



dimchae°cook

IHElectrical Pressure Rice Cooker/Warmer

영어사용설명서
(English User Manual)

Important Safeguards

The following precautions for using Dimchae Cook are recommended to reduce the risk of personal injury or property damage. Carefully read all warnings and cautions to safely use Dimchae Cook.

⚠ Warnings Failure to follow these warnings may result in serious injury or even death.

⚠ Cautions Failure to follow these cautions may result in injury or property damage.

⚠ Warnings

Do not connect to a power outlet other than the one rated at 120V/60Hz.

Electric shock or fire may be caused. The appliance may not work properly.

Connect only to 120V / 15A power outlet. Do not have multiple appliances share a single outlet.

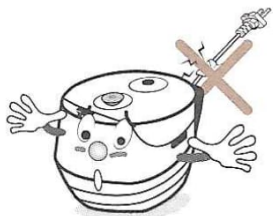
Fire may be caused by electric shock or short circuit. Always check the plug and use an extension cord rated at over 15A if needed.

120V



Do not use any loose or damaged power cord or power outlet.

Fire may be caused by electric shock or short circuit. For replacement of a damaged power cord, contact D.Y.Imports Inc at 877-394-6767, to have it repaired by a licensed electrician (service technician).



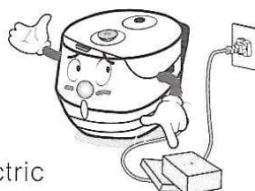
Do not touch the power plug with wet hands.

Doing this might cause an electric shock.

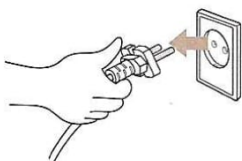


Ensure the power cord does not get damaged by the appliance or any heavy object placed on it.

Be careful as this may cause electric shock or fire.

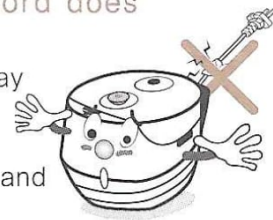


Do not pull the cable to unplug the appliance at the power outlet. Hold the power plug and unplug.



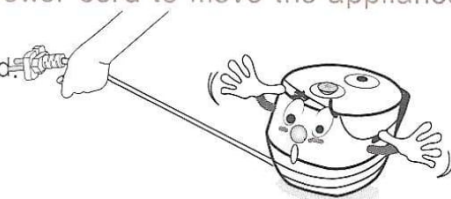
To protect against electric shock, ensure the power plug or the power cord does not get damaged.

Damaged power plug or cord may cause short circuit, electric shock or fire. Regularly check the condition of the power plug and power cord.



Do not pull the power cord to move the appliance.

Electric shock or fire may be caused.



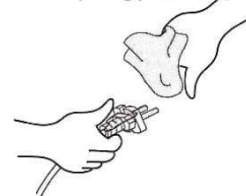
Do not couple or process the power cord with another cable.

Electric shock or fire may be caused.



To dust or clean dirt off the power plug, always use a dry cloth to wipe.

Dust or dirt may interfere with the power connection and cause electric shock or fire.



For a damaged power cord or plug, have it replaced or repaired by a licensed electrician (service technician).

The risk of electric shock or fire may be caused.



Keep the power cord or the power plug from being chewed by a pet or damaged by a sharp object.

⚠ Warnings

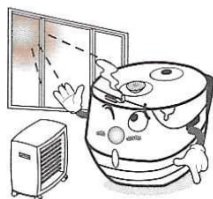
Do not place the appliance where water can come in contact with it, such as a sink or bathroom.

Electric shock or fire may be caused by electric damage. Stop using the appliance if water has come in contact with it. Unplug at the power outlet and contact D.Y.Imports Inc at 877-394-6767.



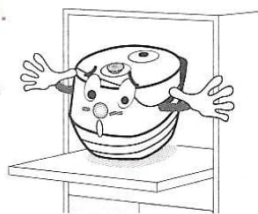
Do not place the appliance in direct sunlight or near other appliances such as heaters, microwave, audio player or TV.

Too low or too high temperature around the appliance may lower its performance and increase power consumption. It may cause a short circuit, electric shock or fire as well as deformation or discoloration of the appliance. The heat source may melt down the sheath of the power cord, resulting in electric shock or fire.



Do not operate the appliance placed inside a rice storage or on a kitchen shelf.

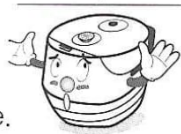
The power cord may be squashed in the gaps, causing electric shock or fire.



Provide adequate space, over 1.5m, above the appliance.

1.5M

During cooking, the rice storage or kitchen shelf may be damaged by the escaping steam from the rice cooker, causing electric shock or fire.



Keep out of the reach of children. This appliance is not intended for use by a child alone.

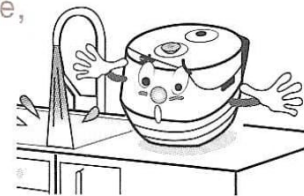
Burns or electric shock may be caused



⚠ Cautions

Do not place the appliance on a microwave, sink, stainless steel plate, fabric floor mat, cushion or electric blanket.

It may cause fire or damage the product. Regularly check the working condition of the appliance.



Always operate the appliance placed on a firm, level surface.

Uneven surface can result in the appliance making noise or parts deformed. For use in a higher position, be careful of hands, feet or other objects not to be caught by the power cord, to protect the appliance from falling.

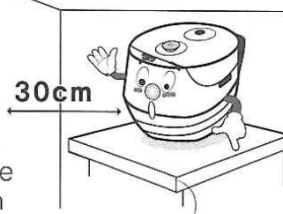


Do not use outdoors.

Electric shock or fire may be caused.

Position the appliance at a minimum distance of 30cm away from walls and objects.

Do not operate the appliance in enclosed spaces such as a rice storage or kitchen shelf. Always keep adequate space above and on all sides. Inadequate space may interfere with air circulation, resulting in lower performance.

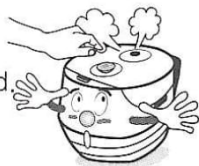


If the appliance makes unusual noise, burning smell or smoke, unplug at the power outlet immediately and tilt the pressure regulator to release any residual pressure. Then, contact D.Y.Imports Inc at 877-394-6767.

⚠ Warnings

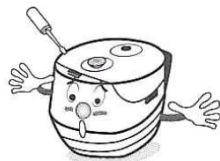
Keep face and body away from the pressure regulator and steam vent during use.

Bodily injury or burns may be caused. Keep children away from the appliance.



Do not dismantle, repair, or remodel the product on your own.

Electric shock or fire may be caused by electric damage. For repair, contact D.Y.Imports Inc at 877-394-6767.



Please consult your doctor before using this appliance if you are implanted with an artificial heart or any other electrical medical aid.

This appliance may affect the artificial heart or any other electrical medical aid.



Do not spray water on the appliance or use volatile materials such as benzene, thinner or alcohol to clean it.

The volatile materials may degrade the insulation of its electrical parts, resulting in electrical shot, fire or discoloration of the appliance. For cleaning, gently wipe the appliance with a warm, wet cloth or a dry cloth.



Never unlock and open the lid during cooking.

The lid does not get opened easily due to the pressure inside the rice cooker during cooking.

As forcing to open the lid may cause burns or explosion, never try it. The appliance may be damaged. Should you unlock and open the lid, press the [CANCEL] button and then the [OK] button and let the pressure drop before opening the lid.

Store any PE BAG packaging material out of the reach of children or safely discard.

The children may play with it wearing it over their head, which may cause a choking hazard.

Please make sure to clean the steam vent and other safety devices on a regular basis so they will not be blocked by any foreign objects.

Vent blockages can cause a fire or product malfunction.

Do not place a dishcloth, towel or ornamental cover on top of the pressure regulator and auto steam vent.

The object covering the steam vent can lower the performance of the appliance or cause damage, including deformation and discoloration, to it. It may also involve the risk of explosion.



Do not use a deformed or dented removable inner pot. Do not use any pot other than the inner pot supplied.

Any other pot may cause electric shock or fire.

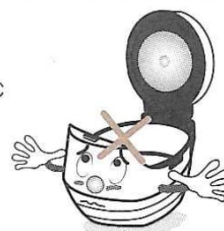


Ensure the removable inner pot is in place before use.

Absence of the pot may cause electric damage resulting in electric shock or fire. Do not shake or disassemble the appliance when you have accidentally place uncooked rice and water inside the rice cooker housing.

contact D.Y.Imports Inc at 877-394-6767.

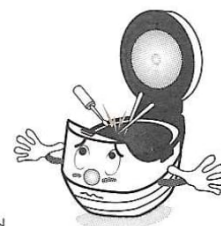
Please have a service technician check the appliance before using it again.



Do not operate the appliance with any metal object placed in the rice cooker housing without the inner pot. Keep metal objects including aluminum foil away from the appliance.

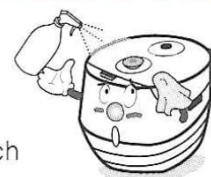
Electric shock or fire may be caused.

Children should be supervised to ensure they do not play near the appliance.



Do not spray pesticide or inflammable chemical inside the appliance.

Inflammable substances may cause appliance malfunctions or fire. Do not shake or disassemble the appliance if you find a cockroach or insect inside. contact D.Y.Imports Inc at 877-394-6767.



Never use a safety pin or chopstick to get rid of foreign objects from the inlet or gaps. contact D.Y.Imports Inc at 877-394-6767.

Electric shock or fire may be caused.



⚠ Cautions

Ensure the lid clicks when locking it into position.

Otherwise, the cooked rice may be discolored or smell musty. It may also lower the performance of the appliance.



Auto clean the appliance after cooking food.

Rice cooked and kept warm after any other food may smell musty. Clean the removable easy clean cover, the removable inner pot and the rice cooker lid.

If the lid does not get opened even after cooking is complete, contact our Dimchae Cook Customer Service.

The lid may not be opened if the pressure inside the rice cooker is too high. Please wait. If the lid is still not opened after 5 minutes, contact D.Y.Imports Inc at 877-394-6767. Take caution to avoid scalding from escaping steam when tilting the pressure regulator.

Ensure the condensation collector is properly positioned during cooking or warming.

Improperly clipped condensation collector may cause water to drip. Empty the condensation collector after use.

Watch out for burns when cleaning the condensation collector.

Care should be taken when handling the rice cooker after cooking. The temperature of accessible surfaces may still be high.

Remove plug from the power outlet if the appliance is not to be used for long.

Otherwise, it may degrade its insulation performance and cause electrical shock, short circuit or fire.

Do not fill up and cook over its capacity.

Overfilling the pot may cause uncooked rice, spill of water or degradation of the appliance.



Always be careful of the very hot inner pot, Easy Clean removable lid and pressure regulator after use.

The high heat may cause bodily injury or burns. Take extra caution to avoid scalding from escaping steam when tilting the pressure regulator.

Do not leave any magnetic object on top of the appliance.

Otherwise, it may cause performance degradation or failure of the appliance.



Do not cook any food other than specified.

Appliance failure or odor may be caused.

Never remove plug from the power outlet or press any other function button when the appliance is in use.

moving. It may cause malfunction.

Do not move the appliance by the handle of the inner pot.

The lid may be opened, causing bodily injury. Always hold the appliance base when moving. It may cause malfunction.



Do not drop or apply impact onto the inner pot.

Bodily injury or appliance malfunctions may be caused.



Do not use the removable inner pot for cooking on a stove or for anything other than its intended use.

It can discolor the pot, damage the coating or deform the handle.



Keep the inside the rice cooker housing and the outside of the inner pot free from any foreign object.

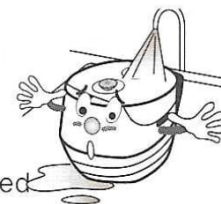
The auto temperature sensor inside the rice cooker may not function properly, resulting in the inner pot overheated and appliance malfunctions or performance degradation. It may also cause fire.

Always ensure any foreign object is removed before use.



Before cleaning, ensure the appliance power connector is removed. Do not spray water directly on the appliance or immerse in water.

Electric shock or fire may be caused if the display or any electrical part comes in contact with water.



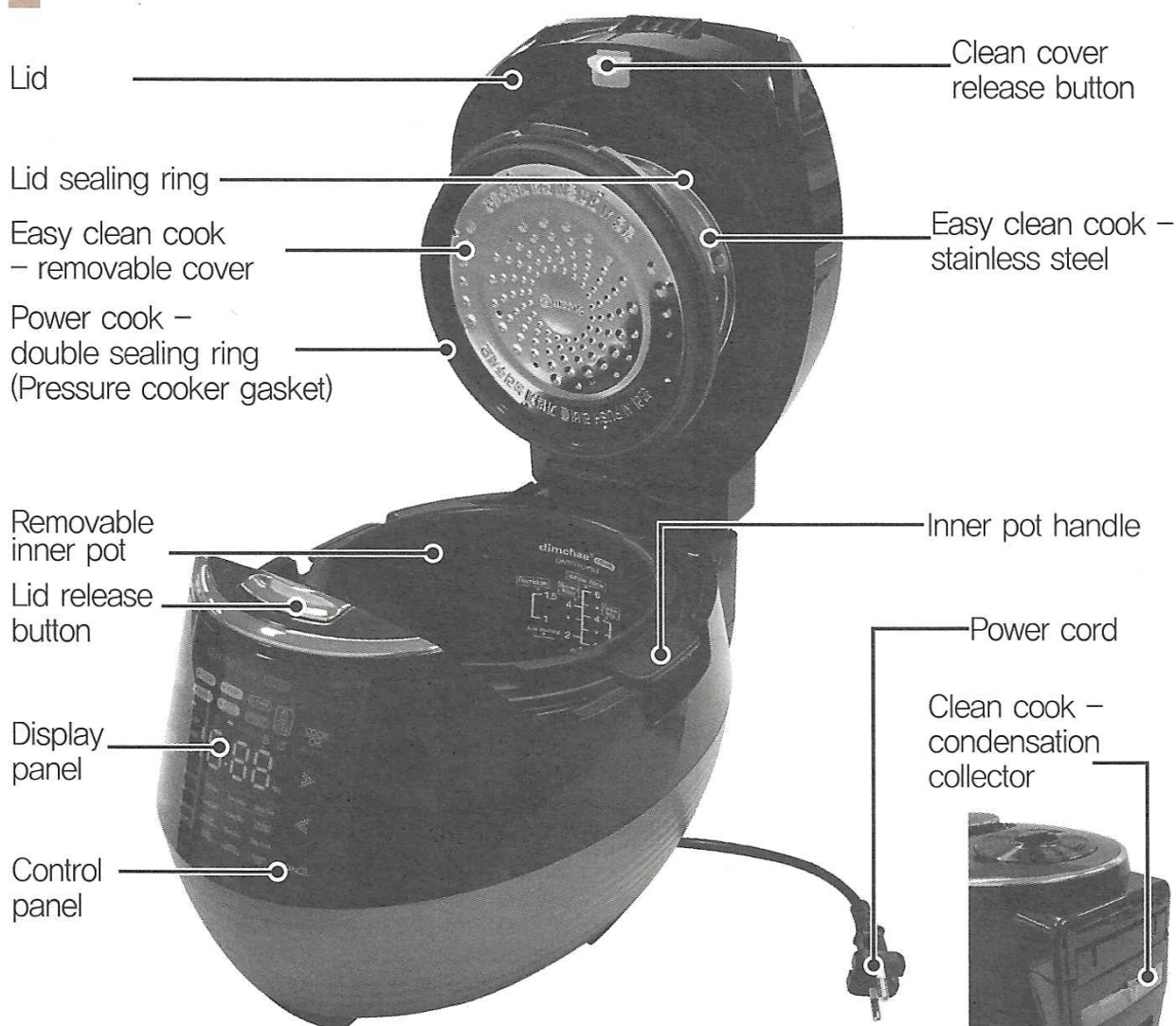
Do not use outdoors.

Electric shock or fire may be caused.

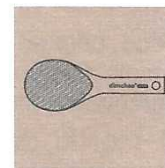
If the coating of the inner pot is damaged, contact D.Y.Imports Inc at 877-394-6767.

Do not use abrasive cleaners or steel wool to clean the removable inner pot as these can damage the coating of the pot. Always use mild dishwasher detergent and a sponge. Please do not tap the rice paddle against the edges of the inner pot to get rid of the rice clinging on the paddle. The coating of the pot may be damaged.

Parts and Features



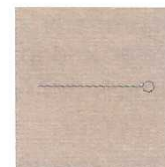
User's Manual and Recipes



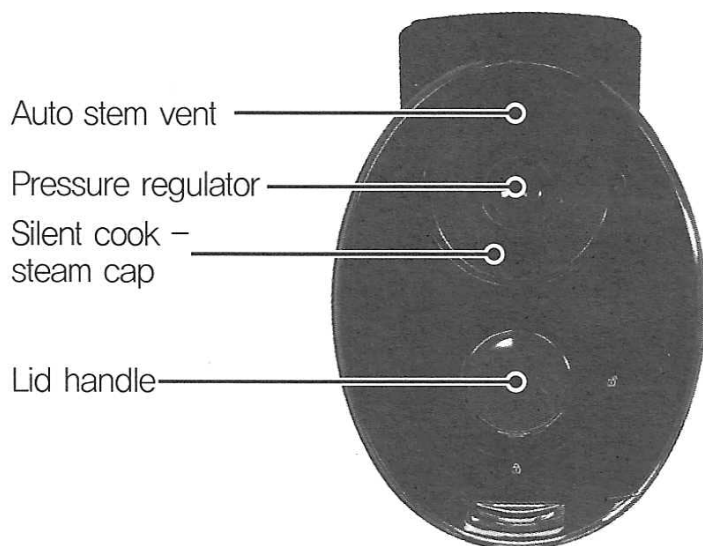
Rice paddle



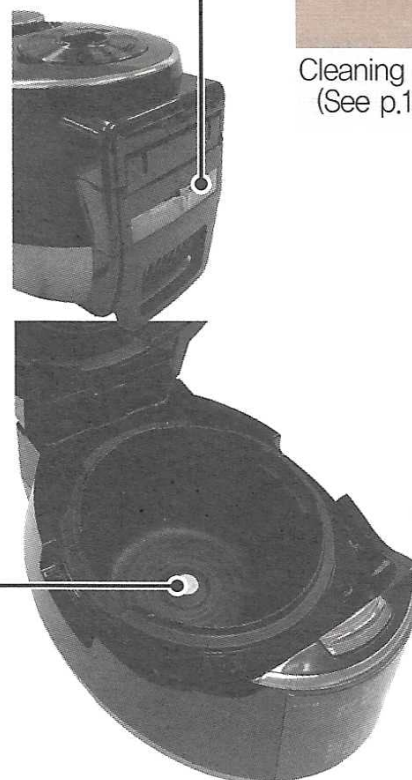
Measuring scoop



Cleaning pin (See p.19)

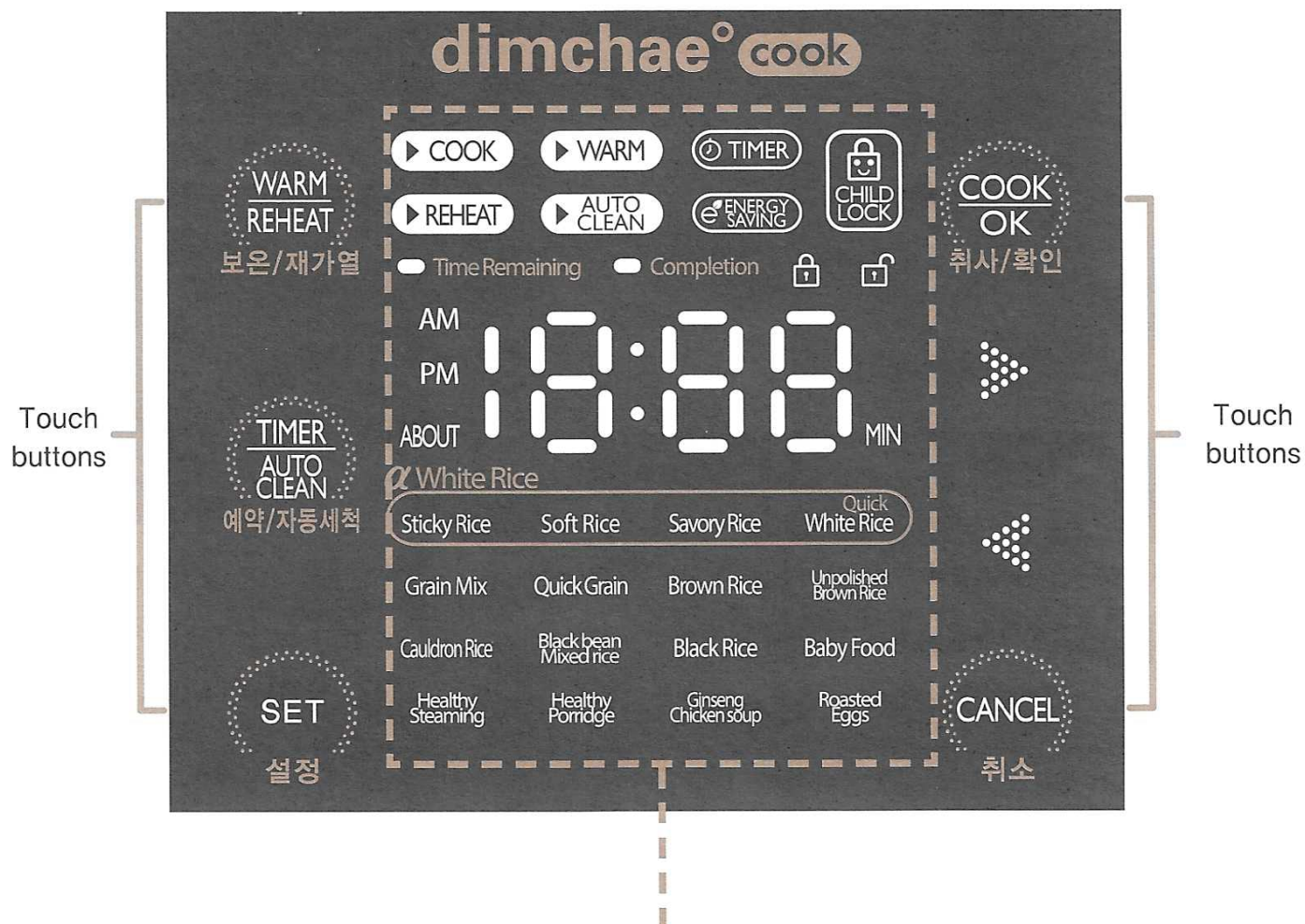


Temperature sensor



※ Actual product may differ in appearance to images shown in this book.

Control and Display



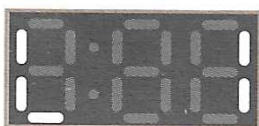
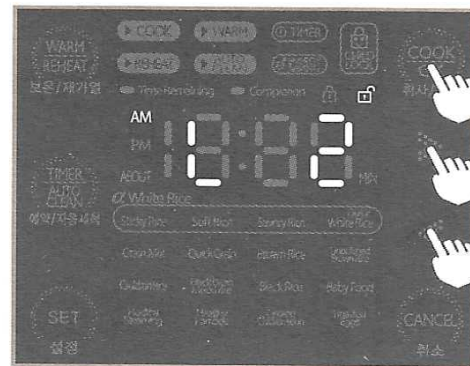
UI display panel

This panel displays operation of the rice cooker, locked/unlocked status, current time, timer, remaining cooking time and menu.

Language

This is to set the language on the rice cooker, Korean or Chinese or English.

1. On the standby mode, press the [SET] button twice to enter the Language setting.
2. Use the [▶] and [◀] buttons to set the desired language and press the [COOK / OK] button.
(Default language: English)
 - ▶ Press the [COOK / OK] button to save the setting and return to the standby mode.
 - ▶ Press the [CANCEL] button to cancel the setting and return to the standby mode.



[To set Korean]

[To set Chinese]

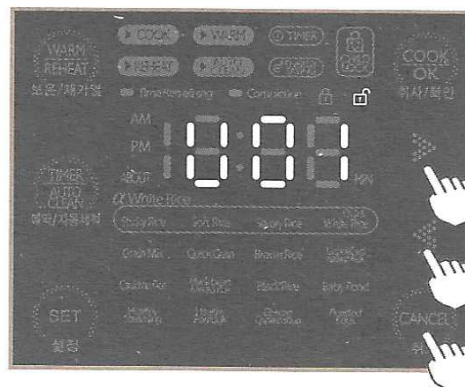
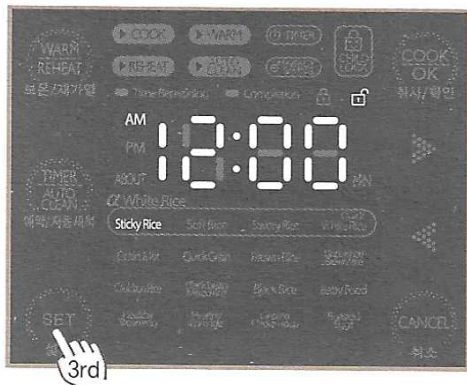
[To set English]

※ 0 : Korean / 1 : Chinese / 2 : English

Voice Level

This is to set the voice level of the rice cooker.

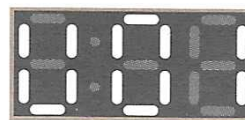
1. On the standby mode, press the [SET] button three times to enter the Voice Level setting.



2. Use the [▶] and [◀] buttons to set the desired voice level and press the [COOK / OK] button.

(Default voice level: 3)

- ▶ Press the [COOK / OK] button to save the setting and return to the standby mode.
- ▶ Press the [CANCEL] button to cancel the setting and return to the standby mode.



[To set the voice level to 1]

※ The voice level can be set from 1 to 6
(Level 1 is "Mute").

※ A voice guidance message on cancellation of cooking, warming or auto cleaning is always heard even when the voice level is set to 1 (Mute).

Cooking Instructions

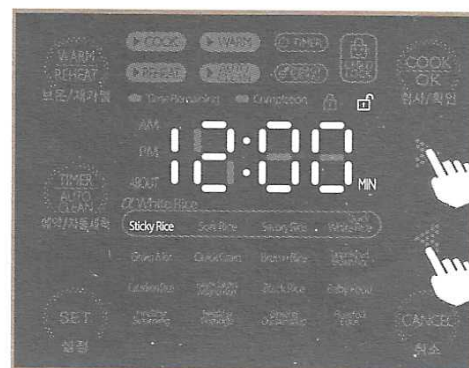
1. Insert the power plug into the power outlet and close the lid.

Check the removable easy clean cover is correctly placed in position.

Clean the outside of the removable inner pot and place the pot in the rice cooker housing. Turn the lid handle to lock before starting to cook.

2. On the standby mode, press the selector [▶ and ◀] buttons to select a menu.

On the standby mode, turn the lid handle to lock and press the [COOK / OK] button to commence cooking the selected menu.

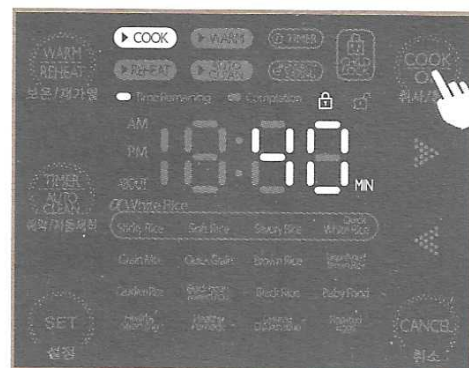


3. Select a menu and press the [COOK / OK] button.

Turn the lid handle to lock and press the [COOK / OK] button to commence cooking the selected menu.

Remaining cooking time is displayed on the screen.

A voice guidance message about steam release is heard during cooking.



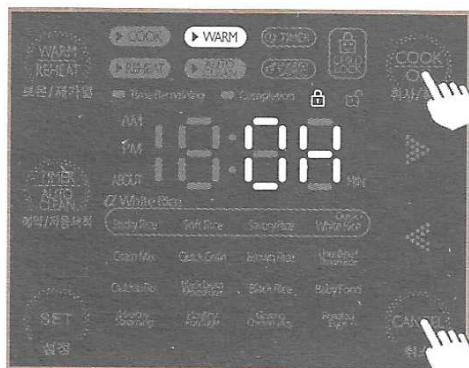
4. If you press the [CANCEL] button during cooking, a voice guidance message is heard to prompt you to confirm. Press the [COOK / OK] button. Then, the rice cooker will stop the cooking and switch to the standby mode.



5. When the cooking is complete, the rice cooker will automatically switch to the WARM setting.

If you press the [CANCEL] button to cancel the WARM setting, a voice guidance message is heard to prompt you to confirm. Press the [COOK / OK] button. Then, the rice cooker will stop the WARM functions and switch to the standby mode.

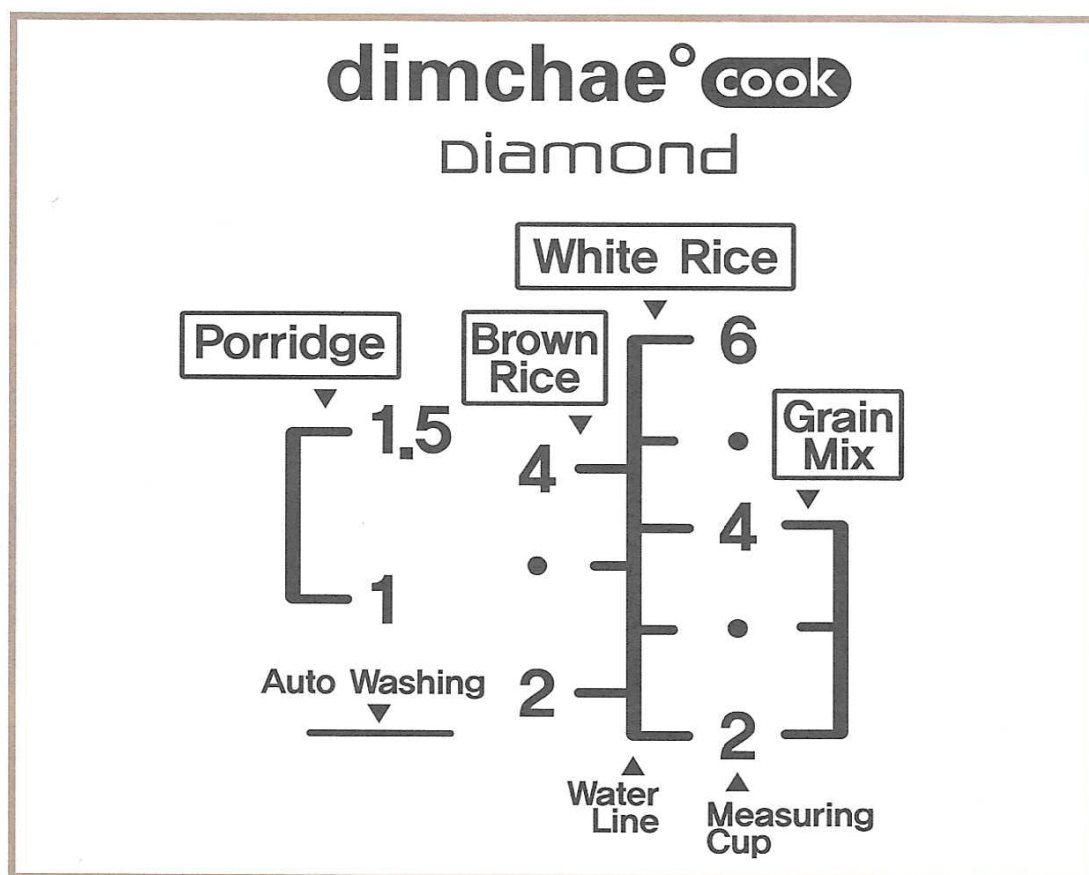
※ When cooking is canceled, the rice cooker lid can be lifted after a certain amount of time due to the pressure inside the rice cooker.

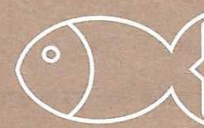
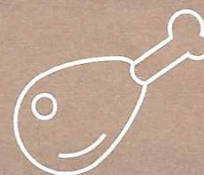
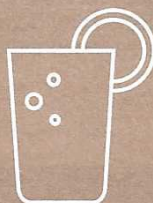
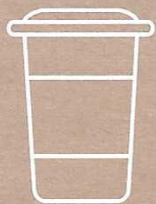


Soft Rice menu	Cooks firm and soft rice as if boiled in an ordinary pot rather than a pressure cooker.
Quick white rice / mixed rice	Reduces the cooking time. It is recommended rice less than 4 cups be cooked on the quick rice cooking setting. Note that the rice may be cooked well as much as when cooked on the normal setting.

※ Cautions

- ▶ Caution must be taken when the steam automatically gets released during cooking.
 - Take caution of the "choo" noise from the escaping steam at high speed.
 - In particular, keep children away from the rice cooker. The steam may cause burns.
- ▶ A power outage during cooking may cause the operation of the automatic steam release and the steam to disperse.
 - Always cook set amount of rice and water.
 - Too much water may cause food to overflow.
 - Ensure the steam cap is in place before starting to cook.

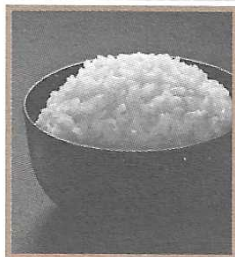




1. Rice

※ 1 Measuring cup = 150g

Sticky Rice

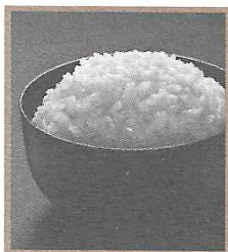


- Calories per serving : 317 kcal
- Cooking time : Approximately 35 minutes
- Ingredient : Uncooked white rice

Method

1. Use the measuring cup to measure rice and wash thoroughly.
2. Add washed rice into the removable inner pot and fill it with water using the water measurement line for white rice.
3. Place the inner pot in the rice cooker housing and close the lid.
4. Select the Sticky Rice setting in the menu and press the [COOK / OK] button.

Savory Rice



- Calories per serving : 317 kcal
- Cooking time : Approximately 42 minutes
- Ingredient : Uncooked white rice

Method

1. Use the measuring cup to measure rice and wash thoroughly.
2. Add washed rice into the removable inner pot and fill it with water using the water measurement line for white rice.
3. Place the inner pot in the rice cooker housing and close the lid.
4. Select the Savory Rice setting in the menu and press the [COOK / OK] button.

Grain Mix



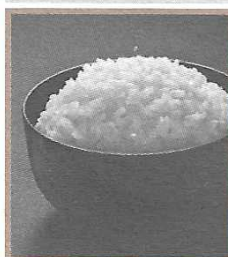
- Calories per serving : 267 kcal
- Cooking time : Approximately 49 minutes
- Ingredient : 2 cups rice, 1/3 cup black beans, 1/3 cup millet, 1/3 cup sorghum

Method

1. Use the measuring cup to measure rice and other grains wash thoroughly.
2. Wash black beans, millet and sorghum and soak in water for about one hour.
3. Add rice and other grains into the removable inner pot and fill it with water using the water measurement line for grain mix.
4. Place the inner pot in the rice cooker housing and close the lid.
5. Select the Grain Mix setting in the menu and press the [COOK / OK] button.

※ Grains may not be cooked completely if not soaked beforehand.

Soft Rice

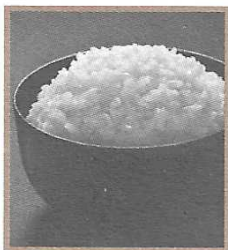


- Calories per serving : 317 kcal
- Cooking time : Approximately 49 minutes
- Ingredient : Uncooked white rice

Method

1. Use the measuring cup to measure rice and wash thoroughly.
2. Add washed rice into the removable inner pot and fill it with water using the water measurement line for white rice.
3. Place the inner pot in the rice cooker housing and close the lid.
4. Select the Soft Rice setting in the menu and press the [COOK / OK] button.

Quick White Rice



- Calories per serving : 317 kcal
- Cooking time : Approximately 16 minutes
- Ingredient : Uncooked white rice

Method

1. Use the measuring cup to measure rice and wash thoroughly.
2. Add washed rice into the removable inner pot and fill it with water using the water measurement line for white rice.
3. Place the inner pot in the rice cooker housing and close the lid.
4. Select the Quick White Rice setting in the menu and press the [COOK / OK] button.

Quick Grain Mix



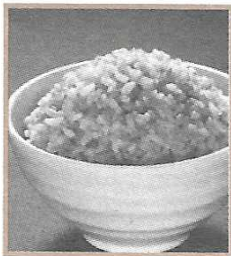
- Calories per serving : 267 kcal
- Cooking time : Approximately 29 minutes
- Ingredient : 2 cups rice, 1/3 cup black beans, 1/3 cup millet, 1/3 cup sorghum

Method

1. Use the measuring cup to measure rice and other grains wash thoroughly.
2. Wash black beans, millet and sorghum and soak in water for about one hour.
3. Add rice and other grains into the removable inner pot and fill it with water using the water measurement line for grain mix.
4. Place the inner pot in the rice cooker housing and close the lid.
5. Select the Quick Grain Mix setting in the menu and press the [COOK / OK] button.

※ Grains may not be cooked completely if not soaked beforehand.

Brown Rice

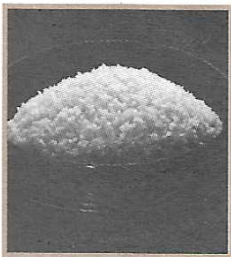


- Calories per serving : 315 kcal
- Cooking time : Approximately 64 minutes
- Ingredient : Uncooked brown rice

Method

1. Use the measuring cup to measure brown rice and wash thoroughly.
2. Add washed brown rice into the removable inner pot and fill it with water using the water measurement line for brown rice.
3. Place the inner pot in the rice cooker housing and close the lid.
4. Select the Brown Rice setting in the menu and press the [COOK / OK] button.

Cauldron Rice

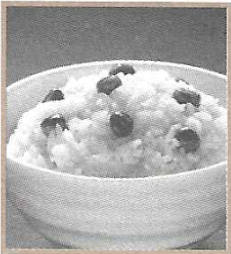


- Calories per serving : 317 kcal
- Cooking time : Approximately 37 minutes
- Ingredient : Uncooked white rice

Method

1. Use the measuring cup to measure rice and wash thoroughly.
2. Add washed rice into the removable inner pot and fill it with water using the water measurement line for white rice.
3. Place the inner pot in the rice cooker housing and close the lid.
4. Select the Cauldron Rice in the menu and press the [COOK / OK] button.

Rice with Peas

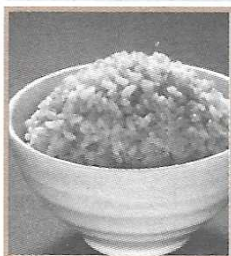


- Calories per serving : 300 kcal
- Cooking time : Approximately 37 minutes
- Ingredient : 3 2/3 cups rice, 1/3 cup peas

Method

1. Use the measuring cup to measure rice and peas and wash thoroughly.
 2. Wash peas and soak in water for about two hours.
 3. Add washed rice and peas into the removable inner pot and fill it with water using the water measurement line for white rice.
 4. Place the inner pot in the rice cooker housing and close the lid.
 5. Select the Sticky Rice setting in the menu and press the [COOK / OK] button.
- ※ Peas may not be cooked completely if not soaked beforehand.

Unpolished Brown Rice



- Calories per serving : 315 kcal
- Cooking time : Time setting + 50 minutes
- Ingredient : Uncooked brown rice

Method

1. Use the measuring cup to measure brown rice and wash thoroughly.
2. Add washed brown rice into the removable inner pot and fill it with water using the water measurement line for brown rice.
3. Place the inner pot in the rice cooker housing and close the lid.
4. Select the Unpolished Brown Rice setting in the menu and press the [COOK / OK] button.

Black Bean Mixed Rice

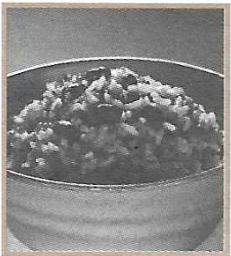


- Calories per serving : 355 kcal
- Cooking time : Approximately 44 minutes
- Ingredient : 3 1/2 cup rice, 1/2 cup black soybeans

Method

1. Use the measuring cup to measure rice and black soybeans and wash thoroughly.
 2. Wash black soybeans and soak in water for about one hour.
 3. Add washed rice and black soybeans into the removable inner pot and fill it with water using the water measurement line for white rice.
 4. Place the inner pot in the rice cooker housing and close the lid.
 5. Select the Black bean Mixed rice setting in the menu and press the [COOK / OK] button.
- ※ Black soybeans may not be cooked completely if not soaked beforehand.

Black Rice



- Calories per serving : 547 kcal
- Cooking time : Approximately 45 minutes
- Ingredient : 3 1/3 cups rice, 2/3 cup black rice

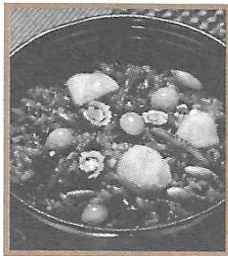
Method

1. Use the measuring cup to measure white rice and black rice and wash thoroughly.
2. Add washed white rice and black rice into the removable inner pot and fill it with water using the water measurement line for white rice.
3. Place the inner pot in the rice cooker housing and close the lid.
4. Select the Black Rice setting in the menu and press the [COOK / OK] button.

2. Rice Dishes

※ 1 Measuring cup = 150g

Super Healthy Rice

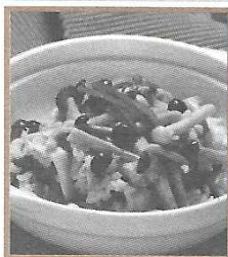


- Calories per serving : 438 kcal
- Cooking time : Approximately 49 minutes
- Ingredient : 3 cups rice, 1/3 cup millet, 1/2 cup black beans, 1 shiitake mushroom, 4 chestnuts, 5 dates, 7 ginkgo nuts
- Sauce : 4 tablespoons soy sauce, 1/2 teaspoon chili powder, 2 teaspoons sesame salt, 2 tablespoons finely chopped spring onion, 1/2 tablespoon crushed garlic, 1 teaspoon sesame oil

Method

1. Wash and soak black beans and millet in water for about 1 hour.
2. Measure and wash rice in running water until water is clear.
3. Peel chestnuts.
4. Chop mushroom, dates and peeled chestnuts into 2mm pieces.
5. Add soaked rice and millet into the inner pot and top with mushroom, chestnuts, dates, black beans and ginkgo nuts.
6. Fill the pot with water up to the water measurement line 4 for grain mix.
7. Select the Grain Mix setting in the menu and press the [COOK / OK] button.
8. When the cooking is complete, serve it with sauce.

Mixed Mushrooms Rice

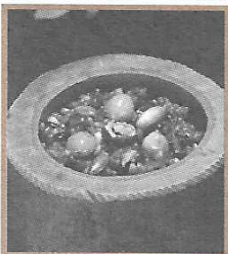


- Calories per serving : 354 kcal
- Cooking time : Approximately 45 minutes
- Ingredient : 3 cups rice, a handful of oyster mushrooms, a handful of button mushrooms, 1 shiitake mushroom
- Sauce : 4 tablespoons soy sauce, 1/2 teaspoon chili powder, 2 teaspoons sesame salt, 2 tablespoons finely chopped spring onion, 1/2 tablespoon crushed garlic, 1 teaspoon sesame oil

Method

1. Measure and wash rice in running water until water is clear.
2. Wash oyster mushrooms and button mushrooms and tear them into pieces. Soak shiitake mushroom and cut into bite-sized pieces.
3. Add rice into the inner pot and fill it up with water to the water measurement line 3 for cooking white rice.
4. Top the rice in the pot with prepared mushrooms.
5. Select the Black Rice setting in the menu and press the [COOK / OK] button.
6. When the cooking is complete, serve it with sauce.

Rice in Bamboo

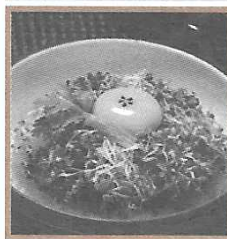


- Calories per serving : 354 kcal
- Cooking time : Approximately 45 minutes
- Ingredient : 3 cups rice, a handful of oyster mushrooms, a handful of button mushrooms, 1 shiitake mushroom
- Sauce : 4 tablespoons soy sauce, 1/2 teaspoon chili powder, 2 teaspoons sesame salt, 2 tablespoons finely chopped spring onion, 1/2 tablespoon crushed garlic, 1 teaspoon sesame oil

Method

1. Measure and wash white rice, uncooked glutinous rice and black rice.
 2. Place white rice, uncooked glutinous rice and black rice inside the bamboo steam and add water up to about 2cm above the rice level.
 3. Garnish with dates, ginkgo nuts and pine nuts.
 4. Dissolve salt in water and add to the inner pot. Place the bamboo inside the pot.
 5. Use the "▶" button to select the Healthy Steaming and set the cooking time to 45 minutes. Then, press the [COOK / OK] button.
- ※ It is recommended the bamboo stem be shorter than 10 cm in height.

Sprout Bibimbap

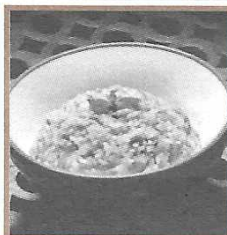


- Calories per serving : 399 kcal
- Cooking time : Approximately 45 minutes
- Ingredient : 3 cups white rice, 1/3 cup black rice, sprouts, 1/4 cup hot pepper paste, 1 egg yolk

Method

1. Measure and wash white rice and black rice in running water until water is clear.
2. Soak washed rice in water for about 30 minutes.
3. Wash and strain sprouts.
4. Add soaked rice into the inner pot and fill it up with water to the water measurement line 3 for cooking white rice.
5. Select the Black Rice setting in the menu and press the [COOK / OK] button.
6. When the cooking is complete, place cooked rice in a serving bowl and top with sprouts, hot chili paste and egg yolk.

Tender Rice with Tuna and Vegetables

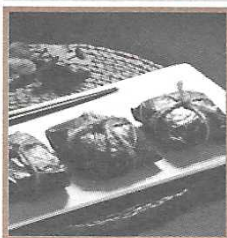


- Calories per serving : 342 kcal
- Cooking time : 15 minutes
- Ingredient : 1/2 cup rice, 30g canned tuna, 20g zucchini, 20g onion, 1/2 teaspoon salt, 1/2 teaspoon cooking wine, 1/2 teaspoon ground pepper, 1 teaspoon sesame seeds, 1 1/2 cups water

Method

1. Measure and wash rice in running water until water is clear. Soak rice for about 30 minutes.
2. Finely chop zucchini and onion.
3. Pour boiling hot water over tuna to remove oil and then mash the tuna.
4. Add rice, zucchini, onion, tuna and water into the inner pot.
5. Use the "▶" button to select the Healthy Steaming and set the cooking time to 15 minutes. Then, press the [COOK / OK] button.
6. Add salt and pepper to taste.

Rice Wrapped in Lotus Leaf



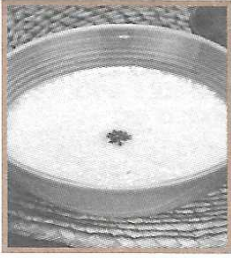
- Calories per serving : 472 kcal
- Cooking time : 25 minutes
- Ingredient : Lotus leaves, 150g cooked glutinous rice, 100g red beans, a pinch of salt, 3 chestnuts, 2 dates, 7 ginkgo nuts

Method

1. Wash lotus leaves and soak in water.
 2. Wash red beans and boil over high heat. Tip out the water and slowly boil them again over low heat until the beans pop.
 3. Mix cooked glutinous rice and red beans. Season with salt.
 4. Wrap cooked glutinous rice, red beans, chestnuts, dates and ginkgo nuts in a lotus leaf and tie a knot crossed over. Place it in a steaming tray.
 5. Add a cup of water to the inner pot and place the steaming tray inside the pot.
 6. Use the "▶" button to select the Healthy Steaming and set the cooking time to 25 minutes. Then, press the [COOK / OK] button.
- ※ One or two of the wrapped rice are recommended for a single serving.

3. Porridge & Soup

White Rice Porridge

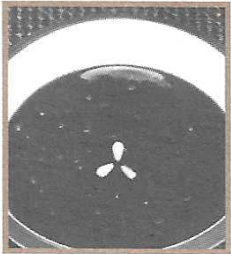


- Calories per serving : 159 kcal
- Cooking time : Approximately 90 minutes
- Ingredient : Uncooked white rice

Method

1. Measure rice and wash thoroughly.
2. Add rice into the inner pot and fill it up with water using the water measurement lines for cooking porridge.
3. Use the "▶" button to select the Healthy Porridge setting and press the [COOK / OK] button.
4. When the cooking is complete, gently stir the porridge.

Red Bean Porridge

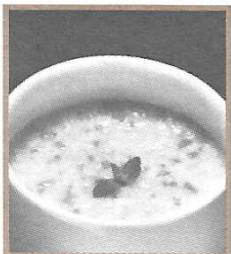


- Calories per serving : 319 kcal
- Cooking time : Approximately 90 minutes
- Ingredient : 1 cup rice, 1/2 cup red beans, a pinch of salt and sugar

Method

1. Measure and wash rice. Soak rice in water for about 30 minutes.
2. Wash red beans and boil over high heat. Tip out the water and slowly boil them again over low heat until the beans pop. Allow the water used to boil red beans to cool.
3. Mash cooked red beans up in a colander to strain water only
4. Add soaked rice and mashed red beans into the inner pot and pour in 4 cups cooled water.
5. Use the "▶" button to select the Healthy Porridge setting and press the [COOK / OK] button.
6. When the cooking is complete, add salt and sugar to taste and gently stir the porridge.

Potato and Carrot Porridge



- Calories per serving : 150 kcal
- Cooking time : Approximately 90 minutes
- Ingredient : 1 cup rice, 30g carrot, 1 potato, 30g zucchini

Method

1. Measure and wash rice and then soak in water for about 30 minutes.
2. Peel potato, carrot and zucchini and cut them into small pieces.
3. Add the prepared ingredients into the inner pot and fill with water up to the water level 1 marked for porridge cooking.
4. Use the "▶" button to select the Healthy Porridge setting and press the [COOK / OK] button.

Abalone Rice Porridge



- Calories per serving : 277 kcal
- Cooking time : Approximately 90 minutes
- Ingredient : 1 cup rice, 1 tablespoon sesame oil, 1 abalone, a pinch of salt

Method

1. Measure and wash rice.
2. Scrub abalone clean with a brush and cut into bite-sized pieces.
3. Add rice, abalone and sesame oil into the inner pot and fill with water up to the water level 1 for porridge.
4. Use the "▶" button to select the Healthy Porridge setting and press the [COOK / OK] button.
5. When the cooking is complete, add salt to taste and gently stir the porridge.

Sweet Potato and Apple Porridge



- Calories per serving : 219 kcal
- Cooking time : Approximately 20 minutes
- Ingredient : 70g apple, 70g sweet potato, 3/4 cup water, honey

Method

1. Wash and peel sweet potato and apple. Mix in a blender with 1/2 cup water.
2. Add the mixed ingredients and 1/4 cup water into the inner pot.
3. Use the "▶" button to select the Baby Food and set the cooking time to 20 minutes. Then, press the [COOK / OK] button.
4. When the cooking is complete, add a bit of honey to taste.

Vegetables and Rice Gruel

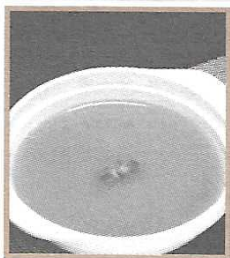


- Calories per serving : 239 kcal
- Cooking time : Approximately 10 minutes
- Ingredient : 1/3 cup rice, 20g broccoli, 1 cup water, a pinch of salt

Method

1. Measure and wash rice and then soak in water for about 30 minutes.
2. Mix the soaked rice, broccoli and water in a blender until smooth.
3. Add the prepared ingredients into the inner pot.
4. Use the "▶" button to select the Baby Food and set the cooking time to 10 minutes. Then, press the [COOK / OK] button.
5. When the cooking is complete, add salt to taste and stir the porridge.

Sweet Pumpkin Soup



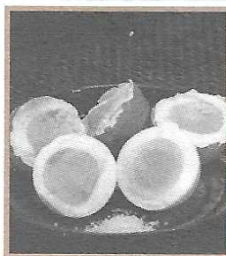
- Calories per serving : 219 kcal
- Cooking time : Approximately 20 minutes
- Ingredient : 70g apple, 70g sweet potato, 3/4 cup water, honey

Method

1. Pick and peel well-cooked sweet pumpkin and remove the seeds. Cut into cubes and rinse in water.
2. Mix the prepared pumpkin with water in a blender.
3. Add the prepared ingredients, bread crumbs and milk into the inner pot.
4. Use the "▶" button to select the Baby Food and set the cooking time to 20 minutes. Then, press the [COOK / OK] button.
5. When the cooking is complete, add salt to taste and stir the porridge.

4. Egg Dishes

Steamed Eggs

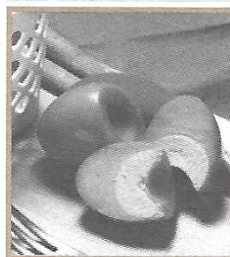


- Calories per serving : 70kcal
- Cooking time : Approximately 20 minutes
- Ingredient : 6 eggs, 2 cups water, a pinch of salt

Method

1. Add 6 eggs, water and salt into the inner pot.
 2. Use the "▶" button to select the Healthy Steaming and set the cooking time to 20 minutes. Then, press the [COOK / OK] button.
- ※ Watch out for the hot eggs after cooking.

Roasted Eggs

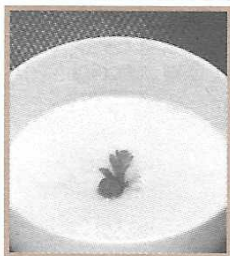


- Calories per serving : 70kcal
- Cooking time : Approximately 50 minutes
- Ingredient : 6 eggs, 1/2 cup water, a pinch of salt

Method

1. Add 6 eggs, water and salt into the inner pot.
 2. Use the "▶" button to select the Roasted Eggs setting and press the [COOK / OK] button.
- ※ Watch out for the hot eggs after cooking.

Steamed Egg Casserole



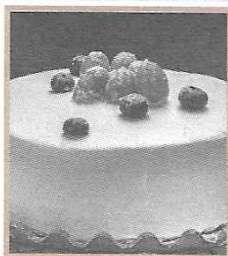
- Calories per serving : 170kcal
- Cooking time : Approximately 20 minutes
- Ingredient : 2 eggs, 5cm chives, 2cm carrot, a pinch of salt, 1 cup water

Method

1. Cut carrot and chives into 1mm pieces.
2. Mix well-beaten eggs, 1 cup water, chopped chives & carrot and salt in a mixing bowl.
3. Add 1 cup water into the inner pot and place a steaming tray inside the pot. Put the bowl of mixed ingredients on the steaming tray.
4. Use the "▶" button to select the Healthy Steaming and set the cooking time to 20 minutes. Then, press the [COOK / OK] button.

5. Desserts & Snacks

Fresh Cream Cake

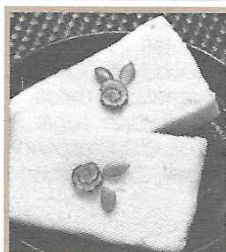


- Calories per serving : 237kcal
- Cooking time : Approximately 40 minutes
- Ingredient : 3 eggs, 60g cake flour, 1 teaspoon baking powder, 1/2 cup sugar, a pinch of salt, 1 tablespoon butter, vanilla essence
- Whipping cream : 150g fresh cream, 1/2 cup sugar
- Topping : 1/4 pineapple, 2 kiwi fruits, 5 strawberries

Method

1. Sieve cake flour, baking powder and salt.
2. Separate egg yolks and white.
3. Put the egg white in a dry mixing bowl and gradually add in sugar to make meringue. (Mix in one direction only.)
4. Gradually add in the egg yolks to the bowl while still mixing.
5. Add the sieved ingredients from step 1 to the bowl and gently mix until the flour is not seen.
6. Apply butter evenly inside the inner pot and add in the dough.
7. Use the "▶" button to select the Healthy Steaming and set the cooking time to 40 minutes. Then, press the [COOK / OK] button.
8. When the cooking is complete, allow the cake to cool.
9. Gradually add sugar to the fresh cream to make whipping cream.
10. Garnish the cake with the prepared fruit pieces.

Steamed White Rice Cake



- Calories per serving : 237kcal
- Cooking time : Approximately 40 minutes
- Ingredient : 1 1/2 cups non-glutinous rice powder (dried), 15g sugar, a pinch of salt, 1 date, 4 pumpkin seeds
- eggs, 60g cake flour, 1 teaspoon baking powder, 1/2 cup sugar, a pinch of salt, 1 tablespoon butter, vanilla essence

Method

1. Sieve rice powder, sugar and salt.
2. Add 2/3 cup water little by little to the powder mix and sieve the crumbling dough again.
3. Add 2 cups water into the inner pot and place a steaming tray.
4. Lay a cloth or a sheet of Korean paper on the tray and place all the ingredients on it.
5. Use the "▶" button to select the Healthy Steaming and set the cooking time to 45 minutes. Then, press the [COOK / OK] button.
6. When the cooking is complete, garnish the rice cake with date and pumpkin seeds.

Butter Chocolate Cake

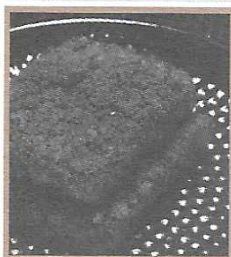


- Calories per serving : 386kcal
- Cooking time : 45 minutes
- Ingredient : 1 egg, 1/2 cup milk, 1 cup pancake powder mix, 75g butter, 50g almond slices, 100g chocolate

Method

1. Beat eggs and mix them well with milk. Store the mixture at room temperature.
2. Break chocolate into small pieces to melt in a double boiler.
3. Add butter to the chocolate. Bring water to a boil over medium heat and gradually add in chocolate.
4. Once melting chocolate is complete, add it to the mixture from step 1 and mix well.
5. Add pancake powder mix and almonds to the mixture from step 4.
6. Apply melted butter inside the inner pot. Evenly spread out the mixture in the pot.
- Apply the butter to protect the cake from sticking to the pot.
7. Use the "▶" button to select the Healthy Steaming and set the cooking time to 45 minutes. Then, press the [COOK / OK] button.

Steamed Rice Cake with Red Beans



- Calories per serving : 345kcal
- Cooking time : 45 minutes
- Ingredient : 1 cup non-glutinous rice powder (Dried), 1 cup red beans, a pinch of salt, 2 1/2 tablespoons sugar

Method

1. Add 1/3 cup water to non-glutinous rice powder and sieve the dough. Add in 1 tablespoon sugar.
2. Wash red beans and boil over high heat. Tip out the water and slowly boil them again over low heat until the beans pop.
3. Crush the cooked red beans and add in a pinch of salt and 1 1/2 tablespoons sugar.
4. Fill the inner pot with 2 cups of water and place a steaming tray inside the pot. Lay a cloth or a sheet of Korean paper on the tray.
5. Spread out 1/2 cup of red bean paste in the steaming tray and top with non-glutinous rice powder. Spread out the other 1/2 cup of red bean paste on top, making layers.
6. Use the "▶" button to select the Healthy Steaming and set the cooking time to 45 minutes. Then, press the [COOK / OK] button.

Sweetened Rice with Dried Fruits and Nuts



- Calories per serving : 470kcal
- Cooking time : 35 minutes
- Ingredient : 2 cups uncooked glutinous rice, 60g raisins, 7 chestnuts, 7 dates, 1 tablespoon pine nuts, 70g brown sugar, 1 tablespoon dark soy sauce, 3 tablespoons sesame oil, a pinch of salt, 1/2 teaspoon cinnamon powder

Method

1. Wash uncooked glutinous rice and soak in water for over 30 minutes.
2. Cut chestnuts and dates into small pieces.
(Make sure to peel the chestnuts and remove date seeds.)
3. Add brown sugar, sesame oil, cinnamon powder and salt to the soaked non-glutinous rice and mix well.
4. Add the mixture from step 3 and all other ingredients into the inner pot. Fill the pot with 1 1/4 cups of water and mix again.
5. Use the "▶" button to select the Healthy Steaming and set the cooking time to 35 minutes. Then, press the [COOK / OK] button.

6. Steaming

Corns



- Calories per serving : 142kcal
- Cooking time : Approximately 40 minutes
- Ingredient : 2 corns, 2 cups water, a pinch of salt

Method

1. Wash corns and place them in the steaming tray.
 2. Add 2 cups of water and salt into the inner pot and place the steaming tray inside the pot.
 3. Use the "▶" button to select the Healthy Steaming and set the cooking time to 40 minutes. Then, press the [COOK / OK] button.
- ※ Watch out for the hot corns after cooking.

Tofu and Vegetable Rice



- Calories per serving : 221kcal
- Cooking time : Approximately 20 minutes
- Ingredient : 1/4 tofu, 1/4 carrot, 1/4 zucchini, 3/4 cup water, 1/2 bowl of cooked rice (100g)

Method

1. Crush tofu and cut carrot and zucchini.
2. Add water, tofu, carrot, zucchini and cooked rice into the inner pot and mix well.
3. Use the "▶" button to select the Healthy Steaming and set the cooking time to 20 minutes. Then, press the [COOK / OK] button.
4. When the cooking is complete, gently stir the porridge.

Sweet Potatoes

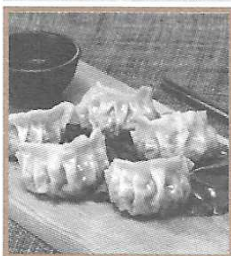


- Calories per serving : 131kcal
- Cooking time : Approximately 30 minutes
- Ingredient : 3 sweet potatoes, 1 cup water

Method

1. Wash sweet potatoes and place them in the steaming tray.
 2. Add 1 cup of water into the inner pot and place the steaming tray inside the pot.
 3. Use the "▶" button to select the Healthy Steaming and set the cooking time to 30 minutes. Then, press the [COOK / OK] button.
- ※ Watch out for the hot sweet potatoes after cooking.
- ※ It is recommended large sweet potatoes be cut in half lengthwise.

Dumplings

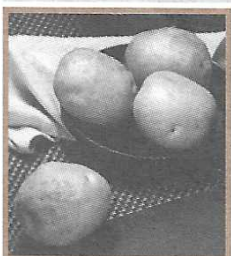


- Calories per serving : 182kcal
- Cooking time : Approximately 25 minutes
- Ingredient : 15 dumplings, 1 cup water

Method

1. Add 1 cup of water into the inner pot and place a steaming tray.
 2. Place dumplings in the steaming tray. Spread them out evenly so they do not stick to each other.
 3. Use the "▶" button to select the Healthy Steaming and set the cooking time to 25 minutes. Then, press the [COOK / OK] button.
- ※ Watch out for the hot dumplings after cooking.

Potatoes



- Calories per serving : 76kcal
- Cooking time : Approximately 35 minutes
- Ingredient : 3 potatoes, 1 cup water

Method

1. Wash potatoes and place them in the steaming tray.
 2. Add 1 cup of water into the inner pot and place the steaming tray inside the pot.
 3. Use the "▶" button to select the Healthy Steaming and set the cooking time to 35 minutes. Then, press the [COOK / OK] button.
- ※ Watch out for the hot potatoes after cooking.
 ※ Cut large potatoes over 200g in half before cooking.

Eggplant



- Calories per serving : 60kcal
- Cooking time : 15 minutes
- Ingredient : 2 eggplants, 2 tablespoons dark soy sauce, 1 red chili, 1 green chili, 1 teaspoon sugar, 1 teaspoon crushed garlic, 1 teaspoon sesame seeds seasoned with salt, finely chopped spring onion, 1 teaspoon chili powder, 3/4 cup water

Method

1. Wash eggplants and cut in three pieces. Make cross cuts and place in a steaming tray.
2. Add 3/4 cup of water into the inner pot and place the steaming tray inside the pot.
3. Use the "▶" button to select the Healthy Steaming and set the cooking time to 15 minutes. Then, press the [COOK / OK] button.
4. Make sauce with dark soy sauce, red chili, green chili, sugar, garlic, sesame seeds, chopped spring onion and chili powder.
5. When the cooking is complete, garnish the eggplants with the sauce.

Braised Spicy Chicken

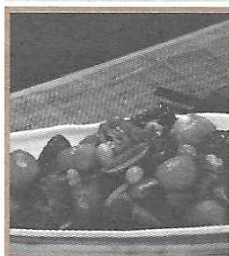


- Calories per serving : 128kcal
 - Cooking time : Approximately 40 minutes
 - Ingredient : 1 medium chicken (Less than 700g recommended), 1/3 spring onion, 1 potato, 1 onion, 1 chili, 1/3 carrot
- Marinade : 3 tablespoons soy sauce, 1 1/2 tablespoons chili paste, 1 tablespoon crushed garlic, 1 tablespoon cooking oil, 1 tablespoon sugar, 1 1/2 tablespoons starch syrup, 1/2 teaspoon ginger juice, 1/2 tablespoons ground pepper.

Method

1. Wash chicken and cook in a boiling water to filter out impurities in the meat. Wash in cold water and strain.
2. Make cuts in the chicken and season with salt and pepper.
3. Cut chili and spring onion on the diagonal and cut potato, onion and carrot in bite-sized cubes.
4. Add the chicken and other ingredients with sauce into the inner pot and marinade in sauce for about one hour.
5. Use the "▶" button to select the Healthy Steaming and set the cooking time to 40 minutes. Then, press the [COOK / OK] button.

Korean-style Braised Short Ribs



- Calories per serving : 439kcal
 - Cooking time : 45 minutes
 - Ingredient : 600g beef ribs, 1 potato, 1/3 carrot, 5 chestnuts, 3 ginkgo nuts, 2 dates 3 tablespoons rice wine, 3 tablespoons pear juice
- Marinade : 4 tablespoons dark soy sauce, 2 tablespoons sugar, 1 tablespoon crushed garlic, 1/3 cup pear juice, 1 tablespoon sesame oil

Method

1. Remove fat from beef ribs and soak in cold water to get rid of blood.
 2. Leave the soaked ribs in a sieve for at least 30 minutes to strain. Make cuts in the ribs and marinade in rice wine and pear juice for about one hour to tenderize the meat. 3. Prepare the sauce and marinade the ribs in the sauce for about one hour.
 4. Cut potato and carrot in cubes. Stir-fry ginkgo nuts in oil and peel the skin.
 5. Add the rest of the ingredients to the marinated ribs.
 6. Use the "▶" button to select the Healthy Steaming and set the cooking time to 45 minutes. Then, press the [COOK / OK] button.
 7. When the cooking is complete, serve the meat in a plate garnished with dates and pine nuts.
- ※ No extra water is required as the food is cooked by the steam coming out of the ribs and sauce.

7. Special Dishes

Steak



- Calories per serving : 381kcal
- Cooking time : 25 minutes
- Ingredient : 200g beef for steak,
a pinch of salt and pepper,
1 cup water

Method

1. Season the meat with salt and pepper. Add a cup of water to the inner pot and place the meat in a steaming tray.
2. Use the "▶" button to select the Healthy Steaming and set the cooking time to 25 minutes. Then, press the [COOK / OK] button.
3. When the cooking is complete, serve the steak with sauce.

Ginseng Chicken Soup



- Calories per serving : 555kcal
- Cooking time : Approximately 70 minutes
- Ingredient : 1 medium chicken (Less than 600g recommended), 3 dates, 1 fresh ginseng, 3/4 cup uncooked glutinous rice, 7 garlic cloves, 3 chestnuts, 1 1/2 cups water, a pinch of rock salt

Method

1. Wash chicken and cut off the fat underneath the meat.
 2. Wash uncooked glutinous rice and soak in water for about two hours.
 3. Stuff the chicken with the soaked rice and three garlic cloves. Cross the legs and tie them around.
 4. Add the stuffed chicken, 1 1/2 cups of water, dates, ginseng, garlic, chestnuts and rock salt into the inner pot.
 5. Use the "▶" button to select the Ginseng Chicken Soup setting and press the [COOK / OK] button.
- ※ Add abalone to taste.
 ※ Too much water may cause the soup to steam out and overflow during the pressure discharge.

Stir-fried Spicy Rice Cake

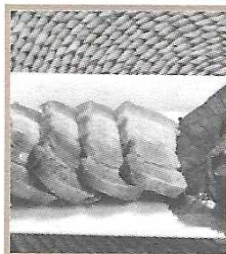


- Calories per serving : 249kcal
- Cooking time : Approximately 20 minutes
- Ingredient : 200g long cylinder shaped rice cake (soft and tender), 70g fish cake, 1/4 onion, 1 green chili, 1 tablespoon sesame seeds, 1/3 carrot, 1/4 spring onion
 Sauce : 2 tablespoons chili paste, 1 tablespoon starch syrup, 1 tablespoon sugar, 1 teaspoon soy sauce, 1/3 anchovy and kelp stock, 1 teaspoon crushed garlic, 1 tablespoon chili powder

Method

1. Wash rice cake in running water and cut into bite-sized pieces.
2. Julienne fish cake, onion and carrot and slice green chili and spring onion on the diagonal.
3. Mix the sauce well.
4. Add the prepared ingredients and sauce into the inner pot.
5. Use the "▶" button to select the Healthy Steaming and set the cooking time to 20 minutes. Then, press the [COOK / OK] button.
6. When the cooking is complete, serve the food in a plate sprinkled with sesame seeds.

Boiled Pork Slices



- Calories per serving : 381kcal
- Cooking time : 25 minutes
- Ingredient : 400g pork, 2 bay leaves, 1 onion, 5 garlic cloves, a pinch of rock salt, 5-10 whole peppercorns, 1 cup water

Method

1. Soak pork in cold water to filter out the blood.
2. Cut onion into 8 pieces.
3. Add water, pork, bay leaves, onion, whole peppercorns, garlic and rock salt into the inner pot.
4. Use the "▶" button to select the Healthy Steaming and set the cooking time to 50 minutes. Then, press the [COOK / OK] button.
5. When the cooking is complete, slice the meat about 1 cm thick.
 ※ Cook the pork cut in half.

Stir-fried Glass Noodles and Vegetables



- Calories per serving : 173kcal
- Cooking time : Approximately 20 minutes
- Ingredient : 100g glass (starch) noodles, 1/2 onion, 1 green capsicum, 1 red capsicum, 1/2 carrot, a bit of spinach, 70g fish cake, 1/2 cup water, 2 tablespoons cooking oil
 Sauce : 1 tablespoon sesame oil, 3 tablespoons soy sauce, 1 teaspoon sesame seeds, a pinch of salt

Method

1. Soak the noodles in cold water for about 90 minutes.
2. Slice onion, green capsicum, red capsicum, carrot and fish cake about 3mm thick. Blanch the spinach.
3. Add cooking oil, water and all other ingredients except the spinach into the inner pot.
4. Use the "▶" button to select the Healthy Steaming and set the cooking time to 20 minutes. Then, press the [COOK / OK] button.
5. When the cooking is complete, add in the spinach and sauce and stir well.
6. Serve in a plate sprinkled with sesame seeds.
 ※ Noodles if soaked for too long may get too thick or mushed. Adjust the soaking time to our preference.