



**INSTRUCTION MANUAL**  
**使用説明書**  
**사용 설명서**  
**取扱説明書**

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

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

**微電腦 電飯鍋與慢鍋**  
**마이컴 제어 보온 밥솥 및 슬로우 쿠커**  
**マイコン ジャー炊飯器/**  
**スロークッカー**



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

感謝您購買三洋電飯鍋與慢鍋。使用前請仔細閱讀說明書，並確保將它收藏好，以備隨時參閱。

산요 보온 밥솥 및 슬로우 쿠커 을 구입해 주셔서 감사 합니다. 사용 전에 이 설명서를 잘 읽어보시고 나중에 참고할 수 있도록 가까운 곳에 보관 해두십시오.

お買い上げまことにありがとうございます。この「取扱説明書」をよくお読みのうえ正しくお使いください。お読みになった後は、大切に保存してください。

Table of Contents	Page	目録	頁次	차례	페이지	もくじ	ページ
Important Safeguards.....	2	Important Safeguards.....	2	Important Safeguards.....	2	Important Safeguards.....	2
Precautions.....	3-4	注意事項.....	22-23	주의 사항.....	36-37	安全上のご注意.....	50-51
Names and Function of Parts.....	5	部件名稱與功能.....	24	각부의 명칭 및 기능 조작부.....	38	各部のなまえと使いかた.....	52
Controls/Display.....	6	控制/顯示器.....	25	제어장치/표시부.....	39	操作/表示部.....	53
Setting the Clock.....	7	設定時鐘.....	26	시계 설정하기.....	40	時計(現在時刻)の合わせかた.....	54
Power Failure while the Unit is in Operation.....	7	操作中如遇停電.....	26	제품 작동 중 전원이 나갔을 때.....	40	使用中に停電になったときは.....	54
Cooking Rice.....	8-9	煮飯.....	27-28	밥 짓기.....	41-42	ごはんの炊きかた.....	55-56
Tips for Cooking Rice.....	10	煮飯小常識.....	29	밥 짓는 요령.....	43	おいしいごはんを炊くために.....	57
Specifications.....	10	規格.....	29	제품 규격.....	43	仕様.....	57
Timer Cooking.....	11-12	定時烹煮.....	30-31	예약 취사.....	44-45	予約(タイマー)炊飯のしかた.....	58-59
How to Cook Tofu.....	12	如何烹煮豆腐.....	31	두부 만드는 방법.....	45	豆腐の作りかた.....	59
Steaming.....	13	蒸菜.....	32	채소 증기 찜 하기.....	46	野菜の蒸しかた.....	60
Slow Cook.....	14	慢煮.....	33	슬로우 쿡 (SLOW COOK).....	47	シチュー/スープの作り方.....	61
Cleaning and Maintenance.....	15	清理及保養.....	34	손질 관리하기.....	48	お手入れのしかた.....	62
Troubleshooting.....	16	故障檢査.....	35	고장 해결하기.....	49	故障かな?と思ったら.....	63
Recipes.....	17-20	Recipes.....	17-20	Recipes.....	17-20	Recipes.....	17-20
Warranty.....	21	Warranty.....	21	Warranty.....	21	Warranty.....	21

**HOUSEHOLD USE ONLY**

## IMPORTANT SAFEGUARDS

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

1. Read all instructions.
2. Do not touch hot surfaces. Use handles or knobs.
3. To protect against fire, electrical shock, and personal injury, do not immerse cord, plugs or appliance in water or other liquid.
4. Close supervision is necessary when the appliance is used by or near children.
5. Unplug unit from outlet when not in use and before cleaning. Allow to cool before attaching or removing parts, and before cleaning the appliance.
6. Do not operate any appliance with a damaged cord or plug after the appliance malfunctions or has been damaged in any manner. Return appliance to an authorized service facility for examination, repair or adjustment.
7. To protect against risk of electrical shock, do not force any foreign objects, such as pins and wires, into any openings.
8. The use of accessory attachments not recommended by the appliance manufacturer may result in fire, electric shock or personal injury.
9. Do not use outdoors.
10. Do not let cord hang over edge of table or counter, or touch hot surfaces.
11. Do not place the appliance on or near a hot gas or electric burner, or in a heated oven.
12. Extreme caution must be used when moving an appliance containing hot oil or other liquids.
13. Do not clean the appliance with cleansers, steel wool pads, or other abrasive material.
14. Always attach plug to appliance first, then plug cord into the wall outlet. To disconnect, turn the switch to its "Off" position then remove the plug from wall outlet.
15. To reduce the risk of electric shock, cook only in removable container.
16. Do not use appliance for other than intended use. This product is designed for household use only.

## SAVE THESE INSTRUCTIONS

### Note:

- A. A short power cord is provided to reduce risks of becoming entangled in or tripping over a longer cord.
  - B. Extension cords are available and may be used if care is exercised in their use.
  - C. If extension cord is used:
    - (1) The marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance.
    - (2) The longer cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over.
- The appliance has a polarized plug (one blade is wider than the other is). As a safety feature, this plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to override this safety feature.

### WARNING:

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

### • CALIFORNIA USA ONLY

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

# PRECAUTIONS

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

## ⚠ WARNING

• Use only 120 Volt AC electrical current.



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



• Always keep the power plug clean.



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



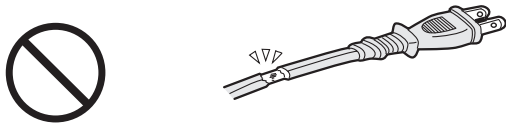
• Plug the appliance into a single electrical outlet only.

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

• Do not attempt to modify the appliance. All repairs must be performed by qualified technicians.



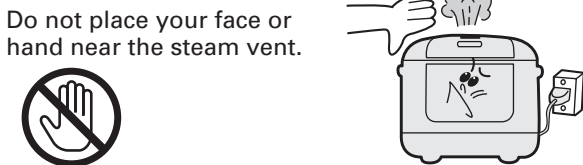
• Do not operate the appliance if the power cord or plug has been damaged.



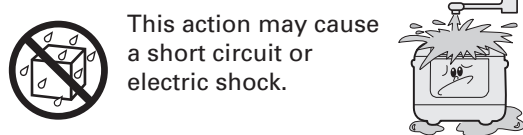
• Do not handle the power cord in a rough manner.



• Do not touch the steam vent.



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



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



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



• Allow the appliance to cool off prior to cleaning.



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



# PRECAUTIONS

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

- Locations where hot cooking oil may splash onto the appliance.
- Locations where the appliance is exposed to direct sunlight.
- Locations without proper ventilation.



**Do not touch the metal part on the inside of the lid or inner lid during or immediately after operation.**

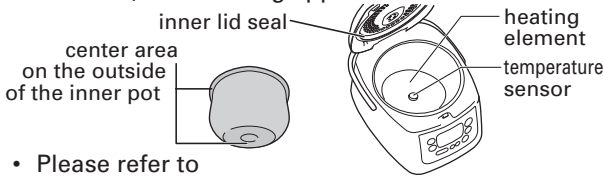


This action may cause burn injuries.



**Remove all foreign substances.**

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



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

**Do not operate the appliance near flames or wet areas.**



This action may cause electric shock or sparking.



**Do not operate the appliance on an unstable surface or on any surface that is not resistant to heat.**

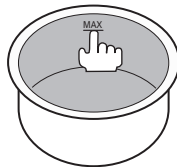


This operation may cause fire.



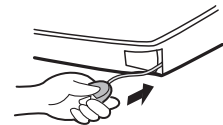
**Do not add ingredients to inner pot above the MAX line.**

Overfilling may result in an overflow.



**Hold the power plug when retracting the power cord.**

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



**Avoid personal contact with steam vent.**

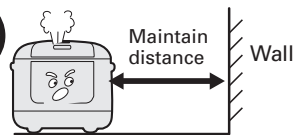
- Escaping steam is HOT and may cause burns.
- Do not allow children near the steam vent.
- The appliance will feel hot-to-the-touch during and immediately following use. Use caution near appliance.



**Do not use any inner pot other than provided.**  
Doing so may cause overheating and lead to a malfunction.

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

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



**Do not carry the appliance by the handle.**

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

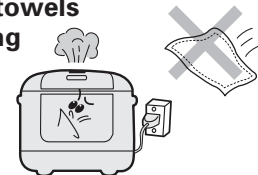
- If carrying the appliance immediately after use, use caution to avoid steam that is released from the steam vent.



**Do not operate appliance without any ingredients in inner pot.**

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

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



**If appliance is damaged, stop using immediately and contact Sanyo Fisher Service.**  
Please refer to warranty, page 21.

# NAMES AND FUNCTION OF PARTS

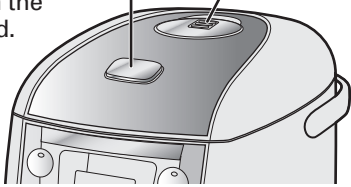
## Steam Vent & Lid Release

### Steam Vent

- Make sure that the steam vent has been firmly installed:  
**Do not touch the steam vent during or immediately after operation, as it becomes extremely hot.**

### Lid Release

- Press this button to open the outer lid.

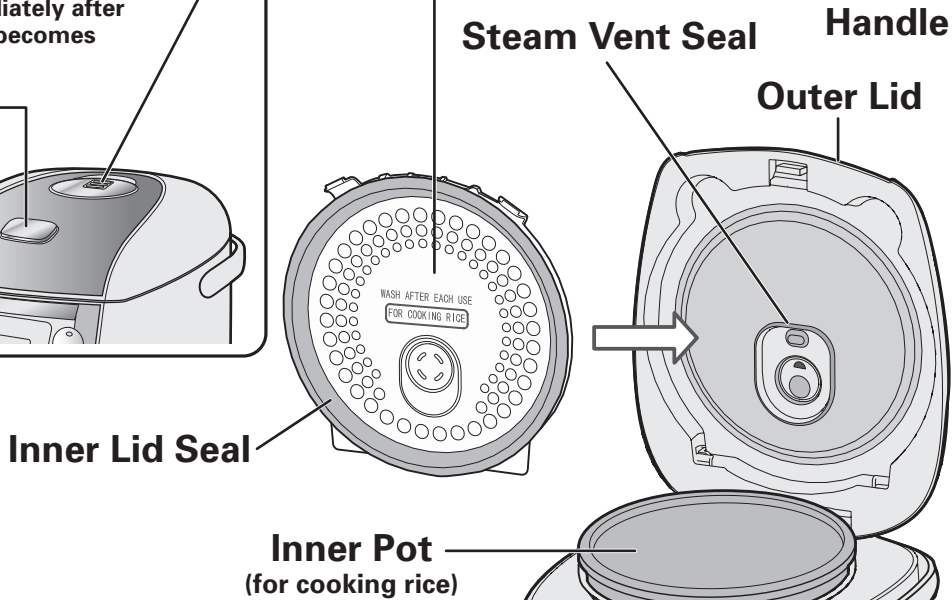


## Inner Lid (for cooking rice)

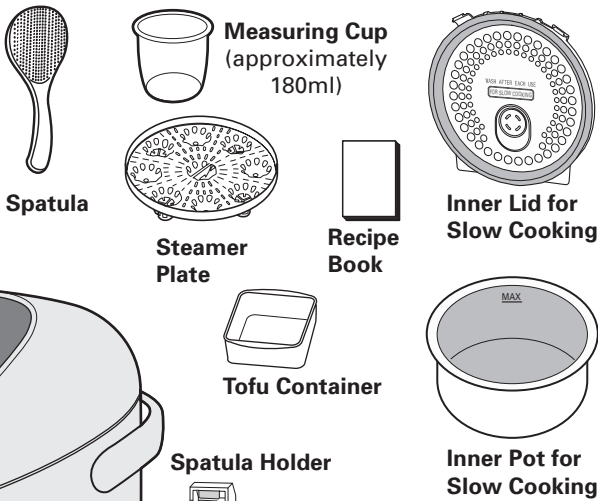
For information about attaching and detaching the inner lid, please refer to page 6.

## Precautions

Please read warnings and precautions thoroughly.



## Accessories (one each)



### Spatula Holder

Receptacle

- To Attach:**  
Insert the spatula holder into receptacle and push down.
- To Detach:**  
Grasp the spatula holder and pull upwards.

## Main Unit

## Power Plug

## Power Cord

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



# CONTROLS/DISPLAY

**DISPLAY**

**COOK/START Lamp**

**COOK/START Button**  
Press to start cooking.

**TIMER Lamp**

**TIMER Button**  
Press to set timer and select TIMER 1 or TIMER 2.

**KEEP WARM Lamp**

**KEEP WARM/OFF Button**  
Press to select keep warm. Press to turn unit off or to clear settings.

**SLOW COOK HIGH Lamp**

**SLOW COOK HIGH Button**  
Press to select SLOW COOK HIGH.

**SLOW COOK LOW Lamp**

**SLOW COOK LOW Button**  
Press to select SLOW COOK LOW.

**MENU Button**  
Press to select type of rice, steaming or tofu.

**HRS Button**  
Press to set hours.

**MIN Button**  
Press to set minutes.

**SAIYO**

WHITE/MIXED RINSE-FREE QUICK PORRIDGE BROWN

REGULAR HAIGA STEAMING TOFU

FIRM/SUSHI SOFT

TIMER TIME LEFT H M

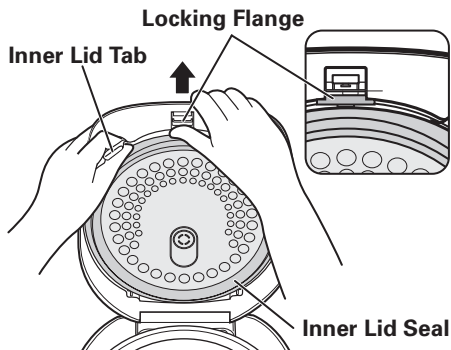
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AM PM

## How to Attach and Detach the Inner Lids

### To Detach:

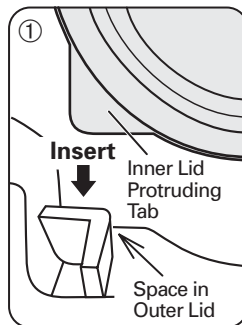
Grasp one of the inner lid tabs with one hand. Pull the inner lid tab toward yourself, while at the same time pushing the locking flange upward with the other hand.



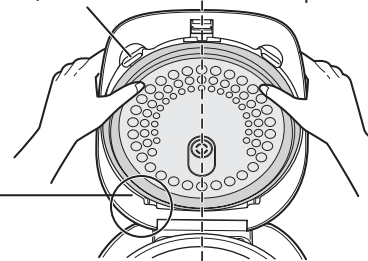
\* Do not pull on the inner lid seal.

### To Attach:

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



Position the inner lid tabs so that they face upward. — Make sure that this area is properly lined up.



### Caution!!

\* Prior to cooking rice or keeping warm, make sure that the inner lid has been attached. If the inner lid is not attached, the outer lid will not close. Make sure that all rice and foreign matter has been removed around the inner lid.

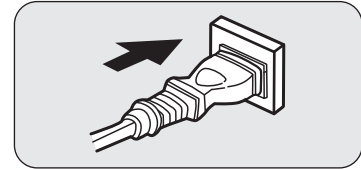
# SETTING THE CLOCK

To set the correct time, follow the steps below.

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

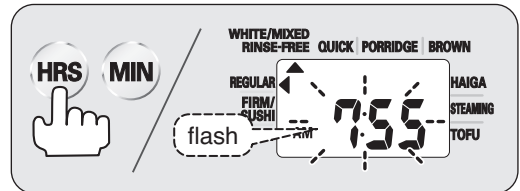
## 1 Insert the power plug into electrical outlet.

- The rice cooker uses a 12-hour clock.  
12:00 midnight will be displayed as <sup>AM</sup>12:00.  
12:00 noon will be displayed as <sup>PM</sup>12:00.



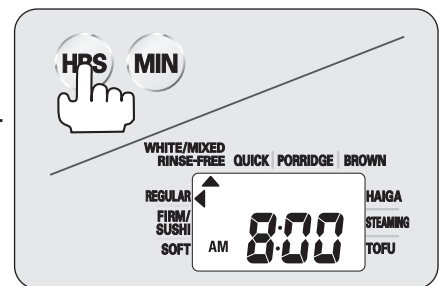
## 2 Press the **HRS** or **MIN** button until the time display begins to flash.

- The time display will begin flashing.



## 3 Press the **HRS** and **MIN** buttons to set the correct time.

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



### THE BUILT-IN LITHIUM BATTERY

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

# POWER FAILURE WHILE THE UNIT IS IN OPERATION

## Information given in this section includes times during operation when the plug is pulled or a circuit breaker goes out:

- If the power fails momentarily, the appliance will return to the same mode it was in prior to the failure.
- In the event of a longer power outage, the following will occur once power is restored:

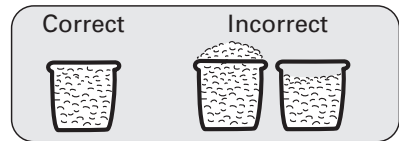
During Cooking	<ul style="list-style-type: none"> <li>Cooking will continue, however, the rice may not be properly cooked.</li> <li>If a little cooking time remains, the appliance may switch to the <b>KEEP WARM</b> mode.</li> </ul>
While rice is being Kept Warm	<ul style="list-style-type: none"> <li>The appliance will continue to keep the rice warm.</li> </ul>
During Timer Operation	<ul style="list-style-type: none"> <li>The appliance will immediately begin cooking if the time has passed the cooking start time.</li> <li>The rice may not be cooked by the exact time programmed with the timer.</li> </ul>

# COOKING RICE

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

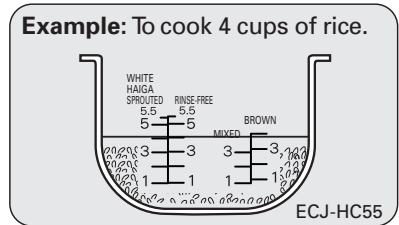
## 1 Measure the rice correctly. Wash the rice.

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

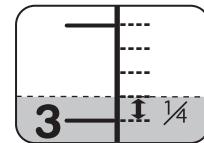


## 2 Add the appropriate level of water according to the menu setting selected and quantity of rice.

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

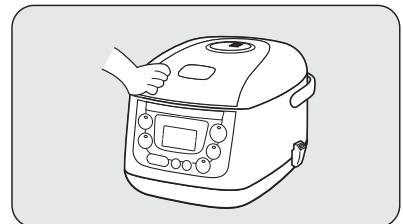


Example: To cook 3 cups of rice.



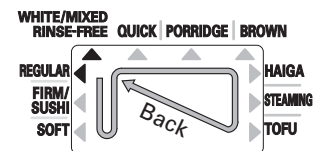
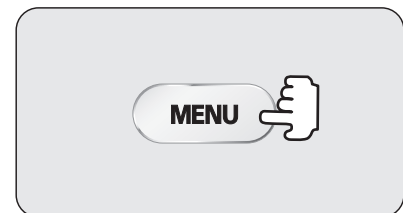
## 3 Attach the inner lid for cooking rice and close the outer lid.

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



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

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

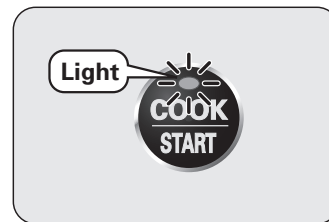




# COOKING RICE

## 5 Press the **COOK/START** button to cook.

- The **COOK** lamp lights and begins cooking. The display will show the current time.
- Do not press the **COOK/START** button without the inner pot properly placed in the main unit.
- Be aware that if the **COOK/START** button is accidentally pressed without the inner pot in place, the heating element will temporarily become very hot.
- Make sure the **COOK** lamp is lit.
- If the **COOK** lamp is not lit, press the **KEEP WARM/OFF** button to cancel cooking. Press the **MENU** button to reselect the menu and press the **COOK/START** button again.
- The remaining cooking time until rice is done will be displayed beginning from 13 minutes. For **QUICK** and **PORRIDGE** course, it will be 10 minutes prior to completion.

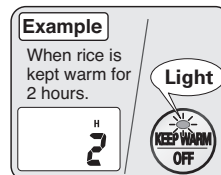
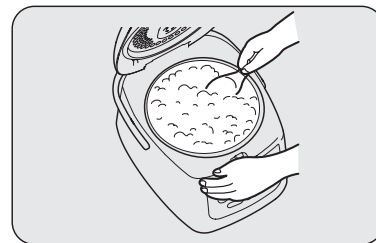


**Example:** With 13 minutes remaining time.



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

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



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

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

### TYPES OF RICE AND KEEP WARM CHART

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

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

## TIPS FOR COOKING RICE

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

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

### HOW TO COOK PORRIDGE

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

### HOW TO COOK SUSHI RICE

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

### HOW TO COOK QUICK COURSE

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

### HOW TO COOK RINSE-FREE RICE

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

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

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

### HOW TO COOK MIXED/SWEET RICE

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

### HOW TO COOK BROWN RICE

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

### HOW TO COOK SPROUTED BROWN RICE

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

## SPECIFICATIONS

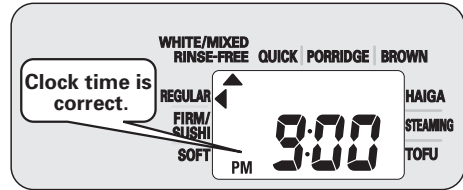
Model No.		ECJ-HC55S/H	ECJ-HC100S/H
Power Consumption	Cooking	645 Watts	910 Watts
	Keep Warm	34 Wh	44 Wh
Cooking Capacity (cups)	White Rice	1-5.5 cups	2-10 cups
	Mixed Rice	1-3 cups	2-6 cups
	Rinse-Free Rice	1-5.5 cups	2-10 cups
	Porridge	0.5-1.5 cups	0.5-2.5 cups
	Brown Rice	1-4 cups	2-8 cups
	Haiga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

# TIMER COOKING

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

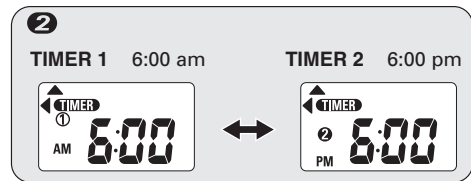
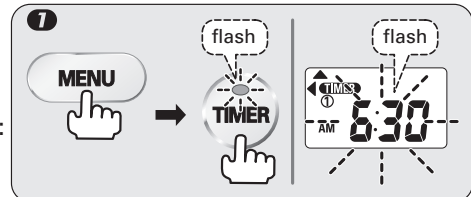
## 1 Check that the current time is on the display. The rice cooker uses a 12-hour clock.

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



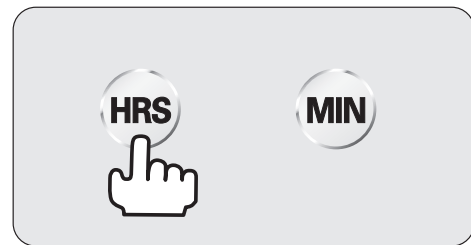
## 2 After selecting the type of rice by pressing the MENU button, press the TIMER button.

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



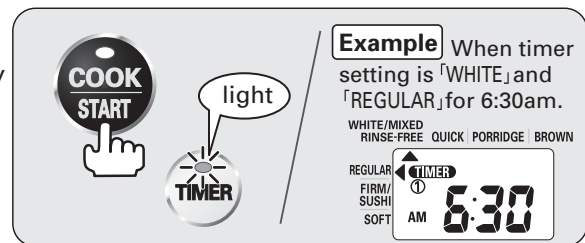
## 3 Select the time you would like the rice cooking to be completed.

- Set the cooking timer using **HRS** button and **MIN** button.
- **HRS** button can be set in 1 hour increments.
- **MIN** button can be set in 10 minute increments.
- Timer cooking should begin within 12 hours.
- The cooked rice using Timer Cooking might be soft or slightly scorched.



## 4 Press the COOK/START button.

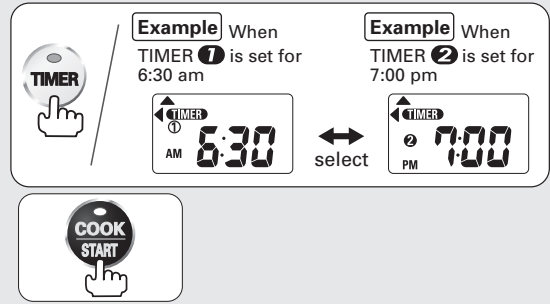
- The **TIMER** lamp will stop flashing and the display will show the completion time.
- When cooking starts, the **TIMER** lamp turns off and then the **COOK** lamp turns on.



# TIMER COOKING

## Once the timer has been set, Timer Cooking can be performed in two steps.

- 1 Press the **TIMER** button to confirm **MENU** selection.
- 2 Select **TIMER 1** or **TIMER 2** by pressing the **TIMER** button, and then pressing the **COOK/START** button.
  - Previous timer settings are stored in memory.



## To change the settings for Timer Cooking:

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

## To view current time while using Timer Cooking:

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

### TIMER SETTINGS

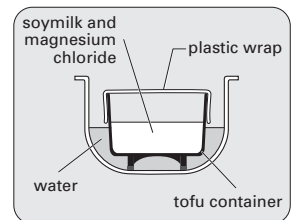
Timer must be set for the minimum times listed below, otherwise cooking will start immediately.

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

# HOW TO COOK TOFU

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

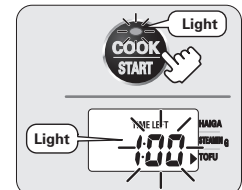
- 1 **Put the ingredients into the tofu container and place in inner pot.**
  - Clean tofu container with hot water prior to adding ingredients.
  - Add approximately .34 ounces (10ml) of nigari (magnesium chloride) and slowly stir in 17 ounces (500ml) of plain unprocessed soymilk into the tofu container.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



- 2 Press the **MENU** button to select **TOFU**.



- 3 Press the **COOK/START** button.
  - The **COOK** lamp lights. The display will show 1 hour and cooking begins.



- 4 **Cooking completes after 1 hour.**
  - Indicator beeps will sound and the unit will switch to the **KEEP WARM** mode.
  - The **KEEP WARM** lamp lights and starts flashing.
  - When tofu is cooked, place on plate and serve.
  - If preferred cold, place in refrigerator for an hour.

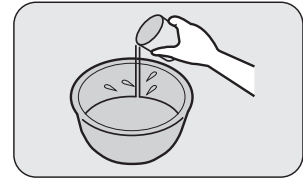


# STEAMING

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

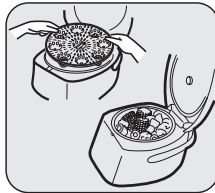
## 1 Add approximately 1 1/2 measuring cups (9.13oz/270ml) of water into the inner pot for steaming.

- Use the measuring cup provided.
- Always add a minimum of one measuring cup of water.

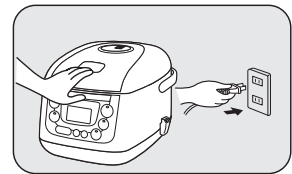


## 2 Place inner pot into the main unit.

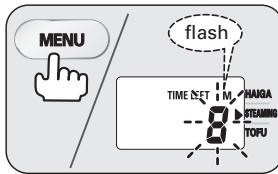
- Place the steaming plate in the inner pot.
- Place the food on the steaming plate.



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



## 4 Press the **MENU** button to select **STEAMING**.



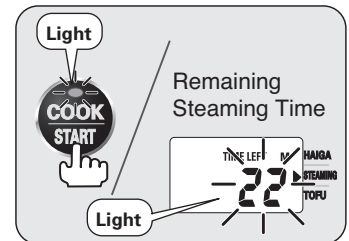
## 5 Set the steaming time using the **MIN** button.

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



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

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



### FOOD STEAMING CHART

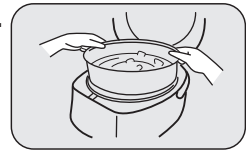
Vegetable	Preparation	Quantity	Approx. Steaming Time
Artichokes	Cut in half	2-4	25-30 min.
Asparagus	Whole, stems trimmed	1 lb.	10-15 min.
Broccoli	Florets	1/2 lb.	10-15 min.
Beets	Peeled, cut into 1/4" slices	1 lb.	15-20 min.
Carrots	Cut, peeled	1 lb.	15-20 min.
Cauliflower	Florets	1 lb.	20-25 min.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

# SLOW COOK

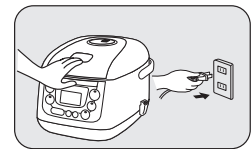
Select **SLOW COOK** to make stews, soups or slow cook recipes. **SLOW COOK** can be set for up to 12 hours. Use **SLOW COOK LOW** for tougher cuts of meat or when you would prefer foods to be cooked for a longer period of time. Use **SLOW COOK HIGH** when you would prefer foods to be cooked quicker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

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

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

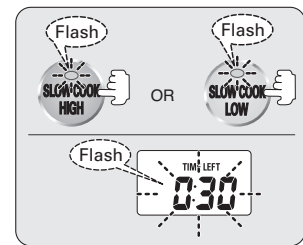


## 2 Attach inner lid for slow cooking. Close the outer lid and insert power plug into electrical outlet.



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

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

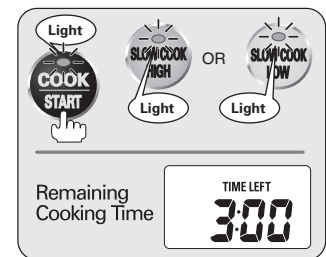


**Example:** To set cooking time for 3 hours and 30 minutes.

Press **HRS** button to set 3 hours, then press **MIN** button to set 30 minutes.

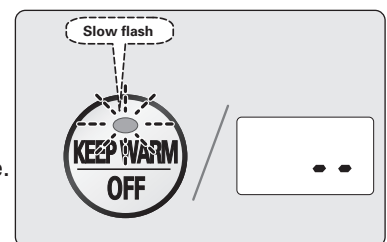
## 4 Press the COOK/START button.

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



## 5 Slow cooking is finished.

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



### TIPS FOR USING SLOW COOK

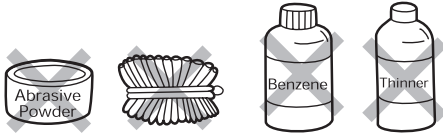
- 1 hour of cooking on high will be equivalent to 2- 2½ hours on low. Foods such as pot roast and stews are best cooked on low.
- Add thawed ingredients for better results.
- Vegetables cook more slowly than meats, therefore, place them in the bottom of inner pot or around the sides.
- Mix seasonings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



# CLEANING AND MAINTENANCE

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

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



## MAIN BODY AND OUTER LID

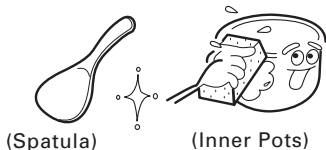
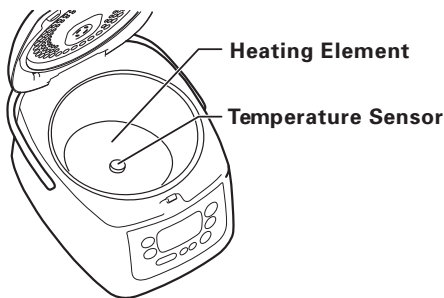
Wipe with a damp cloth.



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

## HEATING ELEMENT AND TEMPERATURE SENSOR

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

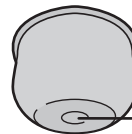


## INNER POTS AND INNER LIDS

Wash the inner pots using a sponge and dishwashing detergent.

### CAUTION

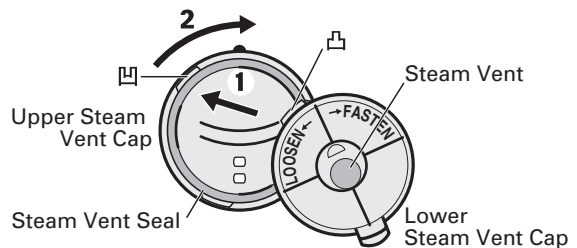
- Make sure that the inner pots do not become deformed.
- Make sure that the following instructions are heeded in order to avoid damaging the non-stick coating on the inner surface of the pots:
  - Do not wash rice in the inner pots using hard objects, such as whisks.
  - Always use the spatula that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



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

## How to Attach Steam Vent Cap

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



# TROUBLESHOOTING

Check the following before requesting service.

Symptom	Remedy
<ul style="list-style-type: none"> <li>• Plug or power cord is damaged, distorted, expanded, or discolored.</li> <li>• Power cord or plug is warmer than normal.</li> <li>• Power cord fits loosely or loses power.</li> <li>• Overheated main body produces burning odor.</li> </ul>	Unplug the power cord and stop using the appliance immediately. Contact Sanyo Fisher Service (See warranty, page 21)
The power plug blades or plug surfaces are dirty.	Clean thoroughly.

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

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

### TIPS FOR COOKING RECIPES

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

### TIPS FOR USING SLOW COOK

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

## Rice with Meat and Vegetables (Kayaku Gohan)

### MIXED RICE



Makes 4-6 servings

#### Ingredients:

3 cups rice  
 1/3 cup burdock  
 1/3 cup chopped carrots  
 3 dried shiitake mushrooms  
 1.5 oz. yam cake (konnyaku)  
 1 sheet deep-fried tofu (abura-age)  
 2 oz. chicken  
 2 cups Japanese broth (dashi)  
 2 Tbs. light-colored soy sauce  
 3 Tbs. sake  
 1/2 tsp. salt  
 2 or 3 snow pea pods

#### Preparation:

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

## Seasoned Brown Rice

### BROWN RICE



Makes 6 servings

#### Ingredients:

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

#### Preparation:

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

## Rice with Red Beans (Sekihan)

### SWEET RICE



Makes 4-6 servings

#### Ingredients:

2 cups sweet rice (rice for making rice dumplings)  
1 cup rice  
1/2 cup red beans (azuki)  
1 tsp. black sesame salt (gomashio)

#### Preparation:

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

## Shrimp Pilaf

### PILAF



Makes 4-6 servings

#### Ingredients:

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

#### Preparation:

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

## California Roll (Inside Out)

### SUSHI



Makes 4-6 servings

#### Ingredients:

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

#### Preparation:

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

## Risotto

### PORRIDGE



Makes 4-6 servings

#### Ingredients:

1 cup rice  
 1/2 medium onion, minced  
 4 stalks asparagus  
 1 clove garlic, minced  
 1/2 cup canned tuna (optional)  
 1 Tbs. olive oil  
 2 tsp. chicken bouillon  
 Salt & pepper  
 3 1/4 cups water

#### Preparation:

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

## Soft Tofu

### TOFU



Makes 4 servings

#### Ingredients:

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

#### Preparation:

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

## Bread Pudding

### PUDDING



Makes 6-8 servings

#### Ingredients:

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

#### Preparation:

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

#### Optional:

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



## Tangy Garlic Chicken

**SLOW COOK**



Makes 3-4 servings

**Ingredients:**

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

**Preparation:**

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

## French Onion Soup

**SLOW COOK**



Makes 4 servings

**Ingredients:**

3 large onions, thinly sliced  
½ cup butter or margarine  
2 Tbs. instant beef bouillon cubes  
4 cups hot water  
1 tsp. worcestershire sauce  
½ tsp. salt  
4 slices toasted French bread  
¼ cup grated Parmesan cheese

**Preparation:**

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

## Quick and Easy Chili

**SLOW COOK**



Makes 4-6 servings

**Ingredients:**

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

**Preparation:**

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



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

## OBLIGATIONS

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

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

To obtain factory warranty service, product operation information or for problem resolution, call  
**1-800-421-5013**  
**Weekdays 8:00 AM – 5:00 PM Pacific Time**  
**Or visit web at [www.sanyoservice.com](http://www.sanyoservice.com)**

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

LABOR	PARTS
1 YEAR	1 YEAR

## EXCLUSIONS

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

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

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

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