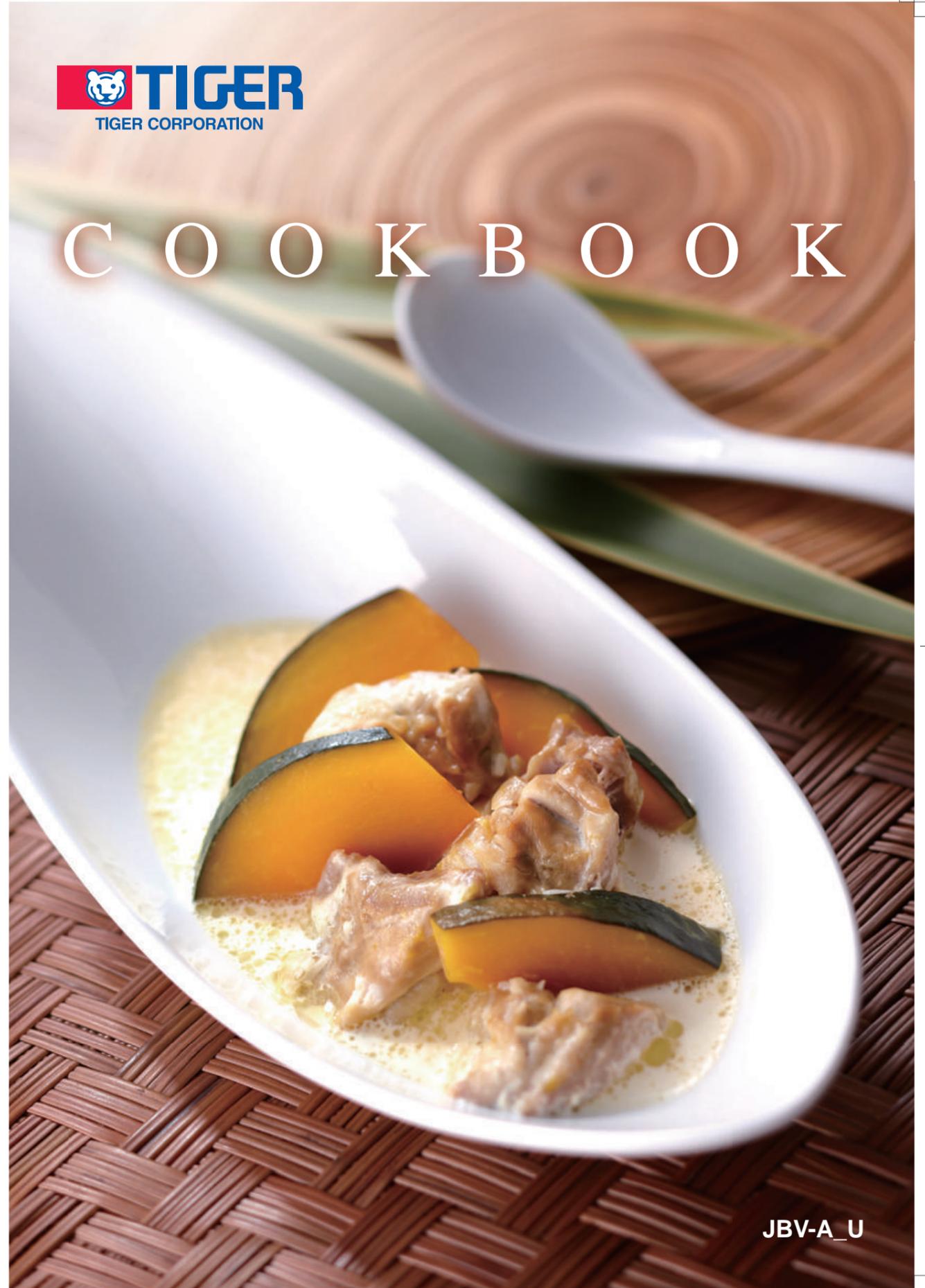




# C O O K B O O K



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## How to use the cooking plate

If you do not cook rice simultaneously, pour in water to the 1 level of scale for the 1.0L type cooker, and to the 2 level of scale for the 1.8L type cooker of the [Plain] scale of the inner pan. Then, use the [Slow Cook/Steam] menu to cook for 20 to 30 minutes. Refer also to the instruction manual for details.

### ~ Example ~ **Recipe 11 Gyudon (beef rice bowl)**

1. Select the recipe you would like to cook. Prepare the ingredients and put them in the cooking plate.
2. Put the washed rice and water in the inner pan, and set in the rice cooker. (1 to 2 cups of rice is allowed for the 100-size cooker, and 2 to 4 cups for the 180-size cooker.) Use measuring cup included with rice cooker.



3. Set the cooking plate in the inner pan and close the lid.



4. Press the [Synchro-Cooking] key.



5. When the Keep Warm lamp is lit, the cooking is completed!



The rice cooking is completed at the same time.



- Be careful not to put ingredients in greater quantity than called for in the recipe. Otherwise, boiling-over or undercooking may result.
- The amount of ingredients are based on the mass(grams/ounce/pound)described on each item.Measurements by cups are not as accurate.
- Place the ingredients as flat as possible in the cooking plate, leaving a space between them.
- When using ingredients that require long cooking time, cut them into small pieces.
- Do not use the keep warm function with the cooking plate and the dish which cooked by cooking plate left inside.
- 2 servings are the maximum for the Synchro-Cooking using the 1.0L type cooker. (The amount of ingredients for 2 servings shown in this Cook Book.) For the 1.8L type cooker, ingredients for 4 servings can be cooked. (Double the amount of ingredients for 2 servings shown in this Cook Book.)
- If you like, add the garnish of vegetable as shown in the picture of the recipe.

One teaspoon = 0.17oz/5ml    One tablespoon = 0.5oz/15ml    One cup = 8oz/240ml

## Simmered Meatballs and Chinese Vermicelli



### Ingredients Serves 2.

(Meatballs)

- ground pork ..... 1/3 lb / 150g
- ginger ..... 1 tablespoon chopped finely
- naganegi(white leek) ..... 2 tablespoons chopped finely
- sugar ..... 1/2 teaspoon
- salt ..... To taste
- soy sauce (dark if available) ..... 1/2 teaspoon
- cooking sake ..... 1 tablespoon
- corn starch (available at Asian market) ..... 1/2 tablespoon
- Chinese vermicelli (dried) (available at Asian market) ..... 3/4oz / 20g Rehydrate and cut into the proper length.
- carrot ..... 1/8 cup (3/4oz / 20g) Slice into thin half-moons.
- dried shiitake ..... 1 Rehydrate and slice.

(Sauce)

- sugar ..... 1 teaspoon
- soy sauce (dark if available) · 1 teaspoon
- chicken bouillon (powder) ..... 1 teaspoon
- water ..... 1/3 cup

### Directions

1. Put all ingredients of the meatballs in a bowl and mix them well. Shape into balls about 1 1/4 inch/3cm in diameter.
2. Place the meatballs leaving a space between them on the cooking plate, and add the bean-starch vermicelli, carrot and dried shiitake. Pour the mixed sauce on them.
3. Put the washed rice and water in the inner pan and set in the rice cooker.
4. Set the cooking plate in the inner pan. Press the [Synchro-Cooking] key.
5. When cooking is completed, place on the serving plate.

## Steamed Sea Bream with Doubanjiang (Chili Bean Sauce)

### Ingredients Serves 2.

- sea bream ..... 2 slices (about 4oz / 100g each)
- naganegi (white leek) ..... 1/2oz / 15g Shredded
- lotus root (available at Asian market) ..... 1/3 cup (1 1/2oz / 40g) Slice into thin half-moons.
- carrot ..... 1/8 cup (3/4oz / 20g) Shredded
- shredded ginger ..... 1 tablespoon
- garlic ..... 1 clove Sliced
- red chili pepper ..... 1/2 Sliced diagonally

(Sauce)

- doubanjiang (chili bean sauce) (available at Asian market) ..... 1 tablespoon
- soy sauce (dark if available) .... 1 teaspoon
- cooking sake ..... 1/2 tablespoon
- sesame oil ..... 1 teaspoon
- salt ..... A dash
- pepper powder ..... A dash

### Directions

1. Place the sea bream pieces on the cooking plate. Scatter the naganegi, lotus root, carrot, ginger, garlic and red chili pepper over the sea bream.
2. Pour well-mixed sauce evenly over the ingredients.
3. Put the washed rice and water in the inner pan and set in the rice cooker.
4. Set the cooking plate in the inner pan. Press the [Synchro-Cooking] key.
5. When cooking is completed, place on the serving plate.



Recipe  
03**Creamed Chicken and Pumpkin****Ingredients** Serves 2.

- chicken thigh ..... 1/3 lb / 150g  
Cut into bite-size pieces.
- salt ..... To taste
- kabocha (Japanese pumpkin)  
..... 1/2 cup(1/4 lb / 100g)  
Sliced
- heavy cream ..... 1/4cup
- garlic ..... 1 clove  
Chopped finely
- butter ..... 1/2 tablespoon

**Directions**

1. Season the chicken with salt. Place the chicken and pumpkin alternately on the cooking plate.  
Pour the heavy cream evenly, add the butter and sprinkle the garlic over the ingredients.  
Add the butter and sprinkle with the chopped garlic.
2. Put the washed rice and water in the inner pan and set in the rice cooker.
3. Set the cooking plate in the inner pan.  
Press the [Synchro-Cooking] key.
4. When cooking is completed, place on the serving plate.

**Steamed Tofu and Yamaimo**Recipe  
04**Ingredients** Serves 2.

- soft tofu ..... 1/2 package (7oz / 200g)  
Cut into bite-size pieces.
- yamaimo (mountain yam)  
(available at Asian market)  
Cut into bar rectangles.  
..... 1/4 cup (1oz / 30g)
- napa cabbage (Chinese cabbage)  
..... 1/4 cup (1oz / 30g)  
Shaved
- naganegi (white leek)  
..... 1/4 cup (1oz / 30g)  
Sliced diagonally
- carrot ..... 1/8 cup (1/2oz / 15g)  
Cut into rectangles.

**(Sauce )**

- salt ..... 1/2 teaspoon
- ground black pepper ..... A dash
- soy sauce (light if available) ... 1 teaspoon
- chicken stock (powder) ..... 1 teaspoon
- sesame oil ..... 1/2 teaspoon

**Directions**

1. Wrap the tofu with paper towels and leave for 15 minutes to drain.
2. Place the tofu, yamaimo, napa cabbage, naganegi and carrot on the cooking plate. Pour the mixed sauce evenly over the ingredients.
3. Put the washed rice and water in the inner pan and set in the rice cooker.
4. Set the cooking plate in the inner pan.  
Press the [Synchro-Cooking] key.
5. When cooking is completed, place on the serving plate.

Recipe  
05

## Steamed Spicy Pork



### Ingredients Serves 2.

- boneless pork rib ..... 3/4 lb / 300g  
Sliced into thicker bite-size pieces.
- (Seasonings)
- salt ..... A dash
- cooking sake ..... 1 tablespoon
- Chinese pepper  
(available at Asian market) ..... A dash
- doubanjiang (chili bean sauce)  
(available at Asian market) ..... 1 teaspoon
- soy sauce (light if available)  
..... 1 tablespoon
- steam pork powder  
(available at Asian market) ..... 1 tablespoon

### Directions

1. Add the seasonings to the pork and marinate for 20 minutes.
2. Add the doubanjiang and soy sauce to the pork and mix. Coat with the steam pork powder and mix. Place all ingredients in the cooking plate.
3. Put the washed rice and water in the inner pan and set in the rice cooker.
4. Set the cooking plate in the inner pan. Press the [Synchro-Cooking] key.
5. When cooking is completed, place on the serving plate.

## Chop Suey

Recipe  
06

### Ingredients Serves 2.

- pork loin ..... 1/4 lb / 100g  
Sliced into bite-size pieces.
- shrimp ..... 5 small shrimps (1/8 lb / 40g)  
Peeled and deveined
- Chinese spinach  
(available at Asian market) ..... 1 1/2oz / 40g  
Cut into 2inch/5cm pieces.
- carrot ..... 1/8 cup (3/4oz / 20g)  
Slice into thin half-moons.
- jew's ear (available at Asian market) ..... 2  
Rehydrated
- quail egg (boiled)  
(available at Asian market) ..... 2
- finely chopped ginger ..... 1/2 tablespoon
- corn starch  
(available at Asian market) ..... 1 tablespoon

### (Sauce)

- soy sauce (light if available) · 1/2 teaspoon
- oyster sauce ..... 1/2 teaspoon
- chicken stock (powder) ..... 1/2 teaspoon
- sesame oil ..... 1/2 teaspoon
- water ..... 1/2 tablespoon

### Directions

1. Dust the pork, shrimp, Chinese spinach, carrot, jew's ear, quail egg and ginger with the potato starch.
2. Place all ingredients on the cooking plate. Pour the mixed sauce evenly over the ingredients.
3. Put the washed rice and water in the inner pan and set in the rice cooker.
4. Set the cooking plate in the inner pan. Press the [Synchro-Cooking] key.
5. When cooking is completed, place on the serving plate.



Recipe  
07

## Tougan and Chicken Soup



Recipe  
08

## Gobo and Yamaimo Soup



### Ingredients Serves 2.

- chicken thigh ..... 1/4 lb / 100g  
Cut into bite-size pieces.
- salt ..... To taste
- cooking sake ..... 1/2 teaspoon
- tougan (winter melon)  
(available at Asian market)  
..... 1/2cup (2 3/4oz / 80g)  
Cut into bite-size pieces.
- jew's ear (available at Asian market) .... 2  
Rehydrated
- dried goji berry  
(available at Asian market)  
..... 1/2 tablespoon

(Soup)

- salt ..... To taste
- soy sauce (light if available) .... 1 teaspoon
- chicken bouillon (powder) ..... 1 teaspoon
- water ..... 1/2 cup

### Directions

1. Sprinkle the salt and sake over the chicken.  
Set aside for 10 minutes.
2. Place the chicken, tougan, jew's ear and dried goji berry  
in the cooking plate.  
Pour the mixed soup evenly over the ingredients.
3. Put the washed rice and water in the inner pan  
and set in the rice cooker.
4. Set the cooking plate in the inner pan.  
Press the [Synchro-Cooking] key.
5. When cooking is completed, place on the serving bowl.

### Ingredients Serves 4.

- gobo (burdock root)  
(available at Asian market)  
..... 1 cup (5 1/4oz / 150g)  
Cut into cubes.
- yamaimo (mountain yam)  
(available at Asian market)  
..... 1/2 cup (3 1/2oz / 100g)  
Cut into cubes.
- carrot ..... 1/3 cup (1 3/4oz / 50g)  
Cut into cubes.
- pork sparerib ..... 1/2 lb / 200g
- ginger ..... 3 slices
- salt ..... 1 1/2 teaspoons
- chicken stock ..... 4 1/2 cups

### Directions

1. Put all ingredients in the inner pan.  
Press the [Slow Cook/Steam] key.  
30 minutes later, press the [Off/Cancel] key.
2. When cooking is completed, place on the serving bowl.

## Braised Pork

## Ingredients Serves 4.

- pork belly ..... 1 lb / 400g  
Cut into bite-size pieces.
- bean curd skin (available at Asian market)  
..... 1/2 cup (3 1/2oz / 100g)
- ginger ..... 4 slices

## (Sauce)

- soy sauce (dark if available)  
..... 1 1/2 tablespoons
- cooking sake ..... 1 tablespoon
- water ..... 1 1/4 cups
- sugar ..... A dash
- salt ..... A dash

## Direction

1. Wash the pork and boil with ginger (extra) beforehand to cook out the fat.
2. Wash the bean curd skin and boil in a pan beforehand to remove the smell of beans.
3. Put the pork, ginger and bean curd skin in the inner pan and add the sauce. Press the [Slow Cook/Steam] key. 60 minutes later, press the [Off/Cancel] key.  
**Caution : Be sure to push the [Off/Cancel] key just once.**
4. When cooking is completed, add salt and sugar to taste.
5. Turn over the pork pieces and press the [Slow Cook/Steam] key while Keep Warm lamp is on. 30 minutes later, press the [Off/Cancel] key.
6. When cooking is finished, and place the dish on the serving plate.

Japanese food



## How to make soup

### How to make Dashi (Japanese soup stock)

4x6 inch / 10x15 cm square kombu (dried kelp)  
 3/4oz / 20g katsuobushi (dried bonito flakes)  
 4 1/2 cups water  
 1/2 cup additional water

1. Clean the 4x6 inch / 10x15 cm square of kombu gently with a damp tightly wrung out dishcloth. Do not remove the white surface powder, as it adds flavoring (umami).
2. Pour in the 4 1/2 cups water and the kombu in a pan over heat.
3. Remove the kombu just before the water boils. Add the 1/2 cup water and 3/4oz / 20g katsuobushi.
4. Let the katsuobushi dance gently in the water. Then, turn off the heat and scoop out the excess small particles.
5. Leave it for 3 to 5 minutes. When the katsuobushi sinks down to the bottom, strain the stock through 2 layers of dishcloth. Do not squeeze the katsuobushi.

## Ingredients



### Dashi

Dashi is a soup stock which is essential for Japanese cooking. It is prepared from essence of katsuobushi and kombu extracted by boiling. Recently, instant-type powder soup stock, which is dissolved in water, is also used.



### Katsuobushi

Katsuobushi is dried and shaved bonito fish. Larger flakes are used for preparing dashi, and smaller flakes are used for toppings.



### Kombu

Kombu is a kind of kelp which is dried. Some may have white powder on the surface. Do not remove the powder, as it adds flavoring (umami). Kombu is used for cooking and preparing soup stocks, and is usually removed when cooking is completed.



### Soy sauce

Soy sauce is a condiment which is essential for Japanese cooking. It is produced from steamed soybeans and salt. There are many kinds of soy sauce; however, the most popular one is Koikuchi, the dark, rich flavor soy sauce. Usukuchi soy sauce is lighter in color than koikuchi, but usukuchi is saltier than koikuchi.



### Mirin

Mirin is a condiment produced from steamed glutinous rice. It contains sweetness and alcohol.



### Gobo (burdock root)

Gobo (burdock) is a plant that belongs to the family Asteraceae. Its long slender roots are used for Japanese dishes such as kinpira (sautéed gobo) and simmered dishes.



### Satoimo (Taro or Eddoe corm)

Satoimo is a plant that belongs to the family Araceae and its corm is edible. Satoimo has distinctive sliminess and is frequently used for simmered dishes.



### Shiitake

Shiitake is a kind of mushroom which is popular in Japanese cooking. Dried shiitake is rehydrated by soaking in water before using.



### Tougan (winter melon)

Tougan is a plant that belongs to the family Cucurbitaceae. Tougan itself has a light flavor, so it is usually cooked with ingredients that have stronger flavor (umami), such as meats. Tougan is suitable for soups, dishes with starchy sauce, and steamed dishes.



### Konnyaku

Konnyaku is an edible gel made by kneading konnyaku corm flour with water and limewater and boiling to solidify. Usually, hot water is used to remove the harsh taste of konnyaku before cooking.



### Abura-age (deep-fried tofu)

Abura-age is made by frying thin slices of tofu with oil. Depending on the dish, it is recommended that excess oil be rinsed off, as it may spoil the taste of the dish.

Recipe  
10**Oyakodon (Chicken and Egg Rice Bowl) with Egg Yolk**Recipe  
11**Gyudon (Beef Rice Bowl)****Ingredients Serves 2.**

- chicken thigh ..... 1/3 lb / 160g  
Cut into smaller bite-size pieces.
- onion ..... 3/4 cup (2 3/4oz / 80g)  
Sliced
- egg ..... 2  
Beaten\*

**(Sauce)**

- sugar ..... 2 teaspoons
- soy sauce ..... 1 1/2 tablespoons
- mirin ..... 2 teaspoons

**(Toppings)**

- egg yolk ..... 2
- mitsuba (Japanese wild parsley)  
(available at Asian market)  
..... 4 Cut into an inch / 2.5cm pieces.

**\* Caution :**

When you want to cook 4 servings using synchro-cooking with 1.8L type, please do not put in more than 3 eggs inside the cooker. Otherwise, undercooking may result.

**Directions**

1. Put the chicken and onion in a bowl. Add the sauce and mix them well.  
Place on the cooking plate, and pour the beaten egg evenly over the ingredients.
2. Put the washed rice and water in the inner pan, and set in the rice cooker.
3. Set the cooking plate in the inner pan.  
Press the [Synchro-Cooking] key.
4. When cooking is completed, put the rice in the serving bowl. Place the ingredients of oyakodon on top of the rice and pour the sauce evenly.  
Sprinkle with mitsuba on top. Place an egg yolk in the center.

**Ingredients Serves 2.**

- beef ..... 1/3 lb / 160g  
Thinly sliced.
- onion ..... 1/2 cup (1 3/4oz / 50g)  
Sliced

**(Sauce)**

- sugar ..... 1/2 tablespoon
- soy sauce ..... 1 tablespoon
- mirin ..... 1 tablespoon

**Directions**

1. Put all ingredients and the sauce in a bowl and mix well. Transfer to the cooking plate.
2. Put the washed rice and water in the inner pan, and set in the rice cooker.
3. Set the cooking plate in the inner pan.  
Press the [Synchro-Cooking] key.
4. When cooking is completed, put the rice in the serving bowl. Place the ingredients of gyudon on top of the rice and pour the sauce evenly.

## Keema Curry with Chickpeas

### Ingredients Serves 2.

- ground beef ..... 1/8 lb / 50g
- ground pork ..... 1/8 lb / 50g
- salt ..... A dash
- ground black pepper ..... A dash
- corn starch ..... 1/2 tablespoon
- chickpeas (boiled) ..... 1/3 cup (2oz / 60g)
- onion ..... 1/3 cup (1 1/2oz / 40g)  
Chopped finely
- carrot ..... 1/8 cup (3/4oz / 20g)  
Chopped finely

#### (Sauce)

- salt ..... A dash
- curry powder ..... 1 tablespoon
- tomato ketchup ..... 2 tablespoons
- bouillon powder ..... 1/2 teaspoon
- grated ginger ..... 1/2 teaspoon

### Directions

1. Put the ground beef and the ground pork in a bowl, and season with salt and pepper. Add the potato starch and mix lightly.
2. Add the chickpeas, onions, carrots, sauce, and mix well. Transfer them to the cooking plate.
3. Put the washed rice and water in the inner pan and set in the rice cooker.
4. Set the cooking plate in the inner pan. Press the [Synchro-Cooking] key.
5. When cooking is completed, put the rice on a serving plate. Mix the cooked keema curry well and pour over the rice.



### Ingredients Serves 2.

- ground beef (lean) ..... 1/4 lb / 120g
- salt ..... A dash
- ground black pepper ..... A dash
- nutmeg ..... A dash
- onion ..... 1/3 cup (1 1/2oz / 40g)  
Chopped finely
- egg ..... 1/2
- panko-Japanese bread crumbs  
3 tablespoons soaked with 1 tablespoon  
milk

#### (Sauce)

- demi-glace sauce (store-bought)  
(available at Asian market)  
..... 1/3 cup (2 1/2oz / 70g)
- tomato ketchup ..... 1 tablespoon

### Directions

1. Put the ground beef and the seasonings (salt, pepper, and nutmeg) in a bowl, and mix well until the mixture becomes sticky. Add onion, egg and bread crumbs soaked in milk and mix all ingredients well. Shape into balls about 1 inch / 2.5cm in diameter.
2. Place the meatballs, leaving a space between them on the cooking plate, and pour well-mixed sauce over them.
3. Put the washed rice and water in the inner pan and set in the rice cooker.
4. Set the cooking plate in the inner pan. Press the [Synchro-Cooking] key.
5. When cooking is completed, place on the serving plate.

## Steamed Spicy Chicken and Mushrooms

### Ingredients Serves 2.

- chicken thigh ..... 1/3 lb / 140g  
Cut into 3/4inch / 2cm wide pieces.
- mushrooms  
(shimeji, maitake, shiitake, etc.)  
(available at Asian market)  
..... 1/2 cup (2 1/2oz / 70g)
- naganegi (white leek) .....  
1/8 cup (3/4oz / 20g)  
Sliced diagonally

### (Sauce)

- sugar ..... 1 teaspoon
- vinegar ..... 1 teaspoon
- soy sauce ..... 1 tablespoon
- doubanjiang (chili bean sauce)  
(available at Asian market) .... 1 teaspoon
- sesame oil ..... 1 teaspoon

### Directions

1. Put the chicken, mushroom, naganegi and sauce in a bowl and mix well. Transfer to the cooking plate.
2. Put the washed rice and water in the inner pan and set in the rice cooker.
3. Set the cooking plate in the inner pan. Press the [Synchro-Cooking] key.
4. When cooking is completed, place on the serving plate.



## Tougan and Scallops



### Ingredients Serves 2.

- tougan (winter melon), if not available,  
lettuce or Chinese spinach  
(available at Asian market)  
..... 3/4 cup (3 1/2oz / 100g)  
Cut into quarter-rounds.
- scallops (canned)  
(available at Asian market)  
..... 1/2 cup (2 3/4oz / 80g)
- shredded ginger ..... 1/2 tablespoon

### (Sauce)

- sugar ..... A dash
- salt ..... To taste
- ground black powder ..... A dash
- cooking sake ..... 1/2 tablespoon
- corn starch ..... 1/2 tablespoon
- chicken stock ..... 2 tablespoons
- sesame oil ..... 1/2 teaspoon

### Directions

1. Mix the scallops and the sauce.
2. Place the tougan on the cooking plate, and pour the chicken stock over it. Put the scallops and ginger on top.
3. Put the washed rice and water in the inner pan and set in the rice cooker.
4. Set the cooking plate in the inner pan. Press the [Synchro-Cooking] key.
5. When cooking is completed, sprinkle with the sesame oil and place on the serving plate.

## Simmered Sea Bream

## Ingredients Serves 2.

- sea bream ..... 2 slices (about 3oz / 100g each)
- shredded ginger ..... 1 tablespoon

## (Sauce)

- sugar ..... 1 1/2 tablespoons
- soy sauce ..... 1 1/2 tablespoons
- mirin (available at Asian market) ..... 1 1/2 tablespoons
- water ..... 3 tablespoons

## Directions

1. Place the sea bream and ginger on the cooking plate. Pour well-mixed sauce evenly over the ingredients.
2. Put the washed rice and water in the inner pan and set in the rice cooker.
3. Set the cooking plate in the inner pan. Press the [Synchro-Cooking] key.
4. When cooking is completed, place on the serving plate.



## Steamed White Fish

## Ingredients Serves 2.

- white fish ..... 1/3 lb / 150g  
Cut into bite-size pieces.
- salt ..... A dash
- cooking sake ..... A dash
- dashi kombu (available at Asian market) ..... 1 piece  
2 inch/5cm square
- tofu ..... 1/4 package (3 1/2oz / 100g)  
Cut into bite-size pieces.
- napa cabbage (Chinese cabbage) ..... 1 leaf (3/4oz / 20g)  
Shaved
- naganegi (white leek) ..... 1/8cup (1/2oz / 15g)  
Sliced diagonally
- shimeji (available at Asian market) ..... 1/8cup (1/2oz / 15g)  
Divide into small amounts
- carrot ..... 1/8cup (1/2oz / 15g)  
Sliced

## (Dipping sauce)

- ponzu sauce  
(if not available, soy sauce and vinegar)

## Directions

1. Sprinkle the white fish with salt and cooking sake for seasoning.
2. Line the cooking plate with the dashi kombu, and place all ingredients on it.
3. Put the washed rice and water in the inner pan and set in the rice cooker.
4. Set the cooking plate in the inner pan. Press the [Synchro-Cooking] key.
5. When cooking is completed, place on the serving plate. Serve with ponzu for dipping.





**Ingredients Serves 2.**

- Japanese or small eggplant ..... 4 (3 1/2oz / 100g)  
Cut into two vertical pieces, and then slice incisions in a lattice pattern.
- green bell pepper ..... 1  
Chopped
- shiitake mushroom ..... 2  
Cut off the stem and cut into 2 pieces.
- myoga (available at Asian market) ..... 1  
Cut into two vertical pieces.

(Sauce)

- salt ..... 1/4 teaspoon
- soy sauce ..... 1/2 teaspoon
- mirin ..... 1 teaspoon
- dashi (Japanese soup stock) ..... 1/2cup

**Directions**

1. Place the eggplant, green bell pepper, shiitake and myoga in the cooking plate. Pour the mixed sauce evenly over the ingredients.
2. Put the washed rice and water in the inner pan and set in the rice cooker.
3. Set the cooking plate in the inner pan. Press the [Synchro-Cooking] key.
4. When cooking is completed, place on the serving bowl.

**Ingredients Serves 2.**

- kabocha (Japanese pumpkin) ..... 1/16 (1/3 lb / 150g)  
Remove seeds and partially peel so that the flavor can easily soak into the pumpkin. Cut into bite-size pieces.

(Sauce)

- sugar ..... 1 teaspoon
- usukuchi soy sauce (available at Asian market) ..... 1 teaspoon
- mirin (available at Asian market) ..... 1/2 teaspoon
- dashi (Japanese soup stock) ..... 1/3cup

**Directions**

1. Place the kabocha in the cooking plate. Pour the mixed sauce evenly.
2. Put the washed rice and water in the inner pan and set in the rice cooker.
3. Set the cooking plate in the inner pan. Press the [Synchro-Cooking] key.
4. When cooking is completed, place on the serving bowl.



## Nikujaga (Simmered Meat and Potatoes)

## Ingredients Serves 4.

- beef ..... 1/2 lb / 200g  
Thinly sliced.
- onion ..... 1 (8 3/4oz / 250g)  
Cut evenly into 8 wedges.
- medium carrot ..... 1/2 (1 3/4oz / 50g)  
Chopped
- medium potatoes ..... 2  
Peel and cut into 4 pieces.
- snow peas ..... 12  
Remove the string and cut into bite-sized pieces.
- vegetable oil ..... 1 tablespoon

## (Sauce)

- sugar ..... 2 tablespoons
- soy sauce ..... 3 tablespoons
- cooking sake ..... 1 tablespoon
- mirin (available at Asian market)  
..... 2 tablespoons
- dashi (Japanese soup stock)  
..... 1 3/4 cups

## Directions

1. Heat the vegetable oil in a frying pan, and sauté the beef over medium heat, add the onion, carrot and potatoes.
2. Mix the ingredients of sauce well in the inner pan. Add the beef, onion, carrot and potatoes to the sauce.
3. Cook in [Slow Cook/Steam] function for 60 minutes, then press [Off/Cancel] key to turn off.
4. When cooking is completed, put the snow peas in and close the lid and leave for 3 minutes.



## Stuffed Cabbage



## Ingredients Serves 4.

- |  |   |   |
|--|---|---|
| • cabbage ..... 8 leaves<br>Boil until they get soft, and drain in a colander. Sprinkle with salt while they are hot to dehydrate. | • bay leaf ..... 1                      | • salt ..... A dash   |
| • bacon cut in half ..... 8 slices   | • butter ..... 1/2 tablespoon           | • ground black pepper ..... A dash  |
| • chicken stock ..... 3 cups   | • flour ..... 1/8 cup                   | • nutmeg ..... A dash   |
| • salt ..... A dash  | • tomato ketchup ..... A dash           | • onion ..... 1/2<br>Chopped finely   |
| • ground black pepper ..... A dash   | (Stuffing)                              | • panko-Japanese bread crumbs<br>3 tablespoons soaked with 1<br>tablespoon milk |
|  | • ground beef ..... 1/4 lb / 100g       | • egg ..... 1/2<br>Beaten   |
|  | • ground pork ..... 1/4 lb / 100g       |   |
|  | • bacon ..... 1 slice<br>Chopped finely |   |

## Directions

1. Mix the ground beef, ground pork and finely chopped bacon in a bowl. Add salt, pepper and nutmeg, and mix well until the mixture becomes sticky. Add the onion, bread crumbs and egg and mix well to combine. Divide the mixture evenly into 8 pieces for stuffing.
2. Shave off the stem of the cabbage leaf and dust its inside with flour. Wrap the stuffing in the leaf. Repeat until eight stuffed cabbages are made. Wrap each with a slice of bacon and secure with a toothpick.
3. Place the stuffed cabbages in the inner pan. Pour in the chicken stock and put in the bay leaf and butter. Press the [Slow Cook/Steam] key. 45 minutes later, press the [Off/Cancel] key.
4. When cooking is completed, add salt and pepper to taste and serve with a dab of ketchup.

## Simmered Squid and Satoimo

### Ingredients Serves 4.

- squid ..... 1/2 lb / 200g  
Slice the body into rings, and divide arms into blocks of two arms.
  - small satoimo (taro) (available at Asian market) ..... 12(17oz / 500g)  
Peel and cut into larger bite-size pieces.
  - cooking sake (available at Asian market) ..... 1 tablespoon
- (Sauce)
- sugar ..... 2 tablespoons
  - soy sauce ..... 2 tablespoons
  - mirin (available at Asian market) ..... 4 tablespoons
  - dashi (Japanese soup stock) ..... 3/4 cup

### Directions

1. Put the sauce in the inner pan and mix well. Add the satoimo. Press the [Slow Cook/Steam] key. 30 minutes later, press the [Off/Cancel] key. **Caution : Be sure to push the [Off/Cancel] key just once.**
2. When cooking is completed, add the squid and sake and mix all ingredients lightly. Press the [Slow Cook/Steam] key. 10 minutes later, press the [Off/Cancel] key.
3. When the cooking is finished, place the dish on the serving plate.



## Gomoku Rice (Five Ingredients Rice)



### Ingredients Serves 4.

- rice(short-grain rice) .. 3 rice cups (Use measuring cup included with rice cooker.)
  - kombu (available at Asian market) ..... 1 piece  
1 1/4 inch/3cm square
  - chicken thigh ..... 1/8 lb / 60g  
Cut into small bite size pieces and seasoned.
- (Seasoning for chicken)
- soy sauce ..... A dash
  - cooking sake ..... A dash
- abura-age (deep-fried tofu) (available at Asian market) ..... 1 (1/2oz / 15g)  
Pour hot water over it to rinse off excess oil. Cut into two vertical pieces, then cut into bar rectangles.
  - carrot ..... 1/3 cup (1 1/2oz / 40g)  
Cut into 1 1/4 inch/3cm long bar rectangles.
  - gobo (burdock root) (available at Asian market) ..... 1/4 cup (1oz / 30g)  
Shave the skin off using the back of a knife. Then, shred the body into thin strips and soak in the vinegar water.
- (Vinegar water)
- vinegar ..... 1/2 teaspoon
  - water ..... 3/4 cup
- konnyaku (available at Asian market) ..... 1/8(1oz / 30g)  
Put in cold water in a pan and heat to a boil for 4 to 5 minutes. Wash with water and cut into 1 inch / 2.3cm long bar rectangles.
  - dried shiitake ..... 2  
Soak in water to rehydrate and soften. Cut off the stem and slice into pieces.
  - snow peas ..... 8  
Remove the string and boil in water with salt. After boiling, put in cold water and cut into thin pieces.
- (Sauce)
- salt ..... 1/2 teaspoon
  - soy sauce ..... 2 tablespoons
  - cooking sake .... 2 tablespoons

### Directions

1. Wash and drain rice and add to inner pan with sauce. Add water to the 3 cup level of the [Plain] scale and mix well.
2. Put all ingredients (except snow peas) on the rice. Press the [Plain] key.
3. When cooking is completed, remove the kombu and add the snow peas. Mix all ingredients in the inner pan, and place on the serving bowl.

