

AROMA®



instruction manual

ARC-1126SBL

Smart/Carb

Rice Cooker · Multicooker
Slow Cooker · Food Steamer

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IMPORTANT SAFEGUARDS

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

- Important: Read all instructions carefully before first use.**
- Do not touch hot surfaces. Use the handles or knobs.
- Use only on a level, dry and heat-resistant surface.
- To protect against fire, electric shock and injury to persons, do not immerse cord, plug or the appliance in water or any other liquid. See instructions for cleaning.
- Close supervision is necessary when the appliance is used by or near children.
- Unplug from outlet when not in use and before cleaning. Allow unit to cool before putting on or taking off parts and before cleaning the appliance.
- Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or has been damaged in any manner. Contact Aroma® customer service for examination, repair or adjustment.
- The use of accessory attachments not recommended by Aroma® Housewares may result in fire, electrical shock or injury.
- Do not use outdoors.
- Do not let cord touch hot surfaces or hang over the edge of a counter or table.
- Do not place on or near a hot gas or electric burner or in a heated oven.
- Do not use the appliance for other than its intended use.
- Extreme caution must be used when moving the appliance containing rice, hot oil or other liquids.
- Do not touch, cover or obstruct the steam vent on the top of the cooker as it is extremely hot and may cause scalding.
- Use only with a 120V AC power outlet.
- Always unplug from the plug gripping area. Never pull on the cord.
- The cooker should be operated on a separate electrical circuit from other operating appliances. If the electrical circuit is overloaded with other appliances, the appliance may not operate properly.
- Always make sure the outside of the inner pot is dry prior to use. If the inner pot is returned to the cooker when wet, it may damage or cause the product to malfunction.
- Use extreme caution when opening the lid during or after cooking. Hot steam will escape and may cause scalding.
- Rice should not be left in the inner pot with the Keep Warm function on for more than 12 hours.
- To prevent damage or deformation, do not use the inner pot on a stovetop or burner.
- To disconnect, turn any control to OFF, then remove the plug from the wall outlet.
- To reduce the risk of electrical shock, cook only in the removable inner pot provided.
- Do not wrap or tie cord around appliance.
- 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.
- To avoid spills and burns, do not carry cooker by the lid handle.
- Do not use for deep frying.

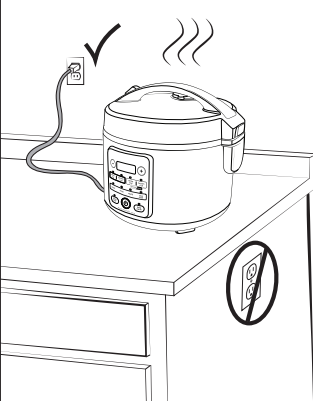


IMPORTANT SAFEGUARDS

Parts Identification

Short Cord Instructions

A short power-supply cord is provided to reduce the risks resulting from 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.

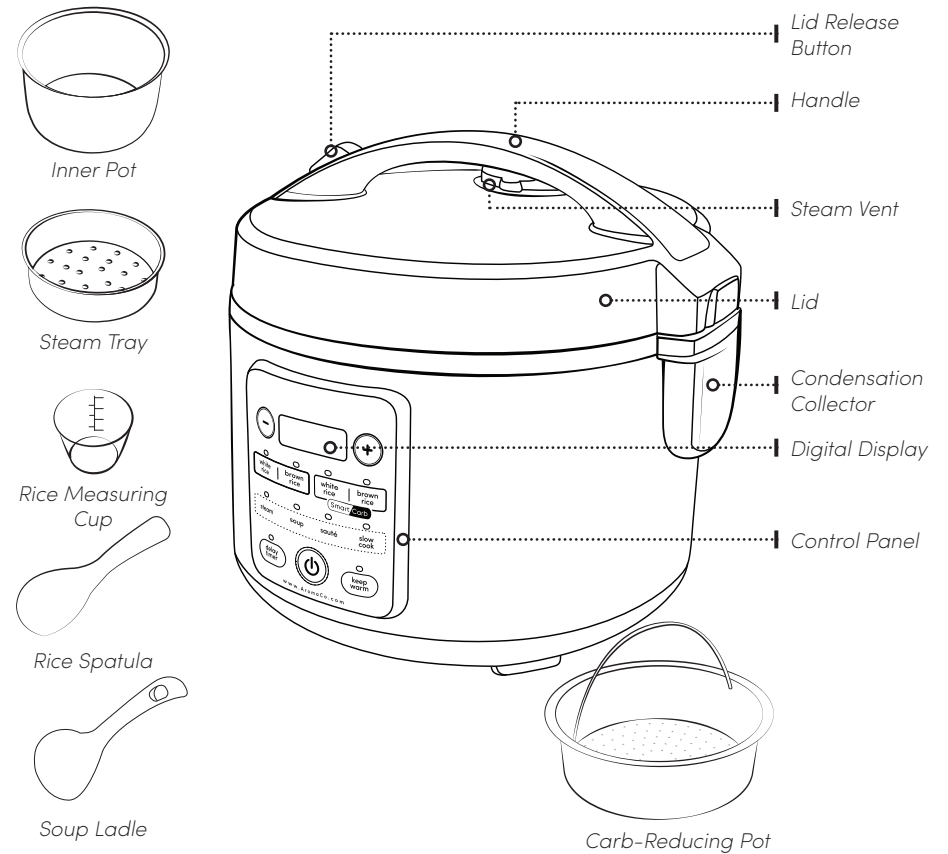
Polarized Plug

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.



Digital Controls/Functions

(⏻)
Turns the cooker on/off and cancels any of the cooking functions.

(-) or (+)
Allows you to adjust times for **Steam**, **Delay Timer**, **Slow Cook** and **Soup**.

Delay Timer
Allows for rice to be ready right when it's needed. Add rice and water in the morning and come home to delicious rice ready to eat!

Keep Warm
Perfect for keeping food warm and ready to serve.

Steam
Perfect for healthy sides and main courses. Set the time food needs to steam. Countdown will begin once water reaches a boil.

Slow Cook
Slow cook setting ranges from 2 to 10 hours and is great for homemade pot roasts and stews.

Sauté
Sauté food at high heat. Perfect for Spanish rice, chili, risotto, stir fries and much more!

Soup
Prepares your favorite hot and hearty soup or stew by selecting cook time between 2 and 8 hours.

White Rice
Cooks fluffy, delicious rice automatically.

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

SmartCarb (white rice) or (brown rice)
Offers a lower carb version of white or brown rice by removing starch during the cooking process.

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. Wash accessories in warm, soapy water. Rinse and dry thoroughly.
5. Remove the inner pot from cooker and clean with warm, soapy water. Rinse and dry thoroughly before returning to cooker.
6. Wipe cooker body clean with a damp cloth.
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TO CLEAN

1. Remove the condensation collector and rinse.
2. Soak the inner pot and all accessories or wash on the top rack of the dishwasher.
3. Wipe cooker body clean with a damp cloth.
4. Thoroughly dry cooker body and all accessories.
5. Reassemble for next use.
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TROUBLESHOOTING

• Rice is too dry/hard after cooking

If your rice is dry or hard/chewy when the cooker switches to **Keep Warm**, additional water and cooking time will soften the rice. Depending on how dry your rice is, add ½ to 1 cup of water and stir thoroughly. Close the lid and press the **White Rice** button. When cooker switches to **Keep Warm** mode, 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

If your rice is still too moist or soggy when the cooker switches to **Keep Warm**, use the serving spatula to stir the rice. This will redistribute the bottom (moistest) part of the rice as well as release excess moisture. Close the lid and allow to remain on **Keep Warm** mode for 10-30 minutes as needed, opening the lid and stirring periodically to release excess moisture.

6.

Note:

- Do not use harsh abrasive cleaners, scouring pads or products that are not considered safe to use on nonstick coatings.
- If washing in the dishwasher, a slight discoloration to the inner pot and accessories may occur. This is only cosmetic and will not affect performance.
- Any other servicing should be performed by Aroma® Housewares.

Helpful Hints:

The provided rice cooker cup is the equivalent to a ¾ standard US cup.



Note:

- Because rice varieties may vary in their make-up, results may differ. Here are some troubleshooting tips to help you achieve the desired consistency.

COOKING RICE

1. Using the provided measuring cup, add rice to the inner pot.
2. Rinse rice to remove excess starch then drain.
3. Fill with water to the line which matches the number of cups of rice being cooked.
4. Place the inner pot into the cooker.
5. Close the lid securely.
6. Plug the power cord into an available 120V AC wall outlet.
7. Press the (⏻) button to turn on the cooker.
8. Press **White Rice** or **Brown Rice**.
9. The cooker will now begin cooking. The cooking indicator light will illuminate and the display will show a chasing pattern.
10. The cooker will count down the final 10 minutes of cook time.
11. Once rice is finished, the cooker will beep and automatically switch to **Keep Warm**.
12. For better results, stir the rice with the serving spatula to distribute any remaining moisture.
13. When finished serving rice, turn the cooker off by pressing (⏻) twice and unplug the power cord.
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Note:

- 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.
- Brown rice requires a much longer cooking cycle than other rice varieties due to the extra bran layers on the grains. The **Brown Rice** function on this cooker allows extra time and adjusted heat settings in order to cook the rice properly. If it appears the cooker is not heating up immediately on the **Brown Rice** setting, this is due to a low-heat soak cycle that proceeds the cooking cycle to produce better brown rice results.
- Rice should not be left in the cooker on **Keep Warm** for more than 12 hours.

Helpful Hints:

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

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

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

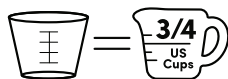
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Rice & Water- Measurement Table

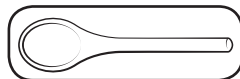
UNCOOKED RICE	RICE WATER LINE (Inside pot)	APPROX. COOKED RICE YIELD	COOKING TIMES
2 Cups*	Line 2	4 Cups*	White Rice: 38-43 Min. Brown Rice: 61-66 Min.
3 Cups*	Line 3	6 Cups*	White Rice: 40-45 Min. Brown Rice: 61-66 Min.
4 Cups*	Line 4	8 Cups*	White Rice: 43-48 Min. Brown Rice: 62-67 Min.
5 Cups*	Line 5	10 cups*	White Rice: 45-50 Min. Brown Rice: 63-68 Min.
6 Cups*	Line 6	12 cups*	White Rice: 47-52 Min. Brown Rice: 64-69 Min.

SmartCarb Rice & Water- Measurement Table

UNCOOKED RICE	RICE WATER LINE (Carb-reducing pot)	APPROX. COOKED RICE YIELD	COOKING TIMES
1 Cups*	Line 1	2 Cups*	White Rice: 34-44 Min. Brown Rice: 64-68 Min.
2 Cups*	Line 2	4 Cups*	White Rice: 35-45 Min. Brown Rice: 66-70 Min.
3 Cups*	Line 3	6 Cups*	White Rice: 43-47 Min. Brown Rice: 68-72 Min.



*1 Rice Cooker Cup = 3/4 US Cup



Use provided rice spatula, or wooden spoon to serve rice. Metal utensils will scratch the nonstick surface.

Note:

- Rinse rice before placing it into the inner pot to remove excess bran and starch. This will help reduce browning and sticking to the bottom of the pot.
- Want perfect brown rice without the wait? Use the **Delay Timer**. Simply add rice and water in the morning and set the **Delay Timer** for when rice will be needed that night. See "Using Delay Timer" on page **10** for more details.
- This chart is only a general measuring guide, rice/water measurements may vary.

SMARTCARB

1. Using the provided measuring cup, add rice to the Carb-Reducing Pot.
2. Rinse rice to remove excess starch, letting the water drain through the bottom.
3. Place the Carb-Reducing Pot with rice into the inner pot of the cooker.
4. Fill with water to the line which matches the number of cups of rice being cooked.
5. Plug the power cord into an available 120V AC wall outlet.
6. Press the (⏻) button to turn on the cooker.
7. Press **SmartCarb (White Rice)** or **SmartCarb (Brown Rice)** depending on the grain you want to cook.
8. The cooker will now begin cooking. The cooking indicator light will illuminate and the display will show a chasing pattern.
9. The cooker will count down from the time setting.
10. Once rice is finished, the cooker will beep and automatically switch to **Keep Warm**.
11. For better results, stir the rice with the serving spatula to distribute any remaining moisture.
12. When finished serving rice, turn the cooker off by pressing (⏻) twice and unplug the power cord.

How does the SmartCarb function work?

1. In the Carb-Reducing Pot, rice is submerged in water when it begins cooking.
2. While cooking, boiling water breaks down all easily-dissolvable starch molecules. Starchy water drains below through holes in the Carb-Reducing Pot.
3. Rice finishes cooking by being steamed instead of sitting in starchy water and reabsorbing carbohydrates.

USING DELAY TIMER

1. Using the provided measuring cup, add rice to the inner pot or Carb-Reducing Pot.
2. Rinse rice to remove excess starch then drain.
3. Place the pot into the cooker.
4. Fill with water to the line which matches the number of cups of rice being cooked.
5. Close the lid securely.
6. Plug the power cord into an available 120V AC wall outlet.
7. Press the (⏻) button to turn on the cooker.
8. Press **SmartCarb (White Rice)** or **SmartCarb (Brown Rice)** for SmartCarb, or **White Rice** or **Brown Rice** depending on the type of rice being cooked.
9. Press **Delay Timer**. Press (-) or (+) to increase or to decrease in 10 minute increments. It may be set to have rice ready in 1 to 15 hours for **White Rice** and 2 to 15 hours for **Brown Rice**.
10. The digital display will count down from the time selected.
11. Once rice begins cooking, a chasing pattern will appear in the display.
12. The cooker will countdown from the time setting.
13. Once rice is finished, the cooker will beep and automatically switch to **Keep Warm**.
14. For better results, stir the rice with the serving spatula to distribute any remaining moisture.
15. When finished serving rice, turn the cooker off by pressing the (⏻) button twice and unplug the power cord.

Note:

- Rice should not be left in the cooker on **Keep Warm** for more than 12 hours.
- Due to the longer time needed, **Brown Rice** may only be delayed for 2 hours or more.

SLOW COOK

1. Add food and liquid to the inner pot.
2. Place the inner pot into the cooker.
3. Close the lid securely.
4. Plug the power cord into an available 120V AC wall outlet.
5. Press the (⏻) button to turn on the cooker.
6. Press **Slow Cook**. The digital display will show a flashing time.
7. Press (-) or (+) to adjust cook time in 10 minute increments.
8. Once the needed cooking time is selected, the cooker will beep to indicate it is setting at the displayed time. The display will stop flashing to indicate it has set.
9. The cooker will begin to slow cook. The digital display will count down in one minute increments from the selected time.
10. Once food is finished, the cooker will beep and automatically switch to **Keep Warm**.
11. Open the lid to check that food is done. If fully cooked, remove food for serving.
12. When finished serving, turn the rice cooker off by pressing (⏻) twice and unplug the power cord.



Caution:

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

Do not use the provided serving spatula to slow cook. It is not intended to be used in contact with high temperatures. Use a long-handled wooden or heat-safe spoon to stir food while slow cooking.

Note:

- Before placing the inner pot into the cooker, check that the cooking pot is dry and free of debris. Adding the inner pot when wet may damage the cooker.
- Slow cooking requires a small amount of liquid. Without liquid, the cooker will automatically switch to **Keep Warm**.

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 food to be steamed onto the steam tray.
4. Place the steam tray into the cooker.
5. Close the lid securely.
6. Plug the power cord into an available 120V AC wall outlet.
7. Press the (⏻) button to turn on the cooker.
8. Press the **Steam** button. The digital display will show a flashing 5 to represent five minutes of steam time.
9. Press (-) or (+) to increase or decrease steaming time by one minute, up to 30 minutes. After 30 minutes, it will cycle back to 5 minutes.
10. Once the time is selected, the cooker will beep to indicate it is setting at the displayed time. The display will stop flashing to indicate it has set.
11. When the water reaches a boil, the digital display will countdown in one minute increments from the selected time.
12. Once the selected time has passed, the cooker will beep and switch to **Keep Warm**.
13. Check to see that steamed food is done. If finished steaming, carefully remove food to prevent overcooking. Wear a protective, heat-resistant glove when removing to prevent possible injury.
14. When finished steaming, turn the cooker off by pressing (⏻) twice and unplug the power cord.
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Helpful Hints:

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

For suggested steaming times and water amounts, see the meat and vegetable steaming tables on page 14.

STEAM & COOK RICE

1. Using the provided measuring cup, add rice to the inner pot.
2. Rinse rice to remove excess starch then drain.
3. Fill with water to the line which matches the number of cups of rice being cooked.
4. Place the inner pot into the cooker.
5. Close the lid securely.
6. Plug the power cord into an available 120V AC wall outlet.
7. Press the (⏻) button to turn on the cooker.
8. Press **White Rice** or **Brown Rice**, depending upon the type of rice being cooked.
9. The cooker will now begin cooking. The cooking indicator light will illuminate and the display will show a chasing pattern.
10. Place food to be steamed onto the steam tray.
11. Use caution when opening the lid as steam may escape.
12. Place steam tray into the cooker.
13. Close the lid securely.
14. Use **Caution** when opening the lid, to check that food is finished.
15. If food is finished steaming, remove steam tray. Wear a protective, heat-resistant glove when removing to prevent possible injury.
16. Allow the cooker to continue cooking rice.
17. Once rice is finished, the cooker will beep and automatically switch to **Keep Warm**.
18. For best results, stir the finished rice with the serving spatula to distribute any remaining moisture.
19. When finished serving rice, turn the cooker off by pressing (⏻) twice and unplug the power cord.
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Note:

- Do not attempt to cook more than 3 cups (uncooked) of rice if steaming and cooking rice simultaneously.
- It is possible to steam at any point during the rice cooking cycle. However, it is recommended that you steam during the end of the cycle so that steamed food does not cool or become soggy before the rice is ready.
- Rice should not be left in the cooker on **Keep Warm** for more than 12 hours.

Helpful Hints:

Refer to the "Steaming Tables" for meats and vegetables on page 14 for hints and approximate steaming times.

See the "Rice & Water Measurement Table" included on page 8 for approximate rice cooking times.

Steaming Tables

Meat Steaming Table

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

Vegetable Steaming Table

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
Potatoes	28-33 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.

Helpful Hints:

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

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

To ensure meat tastes its best, and to prevent possible illness, check that meat is completely cooked prior to serving. If it is not, simply place more water in the inner pot and repeat the cooking process until the meat is adequately cooked.

Note:

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

SAUTÉ

1. Close lid securely after adding the inner pot and then plug the power cord into an available 120V AC outlet.
2. Press (⏻) to turn the cooker on.
3. Press **Sauté** to begin heating the inner pot.
4. The cooking indicator light will illuminate and the digital display will show a chasing pattern.
5. Add ingredients to be sautéed to the inner pot.
6. Using a long-handled wooden spoon, stir the ingredients until reached desired doneness.
7. When finished, turn the cooker off by pressing (⏻) twice and unplug the cord.
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SOUP

1. Add ingredients to the inner pot.
2. Place the inner pot into the cooker.
3. Close the lid securely.
4. Plug the power cord into an available 120V AC wall outlet.
5. Press the (⏻) button to turn on the cooker.
6. Select **Soup** and press (-) or (+) to increase or decrease time by 10 minute increments. Soup can be set 2 to 8 hours.
7. Once the time is selected, the cooker will beep to indicate it is setting at the displayed time. The display will stop flashing to indicate it has set.
8. Using **Caution** to avoid escaping steam, open the lid and stir occasionally with a long-handled wooden spoon.
9. Once cooking is complete, the cooker will switch to **Keep Warm** mode.
10. When finished serving, turn the cooker off by pressing (⏻) twice and unplug the power cord.
.....



Caution:

When cooking time has expired, the cooker will go into **Keep Warm**. Follow the recipe carefully and do not leave the cooker unattended.

Do not use the provided serving spatula while using the Sauté function. It is not intended to be used in contact with high temperatures. Use a long-handled wooden or heat-safe spoon to stir food while sautéing or slow cooking.

Note:

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

RECIPES

San Antonio Rice

½ cup	rice
6 oz	fresh salsa, mild or hot
½ tbsp	vegetable oil
½ cup	fresh or canned corn kernels
¼ tsp	ground cumin
¼ tsp	salt
¾ cup	water
----	Fresh ground pepper, to taste
----	Fresh minced cilantro, for garnish

Press the (⏻) button to turn on the rice cooker. Add all ingredients except cilantro to the inner pot, stir, close the lid and press the **White Rice** button. When rice cooker switches to **Keep Warm** mode, open the lid, quickly stir and re-cover. Allow to stand for 8-10 minutes before serving. Spoon onto a serving dish, garnish with fresh cilantro and serve. Makes a flavorful supper or side dish for grilled chicken or fish.

SERVES 2.
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Easy Chili Base

8 oz	can tomato sauce
8 oz	can black beans
8 oz	can corn
¼ cup	water
½ tbsp	chili powder
½ tbsp	cumin
----	salt and pepper to taste

Combine all ingredients into the inner pot. Press **Slow Cook** and set for 2 hours. Serve over rice, in a bowl, or with other vegetables of your choice.

SERVES 4.
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RECIPES (CONT.)

Ham & Swiss Frittata

4	eggs
2 slices	deli ham, chopped
¼	medium onion, chopped
½ cup	swiss cheese, shredded
----	pinch of nutmeg
----	pinch of garlic powder

Combine all ingredients (except cheese) in a large bowl, mixing well. Pour the mixed ingredients into the inner pot; top with an even layer of cheese. Close the lid and press **Steam**. Cook for 12 to 14 minutes. When eggs are set, slide frittata onto a serving plate. Cut into wedges to serve.

SERVES 2.
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Risotto

¼	yellow onion, diced small
½	garlic clove, minced
½ tbsp	olive oil
½ cup	Arborio rice, uncooked
2 tbsp	vermouth
2 cups	chicken broth
½ cup	heavy-whipping cream
2 tbsp	butter
¼ cup	Parmesan cheese, shredded

Press the (⏻) button to turn on the rice cooker. Add onion, garlic and olive oil to inner pot. Press the **Sauté** button. The **Sauté** indicator light will illuminate. Add rice and mix with a long handled spoon until well coated. Add vermouth and stir until liquid has been absorbed. Stir in the chicken broth and heavy cream; mix well and close the lid securely. **Sauté** will automatically simmer to cook rice. Once the rice cooker automatically turns to **Keep Warm** open the lid and stir in butter and Parmesan cheese.

SERVES 2-3.
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