

NutriWare®



instruction manual

NRC-687SD-1SG

Multicooker · Food Steamer

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Multicookers



Rice & Grain
Cookers



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Here at Aroma we strive to make a difference—to design and distribute products that enhance and enrich people's lives.

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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 the handles or knobs.
3. Use only on a level, dry and heat-resistant surface.
4. To protect against electrical shock, do not immerse cord, plug or the appliance in water or any other liquid. See instructions for cleaning.
5. Close supervision is necessary when the appliance is used by or near children.
6. Unplug from outlet when not in use and before cleaning. Allow unit to cool before removing or replacing 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 NutriWare® customer service for examination, repair or adjustment.
8. The use of accessory attachments not recommended by NutriWare® may result in fire, electrical 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 gas or electric burner, or in a heated oven.
12. Do not use the appliance for anything other than its intended use.
13. Extreme caution must be used when moving the appliance containing rice, hot oil 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 wall 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 electrical circuit is overloaded with other appliances, the rice cooker may not operate properly.
18. Always make sure the outside of the inner cooking pot is dry prior to use. If the inner cooking 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 burns.
20. Rice should not be left in the inner cooking pot with the **Keep Warm** function on for more than 12 hours.
21. To prevent damage or deformation, do not use the inner cooking pot on a stovetop or burner.
22. To turn unit off, press (⏻) once, then remove the plug from the wall outlet.
23. To reduce the risk of electrical shock, cook only in the removable inner cooking pot provided.
24. This appliance is not intended for deep frying foods.
25. To disconnect, turn any control to "off", then remove plug from wall outlet.



IMPORTANT SAFEGUARDS

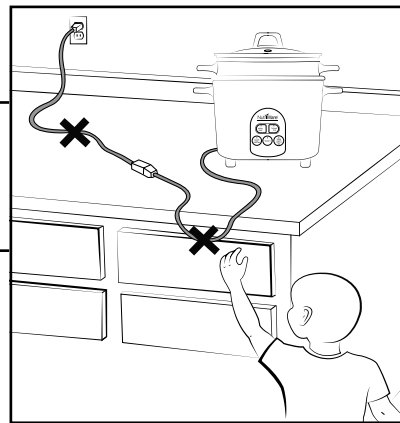
Parts Identification

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 counter top or tabletop where it can be pulled by children or tripped over unintentionally.

DO NOT DRAPE CORD!

KEEP AWAY FROM CHILDREN!



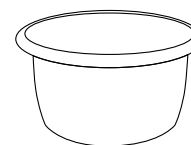
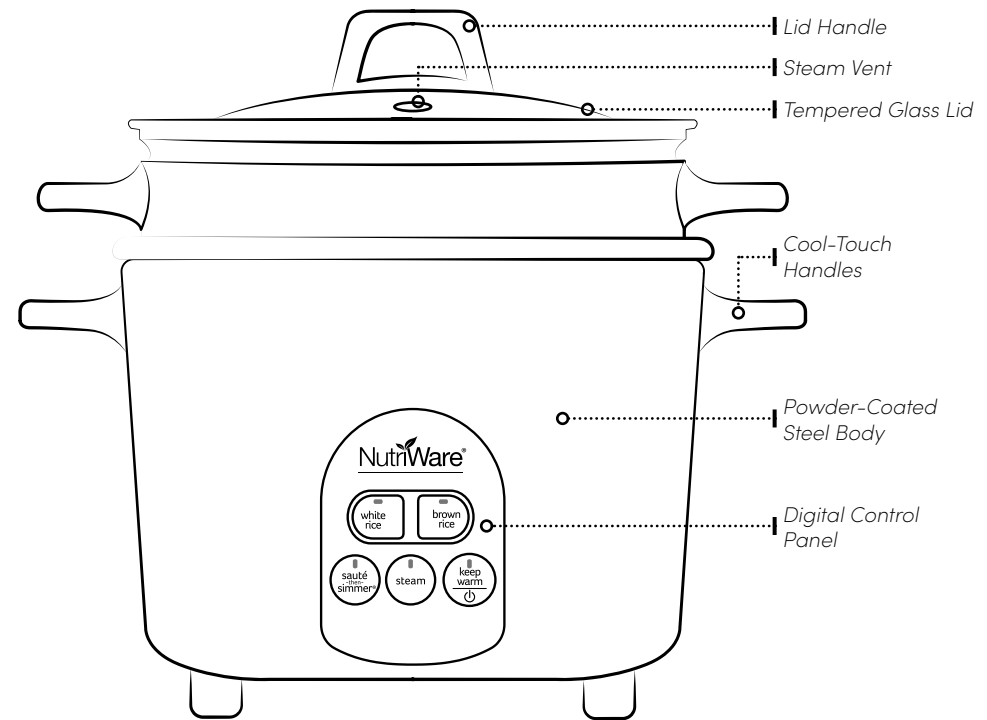
Polarized Plug

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

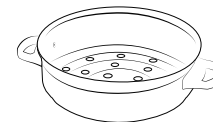
To reduce the risk of electric shock, this plug is intended to fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to modify the plug in any way.

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.



Stainless Steel Inner Pot



Stainless Steel Steam Tray



Serving Spatula



Rice Measuring Cup

Controls/Functions

(⏻)/Keep Warm

Powers the cooker on and off or manually sets the cooker to **Keep Warm** mode, perfect for keeping foods at ready-to-serve temperatures.

White Rice

Cooks fluffy, delicious white rice automatically.

Brown Rice

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

Steam

Using the included steam tray, steaming healthy sides and main courses has never been easier.

Sauté-then-Simmer®

Sautés foods on high heat then automatically switches to simmer mode once liquid is added. Great for risotto, Spanish rice, chili, stir-fries and much more!

BEFORE FIRST USE

1. Read all instructions and important safeguards.
2. Remove all packaging materials and check that all items have been received in good condition.
3. Tear up all plastic bags and dispose of them properly as they can pose a risk to children.
4. Remove the inner pot from the cooker and clean with warm, soapy water. Rinse and dry thoroughly before returning to the cooker.
5. Wash all accessories in warm, soapy water. Rinse and dry thoroughly.
6. Wipe the cooker's body clean with a damp cloth.
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TO CLEAN

1. Remove the inner pot when the cooker has completely cooled.
2. Hand wash the inner pot and all accessories using warm, soapy water or place on the top rack of the dishwasher.
3. Remove the inner lid by pressing down on the white silicone support pin in the center while pulling the sides of the inner lid out towards you.
4. Hand wash the inner lid using warm, soapy water then wipe the inner surface of the lid with a damp cloth.
5. Wipe the cooker's body clean with a damp cloth.
6. Thoroughly dry the cooker's body and all accessories. Reassemble for next use.
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TROUBLESHOOTING

Rice is too dry/hard after cooking.

- Depending on how dry your rice is, add ½ to 1 cup of water and stir thoroughly. Close the lid and select the **White Rice** function once more. When the cooker switches to **Keep Warm**, 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.

- Use the serving spatula to stir the rice to redistribute the bottom (moist) part of the rice and to release excess moisture. Close the lid and allow the cooker to remain on **Keep Warm** for 10–30 minutes as needed, opening the lid and stirring periodically to release excess moisture.
- 6.

Note:

- Do not use harsh abrasive cleaners, scouring pads or products that are not considered safe to use on stainless steel.
- Not satisfied with your Aroma® purchase? Our product experts can help! **Before returning, please contact Customer Service at 1-800-276-6286** for product support, helpful tips and more!



Caution:

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

Note:

- The provided rice measuring cup is equivalent to a ¾ standard U.S. cup.



RICE & GRAIN

1. Using the provided measuring cup, add rice or grain to the inner pot.
2. Rinse to remove excess starch. Drain.
3. For white or brown rice, fill the inner pot with water to the line that matches the number of cups of uncooked rice added. For other grains, see the "Grain & Water Measurement Table" on page 9.
4. Place the inner pot into the cooker and close the lid securely.
5. Plug the power cord into an available 120V AC wall outlet.
6. Press (⏻) to turn the cooker on.
7. Press **White Rice** or **Brown Rice**, depending on the type of grain being cooked.
8. The cooking indicator light will illuminate. The cooker will now begin heating.
9. Once the cycle has completed, the cooker will beep and automatically switch to **Keep Warm**.
10. For best results, stir the grain with the serving spatula to distribute any remaining moisture.
11. When finished serving, turn the cooker off by pressing (⏻) and unplug the power cord.
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SOUP & STEW

1. Add desired ingredients to the inner pot.
2. Place the inner pot into the cooker and close the lid securely.
3. Plug the power cord into an available 120V AC wall outlet.
4. Press (⏻) to turn the cooker on.
5. Press **Steam**.
6. The cooking indicator light will illuminate. The cooker will now begin heating.
7. Using caution, open the lid occasionally and stir the ingredients with a long-handled wooden or heat-safe utensil if desired.
8. When finished serving, turn the cooker off by pressing (⏻) and unplug the power cord.
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Note:

- Because rice varieties may vary in their make-up, results may differ.
- Food should not be left in the cooker on **Keep Warm** for more than 12 hours.
- To avoid rice sticking to the bottom of the inner pot, mix an additional ½ cup of water into the cooked rice if it will be sitting on **Keep Warm** mode for longer than 20 minutes.

Helpful Hints:

If you misplace the rice measuring cup, a ¾ standard U.S. cup is an exact replacement.

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

For approximate grain cooking times and suggested grain/water ratios, see the "Rice/Grain & Water Measurement Tables" on pages 8–9.



Caution:

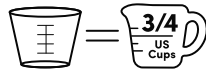
The cooker will not switch to **Keep Warm** mode until all liquid has evaporated. Follow your recipe carefully and do not leave the rice cooker unattended.

Rice & Water

Measurement Table

Uncooked Rice*	Water: Using the Water Line (inside pot)	Water: Using the Measuring Cup*	Approx. Cooked Rice Yield*	Cooking Times
2 Cups	White Rice: Line 2 Brown Rice: Line 2	White Rice: 2½ Cups Brown Rice: 2½ Cups	4 Cups	White Rice: 28-33 Min. Brown Rice: 90-95 Min
3 Cups	White Rice: Line 3 Brown Rice: Line 3	White Rice: 3½ Cups Brown Rice: 3½ Cups	6 Cups	White Rice: 31-36 Min. Brown Rice: 95-100 Min
4 Cups	White Rice: Line 4 Brown Rice: Line 4	White Rice: 4½ Cups Brown Rice: 4½ Cups	8 Cups	White Rice: 34-39 Min. Brown Rice: 100-105 Min.
5 Cups	White Rice: Line 5 Brown Rice: Line 5	White Rice: 5¼ Cups Brown Rice: 5¾ Cups	10 Cups	White Rice: 37-42 Min. Brown Rice: 105-110 Min.
6 Cups	White Rice: Line 6 Brown Rice: Line 6	White Rice: 7 Cups Brown Rice: 7 Cups	12 Cups	White Rice: 40-45 Min. Brown Rice: 107-112 Min.
7 Cups	White Rice: Line 7 Brown Rice: Line 7	White Rice: 8¼ Cups Brown Rice: 8¾	14 Cups	White Rice: 43-48 Min. Brown Rice: 110-115 Min.

*Cups referenced are with the included measuring cup
(1 Rice Measuring Cup = ¾ U.S. Cup)



Grain & Water

Measurement Table

Grain	Uncooked Grain	Liquid	Approx. Cooked Grain Yield	Max. Uncooked Grain*	Function	Cooking Times
Barley	1 Part	2 Parts	2½ Parts	3 Cups	Brown Rice	48-65 Min.
Bulgur	1 Part	1½ Parts	2½ Parts	3 Cups	Brown Rice	45-60 Min.
Couscous	1 Part	1 Part	2 Parts	5 Cups	White Rice	34-55 Min.
Quinoa	1 Part	1½ Parts	2½ Parts	4 Cups	White Rice	45-57 Min.
Oatmeal	1 Part	2½ Part	2 Parts	2 Cups	White Rice	35-42 Min.

Note:

- Cooking times are approximate. Altitude, humidity and outside temperature will affect cooking times.
- **Do not place more than 7 cups of uncooked rice into this appliance at one time.** The maximum capacity of this unit is 7 cups of uncooked rice which yields 14 cups of cooked rice.
- Rinse grains before placing into the inner pot to remove excess bran and starch. This will reduce the chance of rice browning and sticking to the bottom of the inner pot.

Note:

- For best results when cooking barley or bulgur, let both grains sit on **Keep Warm** for 10 minutes before serving.
- If softer grains are desired, add an additional ½ cup of water or liquid.

STEAM

- Using the provided measuring cup, add 3 cups of water to the inner pot.
- Place the inner pot into the cooker.
- Place desired food into the provided steam tray, lower the tray into the cooker then close the lid securely.
- Plug the power cord into an available 120V AC outlet.
- Press (⏻) to turn the cooker on.
- Press **Steam**.
- For suggested steaming times for meat and vegetables, see "Meat & Vegetable Steaming Tables" on the next page.
- After the selected steam time has elapsed, press **Keep Warm**.
- Using caution, check to see that the steamed food is cooked. If finished steaming, carefully remove the food to prevent overcooking. Wear a protective heat-resistant glove to prevent injury as the steam tray will be hot.
- When finished steaming, turn the cooker off by pressing (⏻) and unplug the power cord.

STEAM & COOK

- To steam foods while cooking grains, begin cooking grain by following steps 1 through 8 of "Rice & Grain" on page 7.
- Place the desired food into the provided steam tray. Open the lid using caution, lower the steam tray into the cooker then close the lid securely.
- Cook food according to the "Meat & Vegetable Steaming Tables" on the next page.
- After the suggested amount of time has elapsed, open the lid to check steamed food for doneness. Use caution when opening the lid as hot steam will escape.
- If food is finished steaming, remove the steam tray. Wear a protective heat-resistant glove to prevent injury as the steam tray will be hot.
- Close the lid securely and allow the cooking cycle to continue.

Helpful Hints:

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

For suggested steaming times and water amounts, see the "Meat & Vegetable Steaming Tables" on the next page.



Caution:

Do not attempt to cook more than 5 cups of uncooked rice when steaming and cooking simultaneously.

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

STEAM & COOK (CONT.)

- Once the cycle has completed, the cooker will beep and automatically switch to **Keep Warm** mode.
- When finished serving, turn the cooker off by pressing (⏻) and unplug the power cord.

Meat & Vegetable Steaming Tables

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

Vegetable	Steaming Time
Asparagus	9-11 Minutes
Broccoli	6-8 Minutes
Cabbage	5-7 Minutes
Carrots	11-13 Minutes
Cauliflower	7-9 Minutes
Corn on the Cob	12-16 Minutes
Green Beans	9-11 Minutes
Peas	4-6 Minutes
Spinach	2-4 Minutes
Squash	9-11 Minutes
Zucchini	9-11 Minutes

*When steaming, Aroma® recommends using 3 cups of water with the provided measuring cup.

Note:

Food can be steamed at any time while rice cooks. However, for best results, food should be steamed towards the end of the rice cooking cycle. This will allow for rice and steamed food to be ready at the same time. See the "Rice/Grain & Water Measurement Tables" on pages 8-9.

Food should not be left in the cooker on **Keep Warm** mode for more than 12 hours.

Altitude, humidity and outside temperature will affect cooking times.

These steaming charts are for reference only. Actual cooking times may vary.

Helpful Hints:

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

To ensure meat tastes its best and to prevent food-borne illness, check that the meat is completely cooked prior to serving. If the meat is still uncooked, simply add more water to the inner pot and repeat the steaming process until the meat is adequately cooked.

SAUTÉ-THEN-SIMMER®

1. Place the inner pot into the cooker.
2. Plug the power cord into an available 120V AC wall outlet.
3. Press (⏻) to turn the cooker on.
4. Press **Sauté-then-Simmer**®. The cooking indicator light will illuminate as the cooker begins to heat.
5. Add oil if desired for sautéing then close the lid securely and allow the inner pot to preheat for 2–4 minutes.
6. Once preheated, add in ingredients to sauté.
7. When finished sautéing, stir in any other desired ingredients including liquid and close the lid securely.
8. The cooker will automatically reduce its heat and switch to simmer mode.
9. Once all liquid has been evaporated, the cooker will beep and automatically switch to **Keep Warm**.
10. When finished serving, turn the cooker off by pressing (⏻) and unplug the power cord.



Caution:

Do not use the provided serving spatula to stir ingredients. It is not intended to be used in contact with high temperatures. Instead, use a long-handled wooden or heat-safe utensil to stir while cooking.

Note:

Food should not be left in the cooker on **Keep Warm** mode for more than 12 hours.

RECIPES

Jambalaya

½ lb.	spicy smoked sausage
½ lb.	shrimp, peeled and deveined
1	10-oz. can chicken breast
1½ cups	rice
3 cups	chicken broth
1	4-oz. can diced green chiles
2 tbsp.	Creole seasoning

Cut the smoked sausage in half, lengthwise, then into ¼" half circles. Add all ingredients to the inner pot and mix well. Place the inner pot into the cooker and place the lid securely on top. Press (⏻) to turn the cooker on and then press **White Rice**. The cooker will automatically switch to **Keep Warm** once the meal is ready.

SERVES 4.

Apple Cinnamon Oatmeal

2 cups	apple juice
1 cup	water
1 cup	Irish steel-cut oats
¾ cup	dried mixed fruit (optional)
1 tbsp.	brown sugar
1 tbsp.	butter (optional)
¼ tsp.	cinnamon
¼ tsp.	salt
1 tbsp.	lemon juice
1 dash	nutmeg
--	milk, for serving

Pour juice and water into the inner pot. Press (⏻) to turn the cooker on and then press **White Rice**. Stir in oats, fruit, brown sugar, butter (if using), cinnamon, nutmeg and salt. Allow the oats to cook for 25 to 30 minutes. Stir in lemon juice then ladle into cereal bowls with milk and more sugar, if desired.

SERVES 4-6.

For additional recipes, visit us at
www.AromaCo.com

RECIPES

Ham & Swiss Frittata

6	eggs
3 slices	deli ham, chopped
¼	medium onion, chopped
¾ cup	swiss cheese, shredded
----	pinch of nutmeg
----	pinch of garlic powder

Combine all ingredients except the cheese in a large bowl, ensuring they are evenly mixed. Pour the mixed ingredients into the inner pot then top with an even layer of cheese. Press (⏻) to turn the cooker on. Then press **White Rice** and cook for 12 to 14 minutes. When the eggs are set, slide the frittata onto a serving plate. Cut into wedges to serve.

SERVES 4.

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Pineapple Rice Pudding

1¾ cups	vanilla-flavored rice milk non-dairy beverage
1¼ cups	water
4 oz.	egg substitute
1 tsp.	vanilla extract
8 oz.	crushed pineapple, with juice
¾ cup	jasmine rice
⅓ cup	sugar
1 pinch	salt
1 tbsp.	dark rum (optional)

Pour water and 1 cup of the rice milk into the inner pot. Press (⏻) to turn the cooker on. Then press **White Rice** and stir in salt and rice. Place the lid on top and allow the mixture to simmer for 30 minutes. In a small bowl, whisk together the remaining ¾ cup rice milk, sugar, egg substitute and vanilla. Stir in the egg mixture, the pineapple with juice, and rum (if using). Allow to cook while stirring frequently until the mixture simmers and thickens. Once thick, press **Keep Warm**. Pour the pudding into a large bowl and allow to cool. Serve warm or refrigerate and serve cold.

SERVES 4-6.

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For additional recipes, visit us at
www.AromaCo.com

LIMITED WARRANTY

Aroma Housewares Company warrants its products against defects in material and workmanship for two years from provable date of purchase in the United States.

Within this warranty period, Aroma Housewares Company will repair or replace, at its discretion, defective parts at no charge, provided the product is returned, freight prepaid with proof of purchase and U.S. \$20.00 for shipping and handling charges payable to Aroma Housewares 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 apply if the warranty period expired; the product has been modified by any unauthorized service center or personnel; the defect was subject to abuse, improper use not conforming to product manual instructions, or environmental conditions more severe than those specified in the manual and specification, neglect of the owner or improper installation; the defect was subject to Force Majeure such as flood, lightning, earthquake, other natural calamities, war, vandalism, theft, brownouts or sags (damage due to low voltage disturbances).

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

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SERVICE & SUPPORT

In the event of a warranty claim, or if service is required for this product, please contact Aroma® customer service toll-free at:

1-800-276-6286

M-F, 8:30am-4:30pm, Pacific Time

Or we can be reached online at:

CustomerService@AromaCo.com



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M-F, 8:30am – 4:30pm, Pacific Time

Note:

Proof of purchase is required for all warranty claims.



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