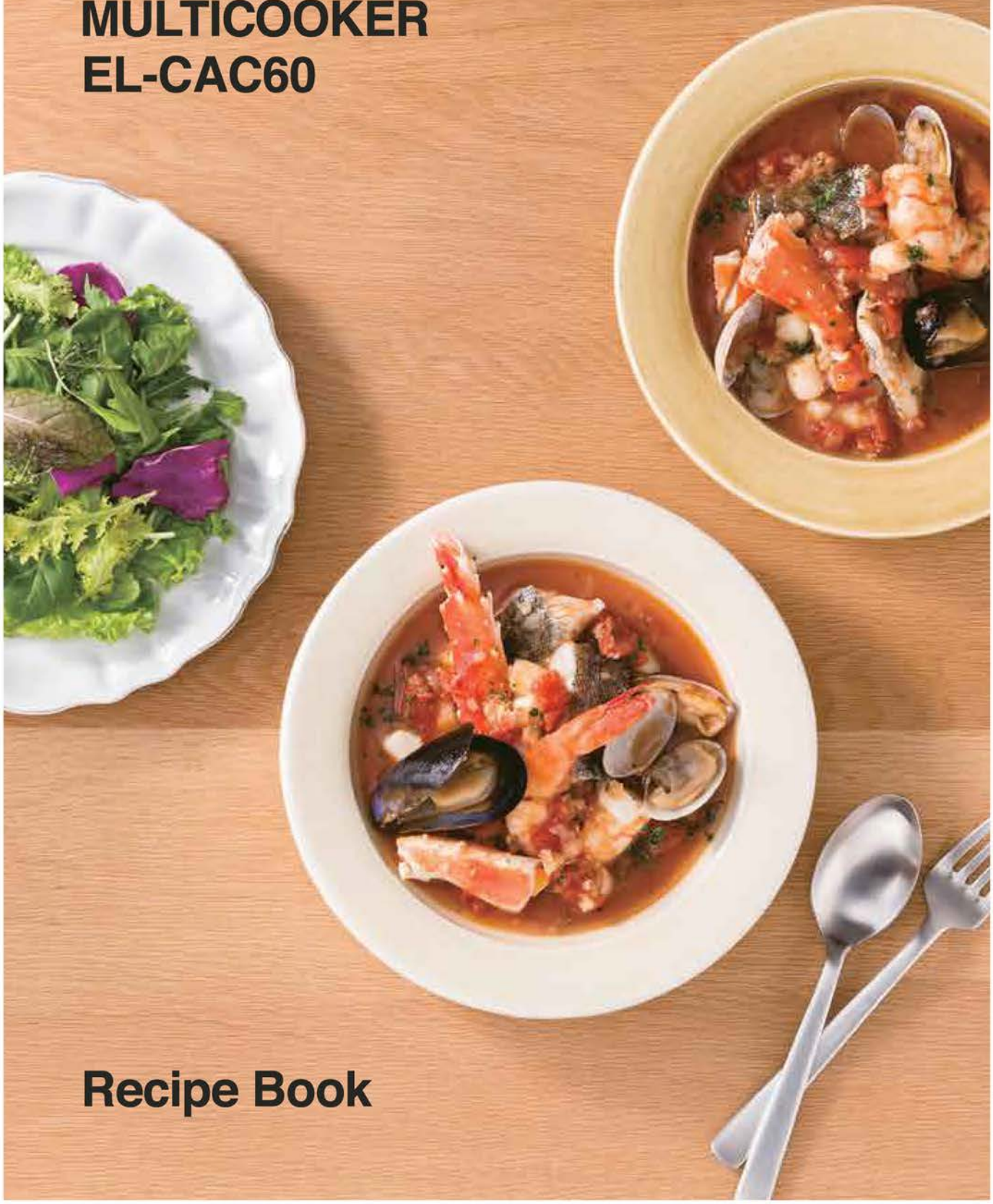
ZOJIRUSHI

MULTICOOKER
EL-CAC60



Recipe Book

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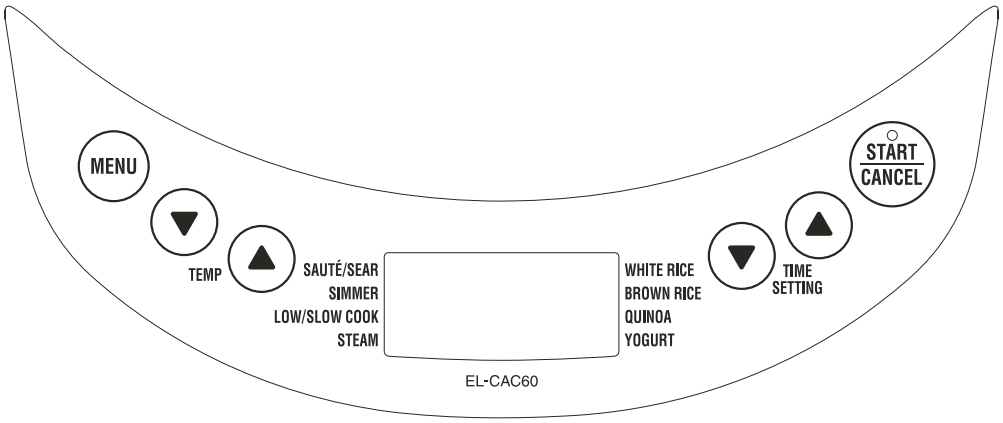
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MENU FEATURES



SAUTÉ/SEAR
The “Sauté/Sear” menu setting can be set to either 410°F or 350°F.
Set the cooking temperature as desired. (The cooking time cannot be set.)

SIMMER
The “SIMMER” menu setting can be set to either LOW or HIGH (shown in the Display as LO and HI). Set the cooking temperature and time as desired. (The cooking time cannot be set when using HIGH.)

LOW/SLOW COOK
The “LOW/SLOW COOK” menu setting can be set to 200°F, 180°F, 160°F, or 140°F. Set the cooking temperature and time as desired.

STEAM
The “STEAM” menu setting can be used to steam food. Set the cooking time as desired.
(The cooking temperature cannot be set.)

WHITE RICE
Cook between 3-8 cups of short or medium grain white rice using the Multicooker.

BROWN RICE
Cook between 3-8 cups of short or medium grain brown rice using the Multicooker.

QUINOA
Cook between 3-6 cups of white, red, black or rainbow quinoa using the Multicooker.

YOGURT
Make yogurt using the Multicooker. Yogurt can be difficult to make by hand because it requires precise temperature control.

Default Display and Temperature / Time Setting Range for Each Menu

Menu	Default Display		Setting Range	
	Temperature	Time	Temperature	Time
SAUTÉ/SEAR	410°F	No Display	410°F	–
			350°F	–
SIMMER	LO	00 m	LO	1 minute - 24 hours
			HI	–
LOW/SLOW COOK	200°F	00 m	200°F	1 minute - 24 hours
			180°F	
			160°F	
			140°F	
STEAM	No Display	00 m	–	1 minute - 2 hours
WHITE RICE	No Display	1 h 00 m	–	–
BROWN RICE	No Display	1 h 40 m	–	–
QUINOA	No Display	50 m	–	–
YOGURT	No Display	4 h 00 m	–	–
KEEP WARM	No Display	No Display	–	–

REQUIRED COOKING TIME

The required cooking time for each recipe includes the preheating time and the cooking time.



- PREHEAT is shown on the Display during preheating.
- The time on the Display does not change during preheating.
- Large amounts of ingredients lead to a longer preheating time.
- Nothing is displayed for WHITE RICE, BROWN RICE, QUINOA, and KEEP WARM during preheating.

For safety purposes, if no time is set, cooking will finish when the times shown below have elapsed.

- SAUTÉ/SEAR, SIMMER HI*, STEAM: Preheating Time + 2 Hours
- SIMMER LO*, LOW/SLOW COOK: Preheating Time + 24 Hours

*When using the SIMMER menu and switching between HI and LO temperatures, cooking will finish after 24 hours if less than 2 hours of cooking time on HI has accumulated, and after 2 hours if more than 2 hours of cooking time on HI has accumulated.

The cooking time listed for each recipe is for reference only. Actual cooking time varies depending on factors such as the room temperature, water temperature, and voltage.

MEASUREMENTS

The measurements used in these Recipes are as follows:

- 1 Tbsp. = approx. 0.5 oz. / approx. 15 mL
- 1 tsp. = approx. 0.2 oz. / approx. 5 mL
- 1 cup (Included Measuring Cup for WHITE RICE / BROWN RICE / QUINOA menus) = approx. 6.1 oz. / approx. 180mL
- 1 cup (when preparing other foods, please use a commercially available measuring cup) = approx. 8 oz. / approx. 240mL

DISINFECTING

- **Please wash the Pot, Lid, Steam Basket, and Measuring Cup before initial use. Please read Operating Instructions: pg. 23 – pg. 24**

Always wash the Pot, Lid, and Steam Basket thoroughly before use.

- Use mild kitchen detergent and rinse thoroughly with water.

IMPORTANT:
When cooking with "LOW/SLOW COOK" or "YOGURT" menu settings, use boiling water to disinfect the Pot and Lid.

<How to Disinfect Using Boiling Water>

① Wash the Pot and Lid well using mild kitchen detergent, then rinse thoroughly with water.

② Thoroughly pour boiling water over the Pot and Lid.

- After pouring boiling water, lightly remove any moisture and wipe the exterior of the Pot with a soft dry cloth. Do not wipe the interior of the Pot or the Lid.
- The Pot and Lid will be hot after pouring boiling water. Please be careful when handling these parts.



Japanese Beef Curry

Required Cooking Time:
Approx. 1 hr. 20 mins.

Ingredients (6 servings):

- 1 lb. beef stew meat, 1" cubes
- A pinch of salt
- A pinch of pepper
- 2 Tbsp. vegetable oil
- 5 large white onions (750g), cut into 1/2" wide wedges
- 3 medium carrots (183g), 1" wide round or semi-round slices
- 2 medium potatoes (426g), bite size pieces
- 6 cups water (48 fl. oz.)
- 8 oz. curry roux
- Cooked rice, as needed
- Fukujinzuke, as desired
- Worcestershire sauce, as desired

Steps:

1. Sprinkle salt and pepper on the beef.
2. Place the Pot in the Main Body.
3. Press the 【MENU】 button and select 「SAUTÉ/SEAR」 at 「410°F」. Place the Lid on the Pot, and press the 【START/CANCEL】 button.
4. When the preheating completion beep sounds approximately 15 minutes later and PREHEAT has disappeared from the Display, remove the Lid.
5. Pour the vegetable oil in the Pot, then add the meat from step 1. Cook until the surface starts to brown, and then add the white onions, carrots and potatoes and cook until the onions become tender.
6. Press the 【START/CANCEL】 button to end the 「SAUTÉ/SEAR」 menu.
7. Add the water.
8. Press the 【MENU】 button and select 「SIMMER」 at 「LO」. Press the 【TIME SETTING】 buttons (▼, ▲) and set **30 minutes** of cooking time. Place the Lid on the Pot, and press the 【START/CANCEL】 button.
9. After approximately 40 minutes has elapsed, remove any foam that appears on the surface. Then add the curry roux and mix.
10. When the end beep sounds, press the 【START/CANCEL】 button to end the 「SIMMER」 menu.
11. Serve with rice and fukujinzuke as desired, and add Worcestershire sauce.



Mexican Rice

Required Cooking Time:
Approx. 1 hr.

Ingredients (6 servings):

- 2-1/2 cups long grain white rice *measured using the included Measuring Cup*
- 1 can whole tomatoes (14.5 oz. can)
- 1 medium white onion (110 g), chopped coarsely
- 1 cup chicken stock (8 fl. oz.)
- 1-1/2 tsp. kosher salt
- 1/2 tsp. cumin powder
- 1/3 cup canola oil (2.7 fl. oz.)
- 1 jalapeno pepper (14g), seeds removed and chopped finely
- 4 garlic cloves (12g), crushed
- 1/2 cup fresh cilantro (8g), chopped finely
- 1 Tbsp. lime juice
- Kosher salt, to taste
- Black pepper, to taste
- Lime, wedges, as desired

Other Equipment:
Food processor

Steps:

1. Lightly wash the long grain rice and drain in a strainer.
2. Puree the canned whole tomatoes and white onions in a food processor until smooth. Move the mixture to a large bowl, add the chicken stock, kosher salt, and cumin powder, and mix the ingredients together.
3. Place the Pot in the Main Body.
4. Press the【MENU】button and select「SAUTÉ/SEAR」at「410°F」. Place the Lid on the Pot, and press the【START/CANCEL】button.
5. When the preheating completion beep sounds approximately 15 minutes later and PREHEAT has disappeared from the Display, remove the Lid.
6. Add the canola oil and the rice from step 1 and cook for approximately 10 minutes until the rice has become yellow. Then, add the jalapeno pepper and cook for approximately 2 minutes. Add the garlic and cook for approximately 1 minute.
7. Press the【START/CANCEL】button to end the「SAUTÉ/SEAR」menu.
8. Add the mixture from step 2 and mix well.
9. Press the【MENU】button and select「SIMMER」at「LO」. Press the【TIME SETTING】buttons (▼, ▲) and set **40 minutes** of cooking time. Place the Lid on the Pot, and press the【START/CANCEL】button.
10. When the end beep sounds, press the【START/CANCEL】button to end the「SIMMER」menu.
11. Add the fresh cilantro and lime juice, and gently fold it into the rice. Season with kosher salt and black pepper to taste, then serve in a dish and garnish with lime.



Turkey Chili

Required Cooking Time:
Approx. 1 hr. 15 mins.

Ingredients (6 servings):

- 1 lb. ground turkey
- 1 large white onion (150g), chopped finely
- 1-1/2 tsp. olive oil

A
- 1-1/2 cups chicken broth (12 fl. oz.)
- 1 can crushed tomatoes (28 oz. can)
- 1 can kidney beans (16 oz. can), rinsed, drained, and half mashed
- 1-1/2 Tbsp. garlic, chopped finely
- 2 Tbsp. chili powder
- 1/2 tsp. paprika powder
- 1/2 tsp. dried oregano
- 1/4 tsp. cayenne pepper powder
- 1/2 tsp. cumin powder
- 1 tsp. salt
- 1/2 tsp. black pepper

- Cornbread, as desired

Steps:

1. Place the Pot in the Main Body.
2. Press the【MENU】button and select「SAUTÉ/SEAR」at「410°F」. Place the Lid on the Pot, and press the【START/CANCEL】button.
3. When the preheating completion beep sounds approximately 15 minutes later and PREHEAT has disappeared from the Display, remove the Lid.
4. Add the olive oil and cook the ground turkey until fully brown. Next, add the onions and cook until tender.
5. Press the【START/CANCEL】button to end the「SAUTÉ/SEAR」menu.
6. Add the ingredients listed for A and mix together.
7. Press the【MENU】button and select「SIMMER」at「LO」. Press the【TIME SETTING】buttons (▼, ▲) and set **40 minutes** of cooking time. Place the Lid on the Pot, and press the【START/CANCEL】button.
8. When the end beep sounds, press the【START/CANCEL】button to end the「SIMMER」menu.
9. Serve with cornbread as desired.



Braised Chicken Thighs

Required Cooking Time:
Approx. 1 hr. 45 mins.

Ingredients (3-4 servings):

- 2-1/2 lbs. chicken thighs, bone-in with skin (6-8 pieces)
- 1 tsp. salt
- 1/2 tsp. black pepper
- 2 Tbsp. vegetable oil
- 8 oz. thick-sliced bacon (227g), 1/2" × 1/4" pieces
- 1 large white onion (150g), sliced thinly
- 1 lb. cabbage, shredded finely
- 10 cremini mushrooms (200g), 1/4" slices

A
- 2 Tbsp. coarse-grain mustard
- 1/2 cup apple cider vinegar (4 fl. oz.)

B
- 1-1/2 cups chicken stock (12 fl. oz.)
- 3 Tbsp. sugar
- 3 bay leaves
- 6 thyme sprigs, fresh

- 2 Tbsp. unsalted butter
- Salt, as desired
- Pepper, as desired
- Fresh thyme, as desired

Steps:

1. Season the chicken thighs with salt and black pepper.
2. Place the Pot in the Main Body.
3. Press the【MENU】button and select「SAUTÉ/SEAR」at「410°F」. Place the Lid on the Pot, and press the【START/CANCEL】button.
4. When the preheating completion beep sounds approximately 15 minutes later and PREHEAT has disappeared from the Display, remove the Lid.
5. After pouring the vegetable oil into the Pot, place the chicken from step 1 in the Pot skin-side down, and cook for approximately 10 minutes without moving the pieces, until the skin is crispy and browned.
6. Flip the pieces and cook the reverse side for approximately 5 minutes until browned, then move the chicken to a large plate.
7. Add the bacon and cook for approximately 3 minutes until browned. Then add the white onions and cook for approximately 3 minutes until they start to brown and become tender.
8. Add the cabbage and mushrooms and cook while stirring for approximately 8 minutes until they become tender and start to brown.
9. Add the ingredients listed for A and stir while scraping the bottom of the Pot.
10. Press the【START/CANCEL】button to end the「SAUTÉ/SEAR」menu.
11. Add the ingredients listed for B and mix. Next, turn the chicken from step 6 over so they are skin-side up and return to the Pot.
12. Press the【MENU】button and select「SIMMER」at「LO」. Press the【TIME SETTING】buttons (▼, ▲) and set **45 minutes** of cooking time. Place the Lid on the Pot and press the【START/CANCEL】button.
13. When the end beep sounds,【START/CANCEL】button to end the「SIMMER」menu.
14. Remove the chicken thighs and place on a plate. Without cleaning the Pot, add butter, mix, and season with salt and pepper.
15. Move the food in the Pot to a shallow bowl and place the chicken thighs on top. Garnish with thyme as desired.



Japanese Meat and Potatoes (*Nikujaga*)

Required Cooking Time:
Approx. 1 hr. 35 mins.

Ingredients (4-6 servings):

- 3/4 lb. thinly sliced pork, 2" x 1-1/2" pieces
- 1 Tbsp. vegetable oil
- 4 medium potatoes (852g), bite size pieces
- 3 large white onions (450g), 8 even wedges
- 2 medium carrots (122g), bite size pieces
- 1 cup water (8 fl. oz.)

A
- 2 Tbsp. sugar
- 1/2 tsp. salt
- 1/3 cup soy sauce (2.7 fl. oz.)
- 4 Tbsp. sake (Japanese cooking wine)
- 4 Tbsp. mirin (Sweet cooking rice wine)

- 10 snow peas, boiled for 2 minutes and cut in half diagonally

Steps:

1. Place the Pot in the Main Body.
2. Press the【MENU】button and select「SAUTÉ/SEAR」at「410°F」. Place the Lid on the Pot, and press the【START/CANCEL】button.
3. When the preheating completion beep sounds approximately 15 minutes later and PREHEAT has disappeared from the Display, remove the Lid.
4. Pour the vegetable oil into the Pot and cook the pork until it changes color. Then add the potatoes, white onions, and carrots, and cook for approximately 3 minutes until the onions become tender.
5. Press the【START/CANCEL】button to end the「SAUTÉ/SEAR」menu.
6. Add the water.
7. Press the【MENU】button and select「SIMMER」at「LO」.Press the【TIME SETTING】buttons (▼, ▲) and set **1 hour** of cooking time. Place the Lid on the Pot, and press the【START/CANCEL】button.
8. After approximately 30 minutes, remove any foam that appears on the surface. Add A and mix.
9. When the end beep sounds, press the【START/CANCEL】button to end the「SIMMER」menu.
10. Serve in a bowl and garnish with snow peas.



Gumbo

Required Cooking Time:
Approx. 3 hrs. 5 mins.

Ingredients (8 servings):

- 1-1/2 lbs. chicken breasts, boneless and skinless, 1" cubes
- 1 tsp. salt, divided into 1/2 tsp. portions
- 1/2 tsp. black pepper, divided into 1/4 tsp. portions
- 1/4 cup vegetable oil (2 fl. oz.)
- 14 oz. smoked sausage, 1/4" slices
- 1/2 cup all-purpose flour
- 5 Tbsp. butter (71g), divided into 2 Tbsp. and 3 Tbsp. portions
- 2 large white onions (300g), chopped finely
- 8 garlic cloves (24g), chopped finely
- 1 large bell pepper (164g), seeds removed and chopped finely
- 3 large stalks celery (192g), chopped finely
- 1/4 cup Worcestershire sauce (2 fl. oz.)
- 1/4 bunch Italian parsley (10g), chopped coarsely, 1-1/2 Tbsp. set aside for garnishing
- 4 cups beef broth (32 fl. oz.)
- 1 can diced tomatoes (14.5 oz. can)
- 20 okra (238g), 1/4" slices
- 3 large green onions (75g), chopped finely
- 1/4 lb. boiled small shrimp, peeled and deveined

Steps:

1. Sprinkle 1/2 tsp. of salt and 1/4 tsp. of black pepper on the chicken breasts.
2. Place the Pot in the Main Body.
3. Press the 【MENU】 button and select 「SAUTÉ/SEAR」 at 「410°F」. Place the Lid on the Pot, and press the 【START/CANCEL】 button.
4. When the preheating completion beep sounds approximately 15 minutes later and PREHEAT has disappeared from the Display, remove the Lid.
5. Pour the vegetable oil into the Pot and cook the chicken breast for approximately 18 minutes until both sides start to brown. Then move the chicken to a separate plate.
6. Cook the smoked sausage for approximately 3 minutes until it starts to brown, and then move it to the plate used in step 5.
7. Sprinkle the all-purpose flour on the vegetable oil remaining in the Pot and add 2 Tbsp. of butter. Cook for approximately 8 minutes while stirring with a wooden utensil until it turns brown to make the roux. Pour into a small bowl and allow to cool.
8. Melt the remaining 3 Tbsp. of butter in the Pot. Add the white onions, garlic, bell pepper, and celery and cook for approximately 10 minutes. Add the Worcestershire sauce, season with the remaining salt and black pepper, and add the Italian parsley. Cook for approximately 10 minutes while stirring to keep the Italian parsley from burning.
9. Press the 【START/CANCEL】 button to end the 「SAUTÉ/SEAR」 menu.
10. Add the roux from step 7 and beef broth and stir with a whisk. Return the chicken breasts from step 5 and smoked sausage from step 6 to the Pot and add all of the diced tomatoes with juice and okra.
11. Press the 【MENU】 button and select 「SIMMER」 at 「LO」. Press the 【TIME SETTING】 buttons (▼, ▲) and set **1 hour and 45 minutes** of cooking time. Place the Lid on the Pot, and press the 【START/CANCEL】 button.
12. When the end beep sounds, press the 【START/CANCEL】 button to end the 「SIMMER」 menu.
13. Remove any foam and serve the gumbo in a bowl and garnish with green onions, boiled shrimp and Italian parsley.



Pot Roast

Required Cooking Time:
Approx. 6 hrs.

Ingredients (8 servings):

- 4 lbs. chuck roast
- 3 tsp. salt
- 2 tsp. pepper
- 1 Tbsp. vegetable oil
- 3 medium carrots (183g), bite size pieces
- 1-1/2 large white onions (225g), bite size pieces
- 1 medium potato (213g), bite size pieces
- 1 large stalk celery (64g), 1" slices widthwise
- 6 cups beef broth (48 fl. oz.)
- Salt, as to taste
- Pepper, to taste

Steps:

1. Slice the meat to a thickness of 2" or thinner* and season the meat with salt and pepper.
2. Place the Pot in the Main Body.
3. Press the【MENU】button and select「SAUTÉ/SEAR」at「410°F」. Place the Lid on the Pot, and press the【START/CANCEL】button.
4. When the preheating completion beep sounds approximately 15 minutes later and PREHEAT has disappeared from the Display, remove the Lid.
5. Pour the vegetable oil into the Pot and add the meat from step 1 to the Pot and brown all sides, approximately 4 minutes each side. Once browned, remove to a plate.
6. Add the carrots, white onions, potatoes, and celery, and cook for approximately 5 minutes until nicely browned.
7. Press the【START/CANCEL】button to end the「SAUTÉ/SEAR」menu.
8. Push the vegetables to one side and add the meat from step 5, return to the Pot. Then add the beef broth.
9. Press the【MENU】button and select「SIMMER」at「LO」. Press the【TIME SETTING】buttons (▼, ▲) and set **5 hours** of cooking time. Place the Lid on the Pot and press the【START/CANCEL】button.
10. Remove any foam that appears.
11. When the end beep sounds, press the【START/CANCEL】button to end the「SIMMER」menu.
12. Season with salt and pepper to taste.
13. Serve in a bowl.

*Because of the wide diameter of the Pot, the meat should be divided to ensure submersion for thorough cooking.



Sukiyaki

Required Cooking Time:
Approx. 55 mins.

Ingredients (4-5 servings):

A
- 2/3 cup soy sauce (5.3 fl. oz.)
- 2/3 cup mirin (sweet cooking rice wine) (5.3 fl. oz.)
- 3 Tbsp. sugar
- 1 cup water (8 fl. oz.)

- 1 Tbsp. beef tallow (2" cube) or 1 Tbsp. vegetable oil
- 1-1/2 lbs. thinly sliced beef, bite size pieces
- 1 lb. napa cabbage, 2" pieces
- 8 oz. shirataki noodles, 3" pieces washed in boiling water and drained
- 8 shiitake mushrooms (152g), stem removed
- 1 large white onion (150g), 1/4" slices
- 1 medium carrot (61g), 1/4" slices
- 2 green onions, 1/2" diagonal pieces
- 1 package regular or firm momen tofu (395g), 1" cubes
- Eggs (to be consumed uncooked), beaten, as desired

Steps:

1. Add the ingredients in A to a bowl and mix well.
2. Place the Pot in the Main Body.
3. Press the 【MENU】 button and select 「SAUTÉ/SEAR」 at 「410°F」. Place the Lid on the Pot, and press the 【START/CANCEL】 button.
4. When the preheating completion beep sounds approximately 15 minutes later and PREHEAT has disappeared from the Display, remove the Lid.
5. Add the beef tallow or vegetable oil. Allow the beef tallow or vegetable oil to heat up, then add the beef and cook until the color changes. Then, add approximately 3/4 of the ingredients prepared in step 1 to season the meat.
6. Press the 【START/CANCEL】 button to end the 「SAUTÉ/SEAR」 menu.
7. Add all the remaining ingredients except for the eggs.
8. Press the 【MENU】 button and select 「SIMMER」 menu. Press the 【TEMP】 buttons (▼, ▲), select 「HI*」, and then place the Lid on the Pot and press the 【START/CANCEL】 button.
9. When PREHEAT has disappeared from the Display and the water starts to boil, remove the Lid.
10. When all ingredients are cooked, test the flavor. Then adjust by adding the remaining ingredients prepared in step 1 as desired.
11. Press the 【START/CANCEL】 button to end the 「SIMMER」 menu.
12. Serve in a bowl and dip in beaten egg as desired.

*To lower the temperature during cooking, press the 【TEMP】 buttons (▼, ▲) and select 「LO」. The temperature switches between 「LO」 and 「HI」 when the 【TEMP】 buttons (▼, ▲) are pressed while cooking.

- Be careful as cooking on 「SIMMER」 at 「HI」 with the Lid closed may cause condensation to collect on the Pot Handles.



Cioppino

Required Cooking Time:
Approx. 1 hr. 40 mins.

Ingredients (6 servings):

- 3/4 cup butter (170g)
- 2 large white onions (300g), chopped finely
- 8 garlic cloves (24g), chopped finely
- 2/3 cup parsley (40g), chopped finely, 1 Tbsp. set aside for garnishing

A
- 2 cans diced tomatoes (14.5 oz. cans) with juice
- 3-1/2 cups chicken broth (28 fl. oz.)
- 2 bay leaves
- 1 Tbsp. dried basil
- 1/2 tsp. dried thyme
- 1/2 tsp. dried oregano
- 1 cup white wine (8 fl. oz.)
- 3-1/2 tsp. salt
- 2 tsp. black pepper
- 1-1/2 tsp. chili pepper powder

- 1 lb. boiled crab legs in shell, cut at joints and shells slit
- 12 large shrimp, peeled and deveined
- 1 lb. small scallops
- 1 lb. clams (approx. 15 to 16 clams), sand purged
- 12 small to medium mussels, cleaned and debearded
- 1/2 lb. cod fillets, 3" chunks
- French bread, as desired

Notes:

- If frozen ingredients are used, defrost before cooking.
- Seafood is prone to spoiling. Please do not use Keep Warm.

Steps:

1. Place the Pot in the Main Body.
2. Press the 【MENU】 button and select 「SAUTÉ/SEAR」 at 「410°F」. Place the Lid on the Pot, and press the 【START/CANCEL】 button.
3. When the preheating completion beep sounds approximately 15 minutes later and PREHEAT has disappeared from the Display, remove the Lid.
4. Melt the butter in the Pot. Next, add the white onions, garlic, and parsley. Cook for approximately 5 minutes until the onions become tender.
5. Press the 【START/CANCEL】 button to end the 「SAUTÉ/SEAR」 menu.
6. Add the ingredients listed for A and the crab and mix well.
7. Press the 【MENU】 button and select 「LOW/SLOW COOK」 at 「200°F」. Press the 【TIME SETTING】 buttons (▼, ▲), set **30 minutes** of cooking time, and then place the Lid on the Pot and press the 【START/CANCEL】 button.
8. When the end beep sounds, press the 【START/CANCEL】 button to end the 「LOW/SLOW COOK」 menu.
9. Add the shrimp, scallops, clams, mussels, and cod fillets and mix.
10. Press the 【MENU】 button and select 「SIMMER」 menu. Press the 【TEMP】 buttons (▼, ▲), select 「HI」, and then press the 【START/CANCEL】 button.
11. When the liquid starts to boil, remove any foam that forms on the surface. When the shells of the clams open, press the 【START/CANCEL】 button to end the 「SIMMER」 menu.
12. Serve in a dish and sprinkle with parsley to garnish. Enjoy with French bread as desired.

- Be careful as cooking on 「SIMMER」 at 「HI」 with the Lid closed may cause condensation to collect on the Pot Handles.



Stuffed Cabbage Rolls

Required Cooking Time:
Approx. 2 hrs. 20 mins.

Ingredients (4-6 servings):

- 1 large cabbage (1248g), core removed
- 1 Tbsp. olive oil
- 1/2 large white onion (75g), chopped finely
- 1 lb. ground beef

A
- 1 large egg
- 1/2 cup panko dried bread crumbs
- 2 Tbsp. milk
- 1/2 tsp. nutmeg powder
- 1/2 tsp. garlic powder
- 1-1/4 tsp. salt
- 1/2 tsp. black pepper

- 3 Tbsp. all-purpose flour
- 4 to 8 pieces of spaghetti, broken into thirds (for securing rolls)
- 1 Tbsp. olive oil (for soup)
- 2 bay leaves
- 2 garlic cloves (6g), chopped finely

B
- 1 can diced tomatoes (14.5 oz. can)
- 1 Tbsp. white wine
- 1-3/4 tsp. salt
- 1/2 tsp. black pepper

- 3 cups chicken stock (24 fl. oz.)
- 1 Tbsp. butter
- Parsley, chopped finely, as needed

Steps:

1. Wrap the cabbage in plastic wrap, put it in a microwave with the removed core side on the bottom, and cook until soft (approximately 5 minutes at 1,100 watts). (If the center is still hard, cook an additional 2 to 3 minutes until soft.) Carefully remove the largest soft cabbage leaves.
2. Make a v-cut around the thick vein portion of each cabbage leaf prepared in step 1, then remove from the tender leaf and chop up for later use.
3. Place the Pot in the Main Body.
4. Press the 【MENU】 button and select 「SAUTÉ/SEAR」. Press the 【TEMP】 buttons (▼, ▲) to select 「350°F」, place the Lid on the Pot and press the 【START/CANCEL】 button.
5. When the preheating completion beep sounds approximately 15 minutes later and PREHEAT has disappeared from the Display, remove the Lid.
6. Pour the olive oil in the Pot and add the white onions. Cook for approximately 4 to 6 minutes until they start to brown and then move them to a large bowl.
7. Press the 【START/CANCEL】 button to end the 「SAUTÉ/SEAR」 menu.
8. Wash the Pot and place it back in the Main Body.
9. When the white onions from step 6 have cooled down so they are warm to the touch, add the ground beef, chopped cabbage from step 2, and ingredients listed for A and mix well until the mixture sticks together. Cover the bowl with plastic wrap and refrigerate for approximately 30 minutes. Then divide into 12 portions.
10. Sift all-purpose flour onto the cabbage leaves and wrap the mixture from step 9 in the leaves one at a time. Close each cabbage roll with one or two pieces of broken spaghetti.
11. Press the 【MENU】 button, select 「SAUTÉ/SEAR」 at 「410°F」, and then place the Lid on the Pot and press the 【START/CANCEL】 button.
12. When the preheating completion beep sounds approximately 15 minutes later and PREHEAT has disappeared from the Display, remove the Lid.
13. Pour the olive oil in the Pot. Add the bay leaves and garlic and cook for approximately 30 seconds until fragrant.
14. Press the 【START/CANCEL】 button to end the 「SAUTÉ/SEAR」 menu.
15. Add the ingredients listed for B and mix. Place the cabbage rolls in the Pot, seams side down.
16. Add the chicken stock into the Pot.
17. Press the 【MENU】 button and select 「SIMMER」 at 「LO」. Press the 【TIME SETTING】 buttons (▼, ▲) and set **40 minutes** of cooking time. Place the Lid on the Pot, and press the 【START/CANCEL】 button.
18. When the end beep sounds, press the 【START/CANCEL】 button to end the 「SIMMER」 menu.
19. Lastly, add the butter and place the cabbage rolls in bowls. Ladle the remaining soup and garnish with chopped parsley.



Tomato Bisque

Required Cooking Time:
Approx. 1 hr. 5 mins.

Ingredients (6 servings):

- 1/4 cup butter (57g)
- 1-1/2 large white onions (225g), chopped finely
- 1 large stalk celery (64g), chopped finely
- 1 medium carrot (61g), chopped finely
- 2 cloves garlic (6g), chopped finely
- 3 Tbsp. all-purpose flour

A
- 3 Tbsp. tomato paste
- 4 cups chicken broth (32 fl. oz.)
- 2 cans diced tomatoes (14.5 oz. cans)
- 2 Tbsp. sugar
- 1/4 tsp. nutmeg powder

- 1/2 cup heavy cream (4 fl. oz.)
- 1 tsp. salt
- 1/2 tsp. black pepper
- Parsley, chopped finely as needed

Other Equipment:
Immersion hand blender

Steps:

1. Place the Pot in the Main Body.
2. Press the【MENU】button and select「SAUTÉ/SEAR」. Press the【TEMP】buttons (▼, ▲) to select「350°F」, place the Lid on the Pot and press the【START/CANCEL】button.
3. When the preheating completion beep sounds approximately 15 minutes later and PREHEAT has disappeared from the Display, remove the Lid.
4. Melt the butter in the Pot. Next, add the white onions, celery, carrots, and garlic. Cook for approximately 8 minutes until the vegetables become tender.
5. Add the all-purpose flour and cook for approximately 1 minute while mixing well.
6. Press the【START/CANCEL】button to end the「SAUTÉ/SEAR」menu.
7. Add the ingredients listed for A to the Pot and mix.
8. Press the【MENU】button and select「SIMMER」at「LO」.Press the【TIME SETTING】buttons (▼, ▲) and set **30 minutes** of cooking time. Place the Lid on the Pot, and press the【START/CANCEL】button.
9. When the end beep sounds, press the【START/CANCEL】button to end the「SIMMER」menu.
10. Remove any foam that forms on the surface.
11. Use an immersion hand blender and carefully puree the ingredients. Add the heavy cream, stir gently, and season with salt and black pepper.
12. Serve in a bowl and garnish with parsley.



Texan Pinto Beans

Required Cooking Time:
Approx. 4 hrs. 35 mins.

Ingredients (6-8 servings):

- 1-1/2 lbs. dried pinto beans, washed in a colander and drained
- 9 cups water (72 fl. oz.)

A
- 9 cups chicken broth (72 fl. oz.)
- 2 garlic cloves (6g), peeled and crushed
- 1 large white onion (150g), chopped roughly
- 1 Tbsp. sugar
- 1 to 2 whole jalapeno peppers (14g to 28g), scored on both sides
- 1 ham bone (pork hock) or 6 to 8 slices of bacon
- 1 tsp. salt

- 1/2 tsp. salt (for the ham meat or bacon)
- Black pepper, as needed
- Lime wedges, as needed

Steps:

1. Place the Pot in the Main Body and add the pinto beans and water.
2. Press the【MENU】button and select「SIMMER」at「LO」. Press the【TIME SETTING】buttons (▼, ▲) and set **30 minutes** of cooking time. Place the Lid on the Pot, and press the【START/CANCEL】button.
3. When the end beep sounds, press the【START/CANCEL】button to end the「SIMMER」menu.
4. Drain the ingredients from step 3 in a strainer.
5. Return the ingredients in step 4 to the Pot. Add the ingredients listed for A and mix together.
6. Press the【MENU】button and select「SIMMER」at「LO」. Press the【TIME SETTING】buttons (▼, ▲) and set **3 hours** of cooking time. Place the Lid on the Pot, and press the【START/CANCEL】button.
7. When the end beep sounds, press the【START/CANCEL】button to end the「SIMMER」menu.
8. Remove the ham bone (pork hock) or bacon. If there is meat attached to the ham bone, remove it from the bone. Sprinkle salt on the meat, chop it, and add it back to the Pot.
9. Season with black pepper. Put the beans in a bowl and garnish with lime wedges.



Asparagus Risotto with Seared Scallops

Required Cooking Time:
Approx. 1 hr. 10 mins.

Ingredients (4-6 servings):

- 2/3 lb. asparagus, woody ends removed and cut into 2" pieces
- 2 Tbsp. olive oil
- 1/2 large white onion (75g), chopped finely
- 1-1/2 cups Arborio rice, *measured using the included Measuring Cup* (do not wash rice)
- 1/2 cup white wine, dry (4 fl. oz.)
- 2-1/2 cups chicken broth (20 fl. oz.)
- 1 tsp. olive oil
- 1/2 lb. scallops
- Salt, to taste
- 6 Tbsp. butter (85g)
- 3/4 cup parmesan cheese, freshly grated, set aside 1 Tbsp. for garnishing
- 1/4 tsp. salt
- 1/4 tsp. black pepper

Steps:

1. Place the Pot in the Main Body and add the water (1 qt. not listed in ingredients) and salt (1 tsp. not listed in ingredients).
2. Press the【MENU】button and select「SIMMER」. Press the【TEMP】buttons (▼, ▲) to, select「HI」, place the Lid on the Pot and press the【START/CANCEL】button.
3. When the water starts to boil, add the asparagus and boil for approximately 6 minutes.
4. When you have finished boiling the asparagus, press the【START/CANCEL】button to end the「SIMMER」menu.
5. Drain the boiled asparagus in a colander, cool it with cold water, then drain again well.
6. Wash the Pot and place it back in the Main Body.
7. Press the【MENU】button and select「SAUTÉ/SEAR」at「410°F」. Place the Lid on the Pot and press the【START/CANCEL】button.
8. When the preheating completion beep sounds approximately 15 minutes later and PREHEAT has disappeared from the Display, remove the Lid.
9. Add the olive oil and white onions and sauté for approximately 2 minutes until translucent. Then, add the Arborio rice and sauté for approximately 3 minutes.
10. Add the white wine and boil for approximately 1 minute until it evaporates.
11. Press the【START/CANCEL】button to end the「SAUTÉ/SEAR」menu.
12. Add the chicken broth and stir well.
13. Press the【MENU】button and select「SIMMER」at「LO」. Press the【TIME SETTING】buttons (▼, ▲) and set **18 minutes** of cooking time. Place the Lid on the Pot and press the【START/CANCEL】button.
14. Pan fry the scallops while the risotto is cooking. Heat olive oil in a frying pan. Sprinkle salt on the scallops right before frying, and then fry both sides until fully cooked.
15. When the end beep sounds, press the【START/CANCEL】button to end the「SIMMER」menu.
16. Add the asparagus from step 5, butter, and parmesan cheese and mix. Then season with salt and black pepper to taste.
17. Serve risotto in a bowl and top with scallops, and sprinkle with parmesan cheese.
    - Be careful as cooking on「SIMMER」at「HI」with the Lid closed may cause condensation to collect on the Pot Handles.



Homemade Soymilk

Required Cooking Time: Approx. 45 mins.

Ingredients (Yields approx. 5 cups of soymilk):

- 9 oz. soy beans
- 4 cups water for soaking (32 fl. oz.)
- 4 cups water for cooking (32 fl. oz.)

To Prepare:
Sew a large sheet of bleached cotton cloth (or 2 to 3 sheets of stacked gauze or cheesecloth) into a large pouch

Other Equipment:
Blender or immersion hand blender



Homemade Tofu

Ingredients (Yields one approx. 10 oz. tofu):

Required Cooking Time:
Approx. 1 hr. and 50 mins.

- 5 cups of homemade soymilk made in the above recipe (40 fl. oz.)
- 2 to 3 Tbsp. liquid nigari tofu coagulant, also known as bittern (the ingredient that makes tofu)

To Prepare:
A large sheet of bleached cotton cloth (or 2 to 3 sheets of stacked gauze or cheesecloth)

Other Equipment:
Square strainer
(or round, if unavailable)



Miso Soup

Ingredients (4-5 servings):

Required Cooking Time:
Approx. 2 hrs. and 5 mins.

- 1 sheet kombu (edible seaweed), 4"× 5"
- 5 cups water (40 fl. oz.)
- 2-1/2 cups katsuobushi (dried bonito flakes)
- 1/2 lb. tofu, 1/2" cubes
- 1 Tbsp. dried wakame (edible seaweed)
- 3 to 4 Tbsp. miso (fermented soy bean paste)
- 1 large green onion (25g), chopped

Steps:

1. Wash and drain the soy beans. Move the soy beans to a bowl and add the water for soaking. Cover the bowl with plastic wrap, and place in the refrigerator or a cool place overnight.
2. Blend the mixture in step 1 with a blender until it turns into a white and creamy mixture.
3. Place the Pot in the Main Body add the water for cooking.
4. Press the【MENU】button and select「SIMMER」. Press the【TEMP】buttons (▼, ▲) to, select「HI」, press the【START/CANCEL】button.
5. When the preheating completion beep sounds and PREHEAT turn off in the Display, press the【START/CANCEL】button to end the「SIMMER」menu.
6. Add the mixture from step 2, and stir it with a wooden utensil.
7. Press the【TEMP】buttons (▼, ▲) and set「SIMMER」at「LO」. Press the【TIME SETTING】buttons (▼, ▲) and set **8 minutes** of cooking time. Place the Lid on the Pot, and press the【START/CANCEL】button.
   (Be careful at this time as the Pot may boil over if the wrong menu setting is selected.)
8. Open the Lid occasionally and skim off the floating bubbles while stirring with a wooden utensil. Put the Lid back on the Pot after stirring.
9. When the end beep sounds, press the【START/CANCEL】button to end the「SIMMER」menu.
10. Put a strainer in a bowl and place the assembled cloth pouch in it. Pour the soy bean mixture into it. Twist the opening of the bag and squeeze the mixture. (**The mixture will be hot. Wear rubber gloves and be careful not to burn yourself.**)

    Note: • What remains in the bag is called soy pulp (okara).
    • Be careful as cooking on「SIMMER」at「HI」with the Lid closed may cause condensation to collect on the Pot Handles.

Steps:

1. Place the washed Pot in the Main Body add the soymilk.
2. Press the【MENU】button, and then select「LOW/SLOW COOK」at「200°F」.
   Press the【TIME SETTING】buttons (▼ , ▲) and set **2 minutes** of cooking time. Place the Lid on the Pot, and press the【START/CANCEL】button.
   (Be careful at this time as the Pot may boil over if the wrong menu setting is selected.)
3. When the end beep sounds, press the【START/CANCEL】button to end the「LOW/SLOW COOK」and remove the Lid.
4. When a film (tofu skin) forms on the surface of the soymilk, remove it and stir the contents together.
5. Carefully add 2 Tbsp. of nigari tofu coagulant by pouring it down a wooden utensil and slowly mixing it into the soymilk by stirring 3 to 4 times. (Not stirring it too much yields a smoother texture.)
6. Place the Lid on the Pot. After 5 minutes, check if the soymilk is separating (the liquid should become clear). If so, place the Lid back on and leave as is for another 10 minutes. If the soymilk is not separating, add 1 tsp. of nigari tofu coagulant, place the Lid back on, and check again after 5 minutes. (Continue checking the soymilk and add 1 tsp. of nigari tofu coagulant at a time until it separates.)
7. Place the strainer in a bowl, spread the sheet of cloth on top of the strainer, and gently pour in the mixture from step 6 with a ladle. Wait for the water to drain and the tofu to firm up, approximately 30 minutes to 1 hour. During this time, placing a weight on top after shaping the tofu (by moving the bleached cotton cloth in the strainer side to side), will help solidify the tofu faster.
8. After the tofu becomes firm, place it in a bowl filled with plenty of water. Remove the sheet of cloth and let the tofu rest in the water for approximately 30 minutes to remove the bitterness of the nigari tofu coagulant.

Steps:

1. Place the Pot in the Main Body.
2. Wipe the surface of the kombu with a damp cloth, put it in the Pot, and add the water.
3. Press the【MENU】button and select「LOW/SLOW COOK」. Press the【TEMP】buttons (▼ , ▲) and select「140°F」. Press the【TIME SETTING】buttons (▼ , ▲) and set **1 hour** of cooking time. Place the Lid on the Pot, and press the【START/CANCEL】button.
4. When you hear the end beep, press the【START/CANCEL】button to end the「LOW/SLOW COOK」menu.
5. Remove the kombu.
6. Press the【MENU】button and select「SIMMER」at「LO」. Press the【TIME SETTING】buttons (▼ , ▲) and set **2 minutes** of cooking time. Place the Lid on the Pot, and press the【START/CANCEL】button.
7. When you hear the end beep, press the【START/CANCEL】button to end the「SIMMER」menu.
8. Add the katsuobushi and let sit for approximately 2 minutes. Place a cloth or paper towel in a strainer, and strain the broth.
9. Return the broth to the Pot and add the tofu and wakame.
10. Press the【MENU】button and select「SIMMER」at「LO」. Press the【TIME SETTING】buttons (▼ , ▲) and set **5 minutes** of cooking time. Place the Lid on the Pot, and press the【START/CANCEL】button.
11. When the end beep sounds, press the【START/CANCEL】button to end the「SIMMER」menu.
12. Add the miso by dissolving it a little at a time. (You can add as much or as little miso as desired.)
13. Serve in a bowl and garnish with green onions.



Steamed Fish

Required Cooking Time:
Approx. 40 mins.

Ingredients (1-2 servings):

- 1/2 lb. white fish such as snapper, cleaned and prepared (approximately 9" length)
- 1/2 tsp. kosher salt
- 1/4 tsp. black pepper
- Small section of ginger, peeled and cut into fine strips
- 1 leek, sliced into 2" length thin strips, as needed
- 1/3 cup fresh cilantro, chopped roughly
- 1/6 red bell pepper (27g), 2" thin strips
- 2 Tbsp. canola oil

A
- 3 Tbsp. light soy sauce
- 2 tsp. cooking wine
- 2 tsp. water
- 2 tsp. honey

To Prepare:
8-1/2" x 12" parchment paper

Other Equipment:
8" heat-resistant plate

Steps:

1. Clean and wash the fish in cold water, and then pat it dry with paper towels. Season the inside and outside of the fish with kosher salt and black pepper.
2. Place the parchment paper on the plate, spread out 1/3 of the ginger, and place the fish on top. Put 1/3 of the ginger inside the fish and spread the remaining 1/3 on top of the fish.
3. Place the Pot in the Main Body. Fill with approximately 25 fl. oz. (approximately 750 mL) of water (not listed in ingredients). Next, place the Steam Basket in the Pot, and place the plate together with the fish on the Steam Basket.
4. Press the【MENU】button and select「STEAM」. Press the【TIME SETTING】buttons (▼, ▲) and set **25 minutes** of cooking time. Place the Lid on the Pot, and press the【START/CANCEL】button. (Be sure not to pinch the parchment paper between the Pot and Lid.)
5. When the end beep sounds, press the【START/CANCEL】button to end the「STEAM」menu.
6. Remove the fish while being careful not to burn yourself and plate.
7. Garnish the top of the fish with leek, fresh cilantro and red bell pepper.
8. Heat up the canola oil in another small sauté pan. Mix the ingredients listed for A while it is heating up. Pour the heated oil on the fish from step 7 and then A on top.



Steamed Dumplings

Required Cooking Time:
Approx. 2 hrs. 20 mins.

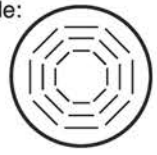
Ingredients (Yields approx. 60-65 pieces):

A
- 1 lb. ground pork
- 1/2 lb. shrimp, peeled and deveined, 1/2" pieces
- 3 dried shiitake mushrooms (10.8g), rehydrated and then chopped finely
- 1 Tbsp. grated ginger
- 2 Tbsp. light soy sauce
- 2 Tbsp. Shaoxing wine (Chinese rice wine; substitutes: other rice wines or pale, dry sherry)
- 1/4 tsp. white pepper

- 1/2 lb. Napa cabbage, shredded
- 4 large green onions (100g), chopped finely
- 2 Tbsp. sesame oil
- 1 to 2 packages dumpling to wrappers (also known as gyoza or potsticker wrappers) (10-12 oz. package)

To Prepare:
Cut the parchment paper to a diameter of 8" and cut in several places to allow steam to pass through.

Example:



Steps:

1. Add the ingredients listed for A to a large bowl and mix well.
2. Sprinkle two pinches of salt (not listed in ingredients) on the Napa cabbage and let sit for 10 to 15 minutes. Wring out the moisture from the Napa cabbage with a paper towel. Next, add the Napa cabbage to the ingredients from step 1. Then add the green onions and sesame oil and mix well.
3. Place 1 Tbsp. of the mixture in step 2 in the middle of the dumpling wrapper. Next, dip your finger in water, moisten around the edge of the dumpling wrapper, and close it by pleating the edge.
4. Place the Pot in the Main Body. Fill it with approximately 25 fl. oz. (approximately 750 mL) of water (not listed in ingredients). Next, lay the cooking sheet in the Steam Basket, place the Steam Basket in the Pot, and line up the dumplings from step 3. (12 dumplings can be cooked at one time.)
5. Press the 【MENU】 button and select 「STEAM」. Press the 【TIME SETTING】 buttons (▼, ▲) and set **25 minutes** of cooking time. Place the Lid on the Pot, and press the 【START/CANCEL】 button.
6. When the end beep sounds, press the 【START/CANCEL】 button to end the 「STEAM」 menu.
7. Remove the dumplings while being careful not to burn yourself and serve.
8. Repeat steps 4 to 7 and steam the remaining dumplings. (Add water [not listed in ingredients] as necessary.) Remove the Steam Basket after it cools down.

Note:
When arranging the dumplings in the Steam Basket and removing them, be careful not to burn yourself.



Tuna and Avocado Rice Bowl

Required Cooking Time:
Approx. 1 hr.

Ingredients (4-5 servings):

- 3 cups white rice *measured using the included Measuring Cup*
- 2 cans chunk tuna (5 oz. cans), drained

A
- 3 Tbsp. mayonnaise
- A pinch of salt
- A pinch of black pepper

- 2 medium avocadoes, pitted and peeled, 1/2" cubes (402g)
- 1/2 large red bell pepper (82g), 2" thin slices
- Cut nori, as needed
- Soy sauce, as needed

Steps:

1. Add washed white rice to the Pot and fill the Pot with water to white rice water level 3. Then, put the Pot in the Main Body, and place the Lid on it.
2. Press the【MENU】button and select「WHITE RICE」. Press the【START/CANCEL】button.
3. Add the tuna and the ingredients listed for A to a bowl and mix well.
4. When the end beep sounds, press the【START/CANCEL】button to end the「WHITE RICE」menu.
5. Stir and loosen the rice and serve it in a bowl. Put the ingredients from step 3, avocado, red bell pepper, and cut nori on top of the rice. Add soy sauce.



Fried Brown Rice with Green Onions and Eggs

Required Cooking Time:
Approx. 2 hrs. 10 mins.

Ingredients (4-5 servings):

- 3 cups brown rice *measured using the included Measuring Cup*
- 4 Tbsp. vegetable oil
- 4 large eggs, beaten
- 8 oz. thick cut ham (227g), 1/4" cubes
- 1 medium white onion (110g), 1/4" cubes
- 2 medium carrots (122g), 1/4" cubes
- 4 large green onions (100g), chopped, white and green sections divided; set aside 3 Tbsp. of chopped green portion for garnishing
- 4 garlic cloves (12g), chopped finely
- 1 Tbsp. ginger, chopped finely
- 1/4 tsp. salt
- A pinch of black pepper
- 2 Tbsp. soy sauce
- White pepper, as desired
- Salt, as desired

Steps:

1. Add washed brown rice to the Pot and fill the Pot with water to brown rice water level 3. Then, put the Pot in the Main Body, and place the Lid on it.
2. Press the【MENU】button and select「BROWN RICE」menu. Press the【START/CANCEL】button.
3. When the end beep sounds, press the【START/CANCEL】button to end the「BROWN RICE」menu.
4. Stir and loosen the rice and move it to a separate bowl.
5. Wash the Pot and place it back in the Main Body.
6. Press the【MENU】button and select「SAUTÉ/SEAR」at「410°F」. Place the Lid on the Pot, and press the【START/CANCEL】button.
7. When the preheating completion beep sounds approximately 15 minutes later and PREHEAT has disappeared from the Display, remove the Lid.
8. Pour 2 Tbsp. of vegetable oil and the beaten eggs into the Pot and stir gently. Move them from the Pot to a separate dish when about half cooked.
9. Pour 2 Tbsp. of vegetable oil in the Pot, and then add the ham, white onions, carrots, and white portion of the green onions. Cook until the ingredients are soft.
10. Add the garlic, ginger, salt, and black pepper, and cook until the ingredients become fragrant. Next, add the cooked brown rice and green portion of the green onions, and cook all ingredients.
11. Add eggs from step 8 back to the Pot, and mix all ingredients together.
12. Press the【START/CANCEL】button to end the「SAUTÉ/SEAR」menu.
13. Pour in the soy sauce, and season as desired with white pepper and salt.
14. Serve in a dish and garnish with green onions.



Quinoa Salad

Required Cooking Time:
Approx. 50 mins.

Ingredients (8-10 servings):

- 3 cups quinoa *measured using the included Measuring Cup*

A
- 10 pickling cucumbers, 1/4" cubes
- 2 large red onions (300g), 1/4" cubes
- 4 medium tomatoes (492g), diced
- 2 medium avocadoes (402g), pitted and peeled, diced
- 1/2 bunch Italian parsley (20g), chopped finely
- 1 bunch mint leaves (30g), chopped finely

B
- 2/3 cup extra virgin olive oil (5.3 fl. oz.)
- 1/2 cup red wine vinegar (4 fl. oz.)
- 1/2 cup lemon juice (4 fl. oz.)
- 4 tsp. salt
- 1-1/2 tsp. black pepper
- A pinch of cumin

Steps:

1. Add washed quinoa to the Pot and fill the Pot with water to quinoa water level 3. Then, place the Pot in the Main Body, and place the Lid on the Pot.
2. Press the【MENU】button and select「QUINOA」menu. Press the【START/CANCEL】button.
3. When the end beep sounds, press the【START/CANCEL】button to end the「QUINOA」menu.
4. Stir and loosen the quinoa and move it to a separate bowl and allow it to cool.
5. Toss the ingredients from step 4 and those listed for A and B together and serve on a dish.



Homemade Yogurt

Required Cooking Time:
Approx. 8 hrs.

Ingredients (10 servings):

- 2 qt. whole milk (non-homogenized)
- 1-1/2 cups plain yogurt with active cultures (12 fl. oz.)
- Fruit, as desired

Notes on Making Yogurt

Yogurts that serve as starters	• Use plain, unflavored yogurt (containing live and active yogurt cultures) to make yogurt. The yogurt may not solidify if a different type of yogurt is used. • Use yogurt immediately after the package is opened. The number of live bacteria in the yogurt will fall after it has been opened, and the yogurt may not solidify well. • This product cannot be used to make yogurts that require low-temperature fermentation. • Do not use the finished yogurt as a starter to make additional yogurt. • The yogurt may not solidify well if a yogurt is used in which the number of live bacteria has decreased, such as due to heating.
Milk	Use whole milk. The yogurt may not solidify if other types of milk are used, such as 2% milk, 1% milk, or skim milk.

Steps:

1. Place the Pot in the Main Body.
2. Press the【MENU】button and select「YOGURT」.
3. Add milk, place the Lid on the Pot, and press the【START/CANCEL】button.
4. When the preheating completion beep sounds approximately 4 hours later and PREHEAT has disappeared from the Display, open the Lid and remove the curd that formed on the surface of the milk. Fill a separate bowl with the yogurt and add approximately 2 cups of the milk from the Pot. Stir the yogurt and milk well, pour it back into the Pot, and then stir the contents of the Pot well.
5. Place the Lid on the Pot and press the【START/CANCEL】button.
6. When the end beep sounds press the【START/CANCEL】button to end the「YOGURT」menu.
7. After letting it cool to room temperature, move the yogurt to a clean container and store it in the refrigerator.

• Garnish with fruit as desired.


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