

# Tefal®

GB

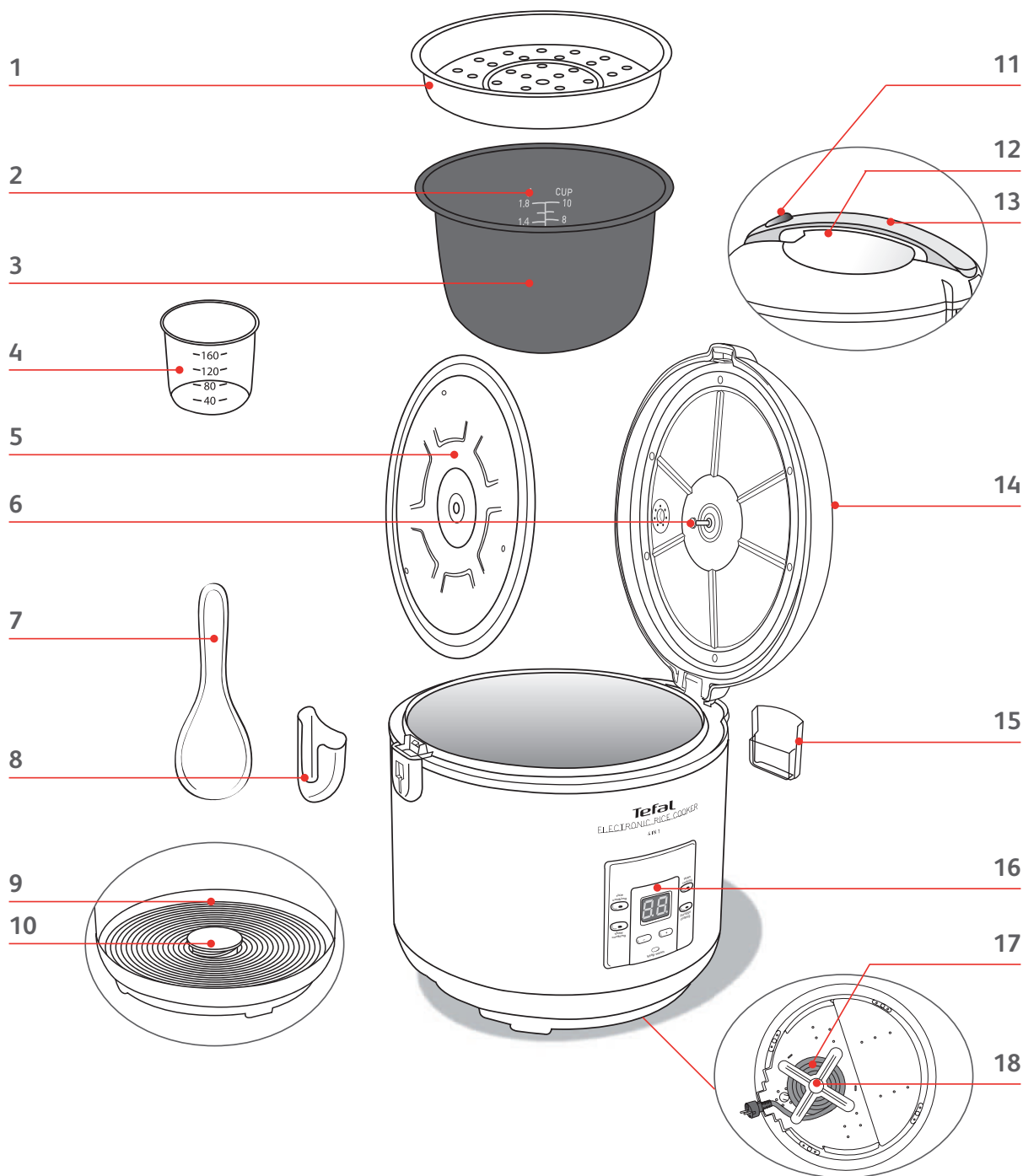
ELECTRONIC RICE COOKER 4 IN 1

四合一多功能電飯煲

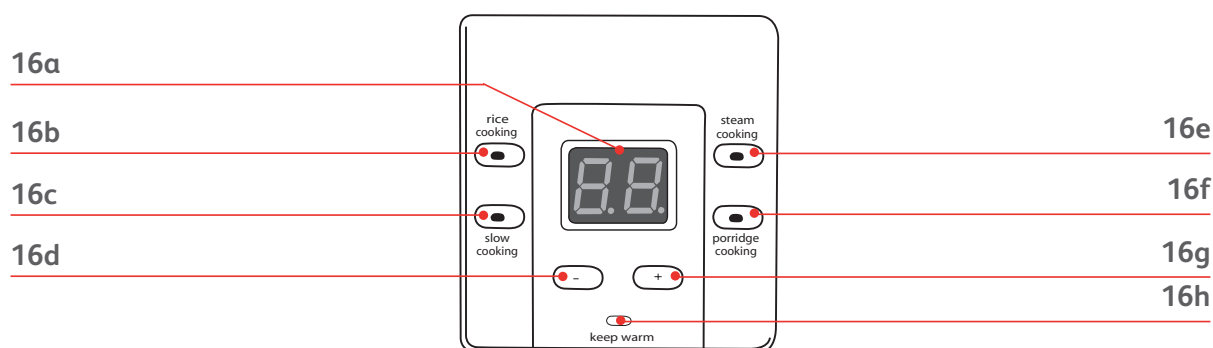
RC



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## Control box / 制器



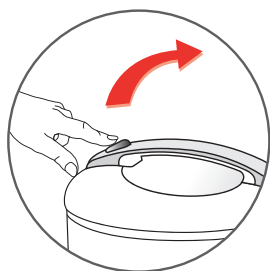


fig.1

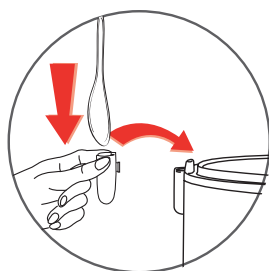


fig.2

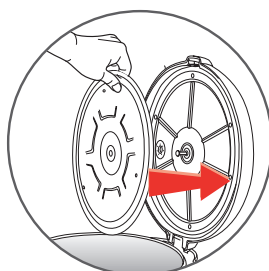


fig.3

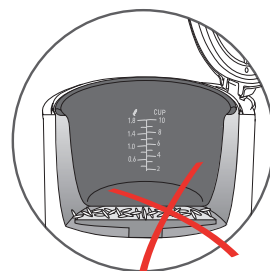


fig.4

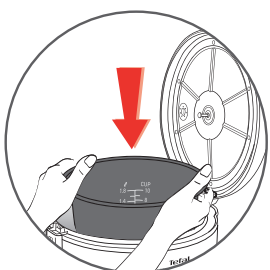


fig.5

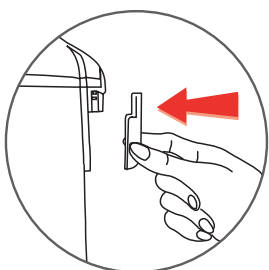


fig.6

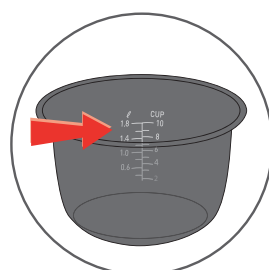


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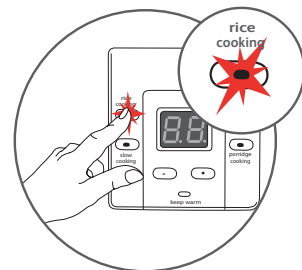


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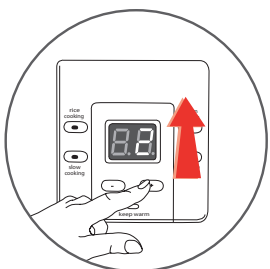


fig.9

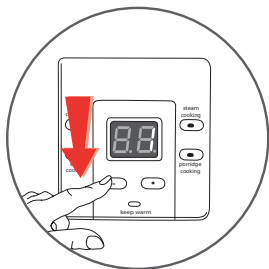


fig.10

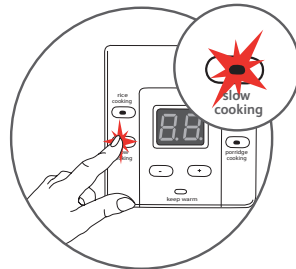


fig.11

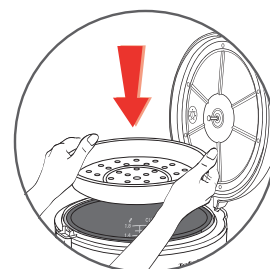


fig.12

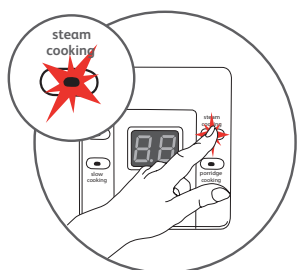


fig.13

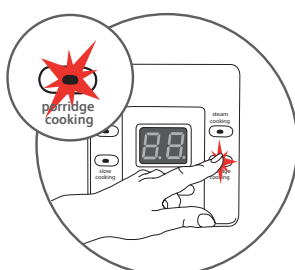


fig.14

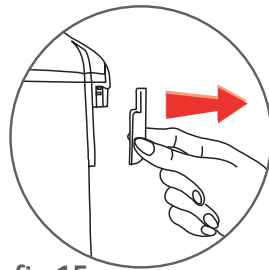


fig.15



fig.16



fig.17

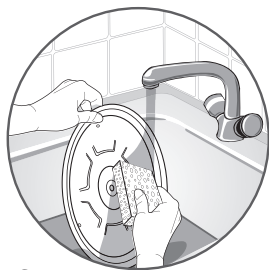


fig.18

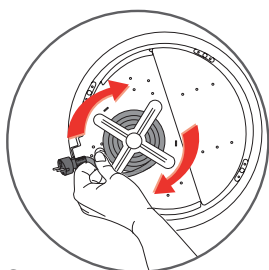


fig.19

# Safety reminders

Read and follow the instructions for use. Keep them for future use.

## Safety Instructions

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- This appliance complies with the safety regulations and conditions in effect at the time of manufacture.
- Check that the power supply voltage corresponds to that shown on the appliance (alternating current).
- Given the diverse standards in effect, if the appliance is used in a country other than that in which it is purchased, have it checked by an approved service centre.
- Do not place the appliance near a heat source or in a hot oven, as serious damage could result.
- This appliance is designed for domestic use only. In case of professional use, inappropriate use or failure to comply with the instructions, the manufacturer accepts no responsibility and the guarantee does not apply.

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## Connecting to the power supply

- Do not use the appliance if:
  - it or its cord is damaged.
  - the appliance has fallen or shows visible damage or does not work properly.
- In these cases, the appliance must be sent to an approved Service Centre. Do not take the appliance apart yourself.
- Always plug the appliance into an earthed socket.
- Do not use an extension lead. If you accept liability for doing so, only use an extension lead which is in good condition, has an earthed plug and is suited to the power of the appliance.
- If the power supply cord is damaged, it must be replaced by the manufacturer, an authorised service centre or a similarly qualified person in order to avoid any danger.
- Do not leave the cord hanging.
- Do not unplug the appliance by pulling on the cord.
- Always unplug the appliance immediately after use; when moving it; prior to any cleaning or maintenance.

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## Using

- Use a flat and stable, heat resistant work surface, away from any water splashes.
- Never leave the appliance in operation unattended. Keep away from children.
- Keep out of the reach of children.
- Burns can occur by touching the hot surface of the appliance, the hot water, the steam or the food.
- Never try to operate the appliance when the bowl is empty or without the bowl.
- The cooking function/knob must be allowed to operate freely. Do not prevent or obstruct the function from automatically changing to the keep warm function.
- Do not remove the bowl while the appliance is working.
- Do not put the appliance directly onto a hot surface, or any other source of heat or flame, as it will cause a failure or danger.
- The bowl and the heating plate should be in direct contact. Any object or food inserted between these two parts would stop the correct operation.
- Do not put any food or water into the appliance until the bowl is in place.
- Respect the levels indicated in the recipes.
- During cooking, the appliance gives out heat and steam. Keep face and hands away. Do not get face and hands close to the steam outlet. Do not obstruct the steam outlet.
- Do not immerse the body in water nor pour water into it, only into the bowl.
- Should any part of your appliance catch fire, do not attempt to put it out with water. To smother the flames use a damp tea towel.
- Any intervention should only be made by a service centre with original spare parts.

## Description

- |  |  |
|--|--|
| <ol style="list-style-type: none"> <li>1. Steam basket</li> <li>2. Graduation for water and rice</li> <li>3. Removable nonstick bowl</li> <li>4. Measuring cup</li> <li>5. Removable steam shield</li> <li>6. Fixing axis of the steam shield</li> <li>7. Spoon</li> <li>8. Spoon support</li> <li>9. Hotplate</li> <li>10. Sensor</li> <li>11. Lid opening button</li> <li>12. Steam vent</li> <li>13. Lid Handle</li> <li>14. Lid</li> </ol> | <ol style="list-style-type: none"> <li>15. Condensation collector</li> <li>16. Control box               <ol style="list-style-type: none"> <li>a. Display of cooking time or of delayed start-up, in rice-cooker mode</li> <li>b. Rice cooking indicator light (red)</li> <li>c. Slow cooking indicator light (red)</li> <li>d. Minus button of timer</li> <li>e. Steam cooking indicator light (red)</li> <li>f. Porridge indicator light (red)</li> <li>g. Plus button of timer</li> <li>h. Keep warm indicator light (orange)</li> </ol> </li> <li>17. Power cord</li> <li>18. Power cord storage</li> </ol> |
|--|--|

## Before the first use

### Unpack the appliance

- Remove the appliance from the packaging and unpack all the accessories.
- Open the lid by pressing the opening button located on the handle – **Fig. 1**.
- Remove all the printed documents and the accessories.
- Install the spoon support: insert the plastic hook of the support in the hole located under the hinge of the lid, and slide it downwards – **Fig. 2**.

**Read the instructions and carefully follow the operating method.**

## Clean the appliance

- Remove the non-stick bowl.
- Clean the metal parts of the lid and the bowl with a sponge and washing-up liquid. Fit the steam shield onto its fixing axis – **Fig. 3**. Wipe the outside of the appliance with a damp cloth.
- Dry off carefully.

## Using your rice cooker

### For all 4 functions

- Carefully wipe the outside of the bowl (especially the bottom). Make sure that there are no foreign residues underneath the bowl and on the hotplate – **Fig. 4**.
- Place the bowl into the appliance – **Fig. 5**, making sure that it is correctly positioned.
- Slightly rotate the bowl in both directions, so as to ensure good contact between the bottom of the bowl and the hotplate.
- Make sure that the steam shield is correctly in position – **Fig. 3**.
- Close and lock the lid.
- Check that the condensation collector is correctly in position – **Fig. 6**.
- Plug in the appliance.
- Do not switch on the appliance until all of the above stages have been completed.

**Never place your hand on the steam vent during cooking, as there is a danger of burns. If the bowl is not properly in place in the appliance, cooking will not start. If you wish to change the selected cooking time in the event of an error, press cancel. Select the cooking mode again and then the cooking time. Press Start to begin the cooking process.**

# Rice Cooking

## Measuring the ingredients - Max capacity of the bowl

The plastic cup is only used for measuring rice and not the water (except when cooking 1 cup of rice).

- The graduated markings on the inside of the bowl are given in litres and cups, these are used for measuring the amount of water when cooking rice – Fig. 7. If cooking other foods, such as pasta, follow the quantities in the recipes.
- The plastic cup provided with your appliance is for measuring rice and the table states the quantity of rice required for the number of servings. 1 level measuring cup of rice weighs 150 g.
- The table below gives a guide to cooking white rice. For best results, we recommend using ordinary rice rather than ‘easy cook’ type rice which tends to give a stickier rice and may adhere to the base. With other types of rice, such as brown or wild rice, the quantities of water need adjustment see the table below.
- To cook 1 cup of white rice (serves 2 small or 1 large portion), use 1 measuring cup of white rice and then add 1 1/2 measuring cup of water. With some types of rice it is normal for a little rice to stick on the base when cooking 1 cup of rice.
- The maximum quantity of water + rice should not exceed the 10 cup mark inside the bowl – Fig. 7.

- Rinse the rice thoroughly before cooking.

COOKING GUIDE FOR WHITE RICE IN AUTOMATIC RICE & SLOW COOKER (American long grain, Basmati, Thai)					
Measuring cups of white rice	Weight of white rice	Water level in the bowl (+ the rice)	Serves	Approximate cooking time for 10 cups*	Approximate cooking time for 5 cups*
2	300 g	2 cup mark	3 - 4	14 - 17 min.	20 - 24 min.
4	600 g	4 cup mark	5 - 6	20 - 25 min.	26 - 32 min.
6	900 g	6 cup mark	8 - 10	23 - 27 min.	-
8	1200 g	8 cup mark	11 - 14	25 - 30 min.	-
10	1500 g	10 cup mark	13 - 17	30 - 35 min.	-

- Rinse the rice thoroughly before cooking except for risotto rice.

COOKING GUIDE FOR OTHER TYPES OF RICE						
Type of rice	Measuring cup of rice	Weight of white rice	Water level in the bowl (+ the rice)	Serves	Approximate cooking time for 10 cups*	Approximate cooking time for 5 cups*
Round white rice (Italian rice - often a stickier rice)	4	600 g	4 cup mark	5 - 6	20 - 23 min.	26 - 31 min.
Wholegrain Brown rice	4	600 g	4,5 cup mark	5 - 6	35 - 40 min.	40 - 47 min.
Wild rice	4	400 g	3,5 cup mark	4 - 5	about 40 min.	about 45 min.
Risotto rice (Arborio type)	4	600 g	4 cup mark	4 - 5	17 - 23 min.	24 - 28 min.

**Note:** When using Arborio risotto rice for milk rice pudding or dessert puddings follow the proportions in the recipe book as more water is needed.

When cooking milk rice pudding, use Arborio risotto rice instead of pudding rice, as it cooks quicker and gives better results. Follow the instructions in the recipes. Do not cook the rice directly in milk as it will froth up and boil up through the lid.

\*The rice cooker will automatically determine the exact cooking time depending on the quantity of water and rice placed in the bowl.



## To cook rice

The cooking times given in the tables and recipes are only approximate and for your guidance.

- Place the appliances on a flat, stable, heat-resistant work surface away from water splashes and any other sources of heat.
- Pour the required quantity of rice into the bowl using the measuring cup provided. Then fill with cold water up to the corresponding “CUP” mark printed in the bowl (See cooking guide) – **Fig. 7**.
- Close the lid.

**Note: Always add the rice first otherwise you will have too much water.**

- Check that the appliance is plugged in. Briefly press on the “rice cooking” key – **Fig. 8**. The red “rice cooking” light flashes for 5 seconds. After 5 seconds the light remains steady and the cooking automatically starts.
- After each use empty the condensation collector.

The rice cooker itself determines the exact cooking time depending on the quantity of water and ingredients placed in the bowl (see cooking table for a guide to times).

When the volume of water has been absorbed by the rice, the appliance stops the cooking process automatically and passes into the “Keep warm” mode (the orange “Keep warm” light comes on).

## Rice cooking with delayed start

This is the only cooking mode for which programming a delayed start is possible.

- It is possible to delay the time the rice starts cooking.
- Select the “Rice cooking” mode. When the ingredients have been placed in the bowl and the appliance plugged in, briefly press the “Rice cooking” key – **Fig. 8**. The red “Rice cooking” light flashes.
- Select the cooking time. When the “rice cooking” light flashes, press the “plus” key – **Fig. 9** or the “minus” key – **Fig. 10** to select a cooking time which must elapse before cooking completes. For instance: it is 1 p.m, I would like my rice cooked at 8 p.m, I have to set “7H” on the time key and wait the “rice cooking” light remains steady.
- You can delay cooking for 9 hours maximum.

## Some recommendations for best results when cooking rice

- Measure out the rice and rinse it thoroughly under running water in a sieve for a long time (except for risotto rice such as Arborio rice which should not be rinsed). Then place the rice in the bowl together with the corresponding quantity of water.
- Make sure that the rice is well distributed around the whole surface of the bowl, in order to allow even cooking.
- Add salt if required. Allow about half a teaspoon of salt for 4 cups of rice, but you can adjust this to your personal taste. Remember your Rice Cooker uses less water than when boiling rice so take care not to add too much salt.
- Stock may be substituted for water if desired. If using stock cubes, take care not to season with too much salt as they have a salty taste.
- Do not open the lid during cooking as steam will escape and this will affect the cooking time.
- On completion of cooking, when the “keep warm” function is selected, stir the rice and then leave it in the rice cooker for a few minutes longer in order to get perfect rice with separate grains.

# Slow Cooking

## Measuring the ingredients

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- The quantity of ingredients (see recipes for the amounts) should not exceed the 10 CUP mark in the bowl when slow cooking.

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## To slow cook

- To select the “slow cooking” mode. When the ingredients have been placed in the bowl and the appliance plugged in, press the “slow cooking” key – **Fig. 11**. When the “slow cooking” light flashes, you can press the “plus” key – **Fig. 9** or the “minus” key – **Fig. 10** to select a cooking time. If you don’t select a cooking time after 5 seconds, the light stops flashing, and the corresponding indicator light remains steady; the cooking time of the appliance is automatically programmed to 60 minutes and the appliance begins cooking.
- Select the cooking time: the appliance allows you to program between 60 minutes minimum and 9 hours maximum for the slow cooking mode. Choose the time so as to suit the chosen recipe while the red “slow cooking” light is flashing. Press repeatedly on the time key to increase the cooking time. You can also press continuously in order to speed up the process. The time increases in hourly increments from 60 minutes up to 9 hours maximum.
- When the red “slow cooking” light remains steady to begin the cooking process begins

## Important instructions when slow cooking dried beans and dried peas

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- If you are preparing a slow cooker recipe which contains dried beans or dried peas, for example red kidney beans or chick peas, they must be soaked in plenty of cold water overnight before cooking them. Drain and rinse them thoroughly, then place in a large saucepan and cover with fresh cold water. Bring to the boil and continue to boil rapidly for 10 minutes, uncovered, then drain before using in Slow Cooker recipes. This destroys any natural toxins in the beans or peas.
- Season pulses after cooking as the salt can toughen them during cooking.
- Soaking is not necessary for lentils, but they must still be boiled rapidly for 10 minutes.
- Canned beans and pulses can simply be drained and rinsed, and added 30 minutes before the end of the cooking time. They do not need to be boiled first.

**Do not eat uncooked beans, peas or lentils. Never add pulses to slow cooker recipes without boiling them first.**

## Steam cooking (for vegetables, fruit and fish)

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### Measuring the ingredients

- The maximum quantity of water in the bowl should not exceed the 10 CUP mark (representing 1.8 litres of water) shown in “cups” on the bowl. Exceeding this level may cause overflows during use.



## Preparation

- Pour water into the bowl as stated in the recipe. However, never exceed the 10 mark CUP.
- Place the steam basket in the bowl – **Fig. 12**.
- Add the ingredients.

## To steam cook

- To select the steam mode. When the ingredients have been placed in the bowl and the appliance plugged in, press the “steam cooking” key – **Fig. 13**. When the “steam cooking” light flashes, you can press the “plus” key – **Fig. 9** or the “minus” key – **Fig. 10** to select a cooking time. If you don’t select a cooking time after 5 seconds, the light stops flashing, and the corresponding indicator light remains steady; the cooking time of the appliance is automatically programmed to 1 minute and the appliance begins cooking.
- Select the cooking time. In order for cooking to start, you have to select a cooking time. The appliance allows you to program from 1 minute minimum to 60 minutes maximum for the steam cooking mode. You choose the time to suit the chosen recipe. Press repeatedly on the time key to increase the cooking time. You can also press continuously in order to speed up the process.
- When the red “steam cooking” light remains steady the cooking process begins.

## Cooking porridge

### To cook porridge

- To select the porridge mode. Briefly press the mode key. When the ingredients have been placed in the bowl and the appliance plugged in, press the “porridge” key – **Fig. 14**. When the “porridge” light flashes, you can press the “plus” key – **Fig. 9** or the “minus” key – **Fig. 10** to select a cooking time. If you don’t select a cooking time after 5 seconds, the light stops flashing, and the corresponding indicator light remains steady; the cooking time of the appliance is automatically programmed to 5 minutes and the appliance begins cooking.

Recipe	Suggested Cooking time using Porridge function	Servings
1 cup porridge oats, 2 cups milk, 0.5 cup water	4	600 g
2 cups porridge oats, 3 cups milk, 2 cups water	4	600 g

**Note:** After cooking, if the porridge is too thin for your personal taste just cook for an additional 2 minutes. Different brands of porridge oats vary slightly, so you may need to adjust the cooking time or amount of liquid used to obtain the consistency you like.

- Select the cooking time. In order for cooking to start, you have to select a cooking time. The allows you to program from 1 minute minimum to 60 minutes maximum for the porridge cooking mode. You choose the time to suit the chosen recipe. Press repeatedly on the time key to increase the cooking time. You can also press continuously in order to speed up the process.
- When the red “porridge” light remains steady the cooking process begins.

## Automatic keep warm function

On completion of cooking, irrespective of the cooking mode chosen, the appliance passes automatically to the “keep warm” function except for the porridge function. The orange “keep warm” light comes on. The food is thus kept warm and ready to serve. To switch off this function, unplug the appliance.

## On completion of cooking

- Open the lid.
  - Serve the food using the plastic spoon supplied with the appliance and reclose the lid.
  - The food remaining in the bowl will keep warm for any second servings.
  - Unplug the appliance.
- The escaping steam is very hot.**

## Cleaning and Maintenance

### Condensation collector

- The condensation collector should be emptied and cleaned after each use.
- To remove the collector, press on each side of the plastic cover and remove – **Fig. 15.**
- To put the plastic cover back, push firmly into the groove.

### Bowl, steam bowl and steam shield

- Use hot water, washing up liquid and a sponge to clean the bowl, the condensation collector and the steam shield – **Fig. 16-17-18.** Scouring powders and metal sponges are not recommended.
- If food has stuck to the bottom, allow the bowl to soak for a while before washing it.
- Dry the bowl carefully.
- Do not immerse the appliance in water, nor pour water into it, only into the bowl.

### Cleaning in a dishwasher

**Any brown marks and scratches that may appear after many hours use are not a problem. We guarantee that the non stick coating COMPLIES WITH THE RULES on materials suitable for contact with food.**

You can also wash the bowl, the steam bowl and the steam shield in the bottom shelf of the dishwasher. For the bowl, carefully follow the instructions below :

- When putting the bowl into the machine, be careful not to damage the non-stick coating on the dish washer racks.
- After being washed several times in the dish washer, to renew the surface, it is recommended to wipe the whole of the inner surface of the bowl with a little vegetable oil on some paper towel.
- Make sure you put the bowl back into the Electronic Rice Cooker.

## Taking care of the non-stick bowl

- To keep the non stick quality of the bowl for as long as possible, it is recommended not to cut food in it.
- Use plastic or wooden utensils and not metal ones when stirring or serving food to avoid damaging the bowl surface.
- To avoid any risk of corrosion, do not pour vinegar into the bowl.
- The colour of the bowl surface may change after using for the first time or after longer use. This change in colour is due to the action of steam and water and does not have any effect on the use of the Electronic Rice Cooker, nor is it dangerous for your health. It is perfectly safe to continue using it.

## — Cleaning and care of the other parts of the appliance

- Clean the outside of the Electronic Rice Cooker, the inside of the lid and the cord with a damp cloth and wipe dry. Do not use abrasive products.
- Do not use water to clean the interior of the appliance body as it could damage the heat sensor.
- Before putting the appliance away, wind the cord underneath the appliance – Fig. 19.

## Environment protection first!

- ① Your appliance contains valuable materials which can be recovered or recycled.
- ➡ When you decide to replace your appliance, leave it at a local civic waste collection point.



If you have any product problems or queries, please contact our Helpline on:

0845 602 1454 - UK  
(01) 461 0390 - Ireland

or consult our website - [www.tefal.co.uk](http://www.tefal.co.uk)

# 安全提示

請閱讀並遵循安全指示使用本產品。保存此使用手冊以便將來使用。

## 安全指引

- 本產品符合現行技術規定及安全標準。
- 檢查產品規定的電源電壓是否與供電電源電壓相符(只適用於交流電)。
- 由於不同地區之標準不相同，如本產品於購買國家以外地區使用，請先經特福認可售後服務中心檢查清楚。
- 切勿在發熱源旁邊或熱的焗爐面放置本產品，這可導致產品嚴重損毀。
- 本產品只作為家庭使用。任何商業用途、不適當用途或未遵守本說明書使用而引起的故障或損壞，本公司均不負任何責任，這些故障損壞不在保養維修之列。

## 連接電源

- 下列情況下請勿使用本產品：
  - 產品或電源線已損壞，
  - 產品曾意外墜落，或有明顯的損壞，或運作出現不正常。
- 在此情況下，應立即將產品送往特福認可售後服務中心檢查。請勿自行維修本電器。
- 必須接駁接地電插座。
- 請勿使用伸延線。如必須使用伸延線，只可使用運作良好且備有接地電插頭、並適合本產品使用之伸延線。
- 如電源線損壞，必須聯絡特福認可售後服務中心或具備專業技術人員進行更換，以免發生危險。
- 請勿讓電源線隨意懸掛。
- 拔掉電源頭時，不得拉扯電源線。
- 產品在使用後、移動、清潔或維修前，必須拔掉電插頭。

## 使用本電器時

- 請把產品放在平穩、耐熱的表面上使用，並避免被水濺濕。
- 切勿在無人看顧的情況下讓產品運作。切勿讓兒童接觸電器。
- 不要把產品放於兒童可觸及的地方。
- 接觸電飯煲的灼熱表面、熱水、蒸氣或食物都可能導致燙傷。
- 在內鍋未放入主機中或內鍋空無一物的時候，請勿啟動運作。
- 烹調功能/按鈕必須維持自動運作。請勿在運作中途阻止或妨礙烹調功能自動切換到保溫狀態。
- 當本產品正在操作時，請勿把內鍋取走。
- 請勿將產品直接放在火上或任何靠近熱源、火源的地方，否則產品會受到損壞或發生故障，甚至發生危險。
- 內鍋應與加熱金屬盤直接接觸，任何異物放在兩者之間將可能導致故障。
- 在內鍋未放入主機前，請勿放置任何食物或水於主機中。
- 根據食譜的指示，調整米和水的比例。
- 在烹調期間，產品會產生高溫 and 蒸氣。手和臉部必須遠離蒸氣孔，以防燙傷。切勿阻塞蒸氣孔。
- 除內鍋外，請勿將產品其他部份注水或浸入水中。
- 一旦產品著火，請用濕布蓋住著火部位滅火。切勿嘗試用水撲滅。
- 任何維修只可由特福認可的售後服務中心採用原廠零件進行維修。

## 產品圖解

1. 蒸盤
2. 水和飯的量度
3. 可拆式易潔內鍋
4. 量杯
5. 可拆式蒸氣蓋
6. 蒸氣蓋固定軸
7. 飯勺
8. 飯勺支座
9. 電熱板
10. 感應器
11. 開蓋按鈕
12. 蒸氣孔
13. 煲蓋手柄
14. 煲蓋
15. 水滴收集器
16. 控制面板
  - a. 在煮飯模式顯示烹調時間或預設烹調時間
  - b. 煮飯指示燈(紅色)
  - c. 慢煮指示燈(紅色)
  - d. 時間掣(-)
  - e. 蒸煮指示燈(紅色)
  - f. 煲粥指示燈(紅色)
  - g. 時間掣(+)
  - h. 保溫指示燈(橙色)
17. 電源線
18. 電源線儲存位置

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## 初次使用前

### 打開產品包裝

- 從包裝盒中取出電飯煲及所有配件。
- 按下煲蓋手柄上的開關按鈕，打開煲蓋－參見圖1。
- 取出所有說明文件及配件。
- 安裝飯勺支座：將飯勺支座的塑膠掛鉤安裝在產品側面的孔內，然後往下滑動－參見圖2。

請細閱使用說明，並遵照產品的操作方法使用產品。

## 清洗產品

- 把可拆式易潔內鍋取出。
- 用海綿沾上少許清潔劑清洗煲蓋和內鍋。將蒸氣蓋固定在固定軸上－參見圖3。再用濕布清潔產品外部。
- 然後抹乾。

## 使用多功能電飯煲

### 四項烹調功能

- 仔細抹乾內鍋的表面，尤其是內鍋底部。確保鍋底和電熱板上並無殘餘物－參見圖4。
- 把內鍋放入主機中－參見圖5，確保內鍋置於正確位置。
- 輕輕轉動內鍋，確保內鍋底部和電熱板接觸妥當。
- 確保蒸氣蓋安裝在正確位置－參見圖3。
- 蓋上煲蓋。
- 檢查水滴收集器是否已安裝妥當－參見圖6。
- 將產品接駁電源。
- 完成上述步驟後方可開啟電源。

煮食時切勿把手放在蒸氣孔上，以免燙傷。若內鍋未放置妥當，產品不會啟動烹調功能。若想更改已設定的烹調時間，請按「取消」。重新選擇烹調模式及設定烹調時間，然後按「開始」。

## 煮飯模式

### 預備材料－內鍋最大容量

量杯用於量度米量，而非量度水量(烹調1杯米的情況除外)。

- 內鍋內側的刻度單位為「升」和「杯」，用於煮飯時量度水量－參見圖7。如果烹調意粉等其他食物，請依照食譜的份量。
  - 產品附有的量杯用作量米之用。下列圖表列出不同份量所需的米量。1量杯可裝150克米。
  - 下列圖表列出烹調白米的說明。為獲取最佳食用效果，建議使用一般白米，而非快熟米，因後者較易黏鍋，並有可能黏住鍋底。使用其他種類的米，如糙米或野米，水量需作出調整。請參閱下列圖表。
  - 如烹調1杯白米(供2小份或1大份)，先加入1量杯白米，然後加入1 1/2量杯水。對於有些種類的米，烹調1杯米時，可能會有少量米黏附鍋底，此情況實屬正常。
  - 水加上米的份量最多不得超過內鍋10杯刻度－參見圖7。
- 烹調前請將白米徹底洗淨。

#### 使用電飯煲烹調白米 (美國長米、印度米、泰國米)

量米杯數	白米重量	內鍋的水位 (加入白米)	份量(人數)	1.8升電飯煲 (10杯) 預計烹 調時間*	1升電飯煲(5 杯) 預計烹調 時間*
2	300克	2杯刻度	3 - 4	14－17分鐘	20－24分鐘
4	600克	4杯刻度	5 - 6	20－25分鐘	26－32分鐘
6	900克	6杯刻度	8 - 10	23－27分鐘	—
8	1200克	8杯刻度	11 - 14	25－30分鐘	—
10	1500克	10杯刻度	13 - 17	30－35分鐘	—

- 烹調前請將米徹底洗淨，意大利米除外。

#### 烹調其他種類的米

米的類型	量米杯數	米重量	內鍋的水位 (加入米)	份量(人數)	1.8升電飯煲 (10杯) 預計烹 調時間*	1升電飯煲(5 杯) 預計烹調 時間*
圓米 (意大利米 通常較黏身)	4	600克	4杯刻度	5 - 6	20－23分鐘	26－31分鐘
糙米	4	600克	4.5杯刻度	5 - 6	35－40分鐘	40－47分鐘
野米	4	400克	3.5杯刻度	4 - 5	約40分鐘	約45分鐘
意式短身米 (Arborio)	4	600克	4杯刻度	4 - 5	17－23分鐘	24－28分鐘

注意：當使用意式短身米製作牛奶米香布甸或甜品布甸時，需要加入更多水份，請以食譜的份量為準。

製作牛奶米香布甸時，請選擇意式短身米代替一般米，因為意式短身米可更快煮熟，而且效果更佳。請按照食譜的指示。切勿直接使用牛奶烹調米飯，以免泡沫從煲蓋溢出。

## 煮飯

圖表和食譜上的烹調時間只供參考。

- 請把產品放在平穩、耐熱的表面上使用，並避免被水濺濕，遠離其他熱源。
- 使用量杯將米的所需份量倒入內鍋。然後注入冷水，直至填滿內鍋的相應量杯刻度(見烹調說明)－參見圖7。
- 蓋上煲蓋。

**注意：應先加入白米，否則可能加水過多。**

- 檢查電器已插上電源。只需輕按「煮飯」鍵－參見圖8。紅色的「煮飯指示燈」將閃爍5秒。5秒後，指示燈亮起，電飯煲開始烹調。
- 每次使用後請清理水滴收集器。

電飯煲會因應內鍋的水和米的份量，自動調節所需烹調時間(參見圖表以獲取所需烹調時間的資料)。

當白米完全吸收水份時，產品將自動停止烹調程序，而進入「保溫」狀態(橙色「保溫指示燈」亮起)。

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## 預設烹調時間

預設烹調時間只可以用於「煮飯」模式。

- 可以延遲開始煮飯的時間。
- 選擇「煮飯」模式。將材料放入內鍋，產品插上電源，只需輕按「煮飯」鍵－參見圖8。紅色「煮飯指示燈」便開始閃爍。
- 選擇烹調時間：當「煮飯指示燈」閃爍時，按「時間掣(+)」－參見圖9或「時間掣(-)」－參見圖10，預設烹調時間。例如：現在是下午1時，我想在下午8時煮飯，可在時間掣設定「7H」，並等候「煮飯指示燈」亮起。
- 預設烹調時間最大設定值為9小時。

## 煮出美味米飯的小貼士

- 量好所需白米的份量，將米置於篩子，用水喉水徹底清洗一段時間(意式短身米則無需清洗)。然後，放入適量的米和水於內鍋。
- 確保米粒均勻分佈在內鍋的整個底面，保證可以均勻煮熟米粒。
- 如有需要，可加入食鹽作調味。4杯米可加入半茶匙鹽，但可按個人口味隨意加減。切記，產品比一般煮飯時所需的水份量少。因此，不要加入太多食鹽。
- 需要時可以清湯代替水。如果使用湯粒，請注意不要加入太多食鹽，以免味道過鹹。
- 烹調時切勿打開煲蓋，以免蒸氣溢出，影響烹調時間。
- 當飯煮好後，「保溫」功能會自動啟動，輕輕攪動米飯，蓋上飯蓋數分鐘，使飯粒分開，達至最佳食用效果。



## 慢煮模式

### 預備材料

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- 慢煮模式的材料份量(實際份量請參閱食譜)不得超過內鍋的10杯刻度。

### 慢煮

- 選擇「慢煮」模式。將材料放入內鍋，產品插上電源，按「慢煮」鍵－參見圖11。當「慢煮指示燈」閃爍時，按「時間掣(+)」鍵－參見圖9或「時間掣(-)」－參見圖10，設定烹調時間。若5秒後仍未選擇烹調時間，指示燈將停止閃爍，同時相關指示燈會亮起。產品的烹調時間自動設定為60分鐘，開始煮飯程序。
- 選擇烹調時間：產品的慢煮模式設定範圍為最少60分鐘至最多9小時。在紅色「慢煮指示燈」閃爍時設定時間，宜按照食譜設定合適的烹調時間。重複按時間掣，增加烹調時間，亦可以連續按鍵幾秒，加快選擇程序。時間按小時增加，由60分鐘至最多9小時。
- 當紅色「慢煮指示燈」亮起，烹調程序開始。

### 慢煮乾扁豆及豌豆的重要貼士

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- 如所預備的慢煮食譜材料包括乾扁豆或豌豆(如紅腰豆或雞心豆)，烹調前必須以冷水隔夜浸泡。將水份吸乾後再徹底清洗。然後將材料放在單柄煲內，加水直至蓋過豆的表面，將水煮沸，繼續快煮10分鐘，掀起煲蓋，將水份排乾，可根據食譜指示加入其他材料。此做法可破壞扁豆及豌豆的天然毒素。
- 由於烹調過程中，鹽份令豌豆變得硬身，烹調後請將豌豆調味。
- 扁豆則無需浸泡，但需快煮10分鐘。
- 罐裝扁豆和豌豆只需排乾水份並加以清洗，在烹調時間結束前30分鐘加入。

食物中。無需將罐裝豆預先煮沸。扁豆、豌豆若未經烹調，切勿食用！請先將豌豆煮熟，然後再加入其他慢煮的材料。

### 蒸煮模式(蔬果和魚類)

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### 預備材料

- 內鍋的最大水容量不得超過10杯刻度(即1.8升水)。如超過最大容量，可能會導致沸水溢出。

## 準備烹調

- 按食譜指示，將水倒入內鍋，但水容量不得超過**10**杯刻度。
- 將蒸盤放入內鍋－參見圖12。
- 加入材料。

## 蒸煮

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- 選擇「蒸煮」模式。將材料放入內鍋，產品插上電源，按「蒸煮」鍵－參見圖13。當「蒸煮指示燈」閃爍時，按「時間掣(+)」－參見圖9或「時間掣(-)」－參見圖10，設定烹調時間。若5秒後仍未選擇烹調時間，指示燈將停止閃爍，同時相關指示燈會亮起。產品的烹調時間自動設定為**1**分鐘，開始蒸煮程序。
- 選擇烹調時間：開始烹調前，必須設定烹調時間。產品的蒸煮模式設定範圍為最少**1**分鐘至最多**60**分鐘，宜按照食譜設定合適的烹調時間。重複按時間掣，增加烹調時間，亦可以連續按鍵幾秒，加快選擇程序。
- 當紅色「蒸煮指示燈」亮起，烹調程序開始。

## 煲粥模式

### 煲粥

- 要設定「煲粥」模式，只需按「煲粥」鍵。將材料放入內鍋，產品插上電源，然後按「煲粥」鍵－參見圖14。當「煲粥指示燈」閃爍時，按「時間掣(+)」－參見圖9或「時間掣(-)」－參見圖10，設定烹調時間。若5秒後仍未選擇烹調時間，指示燈將停止閃爍，同時相關指示燈會亮起。產品的烹調時間自動設定為**5**分鐘，開始煮飯程序。

食譜	使用「煲粥」功能的建議烹調時間	份量
1杯麥片粥、2杯牛奶、半杯水	4	600克
2杯麥片粥、3杯牛奶、2杯水	4	600克

**注意：**烹調後若覺得麥片粥煮得過稀，你可以因應個人口味再煮**2**分鐘。不同牌子的麥片粥，所需的烹調時間或份量會略有不同，你可以適當地調節以得到更佳的口感。

- 選擇烹調時間：開始烹調前，必須設定烹調時間。產品的煲粥模式設定範圍為最少**1**分鐘至最多**60**分鐘，宜按照食譜設定合適的烹調時間。重複按時間掣，增加烹調時間，亦可以連續按鍵幾秒，加快選擇程序。
- 當紅色「煲粥指示燈」亮起，烹調程序啟動。

## 自動保溫功能

當煮飯程序完成後，除煲粥功能外，選擇其他烹調模式，產品會自動進入「保溫」狀態，橙色「保溫指示燈」亮起。「保溫」功能有效讓食物保溫，隨時可供食用。要關閉此功能，請拔掉產品的電源插座。

## 完成烹調程序

從蒸氣孔釋放的蒸氣十分灼熱。

- 打開煲蓋。
- 以附有的飯勺盛飯，然後蓋上煲蓋。
- 電飯煲內的飯繼續自動保溫，以便再次添飯。
- 拔出電源插座。

## 清潔及保養

### 水滴收集器

- 每次使用後均需清潔水滴收集器。
- 如要取出水滴收集器，按壓膠蓋兩端，然後取出收集器－參見圖15。
- 如要把水滴收集器放回原位，須將它緊壓放入凹槽。

## 內鍋、蒸盤與蒸氣蓋

- 使用熱水、清潔劑和海綿清洗內鍋、水滴收集器和蒸氣蓋－參見圖16、17、18。不建議使用含磨損性清潔劑和金屬刷。
- 如果食物沾在內鍋底部，清洗前先把內鍋用水浸泡一會。
- 小心抹乾內鍋。
- 除內鍋之外，切勿讓產品其他部份注水或浸在水中。

## 以洗碗碟機清洗

- 內鍋、蒸盤與蒸氣蓋亦可放在洗碗碟機的底架清洗。清洗內鍋時，請仔細參照以下說明：
- 當放入洗碗碟機時，請注意切勿讓洗碗碟機內的支架刮花內鍋表面的易潔塗層。
- 以洗碗碟機清洗過幾次後，要保養內鍋的易潔物料，建議用廚房萬用紙沾上少許植物油，擦拭內鍋裡面的易潔塗層。
- 然後把內鍋放回電飯煲內。

內鍋經長時間使用後所出現的褐色斑點及刮痕均屬正常。我們保證易潔塗層可與食物接觸。

- 為延長內鍋的易潔塗層使用壽命，不建議在內鍋裡切割食物。
- 攪拌或分配食物時，請使用塑膠或木質用具，切勿使用金屬用具，以免損壞內鍋裡的易潔塗層。
- 為避免腐蝕，請勿將醋倒入內鍋。
- 由於受到蒸氣和水的影響，在首次或多次使用後，內鍋表面可能變色，但絕不影響產品的正常使用，亦不會對您的身體構成任何不利影響。請繼續放心使用。

## 清潔及保養產品的其他部份

- 用濕布清潔電飯煲的外部、煲蓋的內部、電源線，然後擦乾。請勿使用研磨性清潔劑清潔。
- 請勿用水直接清洗電飯煲內部，以免損壞熱感應器。
- 將產品貯存之前，請將底部的電源線捲起－參見圖19。

## 保護環境！

- ① 本產品含有可回收及循環再造的物料。
- ➡ 請把產品棄置在當地的環保廢物收集站。



如有任何有關產品的問題或查詢，請致電我們的查詢熱線：  
香港查詢熱線：(852) 2395 3331

或瀏覽本公司網站－[www.tefal.com.hk](http://www.tefal.com.hk)

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