National

Electronic Rice Cooker/Warmer 電子ジャー炊飯器 전자 밥솥 微電腦電子鍋

Operating Instructions

目錄

매좌여 주셔서 대단히 감사하

이 실망시를 잘 얻으시고 성확해져 사용하십

새로, 그루수중하셔 보관하시며 활효합비해

는 배입니다.

레

不

計의 무선지를 야 많지다.

● この度は、ナショナル電子ジャー

とにありがとうございました。

きお話もください。

もくじ

炊飯器をお買い上げいただきまこ

本服弱度をよくお読みの上、正しくお扱い

くだされ。そのあと大切に滞存し、必要なと

取扱説明書 취급설명서

使用説明書

SR-LA10N (1.0L) SR-LA18N (1.8L)

● 이번에 National 전자 방술물구 ● 非常感謝想購買我們的 電子鍋 :: 請行純閱讀本說時畫,並妥藝保存。 以酬必要將查詢。

 Thenk you very much for purchasing National Electronic Rice Cooker/Warmer.

Read all instructions defore use. Save these instructions for future retenance.

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IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed, including the following:

- 1. Read all instructions.
- 2. Do not touch hot surfaces. Use handles or knobs.
- 3. To protect against electrical hazards do not immerse cord, plugs, and Rice Cooker, except pan, in water or other liquid.
- 4. Close supervision is necessary when any appliance is used by or near children.
- 5. Unplug from outlet when not in use and before cleaning. Allow cooling before putting on or taking off parts.
- 6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or has been damaged in any manner. Return appliance to the nearest authorized service facility for examination, repair or adjustment.
- 7. The use of accessory attachments not recommended by the appliance manufacturer may be hazardous.
- 8. Do not use outdoors.
- 9. Do not let cord hang over edge of table or counter, or touch hot surfaces.
- 10. Do not place on or near a hot gas or electric burner, or in a heated oven.
- 11. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
- 12. Always attach plug to appliance first, then plug cord into the wall outlet. To disconnect, turn any control to "off", then remove plug from wall outlet.
- 13. Do not use appliance for other than intended use.

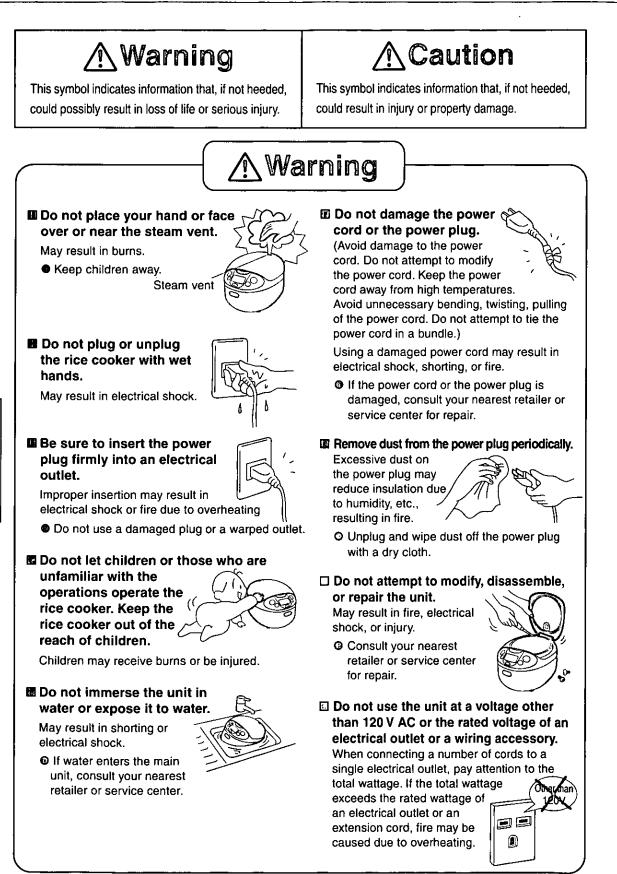
14.SAVE THESE INSTRUCTIONS

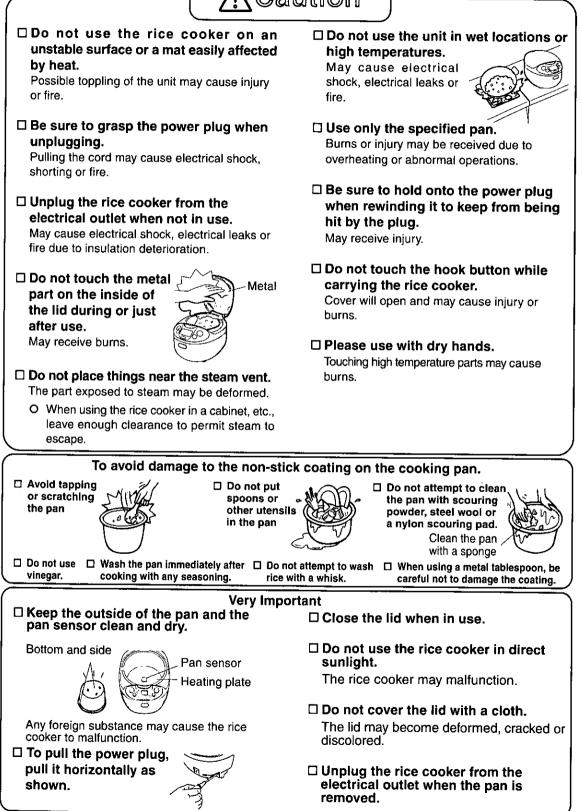
15. This product is intended for household use.

NOTE

- A. A short power supply cord (or cord set) is to be provided to reduce the hazards resulting from becoming entangled in or tripping over a longer cord.
- B. Longer cord set or extension cords are available and may be used if care is exercised in their use.
- C. If a long cord set or extension cord is used,
 - (1) the marked electrical rating of the cord set or extension cord should be at least as great as the electrical rating of the appliance.
 - (2) if the appliance is of the grounded type, the extension cord should be a grounding-type threewire cord, and
 - (3) the longer cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over accidentally.

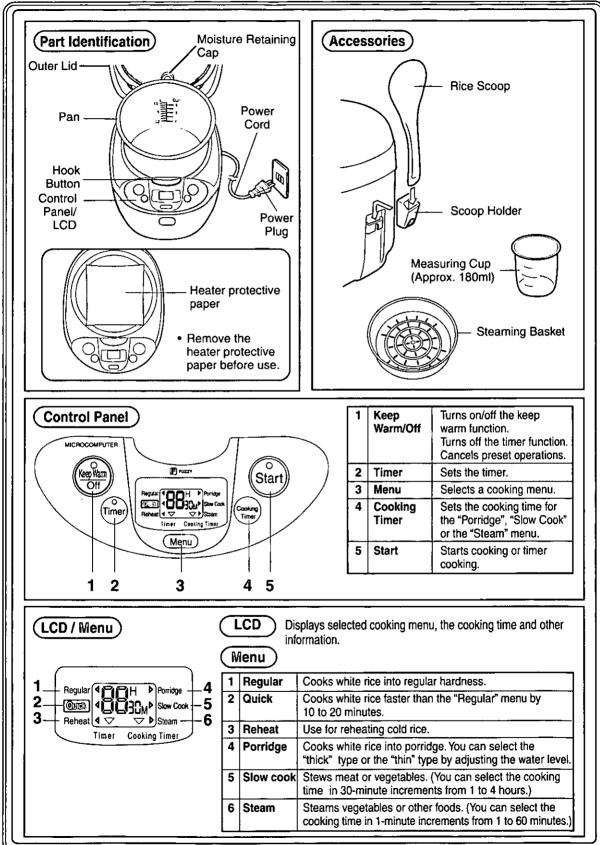
This appliance has a polarized plug; (one blade is wider than the other). As a safety feature, this plug will fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to defeat this safety feature.





Parts Description

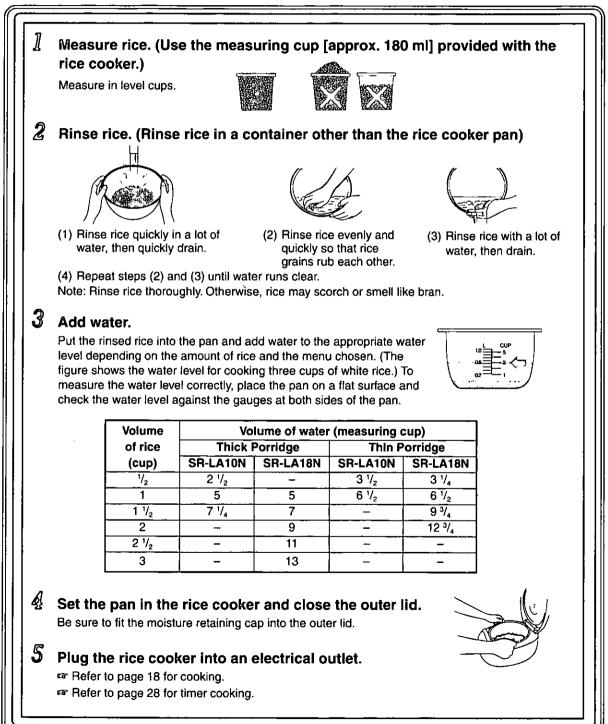
Figures show SR-LA10N (1.0L type)

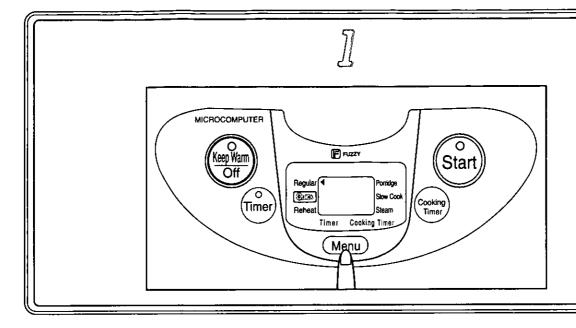


Preparation for Cooking Rice

The minimum and maximum amount of rice that can be cooked will vary depending on the menu chosen.

	Cooking Capacity (Measuring cup)	
Menu	SR-LA10N (1.0L)	SR-LA18N (1.8L)
White Rice	1 cup to 5.5 cups	3 cup to 10 cups
Thick Porridge	0.5 cup to 1.5 cups	1 cup to 3 cups
Thin Porridge	0.5 cup to 1 cup	0.5 cup to 2 cups
Slow Cook	1.8qts (1.7 L)	3.2qts (3.1 L)





Cooking Rice

I Select a menu. Each pressing of the [Menu] key moves ⊲ (or ▷) from one menu to another as follows.

"Regular" \rightarrow "Quick" \rightarrow "Reheat" \rightarrow "Porridge" \rightarrow "Slow Cook" \rightarrow "Steam" \rightarrow "Regular" \rightarrow ... (The figure shows the indication on the LCD when the "**Regular**" menu is selected.)

2 Press the [Start] key.

The **[Start]** lamp lights up when cooking starts. The remaining time counter will appear on the LCD display when the remaining time reaches the time shown on the chart below.

Quick	Regular or Porridge
9 minutes	13 minutes

When cooking is finished, the rice cooker beeps and automatically switches to the keep warm mode.

Fluff (mix) rice completely within 30 minutes after cooking is finished.

Rice is ready to be served.

Standard cooking time (Approx. in minutes)		
Regular	Quick	Porridge
50	29 to 39	62 to 78

Caution Do not use the keep warm function for porridge or mixed rice to prevent rice from producing odor, becoming discolored or sticky. Press the [Keep Warm/Off] key to turn off the keep warm function.

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』 メニューを選びます。[Menu] キーを 押すごとに ⊲(または ▷)が移動し ます。

"Regular" → "Quick" → "Reheat" → "Porridge" → "Slow Cook" → "Steam" → "Regular" → ... (図は白米標準炊きの場合です。)

2/[Start] キーを押します。

炊飯が始まると [Start] ランプが点灯します。 炊き上がるまでの残り時間が下表の時間に達す ると、表示部に残り時間が表示されます。

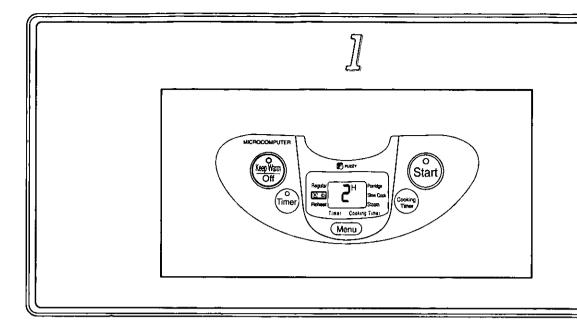
早炊さ	白米、おかゆ
9分	13 分

炊飯が終了するとピピ音が鳴り、自動的に保温 状態となります。

3 炊飯海了後30分以内にごはん全体 をよくほくしてください。 ほくしたらすくに召し上がれます。

炊き上がるまでの時間の目安		
Regular	Quick	Porridge
50分	29~39分	62~78分

注 ¹2 おかゆ・炊きこみごはんは保温するとニ オイや変色またはべたつきの原因になる ため保温しないでください。[Keep Warm/Off] キーを押して保温をオフにし ます。



Keeping Rice Warm

When cooking is finished, the rice cooker automatically switches to the keep warm mode.

Caution

- Do not use the keep warm function for mixed rice, or porridge to prevent mixed rice from releasing odors or discoloration, and porridge from becoming gluey.
- 2) Do not keep rice warm more than 12 hours. May result in odor and discoloration.
- Do not leave rice scoop or other utensils in the pan. The rice may be contaminated with unwanted bacteria and may cause odors.
- Do not add cold rice to the warm rice in the pan. May result in odor.

Depending on the elapsed warming time, the unit operates as follows:

	Elapsed time in the keep warm mode	Display	Operation
1	Less than 24 hours	Elapsed time in the keep warm mode (hours)	Operating in the keep warm mode (The [Keep Warm/Off] lamp is lit.)
2	24 to 96 hours	No display	Operating in the keep warm mode (The [Keep Warm/Off] lamp is lit.)
3	After 96 hours	Standby condition	The keep warm function will be automatically turned off.

保温

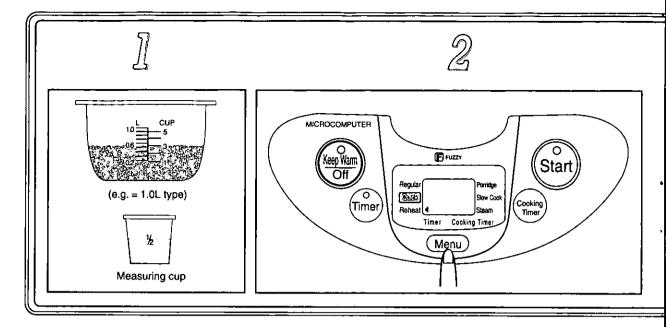
炊飯・調理が終了すると、本体は自動的に保温に切り 換わります。

保温時の注意点

- 炊きこみはニオイや変色の原因となり、おかゆ はべたつきますので「保温」しないでください。
- 2) 12 時間以上保温しないでください。ニオイや 変色の原因となります。
- しゃもじなどを内なべに放置しないでください。ニオイの原因となります。
- ごはんをつぎ足さないでください。ニオイの原因となります。

保温時間に応じて表示、本体の動作は次のようになり ます。

	保温挺過時間	表示部	本体劢作
1	24 時間未満	保温経過時間 (時間)	保温 ([Keep Warm/Off] ランプ点灯)
2	24~96時間	表示なし	保温 ([Keep Warm/Off] ランプ点灯)
3	96 時間以上	待機中	保温は自動的 に停止します。



Refreeting

Fluff the cold rice in the pan.

Before reheating cold rice, add water as shown in the table below with the measuring cup provided.

Volume of cold rice (refer to water	Volume of water (cup)	
level scale on the pan)	1.0 L	1.8 L
1	1/4	-
2	1/2	-
3	1/2	1/2
4	-	1/2
5	-	1
Cold rice reheating maximum capacity (level)	3	5

- e.g.: Figure 1 shows the volume of cold rice at level 3 and amount of water have to add in is 1/2 cup.
- Press [Menu] key to select "Reheat" function.

3 Press [Start] key.

The [Start] lamp lights to indicate that reheating process has started. The LCD will display '20', regardless of how much rice is being reheated, indicating that it will take 20 minutes for reheating process to finish. The displayed time will be reduced one minute at a time. The rice cooker beeps when the reheating process is complete and automatically switches to keep warm. The Keep Warm/Off light goes on. Fluff (mix) the rice as soon as the reheating process is complete in order to ensure good tasting rice.

- Caution 1) Do not add cold rice exceeding the maximum capacity.
 - 2) Reheat cold rice only once to avoid deterioration of flavor.
 - Use the reheat function for white rice only.

- 再加盛。一日日本美
- 内なべの中のごはんをほぐします。 冷たいごはんを再加熱する前に、付属の計量カッ プで下の表の打ち水をしてください。

	水の日	(カップ)
<u>した</u> を目安にしてください。)	1.0 L	1.8 L
1	1/4	-
2	1/2	-
3	1/2	1/2
4	-	1/2
5	-	1
一回に再加熱できる冷たいごはんの①(目盛り)	3	5

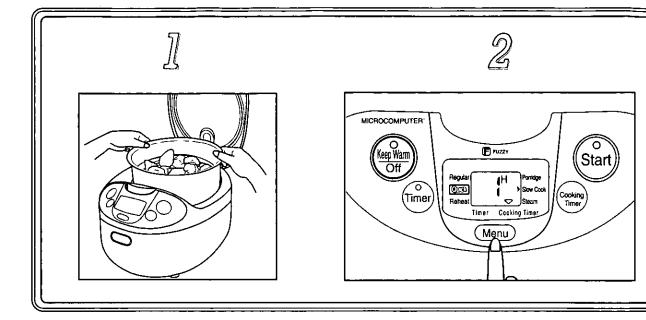
(例:図1は3番めの目盛りにおける冷たいごはんの と加える水の ロが1/2カップであることを示しています。

2 [Menu] キーを押して、"Reheat"を選 びます

3 [Start] キーを押します

[Start] ランプが点灯して、再加熱が始まったこ とを表示します。表示部の数字「20」は、お米 を温めなおす回数にかかわらず、温め直し完了ま で20分かかることを示します。時間は一分刻み です。炊飯器は、温め直しが完了すると「ピッ」 と音で知らせ、自動的に保温になります。保温/ 取消ランプが点灯します。温め直しが完了した ら、お米のおいしさを損なわないようにすぐにほ ぐしてください。

- 注意 1) 冷たいごはんは一回に再加熱できる 日を超えて入れないでください。
 - 2)風味を残すためにも、冷えたご飯を 温めなおしてください。
 - 3) 白米にのみ、温め直し機能は使用できます。



Stewing

Use the **"Slow Cook"** menu for stewing. You can set the cooking time in 30-minute increments from 1 to 4 hours.

- Put ingredients and seasonings into the pan and set the pan into the rice cooker. Close the outer lid and plug the rice cooker into an electrical outlet.
- Press the [Menu] key to select the "Slow Cook" menu.

"1H" (1 hour 0 minutes) is displayed on the LCD as the default cooking time for the "Slow Cook" menu.

Press the [Cooking Timer] key to set the cooking time.

Each pressing of the [Cooking Timer] key changes the time as follows:

"1H" → "1H30M" → "2H" → ... → "3H30M" → "4H" → "1H"

Press the [Start] key when the desired cooking time is displayed.

The [Start] lamp lights up when stewing starts. The LCD will change every thirty minutes to show the remaining cooking time. The display will count down by one-minute increments when the remaining time reaches one hour. The unit will automatically switch to the Keep Warm mode when the desired cooking time is complete.

For example: If the desired cooking time is two hours, the remaining cooking time is displayed on the LCD as follows:

"2H" → "1H30M" → "1H" → "59M" → "58M" →…"1M"

意因みの問題方法

煮込み調理をするには "Slow Cook" を選びます。 メニューに合わせ1〜4時間(30 分刻み)の調理時間を 選べます。

- 間理具材と関味料を内なべに入れ、本 体にセットし、外ふたを閉めてプラグ を差し込みます。
- 2 [Menu] キーを押して "Slow Cook" を 選びます。
 表示部に "1H" (1 時間0分)と表示されます(煮込み時間の初期値)。
- 3 [Cooking Timer] キーを押して意込み 時間を設定します。

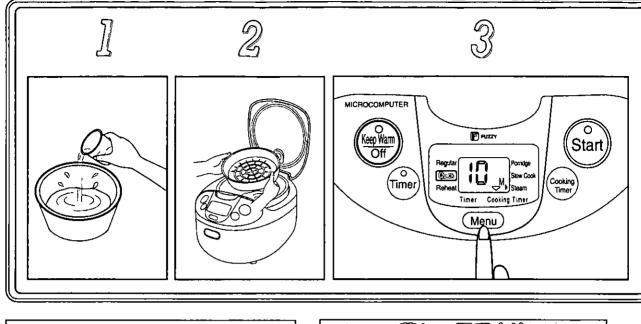
押すごとに "1H" → "1H30M" → "2H" →…→ "3H30M" → "4H" → "1H"

と表示されます。

[Start] ランプが点灯し、煮込み調理が始まりま す。表示部は炊き上がるまでの時間を 30 分ごと に表示し、1 時間以内になると一分ごとに残り時 間を表示します。炊き上がると自動的に保温にな ります。

例:**炊飯完了を2時間後として、炊き上がり** までの時間が以下のように表示部に表示され ている堝合

 $\texttt{`2H''} \rightarrow \texttt{`1H30M''} \rightarrow \texttt{`1H''} \rightarrow \texttt{`59M''} \rightarrow \texttt{`58M''} \rightarrow \cdots \texttt{`1M''}$



Steaming

Using the measuring cup provided, place the amount of water shown below into the pan, and place the pan in the rice cooker.

 1.0L type → 450ml
 (2.5 cups)

 1.8L type → 630ml
 (3.5 cups)

Set the steaming basket in the pan and place ingredients on the plate. Close the outer lid.

Press the [Menu] key to select the "Steam" menu.

"10M" (10 minutes) is displayed on the LCD as the default cooking time for the "**Steam**" menu.

Press the [Cooking Timer] key to set the cooking time. You can select the cooking time from 1 to 60 minutes.

Each pressing of the [Cooking Timer] key changes the time as follows:

"10M" → "11M" → "12M" → …"60M" → "1M" → "2M" → …"10M"

Press the [Start] key when the desired cooking time is displayed.

The [Start] lamp lights when steaming starts. The remaining cooking time is displayed on LCD and it counts down in one minutes increments.

When the preset cooking time elapses or when water evaporates completely, the rice cooker beeps and automatically switches to the keep warm mode. 盛しの闘理方法

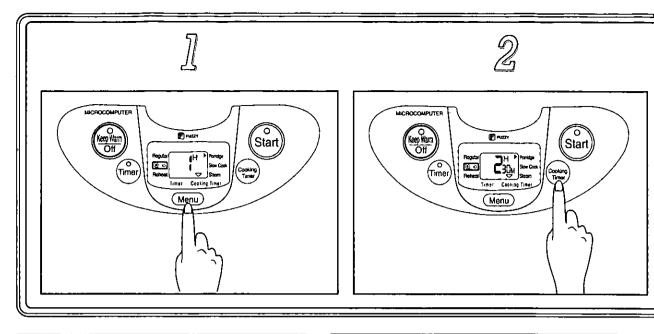
- 2 付瓜の蒸し板をセットし、その上に 図理するものをのせ、外ふたを閉め ます。
- 3 [Menu] キーを押して "Steam"を 選び ます。 表示部に "10M"(分)が表示されます。 (蒸し時間の初期値)
- ダ [Cooking Timer] キーを押して調理時間を設定します。1~60分まで調理時間を選べます。 押すごとに

"10M" → "11M" → "12M" → …"60M" → "1M" → "2M" → …"10M"

と表示されます。

5 設定したい問理時間が設示されたら [Start] キーを押します。 [Start] ランプが点灯し、蒸しが始まり、残り時間を1分単位で表示します。

設定した調理時間が経過するか水がなくなると、ビビ 音がなり、自動的に保温に切り替わります。



Timer Cooking

This is a count down timer, not a clock timer, so, the rice cooker will complete cooking when the number of hours the Timer was set for elapses. The Timer begins to count down from the time the [Start] key is pressed. For example, if the Timer is set for 4H 30M cooking will be completed 4 hours and 30 minutes from the time the [Start] key was pressed, not at 4:30a.m. or 4:30p.m.. Timer cooking is not recommended when using seasonings or other ingredients since they settle to the bottom of the pan which may cause abnormal cooking.

Applicable Menus for Timer Cooking and Recommended Time Setting Range.

Menu	Time Setting Range	
Regular	1 ~ 13 hours	
Porridge	Cooking Time ~ 13 hours	

e.g.: To complete 2-hour 30-minute Porridge 6 hours later.

- Select "Porridge" using the [Menu] key.
-] 2 Set the cooking time (2:30) by pressing [Cooking Timer] key before setting the timer.

3 Press the [Timer] key to select the timer setting. ([Start] light flashes)

Press the [Timer] key until 6H is displayed. The first time the [Timer] key is pressed the previous timer setting will be displayed. The timer will advance 30 minutes each time the [Timer] key is pressed. You can keep the key pressed so that the timer changes continuously. Timer for "Porridge" cannot be set for shorter than the cooking time

Ą. Press the [Start] key.

The [Start] lamp goes off and the [Timer] lamp lights. Timer cooking is set. As soon as cooking starts, the [Timer] lamp goes off and the [Start] lamp lights. If the selected menu is Regular and the Timer is set for 1 hours, or the selected menu is Porridge and the Timer setting is the same as the cooking timer's, the [Start] lamp will light and cooking will begin as soon as the [Start] key is pressed.

Note: Timer setting cannot be used for "Quick", "Reheat", "Slow Cook" and "Steam".

予的炊飯

タイマーは、時計ではなく、残り時間を表示するので、タイ マーに表示されている時間が経つと炊飯が始まります。「ス タート」ボタンが押されるとタイマーが始動します。例え ば、タイマーが「4 H30M」と表示されている場合、「ス タート」ボタンが押されてから4時間30分後に炊飯が完了 することを意味し、午前または午後4時300分でに風歇が売り することを意味し、午前または午後4時30分の時間ではあ りません。具や調味料の入ったものは予約炊飯しないで下さ い。調味料などが沈殿してうまく炊けないことがあります。

予約のできるメニューと推奨時間设定箆囲

メニュー	時間设定箆囲
Regular	1~13 時間
Porridge	調理時間 ~ 13 時間

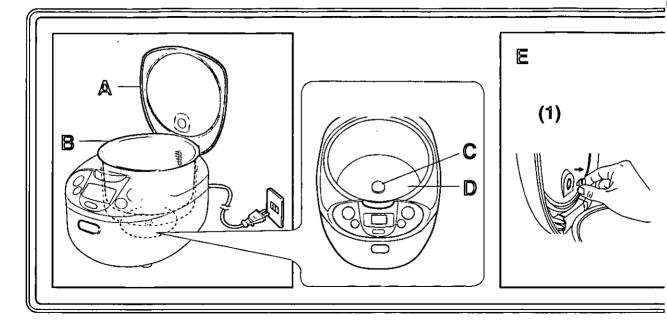
- 例:2時間30分のおかゆを6時間後に完了する
- [Menu] キーで "Porridge" を選びます
- 2 予約時刻を設定する前に、[Cooking Timer] を押して調理時間(2:30)をセットしま す。
- 3 [Timer] キーを押して予約時刻を選ぶ ([Start] ランプが点滅します。)

[Timer] キーを一度押すと、前回の予約時刻が表表示 間に「6日」と表示されるまで「タイマー」ボタンを 押してください。一回押すと前回予約設定された時間 が表示されます。「タイマー」ボタンを押すごとに30 が設いてれなり。アイト、「ハノノを引き」ととしい 分単位で表示が変わります。キーを押したまま予約時 刻を進めることもできます。「おかゆ」の予約時刻は 調理時間より短い時間を設定することはできません。

Ø [Start] キーを押します。

[Start] ランプが消え、[Timer]ランプが点灯すると予 約完了です。炊飯が始まるとすぐに[Timer]ランプは 消え、[Start] ランプが点灯します。タイマーが1時 間に設定され、通常の炊飯機能または、おかゆ炊飯 機能が選択されている場合、「スタート」ランプが点 灯し、「スタート」ボタンが押されると同時に炊飯が 始まります。

注: 「Quick」「Reheat」「Slow Cook」「Steam」 は予約炊飯できません。



Cleaning and Maintenance

Unplug the rice cooker and allow the unit to cool before cleaning.

Do not use benzine, thinner, scouring powder, or steel wool.

A Main unit and outer lid

Wipe with a damp cloth. If you continue using the rice cooker with a soiled lid, the soil will not come off. The outer lid may be discolored or stained with the soil, but is not unsanitary. *Do not wash with dishwashing detergent. Do not immerse the main unit in water.

B Pan

Wash with dishwashing detergent and a sponge. Wipe water off the pan.

If the pan is deformed or the non-stick coating is worn away, purchase a new pan at your nearest retailer and replace the old pan with the new one.

C D Pan sensor and heating plate

Wipe with a damp cloth, if caked with foreign substances.

E Moisture retaining cap

Pull outwards to remove the moisture retaining cap (1). Wash it with water and wipe off any moisture (2). Wipe the inside of the hole with damp cloth (3). Securely fit the cap by pushing it (4).

F Accessories

Wash with dishwashing detergent and a sponge. Rinse and wipe water off.

お手入れのしかた

お手入れは必ず電源プラグを抜き、本体が冷えてから 行って下さい。

ベンジン、シンナー、みがき粉、金属たわしなどは使 わないで下さい。

A 本体および外ふた

固く絞ったふきんで拭く。汚れたままの外ふた を使用していると汚れが落ちにくくなり、変色 や色むらの原因となります(衛生上は問題あり ません)。

*台所用洗剤は使用しないでください。また、 本体を水で濡らさないでください。

<u>B 内なべ</u>

台所用洗剤とスポンジで洗い、水分をふき取 る。内なべが変形したり、フッ素コーティング が磨耗している場合は、お買い求めの販売店で 交換してください。

CD なべセンサーと熟板

異物などがこびりついたときは、固く絞ったふ きんでふいてください。

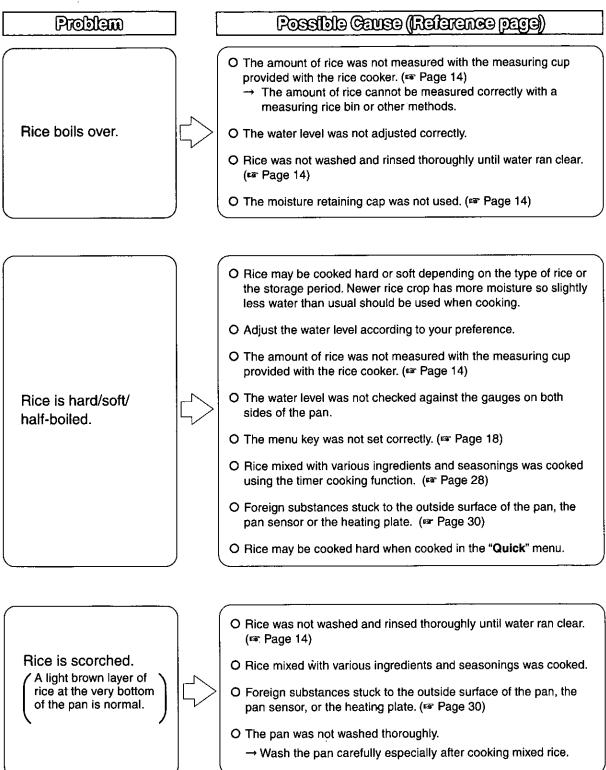
E 保湿キャップ

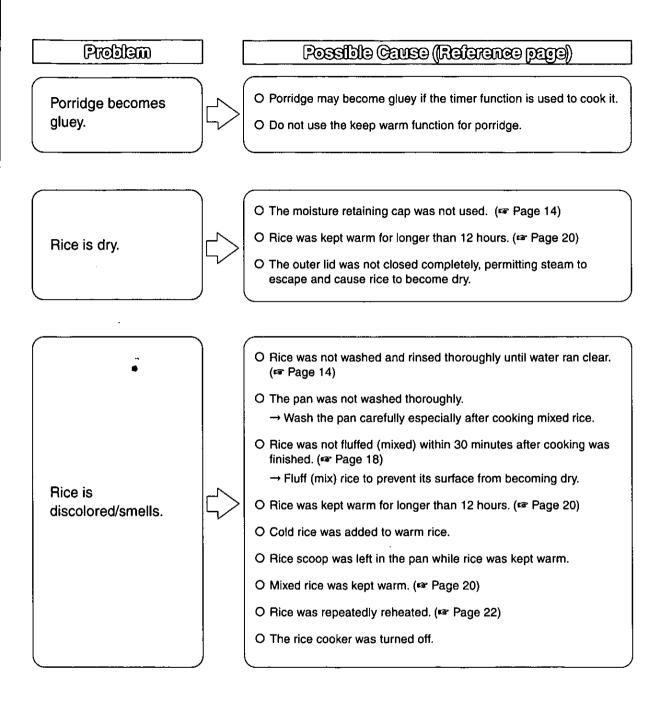
蒸気受けを取り外すには、蒸気受けを外側に引 張ってください(1)。水で洗い、水分をふき取 ります(2)。穴の中を濡れた布で拭きます(3)。 蒸気受けを押してしっかりとはめ込んでくださ い(4)。

<u>F 付口品</u>

台所用洗剤とスポンジで洗います。水ですすい で、水分をふき取る。

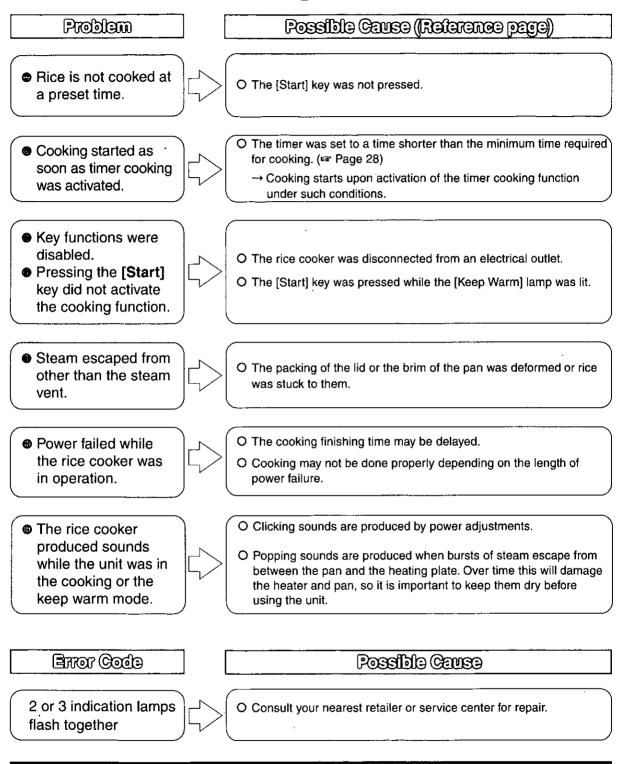
If rice is not cooked well





Troubleshooting

(Check the following items before you contact your retailer or service center.)



- ℜ Replace damaged or deformed pan.
- * Consult your nearest retailer or service center if rice, water or other material is put directly into the main unit without using the pan.
- * The marks (O, 2) above the [Start] and the [Keep Warm/Off] keys are for blind people.

Specifications

Model Power Supply		SR-LA10N	SR-LA18N
		120 V AC	
Power Consumption (Approx.) W	Cooking	590	835
	Keeping Warm	84 (26*1)	95 (28*1)
Cooking Capacity L (cups)	White Rice	0.18~1.0 (1~5.5)	0.54~1.8 (3~10)
	Mixed Rice	0.18~0.54 (1~3)	0.54~1.08 (3~6)
	Thick Porridge	0.09~0.27 (0.5~1.5)	0.18~0.54 (1~3)
	Thin Porridge	0.09~0.18 (0.5~1)	0.09~0.36 (0.5~2)
Power Cord Length m (ft)		0.9 (3)	0.9 (3)
Weight (Approx.) kg		2.7 (5.9 lbs.)	3.4 (7.5 lbs)
Dimensions (Approx.) cm	Width	23.4 (9.2")	26.3 (10.4")
	Depth	32.1 (12.6")	35.1 (13.8")
	Height	20.1 (7.9")	23.2 (9.1")
		39.6*2 (15.6"*2)	45.2*² (17.8"*²)

*1: Average power consumption in the keep warm mode in a stable condition (at a room temperature of 20°C or 68°F)

- *2: Height with the outer lid open
- Power consumption is approximately 2W when the rice cooker is turned off.

For further assistance contact Panasonic at: 800-211-PANA (7262) or visit our website at <u>www.panasonic.com/national</u>

		金鐵		
品番		SR-LA10N	SR-LA18N	
霍 源		120 V AC		
消費電力 (約)W	炊飯時	590	835	
	保温時	84 (26*')	95 (28*1)	
炊飯容 <u>日</u> し (カップ)	白米	0.18~1.0 (1~5.5)	0.54~1.8 (3~10)	
	炊きこみ	0.18~0.54 (1~3)	0.54~1.08 (3~6)	
	全がゆ	0.09~0.27 (0.5~1.5)	0.18~0.54 (1~3)	
	五分がゆ	0.09~0.18 (0.5~1)	0.09~0.36 (0.5~2)	
 電源コード長 m(ft)		0.9 (3)	0.9 (3)	
		2.7 (5.9 lbs.)	3.4 (7.5 lbs)	
寸法 (約) cm	幅	23.4 (9.2")	26.3 (10.4")	
	奥行	32.1 (12.6")	35.1 (13.8")	
	商さ	20.1 (7.9")	23.2 (9.1")	
		39.6*2 (15.6"*2)	45.2* ² (17.8"* ²)	

*1: 安定時平均保温消費電力(室温20℃の場合)

*2: 外ふたを開けたときの高さ

• 切の状態での消費電力は約2 Wです。

お客様ご相談窓口 電話:800-211-PANA (7262) ホームページ: <u>www.panasonic.com/national</u> なお、お問い合わせは英語のみとなっておりますのでご了承下さい。

Recipes STEAMING VEGETABLES

1. Pour water into the rice cooker pan.

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- 2. Place the steaming basket inside the pan.
- 3. Add vegetables (place in a dish if required).
- 4. Close the lid and plug in the power cord.
- 5. Select "Steam" and set the "Cooking time". (refer to the table below)
- 6. Stir the vegetables occasionally and continue cooking until the "Cooking time" is complete.

Vegetable		Quantity	Time (minute)
Artichokes : Globe : Jerusalem	: Whole : Peeled, Whole	2-4 2-4	30-40 15-20
Asparagus		8 oz. (200N)	5-10
Beans : Green waxed, whole		1 lb. (500N)	10-12
Broccoli	: Spears	1 lb. (500N)	5-10
Beets	: Whole	1 lb. (500N)	30-35
Carrots	: Small, whole	1 ib. (500N)	10-12
Cauliflower	: Flowerettes	1 lb. (500N)	12-14
Corn on the Cob	·	3-6 ears	10-13
Peas	: Shelled	8 oz. (200N)	6-8
Potatoes, Sweet Potatoes, Quartered		5 oz. (140N)	20-25
Summer Squash, Zucchini	: Cut-up	1 lb. (500N)	5-10
Winter Squash	: Pieces	1 lb. (500N)	20-30
Acorn Squash	: Half	1 lb. (650N)	17-20
Spinach		5 oz. (150N)	6-8
Frozen Mixed Vegetables		10 oz. (300N)	6-8

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