the pot. Simmer for 5–10 minutes for vegetables and 10–20 minutes for meats. When cooking is complete, turn the dial to ***0*** and unplug the unit. Carefully lift the basket to drain and serve.

HELPFUL TIP:
Arrange ingredients loosely in the basket for better heat circulation.

Cut ingredients into uniform sizes for even cooking.





Note:

- Thick soups (such as cream-based or chowder-style) are not recommended, as they are more likely to burn or stick to the bottom of the pot.
- Always monitor the water level when cooking.
- Use oven mitts or heat-resistant gloves when handling hot baskets or containers.
- Cooking times may vary depending on the type and size of ingredients.

continued on next page>>

Suggested Uses (CONT.)

Soup

Fill the pot with water or broth, making sure not to exceed the **COOK MAX** water line. Turn the dial to ***Boil*** with the lid off and bring the liquid to a full boil. Once boiling, switch the dial to ***2–Cook***, then carefully add your ingredients such as vegetables, meat, or seasonings. Simmer for 20–30 minutes, or until the ingredients are tender and flavors are well combined. When finished, turn the dial to ***0*** and unplug the unit. Use a ladle or serving spoon, or place the lid on before pouring.

Pasta

Max: 4oz

Fill the pot with water up to the **COOK MAX** water line and turn the dial to ***Boil***, keeping the lid off. While the water is heating, place dry pasta into the cooking basket and set it aside. Once the water reaches a full boil, switch the dial to ***2–Cook***, then carefully place the basket with pasta into the pot. Refer to the pasta package for recommended cooking time. When the pasta is al dente, turn the dial to ***0***, unplug the unit, and lift the basket to drain.



HELPFUL TIP:
Break pasta in half if needed to fit evenly in the basket.

Caution:

All settings do not turn off automatically. Be sure to turn the dial to ***0*** and unplug the unit when heating is complete. During and after use, the HealthPot® and lid will become very hot. Use the handle and protective gloves.

Note:

- Pasta method can also be used for cooking noodles.
- When cooking pasta, starch may build up and cause foaming or bubbling. This is normal but can lead to spillover if unattended. It is recommended to stay with the unit during cooking. If excessive foaming occurs, it may be due to adding too much pasta at once.

Recipes

Dumplings

1 lb.	frozen chicken dumpling

Fill the pot with water up to the **COOK MAX** water line. Turn the dial to ***Boil***, keep the lid off. While the water is heating, place 1 lb. frozen chicken dumplings into the cooking basket and set it aside. Once the water reaches a full boil, switch to ***2–Cook***, then carefully place the basket into the pot. Simmer for about 7–8 minutes, or until fully heated through. When cooking is complete, turn the dial to ***0*** and unplug the unit. Carefully lift the basket to drain and serve.

SERVES 3-4.

Chicken Noodle Soup

4 cups	chicken broth
1 cup	cooked shredded chicken
½ cup	egg noodles (or other quick-cook noodles)
¼ cup	frozen peas and carrots
	salt
	pepper

Add chicken broth, shredded chicken, and vegetables into the pot. Turn the dial to ***Boil***, keep the lid off. Once the broth reaches a full boil, switch to ***2–Cook***, then add egg noodles. Simmer for 4–6 minutes, or until noodles are tender. Stir occasionally. When cooking is complete, turn the dial to ***0*** and unplug the unit. Serve hot.

SERVES 2-3.

Recipes

Korean Tofu Soup

16 oz	silken tofu, cut into chunks
½ cup	kimchi
½ tsp	gochugaru (Korean chili flakes)
2½ cups	water or broth
1	egg (optional)
	salt, to taste

Add all ingredients except the egg into the pot. Turn the dial to ***Boil***, keep the lid off. Once the soup reaches a full boil, switch to 2 – Cook and simmer for 4–6 minutes. For added richness, gently crack an egg into the soup and simmer for 1–2 more minutes without stirring. When cooking is complete, turn the dial to ***0*** and unplug the unit. Serve hot with rice.
SERVES 1-2.

One-Pot Pasta

4 oz	rigatoni, mini farfalle or penne pasta
¼ cup	pasta sauce, warmed separately

Fill the pot with water up to the **COOK MAX** water line. Turn the dial to ***Boil***, keep the lid off. While the water is heating, place dry pasta into the cooking basket and set it aside. Once boiling, switch the dial to ***2–Cook***, then carefully place the basket into the pot. Stir occasionally, especially if using long noodles. Cook according to the longest time listed on the pasta packaging (typically 10–13 minutes), then turn the dial to ***0*** and unplug the unit. Lift and drain the basket, toss pasta with warmed sauce, and serve.

*Break long noodles in half if needed to fit. Stir gently to submerge.
SERVES 1-2.

Recipes

Instant Noodles with Egg & Greens

1 pack	instant noodles
4 cups	water
1 cup	leafy greens (bok choy, spinach, or napa cabbage)
1	egg
	seasoning packet, from noodle pack or your own

Add water into the pot. Turn the dial to ***Boil***, keep the lid off. Once boiling, switch the dial to ***2–Cook***, add instant noodle and leafy greens into the pot. Crack in the egg and gently swirl. Simmer for 3-5 minutes, or until noodles are tender and egg is cooked to your liking. When cooking is complete, turn the dial to ***0*** and unplug the unit. Serve hot.

SERVES 1.

Ginger Honey Herbal Tea

6-7 slices	fresh ginger
3 cups	water
2 tbsp	honey (or to taste)
1 wedge	fresh lemon

Add ginger and water into the pot. Turn the dial to ***Boil***, keep the lid off. Once boiling, switch the dial to ***2–Cook*** and simmer for 3-5 minutes. When cooking is complete, turn the dial to ***0*** and unplug the unit. Strain the tea into mugs. Stir in honey and squeeze in the juice from one wedge of fresh lemon. Serve warm.

SERVES 2.

Recipes

Red Date & Goji Berry Tea

9	dried red dates, halved
2 tbsp	dried goji berries
5 cups	water

Add red dates and water into the pot. Turn the dial to ***Boil***, keep the lid off. Once boiling, switch to ***2–Cook*** and simmer for 10–15 minutes. Add goji berries during the last 3 minutes of simmering. When cooking is complete, turn the dial to ***0*** and unplug the unit. Serve warm.

SERVES 2.

Sweet Glutinous Rice Balls (Tang Yuan)

8	frozen Tang Yuan (Glutinous Rice Balls)

Fill the pot with water up to the **COOK MAX** water line. Turn the dial to ***Boil***, keep the lid off. Once the water reaches a full boil, switch to ***2–Cook***, add the Tang Yuan into the pot. Simmer for about 7–8 minutes, or until the Tang Yuan float. When cooking is complete, turn the dial to ***0*** and unplug the unit. Serve hot.

SERVES 2-3.

Recipes

Hot Pot

4 cups broth/soup base

Add broth or soup base into the pot up to the **COOK MAX** water line and turn the dial to ***Boil,*** cooking with the lid off. Once boiling, switch the dial to ***2–Cook*** to maintain a gentle simmer. Gradually add your prepared hot pot ingredients in batches. Allow each item to cook through before serving. Continue simmering and adding ingredients as needed.
SERVES 1-2.

DISCOVER MORE!

Follow the QR code or visit our site for helpful information about your new Healthpot®.

Limited Warranty

Aroma Housewares Company warrants its products against defects in material and workmanship for one year from the date the customer takes possession of the product in the United States. For in-store purchases, this is the purchase date. For online or delivery orders, this is the delivery date.

Within this warranty period, Aroma Housewares Company will repair or replace, at its discretion, defective parts at no charge. Proof of the date of purchase, such as the original dated sales receipt, will be required with any request for warranty repair or replacement. All liability is limited to the amount of the purchase price.

This warranty does not apply if the warranty period expired; the product has been modified by any unauthorized service center or personnel; the defect was subject to abuse, improper use not conforming to product manual instructions, or environmental conditions more severe than those specified in the manual and specification, neglect of the owner or improper installation; the defect was subject to Force Majeure such as flood, fire, lightning, earthquake, other natural calamities, war. The warranty excludes accessories and replacement parts. This warranty is void if the product is used for other than single-family household use or subjected to any voltage and waveform other than as specified on the rating label (e.g., 120V ~ 60Hz).

Aroma's sole obligation under the warranty shall be to replace the defective product with a working one or a similar model of equivalent value, if the same model is not available, in the occurrence of any failure or defect covered under the warranty during the warranty period. Refurbished items or items not purchased through an authorized retailer are not eligible for warranty claims. Transportation charges on parts, or products in whole, submitted for repair or replacement, under this warranty, must be borne by the purchaser.

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

Note:

- Proof of purchase is required for all warranty claims.
- Failure to register your product will not diminish your warranty rights.
- Not satisfied with your Aroma® purchase? Our product experts can help! **Before returning, please contact Customer Service at 1-800-276-6286** for product support, helpful tips and more!

Service & Support

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

1-800-276-6286 | CustomerService@AromaCo.com
M-F, 8:00am-4:00pm, Pacific Time

www.AromaCo.com
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