

NutriWare™

Whole Grain Gourmet™

Instruction Manual



NutriWare™
www.MyNutriWare.com



Model #NRC-1000

www.MyNutriWare.com

Welcome to the NutriWare™ community!

With your NutriWare™ Whole Grain Gourmet™ you are well on your way to meals that are healthy, delicious and easy to prepare. Cook anything from white to brown rice, whole grains and even entire entrees with the push of a button.

The Whole Grain Gourmet™ also has the revolutionary ability to boil delicious whole grain pastas and other foods with its surgical stainless steel colander.

And with completely surgical stainless steel cooking surfaces you can rest assured that all food contact surfaces are non-reactive. With the Whole Grain Gourmet™, the only thing you and your family will be consuming is the delicious food you've prepared.

To maximize your health benefits, be sure to use fresh, organic foods whenever possible. Free of pesticides and artificial additives, organic foods will nourish you best.

This isn't the only product from NutriWare™. Please visit us at **www.mynutriware.com** to browse our other NutriWare™ products.

NutriWare™ nourishes the food that nourishes you.

Aroma Wellness Co.
6469 Flanders Drive
San Diego, CA 92121
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Wellness

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LIMITED WARRANTY



Aroma Wellness Company warrants this product free from defects in material and workmanship for two years from provable date of purchase in the continental United States.

Within this warranty period, Aroma Wellness Company will repair or replace, at its option, defective parts at no charge, provided the product is returned, freight prepaid with proof of purchase and U.S. \$15.00 for shipping and handling charges payable to Aroma Wellness Company. Before returning an item, please call the toll free number below for a return authorization number. Allow 2-4 weeks for return shipping.

This warranty does not cover improper installation, misuse, abuse or neglect on the part of the owner. Warranty is also invalid in any case that the product is taken apart or serviced by an unauthorized service station.

This warranty gives you specific legal rights, which may vary from state to state, and does not cover areas outside the United States.

AROMA WELLNESS COMPANY
6469 Flanders Drive
San Diego, California 92121
1-800-276-6286
M-F, 8:30 AM - 5:00 PM, Pacific Standard Time
www.MyNutriware.com

Aroma Wellness™ Co. is committed to making the world a healthier, happier place for current and future generations. We believe that being socially and environmentally responsible is a compulsory duty for modern businesses. Our mission is to provide innovative home product solutions that bring health and wellness into the lives of all who use them. The NutriWare™ line of kitchen appliances is in lockstep with Aroma Wellness™ Co.'s overall mission.



The Aroma Wellness Co.'s San Diego staff

NutriWare™ is for those who want to get the most out of their food. This new generation of kitchen appliances gives back what traditional cooking methods take away. We seek to provide our customers with convenient, wholesome ways to unlock the full health benefits of natural foods.

NutriWare™ is committed to quality and therefore uses only safe, non-reactive materials and advanced technology to create appliances that are ultimately practical, versatile and safe.

IMPORTANT SAFEGUARDS

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

1. **Important: Read all instructions carefully before first use.**
2. Do not touch hot surfaces. Use handles or knobs.
3. Use only on a level, dry and heat-resistant surface.
4. To protect against electrical shock, do not immerse the cord, plug or appliance in water or any other liquid.
5. Close supervision is necessary when the appliance is used by or near children.
6. Always unplug from outlet when not in use and before cleaning. Allow unit to cool before putting on or taking off parts and before cleaning the appliance.
7. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or has been damaged in any manner. Contact Aroma Wellness customer service for examination, repair or adjustment.
8. The use of accessory attachments not recommended by Aroma Wellness may result in fire, electric shock or injury.
9. Do not use outdoors.
10. Do not let cord touch hot surfaces or hang over the edge of a counter or table.
11. Do not place on or near a hot burner or in a heated oven.
12. Do not use the appliance for other than its intended use.
13. Extreme caution must be used when moving the appliance containing hot water or other liquids.
14. Do not touch, cover or obstruct the steam vent on the top of the rice cooker as it is extremely hot and may cause scalding.
15. Use only with a 120V AC power outlet.
16. Always unplug from the base of the wall outlet. Never pull on the cord.
17. The rice cooker should be operated on a separate electrical circuit from other operating appliances. If the electric circuit is overloaded with other appliances, this appliance may not operate properly.
18. Always make sure the outside of the inner pot is dry prior to use. If the inner pot is returned to the cooker when wet, it may damage or cause the product to malfunction.
19. Use extreme caution when opening the lid during or after cooking. Hot steam will escape and may cause scalding.
20. Rice or grains should not be left in the inner pot with the "Keep-Warm" function on for more than 12 hours.
21. To prevent damage or deformation, do not use the inner pot on a stovetop or burner.
22. To disconnect, turn any control to "Off," then remove the plug from wall outlet.
23. To reduce the risk of electric shock, cook only in removable container.

SAVE THESE INSTRUCTIONS

TROUBLESHOOTING

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

PROBLEM	SOLUTION
Rice is too dry/hard after cooking.	If your rice is dry or hard/chewy when the rice cooker switches to "Keep-Warm" mode, additional water and cooking time will soften the rice. Depending on how dry your rice is, add more water and stir through. Close the lid and press the appropriate function button ("White Rice" or "Brown Rice" depending upon the rice being cooked). When the rice cooker switches to "Keep-Warm" mode, open the lid and stir the rice to check the consistency. Repeat as necessary until rice is soft and moist.
Rice is too moist/soggy after cooking.	If your rice is still too wet or soggy when the rice cooker switches to "Keep-Warm" mode, use the rice paddle to stir the rice. This will redistribute the bottom (moistest) part of the rice as well as release excess moisture. Close the lid and allow to remain on "Keep-Warm" mode for 10-30 minutes as needed, opening the lid and stirring periodically to release excess moisture.

HOW TO CLEAN

ALWAYS UNPLUG UNIT AND ALLOW IT TO COOL COMPLETELY BEFORE CLEANING.

1. Lid, steam tray, colander, rice paddle, measuring cup and inner pot are dishwasher- safe. When using the dishwasher, it is best to place plastic accessories on the top rack.
2. To Hand Wash: Wash lid, steam tray, colander, rice paddle and measuring cup in warm, soapy water. Rinse and dry thoroughly.
3. Wash inner pot in warm, soapy water with a soft cloth.
4. Rinse and dry thoroughly before returning to the rice cooker.
5. Wipe the exterior of the rice cooker with a soft damp cloth.

- ! NOTE:**
- Do not submerge rice cooker body, cord or plug in water or any other liquids.
 - Always make sure that the outside of the inner pot is dry prior to use. If the inner pot is wet when it is returned to the rice cooker it may damage this product, causing it to malfunction.

SHORT CORD INSTRUCTIONS

1. A short power-supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.
2. Longer extension cords are available and may be used if care is exercised in their use.
3. If a longer extension cord is used:
 - a. The marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance.
 - b. The longer cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled by children or tripped over unintentionally.



POLARIZED PLUG

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

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

If the supply cord is damaged it must be replaced by the manufacturer, its service agent or a similarly qualified person in order to avoid a hazard.

This appliance is for household use only.

PARTS IDENTIFICATION

TO COOK SOUPS/STEWES

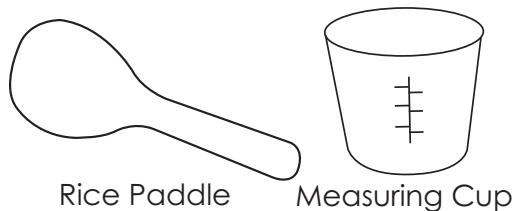


Control Panel



1. Tempered Glass Lid
2. Surgical Stainless Steel Steam Tray
3. Surgical Stainless Steel Colander
4. Surgical Stainless Steel Inner Pot
5. Cool-Touch Handles
6. Digital Control Panel
7. Rice Paddle Holder
8. White Rice Button
9. Pasta/Boil Button
10. Steam Button
11. Warm/Off Button
12. Brown Rice Button

Accessories



Rice Paddle

Measuring Cup

• What you'll need: Inner Pot

1. Add ingredients to the inner pot and place it into the Whole Grain Gourmet™.
 2. Press the "White Rice" button. The "White Rice" indicator light will illuminate.
 3. Allow soup to cook until ready, stirring often. Refer to soup/stew package instructions for suggested cooking time.
 4. When soup/stew is finished cooking, press the "Keep-Warm/Off" button once to use the "Keep-Warm" function. The "Warm" light will illuminate.
 5. Rice cooker will remain in "Keep-Warm" mode until it is unplugged.
- Be sure to unplug the unit from the wall outlet when it is not in use.**

TO COOK PASTA/BOIL

• What you'll need: Inner Pot • Colander

1. Pour water into the inner pot (enough to cover food to be boiled).
2. Place the colander into the inner pot.
3. Place the inner pot and colander into the rice cooker. Set the lid over the top.
4. Press the "Pasta" button. The "Pasta" indicator light will illuminate.
5. When the water has come to a boil, remove the lid. Carefully add pasta or other foods to the colander, wearing protective oven mitts to avoid steam burns. **Do not re-cover with the lid.**
6. Allow pasta/food to boil. Stir with a long-handled spoon and check for doneness occasionally, taking care to use protective oven mitts to avoid steam burns. Refer to food packaging for estimated cooking times.
7. When pasta or other food has finished cooking press the "Warm/Off" button twice to turn off the power.
8. Using protective oven mitts, carefully lift the colander out of the rice cooker, allowing all the water to drain into the inner pot.
9. Empty food from colander into a serving dish.

BEFORE FIRST USE

1. **Read all instructions and important safeguards.**
2. Remove all packaging materials and make sure items are received in good condition.
3. Tear up all plastic bags, as they can pose a risk to children.
4. Wash accessories in warm, soapy water. Rinse and dry thoroughly.
5. Remove the inner pot from the Whole Grain Gourmet™ and clean with warm, soapy water. Rinse and dry thoroughly before returning to cooker.
6. Wipe body clean with a damp cloth.
7. Do not use abrasive cleaners or scouring pads.
8. Do not immerse the rice cooker base, cord or plug in water at any time.

NOTES ON USING THE WHOLE GRAIN GOURMET™

1. The stainless steel handles will be HOT during and after operation. Always use protective oven mitts when removing the lid, steam tray, colander or inner pot from the rice cooker.
2. When using the rice function, always place the lid on the rice cooker so that the steam vent is facing away from the front of the rice cooker (toward the side furthest from the control panel). This will prevent steam burns that may otherwise occur when reaching for the lid handle.
3. Foods may not be cooked in the steam tray while pasta or other foods are boiling. The high level of water needed for boiling will often cause foods in the steam tray to become submerged in water. Over-boiling and sputtering may also occur.
4. When using the pasta function do not cover with the lid.
5. When using the steam function, it is best to place the steam tray into the colander before inserting it into the inner pot.
6. Always use protective oven mitts when removing the lid, colander or steam tray both before and after cooking.

TO COOK RICE

• What you'll need: Inner Pot

1. Using the provided measuring cup, measure out the desired amount of rice. One cup refers to one full, level cup. Cooked rice expands to double the amount of dry rice; for example cooking 2 cups of raw rice will yield 4 cups of cooked rice.
2. Rinse rice in a mesh strainer or other separate container (do not rinse rice in the inner pot) until the water becomes relatively clear. Place rinsed rice into the inner pot.
3. Using the provided measuring cup or the measurement lines inside the inner pot, add the appropriate amount of water to the inner pot. Refer to the "Rice/Water Measurement Chart" on **page 8** of this manual for reference. The water lines in the inner pot are meant for white rice only; brown rice and rice mixes require additional water (see note below). Smooth over the top of the rice with the rice paddle so that the surface is level to ensure even cooking.
4. Place the inner pot in the Whole Grain Gourmet™, making sure that the outside surface of the pot is dry. Place the lid over the rice cooker and plug the power cord into a wall outlet.
5. To begin cooking, press the "White Rice" button (or "Brown Rice" button if cooking brown rice). The "White Rice" indicator light will illuminate. Once cooking is complete, the rice cooker will automatically switch to "Keep-Warm" mode.
6. After cooking, use an oven mitt to remove the lid and use the rice paddle to stir the rice. This will release excess moisture and give the rice a fluffier texture. Then, close the lid and allow to remain in "Keep-Warm" mode for 5-10 minutes. This will ensure optimal rice texture and moisture level.
7. Press the "Warm/Off" button twice to turn off the heat and unplug the rice cooker to turn off the power. It is not recommended to leave rice on "Keep-Warm" mode for more than 12 hours.



NOTES ON COOKING RICE:

- Brown rice takes longer to cook and requires more water than white rice due to the extra bran layers on the grains. The water lines in the inner pot are meant for white rice only. Please see the chart on **page 8** for brown rice cooking ratios.
- Brown rice, wild rice and rice mixes vary in their make-up. Some variations may require longer cooking times and/or additional water in order to achieve optimum results. Refer to the individual package instructions for cooking suggestions.
- The measuring cup provided adheres to rice industry standards (180mL) and is equal to roughly ¾ of a standard U.S. cup (240mL). The rice/water measurement chart on **page 8** refers to cups of rice/water according to the measuring cup provided.
- Do not place more than 9 cups of uncooked white rice (7 cups if using brown rice) into this appliance at one time. **The maximum capacity of this unit is 9 cups uncooked white rice (7 cups if using brown rice)** which yields 18 cups of cooked rice (14 cups if using brown rice).

TO STEAM

VEGETABLE STEAMING CHART

VEGETABLE	AMOUNT OF WATER	STEAMING TIME
ASPARAGUS	½ CUP	7 MINUTES
BROCCOLI	1/4 CUP	5 MINUTES
CABBAGE	1 CUP	15 MINUTES
CARROTS	1 CUP	15 MINUTES
CAULIFLOWER	1 CUP	15 MINUTES
CORN	1 CUP	15 MINUTES
EGGPLANT	1¼ CUP	15 MINUTES
GREEN BEANS	1 CUP	15 MINUTES
PEAS	½ CUP	7 MINUTES
SPINACH	½ CUP	7 MINUTES
SQUASH	½ CUP	7 MINUTES
ZUCCHINI	½ CUP	7 MINUTES



NOTES ON STEAMING VEGETABLES:

- Since most vegetables only absorb a small amount of water, there is no need to increase the amount of water with a larger serving of vegetables.
- Altitude, humidity and outside temperature will affect cooking times.
- This steaming chart is for reference only. Actual cooking time may vary.

MEAT STEAMING CHART

MEAT	AMOUNT OF WATER	STEAMING TIME	SAFE TEMPERATURE
FISH	2 CUPS	7 MINUTES	140°F
CHICKEN	2½ CUPS	5 MINUTES	165°F
PORK	1 CUP	15 MINUTES	160°F
BEEF	1 CUP	15 MINUTES	160°F



NOTES ON STEAMING MEAT:

- Steaming times may vary depending upon the cut of meat being used.
- To ensure meat tastes its best, and is safe to eat, check that meat is completely cooked prior to serving. Use a meat thermometer to see if the internal temperature is at least that of the safe temperatures listed above. If it is not, simply place more water in the inner pot and repeat the cooking process until a safe temperature is reached.

TO SIMULTANEOUSLY STEAM & COOK RICE

• What you'll need: Inner Pot • Steam Tray

1. When cooking rice and steaming simultaneously, a maximum of 4 cups (8 cups cooked) of rice may be prepared (3 cups if using brown rice). This will ensure that both the cooked rice and the steam tray fit properly into the rice cooker.
2. Add the desired amount of rice and water to the inner pot. See "To Cook Rice" on **page 7** for detailed instructions. Place the inner pot into the base.
3. Refer to the steaming guides for vegetables or meat (**page 12**) for hints and approximate steaming times. It is best to insert the food to be steamed toward the end of the rice cooking cycle so that your meal is fresh and warm all at once.
4. Place your choice of vegetables or meat into the steam tray. Open the lid, **using caution as steam escaping will be extremely hot**, and place steam tray into the rice cooker.
5. Close the lid and allow the cooker to resume cooking.
6. Remove food from the steam tray immediately after cooking. Using protective oven mitts, pull up the handles on the steam tray and carefully lift out.
7. After removing food, replace the lid and allow the rice to finish cooking. When it is ready, the rice cooker will automatically switch to "Keep-Warm" mode.
8. Press "WARM/OFF" twice to turn off the rice cooker. Always unplug the rice cooker when not in use.

CAUTION:

- Use caution when opening the lid as steam escaping will be extremely hot.
- If cooking pot is returned to cooker when wet it will damage this product, causing it to malfunction.

TO COOK RICE

White Rice/Water Measurement Chart:

UNCOOKED RICE	WHITE RICE WATER WITH MEASURING CUP	WHITE RICE WATERLINE INSIDE POT	APPROX. COOKED RICE YIELD
2 Cups	2-1/2 Cups	Line 2	4 Cups
3 Cups	3-1/2 Cups	Line 3	6 Cups
4 Cups	4-1/2 Cups	Line 4	8 Cups
5 Cups	5-1/2 Cups	Line 5	10 Cups
6 Cups	6-1/2 Cups	Line 6	12 Cups
7 Cups	7-1/2 Cups	Line 7	14 Cups
8 Cups	8-1/2 Cups	Line 8	16 Cups
9 Cups	9-1/2 Cups	Line 9	18 Cups

Brown Rice/Water Measurement Chart:

UNCOOKED RICE	BROWN RICE WATER WITH MEASURING CUP	APPROX. COOKED RICE YIELD
2 Cups	3 Cups	4 Cups
3 Cups	4-1/4 Cups	6 Cups
4 Cups	5-1/2 Cups	8 Cups
5 Cups	6-3/4 Cups	10 Cups
6 Cups	8 Cups	12 Cups
7 Cups	9-1/4 Cups	14 Cups

NOTE:

- Due to the extra water needed to cook brown rice, the maximum amount of brown rice that may be cooked at one time is 7 cups.



HELPFUL HINTS:

1. Rinse rice before placing it into the inner pot to remove excess bran and starch. This will help reduce browning and sticking.
2. If you have experienced any sticking with the type of rice you are using, try adding a light coating of vegetable oil or nonstick spray to the bottom of the inner pot before adding rice.
3. The chart above is only a general measuring guide. As there are many different varieties of rice available, rice/water measurements may vary slightly.

TO COOK WHOLE GRAINS

• What you'll need: Inner Pot

The Whole Grain Gourmet™ is ideal for cooking and preparing a wide variety of delicious, nourishing whole grains. Follow the instructions in "To Cook Rice" on **page 7** for the proper operational steps.

Refer to the chart below as a general reference for grain/water ratios for popular whole grains in your Whole Grain Gourmet™. The measurements given are using the provided measuring cup.

Whole Grain	Water to Grain Ratio with Measuring Cup
Amaranth	3:1
Bulgur	2:1
Couscous	1½:1
Kamut®	3:1
Kasha	2:1
Millet	2½:1
Oats	2:1
Pearl Barley	3:1
Polenta	4:1
Quinoa	2:1
Rye Berries	3:1
Tritical Berries	3:1
Wheat Berries	3½:1



NOTE:

For instructions and recipe ideas for whole grains from amaranth to wheat, refer to the included recipe booklet. For a free copy of the recipe booklet, visit us online at www.mynutriware.com or contact an Aroma Wellness customer service representative at 800-276-6286 M-F 8:30am-5:00pm PST.

TO STEAM

• What you'll need: Inner Pot • Colander • Steam Tray

1. Add the desired amount of water to the inner pot according to the food being cooked. A convenient steaming guide has been included on **page 12** of this manual for reference.
2. Place food into the steam tray. Place steam tray into the colander.
3. Place the inner pot into the base. Place the colander and steam tray into the inner pot and cover with the lid.
4. Press the "Steam" button. The "Steam" light will illuminate.
5. Allow to cook for the necessary amount of time (see **page 12** for a steaming guide). Using protective oven mitts, open the lid and check food every so often for doneness.
6. Remove food immediately after the cooking process has completed. Using protective oven mitts, grasp the handles of the colander and carefully lift it out. Place on a heat-proof surface and carefully remove the steam tray from the colander.
7. Press the "Warm/Off" button twice to turn off the heat. Do not leave food in the machine after it has finished cooking. Leaving food in the inner pot may cause it to overcook.



NOTES ON STEAMING:

- Always keep the lid closed during the entire steaming process. Opening the lid causes a loss of heat and steam, resulting in a slower cooking time. If you find it necessary to open the lid, you may want to add a small amount of water to help restore the cooking time.
- Altitude, humidity and outside temperature will affect cooking times.
- The steaming chart on **page 12** is for reference only. Actual cooking time may vary.
- No more than 4 cups (uncooked) of rice may be prepared in the rice cooker when simultaneously steaming (3 cups if using brown rice). Cooking more than 4 cups of rice (3 cups if using brown rice) will cause the steam tray to fit improperly into the rice cooker which will affect cooking results as well as create a risk of injury.