NutriWare®



instruction manual

NRC-687SD-1SG

Multicooker · Food Steamer

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IMPORTANT SAFEGUARDS

Basic safety precautions should always be followed when using electrical appliances, including the following:

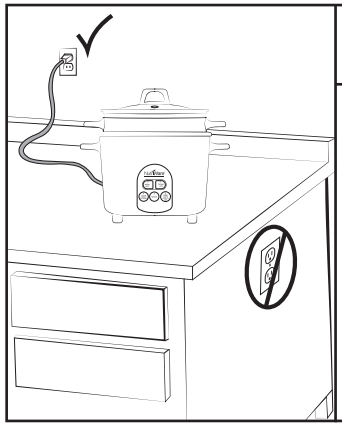
1. **Important: Read all instructions carefully before first use.**
2. Do not touch hot surfaces. Use the handles or knobs.
3. Use only on a level, dry and heat-resistant surface.
4. To protect against electrical shock, do not immerse cord, plug or the appliance in water or any other liquid. See instructions for cleaning.
5. Close supervision is necessary when the appliance is used by or near children.
6. Unplug from outlet when not in use and before cleaning. Allow unit to cool before removing or replacing parts and before cleaning the appliance.
7. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or has been damaged in any manner. Contact NutriWare® customer service for examination, repair or adjustment.
8. The use of accessory attachments not recommended by NutriWare® may result in fire, electrical shock or injury.
9. Do not use outdoors.
10. Do not let cord touch hot surfaces or hang over the edge of a counter or table.
11. Do not place on or near a hot gas or electric burner, or in a heated oven.
12. Do not use the appliance for other than its intended use.
13. Extreme caution must be used when moving the appliance containing rice, hot oil or other liquids.
14. Do not touch, cover or obstruct the steam vent on the top of the appliance as it is extremely hot and may cause scalding.
15. Use only with a 120V AC wall power outlet.
16. Always unplug from the base of the wall outlet. Never pull on the cord.
17. The appliance should be operated on a separate electrical circuit from other operating appliances. If the electrical circuit is overloaded with other appliances, the appliance may not operate properly.
18. Always make sure the outside of the inner pot is dry prior to use. If the inner pot is returned to the appliance when wet, it may damage or cause the product to malfunction.
19. Use extreme caution when opening the lid during or after cooking. Hot steam will escape and may cause scalding.
20. Rice should not be left in the inner cooking pot with the ***Keep Warm*** function on for more than 12 hours.
21. To prevent damage or deformation, do not use the inner cooking pot on a stovetop or burner.
22. To turn the appliance off, press the (⏻) button then safely remove the plug from the wall outlet.
23. **CAUTION:** To reduce the risk of electrical shock, cook only in the removable inner pot provided.
24. Do not wrap or tie power cord around appliance.
25. **CAUTION:** Intended for countertop use only.
26. **WARNING:** Spilled food can cause serious burns. Keep appliance and power cord away from children. Never drape power cord over edge of counter, never use outlet below counter, and never use with an extension power cord.
27. **CAUTION:** Do not use for deep frying.
28. Do not immerse in water.

SAVE THESE INSTRUCTIONS

IMPORTANT SAFEGUARDS

Short Cord Instructions

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



WARNING

Spilled food can cause serious burns.

Keep appliance & cord away from children.

NEVER

- Drape cord over edge of counter.
- Use outlet below counter.
- Use extension cord.

Polarized Plug

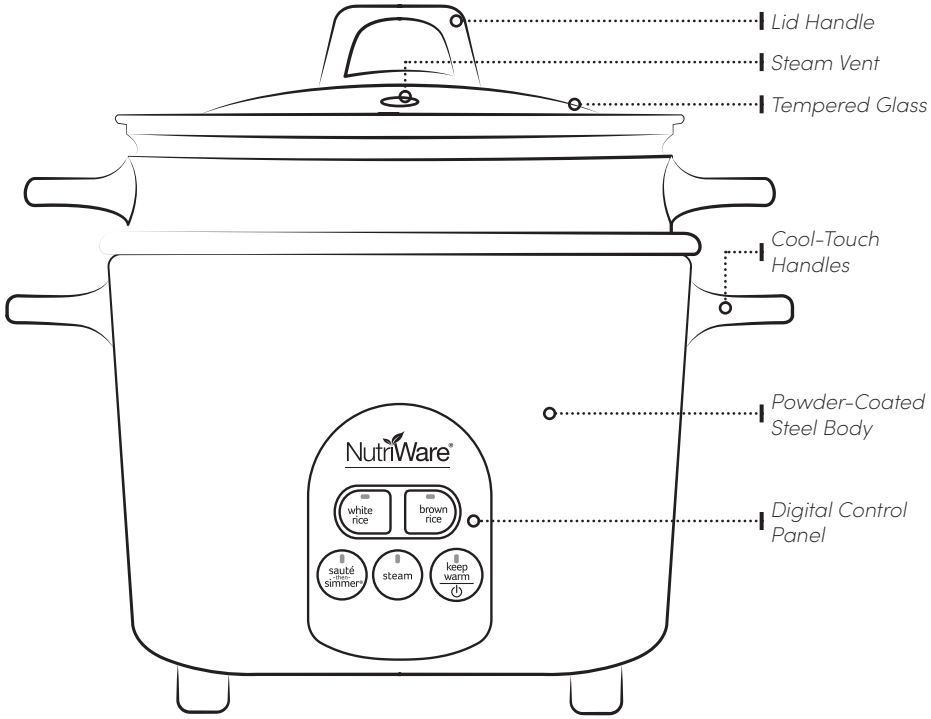
This appliance has a polarized plug (one blade is wider than the other); follow the instructions below:

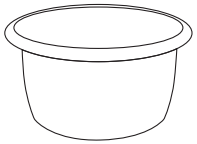
To reduce the risk of electric shock, this plug is intended to fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to modify the plug in any way.

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.

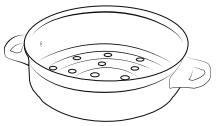
THIS APPLIANCE IS FOR HOUSEHOLD USE ONLY.

Parts Identification





Stainless Steel Inner Pot



Stainless Steel Steam Tray



Serving Spatula



Rice Measuring Cup

Controls/Functions

(⏻)/Keep Warm
Powers the cooker on and off or manually sets the cooker to ***Keep Warm*** mode, perfect for keeping foods at ready-to-serve temperatures.

White Rice
Cooks fluffy, delicious white rice automatically.

Brown Rice
Ideal for cooking brown rice and other tough-to-cook whole grains to perfection.

Steam
Using the included steam tray, steaming healthy sides and main courses has never been easier.

Sauté-then-Simmer®
Sautés foods on high heat then automatically switches to simmer mode once liquid is added. Great for risotto, Spanish rice, chili, stir-fries and much more!

Before First Use ⚠

1. **Read all instructions and important safeguards.**
2. Remove all packaging materials and check that all items have been received in good condition.
3. Tear up all plastic bags and dispose of them properly as they can pose a risk to children.
4. Remove the inner pot from the cooker and clean with warm, soapy water.
5. Wash all accessories in warm, soapy water.
6. Wipe the cooker's body clean with a damp cloth.
7. Dry all parts thoroughly then assemble for use.

To Clean

1. Remove the inner pot when the cooker has completely cooled.
2. Hand wash the inner lid using warm, soapy water then wipe the inner surface of the lid with a damp cloth.
3. Wipe the cooker's body clean with a damp cloth.
4. Thoroughly dry the cooker's body and all accessories. Reassemble for next use.

To Deep Clean

1. To deep clean your stainless steel inner pot, we recommend using a vinegar solution which requires 1 cup of distilled white vinegar mixed with 1 cup of water.
2. Pour the solution inside the inner pot then run the cooker through a 5-minute steaming cycle (you will need to manually set a timer as the solution will not fully evaporate and allow the cooker to automatically switch to ***Keep Warm*** mode).
3. Once timer counts down to zero, the cooker will automatically switch to ***Keep Warm***. Allow the cooker to sit in ***Keep Warm*** for 10 minutes, then manually turn it off. After the cooker cools down, remove the inner pot, wash it with warm, soapy water.
4. This cleaning process does not need to be completed after every use, only when build-up is visible or about every other month with regular use.



Caution:

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

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!

Troubleshooting

Rice is too dry/hard after cooking.

- Depending on how dry your rice is, add ½ to 1 cup of water and stir thoroughly. Close the lid and select the ***White Rice*** function once more. When the cooker switches to ***Keep Warm***, open the lid and stir the rice to check the consistency. Repeat as necessary until rice is soft and moist.

Rice is too moist/soggy after cooking.

- Use the serving spatula to stir the rice to redistribute the bottom (moist) part of the rice and to release excess moisture. Close the lid and allow the cooker to remain on ***Keep Warm*** for 10-30 minutes as needed, opening the lid and stirring periodically to release excess moisture.

Rice & Grains

1. Measure rice or grain using the provided measuring cup. Overfill the cup slightly, then level it off at the brim of the cup for an accurate measurement.
2. Rinse measured rice in a bowl of water before adding to the inner pot. For rice, rinse for 10 seconds and drain the water. Repeat this process at least 2 times, or until the water runs clear. For other grains, see the package instructions.
3. For white or brown rice, fill with water to the line that matches the number of cups of rice being cooked. For other grains, see "Grain & Water Measurement Table" on page **9**.
4. Place the inner pot into the cooker and close the lid securely.
5. Plug the power cord into an available 120V AC wall outlet.
6. Press (⏻) to turn the cooker on.
7. Press ***White Rice*** or ***Brown Rice***, depending on the type of grain being cooked.
8. The cooking indicator light will illuminate. The cooker will now begin heating.
9. Once the cycle has completed, the cooker will beep and automatically switch to ***Keep Warm***.
10. For best results, stir the grain with the serving spatula to distribute any remaining moisture.
11. When finished serving, turn the cooker off by pressing (⏻) and unplug the power cord.



Caution:

After cooking, the inner pot will be very hot. Be sure to use heat-resistant gloves or protective oven mitts to remove the inner pot from the cooker.

Note:

- Because rice varieties may vary in their make-up, results may differ.
- Food should not be left in the cooker on ***Keep Warm*** for more than 12 hours.
- For best results, we recommend rinsing rice and grains in a bowl of water before cooking. Avoid using a strainer or colander, which may not be as effective in removing excess starch and may affect the final texture.

Helpful Hints:

To add more flavor to rice, try substituting water for a favorite meat or vegetable broth or stock. The ratio of broth/stock to rice will be the same as water to rice.

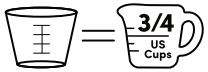
For approximate rice cooking times and suggested rice/water ratios, see "Rice/Grain & Water Measurement Table" on page **8-9**.

If you misplace the measuring cup, a ¾ standard U.S. cup is an exact replacement.

Rice & Water
Measurement Table

Uncooked Rice*	**Water:** *Using the Water Line (inside pot)*	**Water:** *Using the Measuring Cup**	**Approx. Cooked Rice Yield***	**Cooking Times**
2 Cup	**White Rice:** Line 2 **Brown Rice:** Line 2	**White Rice:** 2⅓ Cups **Brown Rice:** 2⅓ Cups	4 Cups	**White Rice:** 28–33 Min. **Brown Rice:** 90–95 Min
3 Cups	**White Rice:** Line 3 **Brown Rice:** Line 3	**White Rice:** 3⅓ Cups **Brown Rice:** 3⅓ Cups	6 Cups	**White Rice:** 31–36 Min. **Brown Rice:** 95–100 Min
4 Cups	**White Rice:** Line 4 **Brown Rice:** Line 4	**White Rice:** 4½ Cups **Brown Rice:** 4½ Cups	8 Cups	**White Rice:** 34–39 Min. **Brown Rice:** 100–105 Min.
5 Cups	**White Rice:** Line 5 **Brown Rice:** Line 5	**White Rice:** 5¾ Cups **Brown Rice:** 5¾ Cups	10 Cups	**White Rice:** 37–42 Min. **Brown Rice:** 105–110 Min.
6 Cups	**White Rice:** Line 6 **Brown Rice:** --	**White Rice:** 7 Cups **Brown Rice:** --	12 Cups	**White Rice:** 40–45 Min. **Brown Rice:** --
7 Cups	**White Rice:** Line 7 **Brown Rice:** --	**White Rice:** 8¼ Cups **Brown Rice:** --	14 Cups	**White Rice:** 43–48 Min. **Brown Rice:** --

*Cups referenced are with the included measuring cup
(1 Rice Measuring Cup = ¾ U.S. Cup)



Note:

- **Maximum Quantity: 7 cups of uncooked white rice (5 cups of brown rice), yielding 14 cups of cooked white rice (10 cups of brown rice).**
- **Minimum Capacity: do not attempt to cook less than 2 cups of uncooked white or brown rice.**
- Cooking times are approximate. Altitude, humidity, and external temperature will affect cooking time.
- Rinse grains before placing into the inner pot to remove excess bran and starch. This will reduce the chance of rice browning and sticking to the bottom of the inner pot.

Grain & Water
Measurement Table

Grain	**Uncooked Grain**	**Liquid**	**Approx. Cooked Grain Yield**	**Max. Uncooked Grain***	**Function**	**Cooking Times**
Barley	1 Part	2 Parts	2½ Parts	3 Cups	Brown Rice	48–65 Min.
Bulgur	1 Part	1½ Parts	2½ Parts	3 Cups	Brown Rice	45–60 Min.
Couscous	1 Part	1 Part	2 Parts	5 Cups	White Rice	34–55 Min.
Quinoa	1 Part	1⅛ Parts	2½ Parts	4 Cups	White Rice	45–57 Min.
Steel Cut Oats	1 Part	2.5 Parts	2 Parts	3 Cups	White Rice	42–55 Min.
Rolled Oats	1 Part	2 Parts	2½ Parts	2½ Cups	White Rice	35–46 Min.

Note:

- When cooking barley, you must use the ***Delay Timer*** for 4 hours in combination with the ***Multigrain*** function. The additional soaking time will ensure optimal flavor and texture.
- For best results when cooking barley or bulgur, let both grains sit on ***Keep Warm*** for 10 minutes before serving.
- If softer grains are desired, add an additional ½ cup of water or liquid.

How to Cook Oatmeal

1. Using the provided rice measuring cup, add oatmeal to the inner pot.
2. Fill the inner pot with water according to grain chart instructions. (rolled oat 1: 2, steel cut 1:2.5)
3. Place the inner pot into the cooker, gently stir, and left the lid open.
4. Plug the power cord into an available 120V AC outlet.
5. Press (⏻) to turn the cooker on.
6. Press ***White Rice***.
7. Once oatmeal reaches the desired consistency, press ***Keep Warm***.
8. For best results, stir the oatmeal with the serving spatula to distribute any remaining moisture.
9. When finished serving, turn the cooker off by pressing (⏻) and unplug the power cord.

Caution:

Follow your recipe carefully and do not leave the cooker unattended.

Refer to the 'Grain & Water Measurement Table' on page **9** for cooking times, maximum quantities, and recommended water ratios.

The cooker will not switch to Keep Warm mode until all liquid has evaporated.

Steam

1. Using the provided measuring cup, add 3 cups of water to the inner pot.
2. Place the inner pot into the cooker.
3. Place desired food into the provided steam tray, lower the tray into the cooker then close the lid securely.
4. Plug the power cord into an available 120V AC outlet.
5. Press (⏻) to turn the cooker on.
6. Press ***Steam***.
7. For suggested steaming times for meat and vegetables, see “Meat & Vegetable Steaming Tables” on the next page.
8. After the selected steam time has elapsed, press ***Keep Warm***.
9. Using caution, check to see that the steamed food is cooked. If finished steaming, carefully remove the food to prevent overcooking. Wear a protective heat-resistant glove to prevent injury as the steam tray will be hot.
10. When finished steaming, turn the cooker off by pressing (⏻) and unplug the power cord.

Steam & Cook

1. To steam foods while cooking grains, begin cooking grain by following steps 1 through 7 of “Rice & Grain” on page **7**.
2. Place the desired food into the provided steam tray. Open the lid using caution, lower the steam tray into the cooker then close the lid securely.
3. Cook food according to the "Meat & Vegetable Steaming Tables" on the next page.
4. After the suggested amount of time has elapsed, open the lid to check steamed food for doneness. Use caution when opening the lid as hot steam will escape.
5. If food is finished steaming, remove the steam tray. Wear a protective heat-resistant glove to prevent injury as the steam tray will be hot.
6. Close the lid securely and allow the cooking cycle to continue.

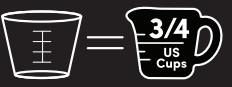
Note:

- Food should not be left in the rice cooker on ***Keep Warm*** for more than 12 hours.
- For best results when steaming, use 3 cups of water with the provided measuring cup.

Helpful Hints:

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

If you misplace the measuring cup, a ¾ standard U.S. cup is an exact replacement.



Caution:

Do not attempt to cook more than 5 cups of uncooked rice when steaming and cooking simultaneously.

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

STEAM & COOK (CONT.)

7. Once the cycle has completed, the cooker will beep and automatically switch to ***Keep Warm*** mode.
8. When finished serving, turn the cooker off by pressing (⏻) and unplug the power cord.

Meat & Vegetable
Steaming Tables

Meat	Steaming Time	Safe Internal Temperature
Fish	25 Min.	140°F
Chicken	30 Min.	165°F
Pork	30 Min.	160°F
Beef	Medium = 25 Min. Medium-Well = 30 Min. Well = 33 Min.	160°F

Vegetable	Steaming Time
Asparagus	9-11 Minutes
Broccoli	6-8 Minutes
Cabbage	5-7 Minutes
Carrots	11-13 Minutes
Cauliflower	7-9 Minutes
Corn on the Cob	12-16 Minutes
Green Beans	9-11 Minutes
Peas	4-6 Minutes
Spinach	2-4 Minutes
Squash	9-11 Minutes
Zucchini	9-11 Minutes

*When steaming, Aroma® recommends using 3 cups of water with the provided measuring cup.

Note:

- We recommended beginning to steam your foods towards the end of the rice cooking cycle. This will allow steamed food and cooked rice to be ready around the same time.
- For approximate rice cooking times and suggested rice/water ratios, see "Rice/Grain & Water Measurement Table" on pages **8-9.**

Helpful Hints:

Since most vegetables only absorb a small amount of water, there is no need to increase the amount of water with a larger serving of vegetables.

Steaming times may vary depending upon the cut of meat being used.

To ensure meat tastes its best and to prevent food-borne illness, check that the meat is completely cooked prior to serving. If the meat is still uncooked, simply add more water to the inner pot and repeat the steaming process until the meat is adequately cooked.

Note:

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

SOUP & STEW

1. Add desired ingredients to the inner pot.
2. Place the inner pot into the cooker and close the lid securely.
3. Plug the power cord into an available 120V AC wall outlet.
4. Press (⏻) to turn the cooker on.
5. Press ***Steam***.
6. The cooking indicator light will illuminate. The cooker will now begin heating.
7. Using caution, open the lid occasionally and stir the ingredients with a long-handled wooden or heat-safe utensil if desired.
8. Once food is fully cooked, press ***Keep Warm***.
9. When finished serving, turn the cooker off by pressing (⏻) and unplug the power cord.

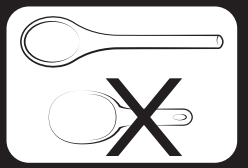
SAUTÉ-THEN-SIMMER®

1. Place the inner pot into the cooker.
2. Plug the power cord into an available 120V AC wall outlet.
3. Press (⏻) to turn the cooker on.
4. Press ***Sauté-then-Simmer®***. The cooking indicator light will illuminate as the cooker begins to heat.
5. Add oil if desired for sautéing then close the lid securely and allow the inner pot to preheat for 2–4 minutes.
6. Once preheated, add in ingredients to sauté.
7. When finished sautéing, stir in any other desired ingredients including liquid and close the lid securely.
8. The cooker will automatically reduce its heat and switch to simmer mode.
9. Once all liquid has been evaporated, the cooker will beep and automatically switch to ***Keep Warm***.
10. When finished serving, turn the cooker off by pressing (⏻) and unplug the power cord.

Caution:

The cooker will not switch to Keep Warm mode until all liquid has evaporated. Follow your recipe carefully and do not leave the rice cooker unattended.

Do not use the provided serving spatula to stir soup, chili or stew. It is not intended to be used in contact with high temperatures. Instead, use a long-handled wooden or heat-safe spoon to stir hot liquids.



Jambalaya

½ lb.	spicy smoked sausage
½ lb.	shrimp, peeled and deveined
1	10-oz. can chicken breast
1½ cups	rice
3 cups	chicken broth
1	4-oz. can diced green chiles
2 tbsp.	Creole seasoning

Cut the smoked sausage in half, lengthwise, then into ¼" half circles. Add all ingredients to the inner pot and mix well. Place the inner pot into the cooker and place the lid securely on top. Press **(⏻)** to turn the cooker on and then press ***White Rice***. The cooker will automatically switch to ***Keep Warm*** once the meal is ready.

SERVES 4.

Apple Cinnamon Oatmeal

2 cups	apple juice
1 cup	water
1 cup	Irish steel-cut oats
¾ cup	dried mixed fruit (optional)
1 tbsp.	brown sugar
1 tbsp.	butter (optional)
¼ tsp.	cinnamon
¼ tsp.	salt
1 tbsp.	lemon juice
1 dash	nutmeg
--	milk, for serving

Pour juice and water into the inner pot. Press **(⏻)** to turn the cooker on and then press ***White Rice***. Stir in oats, fruit, brown sugar, butter (if using), cinnamon, nutmeg and salt. Keep the lid off and allow the oats to cook for 40 minutes. Once oatmeal is fully cooked, press ***Keep Warm*** to stop cooking. Stir in lemon juice then ladle into cereal bowls with milk and more sugar, if desired.

SERVES 4-6.

Ham & Swiss Frittata

6	eggs
3 slices	deli ham, chopped
¼	medium onion, chopped
¾ cup	swiss cheese, shredded
----	pinch of nutmeg
----	pinch of garlic powder

Combine all ingredients except the cheese in a large bowl, ensuring they are evenly mixed. Pour the mixed ingredients into the inner pot then top with an even layer of cheese. Press **(⏻)** to turn the cooker on. Then press ***White Rice*** and cook for 12 to 14 minutes. When the eggs are set, press ***Keep Warm*** to stop cooking, and slide the frittata onto a serving plate. Cut into wedges to serve.

SERVES 4.

Game Day Chili Cheese Dip

½	small onion, chopped
1 tsp.	vegetable oil
1	garlic clove, minced
1	15-oz. can prepared chili without beans
½ cup	prepared medium salsa
¼ cup	black olives, sliced
1 ½ oz.	low-fat cream cheese, cubed
11 ½ oz.	cheddar cheese, grated
--	tortilla chips, for dipping

Place the onion, oil and garlic in the inner pot. Press ***Sauté-then-Simmer***® and saute for 3 minutes, stirring occasionally with a longhandled wooden spoon as the onion and garlic cook. Add the chili, salsa, olives, cream cheese and cheddar cheese. Stir to combine all of the ingredients, then place the lid securely onto the rice cooker. Cook for 4 minutes. Carefully open the lid, keeping hands and face away to avoid steam, and stir the dip. Cook again for 3 minutes. Open the lid and stir again. Continue cooking until the dip is warm throughout and the cheeses are melted. When done, press ***Keep Warm*** to stop cooking, serve in a large bowl and use the tortilla chips for dipping.

SERVES 3-6.

Notes

Limited Warranty

Aroma Housewares Company warrants its products against defects in material and workmanship for one year from the provable date of purchase in the United States.

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.

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, 8:30am-4:30pm, Pacific Time

www.AromaCo.com

Aroma Housewares Company
6469 Flanders Drive, San Diego, CA 92121, U.S.A.

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!



To Enhance and Enrich Lives.

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