

Panasonic®

Operating Instructions

Household Use | Electronic Pressure Cooker

Model No. 5.0 L SR-PS508
6.0 L SR-PS608



The pictures in this instructions take SR-PS608 for example.
Chinese please refer to page 27~ back cover.
(中文請參考P27 ~ 尾頁)

Thank you very much for purchasing the Panasonic product.

- This product is intended for household use only.
- Please read this Operating Instructions carefully for safe and proper use of this product. Be sure to read the "Safety Precautions" (page 2 ~ 3) before use.
- Make sure that the information such as date of purchase and dealer's name is stated on the guarantee certificate.
- Keep the guarantee certificate together with the Operating Instructions with care.

Reserve it for later use

The guarantee certificate is attached separately

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Before Use

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When Necessary


Safety Precautions

Be sure to observe the following precautions

To prevent personal injury, injury to others and property damage, the following instructions must be followed.

- Incorrect operation due to failure to follow instructions will cause harm or damage, the seriousness of which is classified below.

 **WARNING:** Indicate a potential hazard which could result in death or serious injury.

 **CAUTION:** Indicate a potential hazard which could result in injury or damage to property.

- The instructions to be followed are represented by the following symbols.



This symbol indicates an action that is prohibited.



This symbol indicates an action that is must be followed.

The pressure cooker poses a safety hazard as the temperature and pressure inside become extremely high once it is heated. Please carefully observe the following instructions.



WARNING

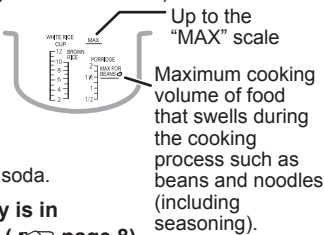



- Do not place the product in a location accessible by children.

(So as not to cause burn, injury or electric shock.)

- **Maximum cooking volume must not exceed the up to MAX scale on the pan.**

• Do not use any object that rapidly reacts to heat and generates foams such as a large amount of oil or baking soda.



- Do not use if the main body is in one of the following states ( page 8).


(So as not to release the pressure safely or steam leak.)

- There are foreign objects such as white rice stick inside the main body (around the pan packing, nozzle and pressure valve, etc.).
- The nozzle cap is clogged or not installed.
- The inner lid is deformed or not properly installed.

- **When in use or immediately after cooking, do not put your face or hands near the steam vent or touch high temperature parts (including the pressure indicator pin).**

(So as causing burns, or causing vapor burns from the steam.)

- Pay extra attention to children.

- **If there is pressure remains in the pan, (when the pressure indicator pin has not dropped  page 6), please do not force to open the outer lid.**

(So as not to bounce the outer lid, leading to food splatter and causing burns.)

- Do not open the outer lid before the pressure is completely released (the pressure indicator pin is dropped).

- **Do not attempt to do the followings.**

(So as not to cause fire, electric shock or injury.)

- Immerse the main body in water or splash water on the main body.
- Spill water or other liquid on the connector such as the instrument plug.
- Insert foreign objects such as metal pins into the vent or gap.
- Attempt to modify, disassemble or repair the unit.



- **Do not use this pressure cooker for any purpose other than the Operating Instructions.**

(So as not to cause fire, burn, injury or electric shock.)

- **When cooking is done, be careful that the ingredients are hot. When stirring, please do not get your face close to the pan as hot food will be coming out.**

(So as not to cause burn.)

- **Do not close the outer lid when simmering food with a thick texture such as curry and stew.**

(So as not to cause nozzle cap clogged or burn.)

- Open the outer lid, and pull the handle back, otherwise the pressure cooker will not operate.

- **When cooking sticky food, do not use the manual exhaust steam function.**

(So as not to cause food ejection, resulting in burns.)

- **Do not attempt to do the followings.**

(So as not to cause electric shock, short-circuit or fire.)

- Do not connect or disconnect the power plug with wet hands.
- Do not use damaged power plug or loose power outlet.
- Do not carry out any operation which may damage the power cord or the power plug. Do not damage the power cord or the power plug, or forcibly process, bend, twist, pull, or place them in a hot place, place heavy objects on top of them or bind the power cord into a bunch.
- Do not let anyone lick the instrument plug. Pay an extra attention to infants.

- **This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Children should be supervised to ensure that they do not play with the appliance.**

(So as not to cause burn, injury or electric shock.)

- **Single-phase bipolar grounded power outlet should be used for this product to ensure reliable grounding! If grounding device is not installed, it may cause electrostatic induction of other metal parts such as housing.**

(So as not to cause the risk of electric shock due to failure or electric leakage.)

- **Please use an independent power with the voltage of AC 220 V/10 A.**

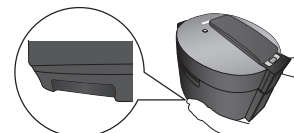
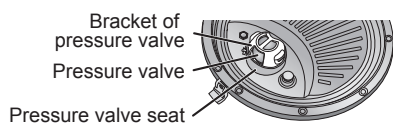
(Using the unit together with other equipment on the same outlet can cause overheating and fire.)

! WARNING

- ! Please check regularly the steam vent, nozzle and nozzle cap used to release steam, and make sure they are not clogged.**
 (So as not to cause the abnormal pressure rise.)
- Be sure to mount the pressure valve.**
 (So as not to cause overflow burns or poor cooking effect due to abnormal pressure.)
- Remove dust on the power plug regularly.**
 (Dust accumulated on the power plug may cause insulation failure due to moisture, which could result in fire.)
 → Disconnect the power plug and wipe it with a dry cloth.
- Make sure that the power plug and the instrument plug are fully inserted in place.**
 (So as not to cause an electric shock or fire due to heat.)
- If an exception or malfunction occurs, stop using the pressure cooker immediately and unplug the power plug.**
 (So as not to cause smoke, fire, electric shock, burns or injury.)
 Abnormalities • Malfunction Cases
 - The power plug and cord become abnormally hot.
 - The power cord is damaged or power failure occurs when being touched.
 - The main body is deformed or abnormally hot.
 - The main body emits smoke or burning smell.
 - The main body is broken, loose or makes abnormal noise.
 - A lot of steam is discharged out of the steam vent, but the pressure indicator pin is not elevated.
 - In the non-exhaust steam state, a lot of steam is discharged out from the steam vent suddenly. (The safety valve may be melted)
 → Immediately contact service center for inspection or repair.

! CAUTION

- ⊘ Do not use a non-dedicated pan or a deformed pan.**
 (So as not to cause burns or injury due to overheating or malfunction.)
- Do not let the pressure cooker operate in an empty state.**
 (So as not to cause burn.)
- Do not use the product in the following places.**
 - Near heat or in the high humidity environments.
 (So as not to cause electric shock, electric leakage or fire.)
 - On uneven surface or a mat which is not heat-resistant.
 (So as not to cause injury, burns or fire.)
 - In the places close to the wall or furniture, etc.
 (So as not to bump into them when opening the lid, or cause discoloration, deformation and breakage of the furniture.)
- Do not move the main body in use.**
 (So as not to cause burn.)
- Do not expose the power plug into the steam.**
 (So as not to cause an electric shock, or a fire due to a short circuit.)
- Do not touch the high temperature area at the end of cooking, especially the glass panel near the steam vent on the outer lid and the metal parts such as the inner lid, the pressure valve, the pan and the cast heater.**
 (So as not to cause burn.)
 → To remove and wash it, be sure to take it away with a towel wrapped. Never pull the pan packing to avoid leaks due to its distortion.
- Do not rotate the pressure valve seat when removing and cleaning the pressure valve on the back side of the inner lid.**
 (So as to avoid the seal ring of the pressure valve from deformation, resulting in leakage.)
 → If you want to remove and clean the pressure valve, be sure to hold the bracket of the pressure valve by hand to rotate.
- Do not use the power cord not specified for use with this appliance or using the power cord provided with this pressure cooker for any other device. If the power cord damaged, please replace with the original parts obtained from either the manufacturer or the service department.**
 (So as to avoid malfunctions or electric shock, electric leakage or fire.)
- Be careful when taking out a container containing food from the pan.**
 (So as not to cause burn.)
- Wait for the main body to cool before cleaning.**
 (So as not to cause burns or injury.)
- When taking out the pan or when the pan is not in use, remember to turn off the power and unplug the power plug.**
 (So as not to cause burns, injury, or an electric shock, leakage, fire due to insulation aging.)
- When you unplug the power plug or instrument plug, be sure to hold the plug itself, and never pull the power cord.**
 (So as not to cause an electric shock, or a fire due to a short circuit.)
- When used within a cupboard or other enclosed spaces, make sure that the steam can emit outward.**
 (So as to avoid discoloration or deformation of the cupboard.)
- When moving the product, make sure that both sides below the main body are held firmly; do not hold the pan handle.**
 (So as not to make the outer lid open, causing burns or damage to the product.)



- About outage (including unplug of the power plug, trip, etc.)**
 - If a power failure occurs in use, the product will return to the state before the power failure (within 1 minute) after powered again, but cooking results may be affected.

Before Use

Instructions for Use

About the main body

- Please clean rice and other foreign objects stick on the main body (bottom sensor, or edge or bottom of the pan, cast heater and pan packing), while cleaning.

→ Do not flip or tilt the pressure cooker.

- Before cleaning, turn off the power of the pressure cooker and unplug the power plug.

- Mix and dissolve the seasoning before adding it.

(So as not to cause unsuccessful cooking such as uncooked food properly.)

- Do not place a cloth or other items on the outer lid in use.

(So as not to cause the steam from being blocked, resulting in deformation, discoloration or malfunction of the outer lid.)

- Avoid using the pressure cooker in direct sunlight.

(So as not to cause discoloration)

- Do not use on an extension table or other sliding tables.

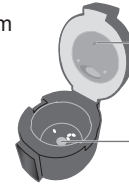
(So as not to cause the product from driving the extension table to slide when closing or unlocking the lid lock, making the pressure cooker fail to operate.)

Edge or bottom



(Pan)

Lid sensor



Bottom sensor



About the pan

To prevent peeling or damage of the coating on the surface of the pan

The coating peeled has no effect on the performance of the product, and is not harmful on human body either.

- Do not place the pan over fire or any other heat source.
- Do not press or stir hard or sharp foods in the pan while cooking them (such as pork short ribs).
- Do not use metal cooking utensils (such as a ladle and spatula).
- Do not rinse rice inside the pan.

- Please use the steaming plate provided with this product when cooking.

- Do not allow any hard object to come into contact with the pan or hit the pan with a hard object.

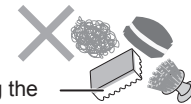
(Do not place the nozzle cap or power cord in the pan.)

- After use seasoning, until the main body is sufficiently cool, please clean the pan immediately.

- Do not use the pan as a washing-up bowl. Also do not put spoons or tableware into the pan.

- Do not wash or scrub the pan with cleanser, wire wool or metal brush, nylon brush.

→ To clean the pan, wash it with a soft sponge.




Do not wash the pan using the surface with abrasive particles.

Note

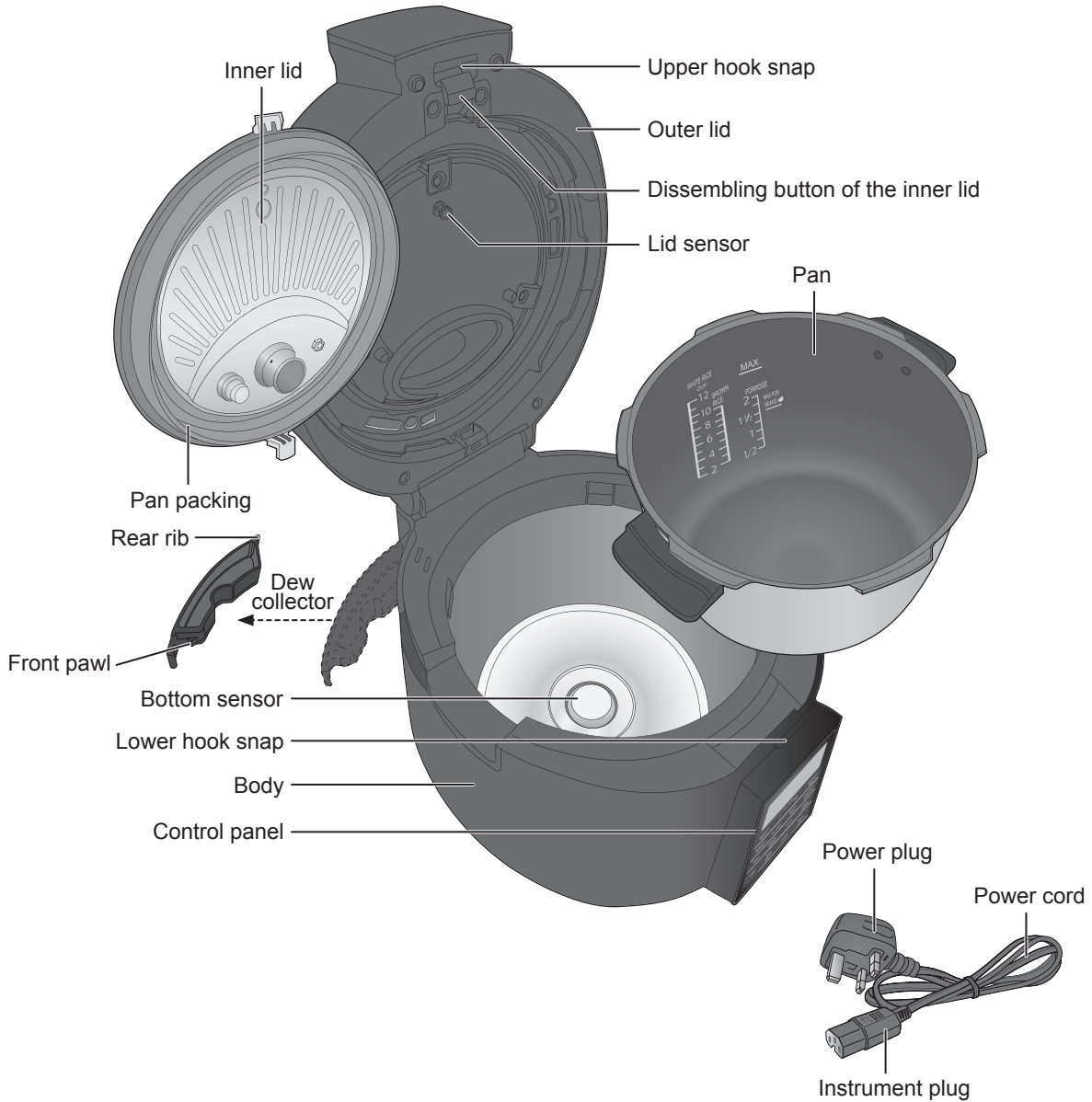
- This appliance is not intended to be operated by means of an external timer or separate remote-control system.

Parts Identification


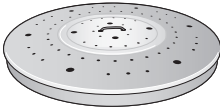
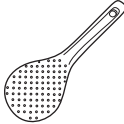

• Before use:

Please remove the rust-proof paper between the pan and the cast heater, also wash the accessories, inner lid, nozzle cap, pressure valve and pan. ( page 22 ~ 23)

Main body



Before Use

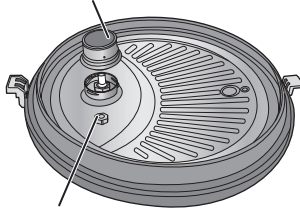
Accessories	Measuring cup (Approx. 180 mL) (1)	Steaming plate (1)	Rice scoop (1)	Porridge [Soup] scoop (1)
				

Parts Identification

Inner lid

Nozzle cap [Anti-Block Cover]

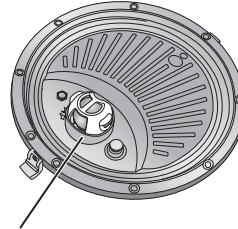
- Prevents clogging of the nozzle with ingredients



Safety valve [Pressure Relief]

- When an exception occurs, the safety valve will melt and open to release the internal pressure.

[Inner lid (back side)]



Pressure valve [Pressure Limit]

- Releases steam when the pressure inside the pan rises.

Control panel



Pressure Select Button (page 11)

Time Setting Button (Cooking/Timer) (page 11)

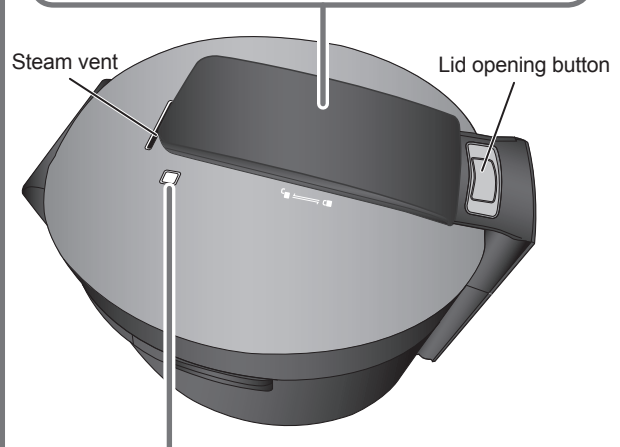
Exhaust Steam Button (page 12)

Keep Warm Button (page 14)

Timer Button (page 14)

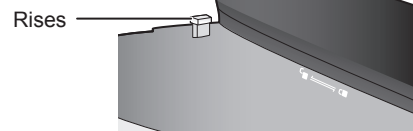
Lid lock (lid handle)

If you press the [Start] button when the lid lock is not closed, the sound “beep, beep” will be alarmed four times, “” will flash in the display. Pull back the lid handle to the direction of the arrow, and the pressure cooker will normally operate when the display shows “”.

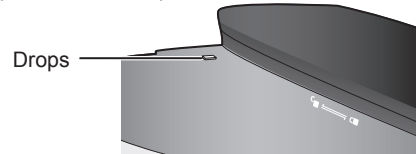


Pressure indicator pin

- When the pan is under pressure.



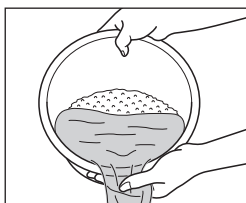
- When the pan is not under pressure.



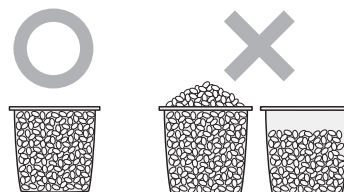
Preparation

Measuring and Washing Rice

1 Measure rice, then use another container to wash the rice.



- Using the measuring cup provided (Approx. 180 mL), measure the rice amount on a levelcup basis. When the rice is full, it should be wiped flat.
- Amount of rice that can be cooked at a time. (See table 1)
- Soaking of rice is not required.



(Approx. 180 mL / 150 g)

2 Put the rice into the pan and make preparations. (Procedures **1** ~ **4** page 8)

- Level the rice.
- Water amount (see table 1): Reduce the water amount a little when you soak the rice for more than 10 minutes or if you feel the white rice is too soft.

3 Cooking Porridge and White Rice.

- When cooking with the One Touch Menu, procedure page 12.
- When cooking with "Low / Mid / High", procedure page 11, Pressure Select, Time Setting and Auto exhaust steam time table1.

Table 1

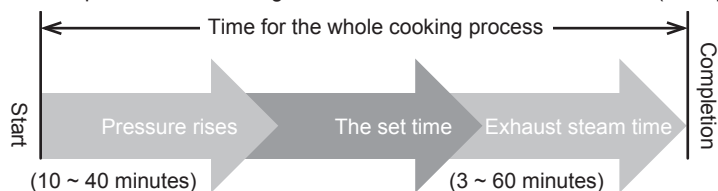
Menu	Rice (Measuring cups)		Water (waterline)	Pressure Select	Time Setting (min)	Auto exhaust steam time Approx. (min)	Key points of cooking
	Model 5.0 L	Model 6.0 L					
Porridge	½ ~ 1½	½ ~ 2	PORRIDGE	Mid	5 ~ 20	30	To adjust the firmness of the rice, you can shorten or extend the time period already set.
White rice*1	2 ~ 10	2 ~ 12	WHITE RICE	Mid	10 ~ 15	1.5	
Brown rice*2	2 ~ 8	2 ~ 10	BROWN RICE	High	25 ~ 30	25	
Brown rice porridge	½ ~ 1½	½ ~ 2	PORRIDGE	High	40 ~ 50	20	To cook softer porridge, set a longer cook time.

*1: When cooking jasmine rice, increase the amount of water appropriately.

*2: Be sure to use high pressure cooking for brown rice.

Notes

- Do not touch the steam vent until the pressure indicator pin has dropped. (So as not to cause burn)
※ Because of temperature, voltage or other reasons, "Exhausting" may still appear in the display when the pressure indicator pin is dropped, which is not a malfunction.
- When cooking white rice or brown rice, after opening the outer lid, please stir and loosen the white rice immediately. (In order to distribute excess water)
- Time required for the cooking is "The set time" + "13 ~ 100 minutes". (page 9)



- The above "The set time" indicates the cooking time only after the pressure inside the pan has risen to the set level. The displayed time does not change until the pressure has risen to the level, but it is not a failure.
- The more the amount of ingredients, the longer time it takes until the pressure has risen and to let stand the cooked food.
- The food is cooked further during exhausting period by remaining heat.

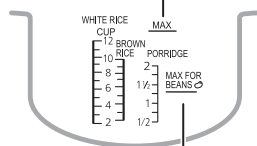
Preparation

Preparation before Operation

1 Put the ingredients into the pan and place the pan in the main body.

- Whenever cooking the maximum volume (ingredients + water), the MAX scale on the pan must not be exceeded.

Up to the "MAX" scale



Maximum cooking volume of food that swells during the cooking process such as beans and noodles (including seasoning).

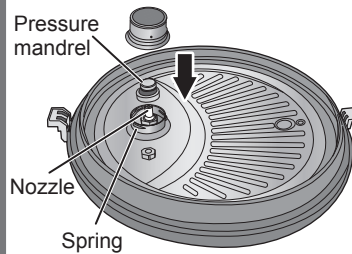
- Before place the pan in the main body, wipe off the water or foreign object around the pan.



2 Confirm whether the nozzle cap, the pressure valve and the inner lid are installed.

- If the nozzle cap is not installed, nozzle clogging may be caused, and exhaust steam can not be done → Do not open the outer lid until it cools down.

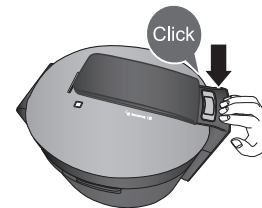
Press down the nozzle cap properly until the spring clamp is into place.



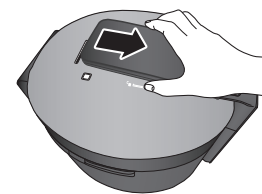
- Before installing the nozzle cap, make sure there is no oil or blocking on the nozzle cap, nozzle and pressure mandrel.
- Before installing the inner lid, make sure that the pressure valve is installed. If the pressure valve is not installed, the pressure cooker will have steam leakage, resulting in the failure of the pressure to reach the set value. (page 22 pressure valve)
- If the inner lid is not properly installed, the outer lid can not be closed. (page 22 inner lid)

3 Close the outer lid and lock the lid lock.

- When closing the outer lid, make sure that the sound "click" is heard.

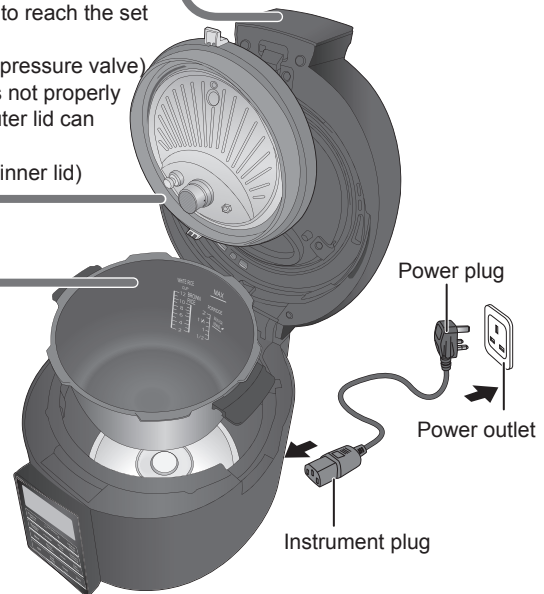


- Confirm that the lid lock is locked (pull back the lid handle); if not locked (" " in the display), you can not cook. (page 6 lid lock)



4 Connect the instrument plug and power plug completely.

- Connect the instrument plug to the main body and then insert the power plug to the power outlet.
- Even if the instrument plug is disconnected (short beeps sound), plug in immediately and it will continue the process just before unplugged. If the instrument plug is disconnected for a long period of time, the cooking will be stopped.



How to Choose Course

Table 2

	According to Cooking Purposes	According to Ingredients	
Pressure Select	<p>Press [Waterless Recipes], [Porridge], [White Rice], [Meat], [Beans/Tendon], [Soup], [Fish/Steam] button, then press [Start] button to begin cooking. Pressure Select and Time Setting do not need to be selected.</p> <p>※ Except white rice, the cook time can be adjusted for the functions mentioned above according to ingredients or preferences.</p> <div style="border: 1px dashed black; padding: 5px; margin: 10px 0;"> <ul style="list-style-type: none"> • [Auxiliary Cooking] button is used to flavor or sauce after pressure cooking, and not for cooking ingredients difficult to cook. • [Exhaust Steam] button is used when you want to open the outer lid. (During cooking and when cooking is finished) </div>	<p>Low Approx. 19.6 kPa/105°C (Approx. 1.2 X atmospheric pressure)</p>	<p>Fruit and easily softened ingredients. Such as: apples, strawberries, etc. Making jam at low pressure will not destroy nutrients.</p>
		<p>Mid Approx. 59 kPa/113°C (Approx. 1.6 X atmospheric pressure)</p>	<p>Relatively soft or easy to cook ingredients. Such as: crucian, jujube, taro, etc. Vegetables cooked at medium pressure will not clump or break apart.</p>
		<p>High Approx. 98 kPa/120°C (Approx. 2.0 X atmospheric pressure)</p>	<p>Relatively hard or difficult to cook ingredients. Such as: meat, soybeans, etc. Small fish cooked at high pressure can be consumed whole and is conducive to the absorption of calcium.</p>
Time Setting	<ul style="list-style-type: none"> • If the aforementioned cooking results are unsatisfactory, cooking can be conducted through "Pressure Select" and "Time Setting", specifically page 11. 	<p>※ Time Setting</p> <ul style="list-style-type: none"> • Time required for the cooking is "The set time" + "13 ~ 100 minutes". • Cooking time will differ according to the size of ingredients even if ingredients are the same. The smaller the ingredients, the shorter the cooking time. 	
Tips	<ul style="list-style-type: none"> • When handling ingredients before cooking, it is recommended that the steaming plate attachment be used for steaming. Steaming preserves nutrition more completely, and retains more vivid colors. • Similar ingredients should be cut into similar sized pieces. • When cooking different ingredients at the same time, cut the easily cooked ingredients into larger pieces and cut the difficult cooked ingredients into smaller pieces. • When seasoning or adding vegetables, please conduct [Auxiliary Cooking] after cooking is completed. <div style="border: 1px dashed black; padding: 5px; margin: 10px 0;"> <ul style="list-style-type: none"> • Set cook time page 14. • The pan does not need to be replaced to conduct auxiliary cooking. </div>		

Waterless cook time setting

Table 3


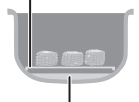
Menu Code	Menu	Time setting range (min)	Menu Code	Menu	Time setting range (min)
1	Waterless sauced beef	10 ~ 40 (default time is 20)	7	Stewed mushrooms with black pepper	1 ~ 10 (default time is 1)
2	Saliva chicken	5 ~ 20 (default time is 5)	8	Enokitake with minced garlic	1 ~ 10 (default time is 2)
3	Braised chicken wings	5 ~ 20 (default time is 5)	9	Ratatouille	1 ~ 10 (default time is 1)
4	Braised Chicken with potatoes and pepper	5 ~ 20 (default time is 5)	10	Waterless seafood pot	1 ~ 10 (default time is 3)
5	Shredded Chicken	10 ~ 40 (default time is 20)	11	Bass in scallion oil	1 ~ 10 (default time is 5)
6	Braised pig trotter	5 ~ 20 (default time is 10)	12	Fish head with chopped chili	1 ~ 10 (default time is 5)

Tips on Cooking

When cooking with “Pressure Select” and “Time Setting”, please refer to the following table for settings.

- Cut the same ingredient into the same size; when cooking different ingredients at the same time, cut the easily cooked ingredients into larger pieces and cut the difficult cooked ingredients into smaller pieces.
- Cooking time can be freely adjusted according to personal tastes and preferences.
- When using the same ingredients and size for cooking, no matter how much is cooked, the required time setting will always be the same.

Table 4

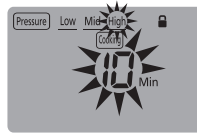
		Ingredients	Size and amount of ingredients	Pressure Select	Time setting (min)		
Stew/Boil	 The amount of liquid, according to your preferences, adjust the amount of liquid.	Meat	Beef or Lamb	Cut meat with tendons into pieces (Approx. 4 cm)	High	20 ~ 25	
			Pork	Pork short ribs, Pork bones		20 ~ 35	
				Diced pork belly (Approx. 4 cm)		12 ~ 15	
			Chicken	Whole (Approx. 400 g)		15 ~ 20	
				Leg with bone (Approx. 200 g)		7 ~ 10	
		Duck	Half (Approx. 500 g)	30 ~ 35			
		Chicken	Diced (Approx. 4 cm)	Mid	15 ~ 20		
		Vegetables	Potato	Whole (Approx. 150 g)	High	7 ~ 10	
			Chestnuts	With shell		5 ~ 10	
			Peanuts	With skin, soaked in water for 1 hour		30 ~ 35	
			Purple Potato	Whole (Approx. 500 g)		3 ~ 5	
			Pumpkin	Diced with skin		3 ~ 5	
			Corn	Cut into sections (Approx. 5 cm)		7 ~ 10	
			Lotus seeds	Stewed directly without soaking		15 ~ 18	
			White wood-ear	Soaked in warm water for 3 ~ 4 hours		25 ~ 30	
			Lotus root	1 root (Approx. 240 g)		30 ~ 35	
			Tomato (paste)	Whole, Skinned, Seeds Removed, Chopped		Low	10
		Beans	Red beans, Soybeans	Stewed directly without soaking	High	25 ~ 30	
			Mung beans	Stewed directly without soaking	Mid	15 ~ 18	
		Fruits	Apple (jam)	Skinned, Chopped	Low	15	
Strawberry (jam)	Whole without stalk		6				
Grapefruit (jam)	Skinned, flesh broken into small pieces		10				
Seafood	Trionychidae	Whole (Approx. 700 g)	High	18 ~ 20			
Steam	 Steaming plate (accessory) 1 measuring cup of water	Fish or Meat	Beef	Diced (Approx. 4 cm)	High	35 ~ 40	
			Pork	Sliced or diced (Approx. 1 cm or 4 cm)		20 ~ 35	
			Pork short ribs	Cut into sections (Approx. 5 cm)		20 ~ 25	
			Chicken	Leg with bone (Approx. 200 g)		15 ~ 20	
		Crucian	Whole (Approx. 500 g)	Mid	5		
		Vegetables	Taro	Whole (Approx. 80 g)	Mid	10 ~ 15	
			Jujube	Whole		3 ~ 5	
			Potato	Skinned and diced		15 ~ 20	
			Vegetables	Purple Potato	Whole (Approx. 500 g)	High	10 ~ 15
				Pumpkin	Big diced with skin		10 ~ 15
				Chestnuts	With shell		8 ~ 10
		Corn	Cut into sections (Approx. 5 cm)	10 ~ 12			

Low / Mid / High

Low / Mid / High

Example: When cooking on High Pressure

- 1** Press **Pressure Select** select "High".
- The [Start] indicator flashes.

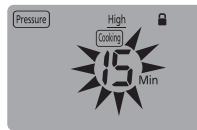


(When High pressure is selected)

- Each time this button is pressed, pressure can be switched according to the order: "Low" → "Mid" → "High" → "Low" ... (When cycling from "High" back to "Low" two tones will sound to signal the beginning of the cycle.)

- 2** Press **Time Setting** set the cook time.

- Time is increased or decreased at 1 minute intervals.

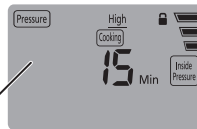


- Setting range: 1 ~ 59 minutes
- Press and hold the button to quickly add or subtract time. (From 59 minutes back to 1 minute, there will be two beeps, indicating that the time has been set from the beginning)

- 3** Press **Start**.

- The [Start] indicator lights up.

Remaining time is shown in 1 minute decrements.

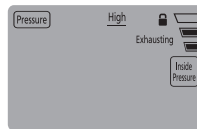


(Once the pressure has reached the setting level)

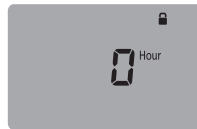
- You can also adjust the time while cooking.
- Remaining time starts to reduce only after the pressure inside the pan has reached a certain level.

- 4** After cooking, enter the exhaust steam state.

- The [Exhaust Steam] indicator lights up.
- The pressure shown in the display varies with the actual pressure in the pan.
- When the exhaust steam is finished (the pressure indicator pin is dropped), the buzzer will sound, the display will be displayed as "0 Hour", and the [Keep Warm] indicator will light.
- If you need to open the outer lid when cooking halfway, see page 12 "Exhaust Steam".



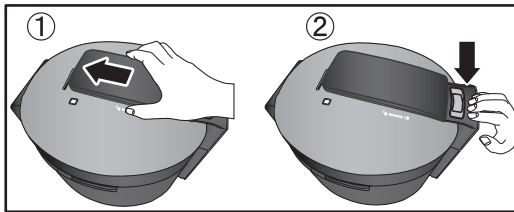
(Exhausting)



(Exhaust steam ends)

- The pressure indicator pin will be dropped within about 10 ~ 60 minutes after the exhaust steam.
- Before the pressure indicator pin is dropped, do not approach or touch the keep moisture cap, so as not to cause burns.

- 5** Unlock the lid lock (open the lid handle), and press the lid opening button to open the outer lid.



- Before lifting the lid lock, make sure that the pressure in the pan has been completely released, and do not forcibly open the lid handle.
- If it is difficult to open the outer lid, open the outer lid according to the method in the "Quickly open the outer lid" on P12.

- 6** Press **Off**.

Notes

- Please confirm to lock the lid lock before cooking (" " is displayed) to avoid cooking failure (except the keep warm). If the lid lock is unlocked, pressing [Start] will sound "beep, beep" for 4 times.
 - You can adjust the time while cooking.
 - Do not move the pressure cooker or touch the steam vent and the pressure indicator pin while cooking. (Steam or food may be ejected.)
 - It may take 2 ~ 5 minutes to release the steam until the pressure is stable, which is not unusual.
 - Three beeps will be heard when cooking ends, and the pressure cooker will start exhaust steam three seconds later. Do not get close to the steam vent so as to avoid being burned by the steam.
- ※The sound is big when the exhaust steam starts, do not panic.

Exhaust Steam / Quickly open the outer lid / One Touch Menu

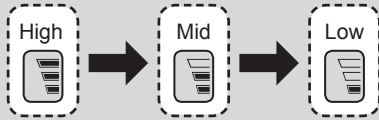
Exhaust Steam

You can use the [Exhaust Steam] button under the following circumstances:

- When you open the outer lid while cooking.
※You need to press [Off] before the [Exhaust Steam] button.
- When you open the outer lid and then immediately close it, and the pressure indicator pin rises again when you just finish cooking.
※You need to press [Off] before the [Exhaust Steam] button.

- 1 Press **Off**.
- 2 Press **Exhaust Steam**.

- The pressure shown in the display varies with the pressure in the pan during exhausting.



- ※The "Inside Pressure" in the pan shown in the display varies with the pressure in the pan. But they are just vague result of the judgment only as a reference. Please judge the pressure in the pan according to the state of the pressure indicator pin (page 6).
- Do not open the outer lid until the pressure in the pan is completely released (the pressure indicator pin is dropped).

Quickly open the outer lid

If you want to quickly open the outer lid

- ① Please press and hold the [Exhaust Steam] button to manually exhaust steam.
- ② When the pressure indicator pin is dropped, and then you can open the lid handle, and press the lid opening button to open the outer lid.

- Manual exhaust steam can release the pressure in the pan faster than Auto exhaust steam, but it is not recommended to use this function if you cook sticky foods (such as porridge, beans, white wood-ear and curry). Food maybe ejected and cause burn.
- When using manual exhaust steam, press and hold the [Exhaust Steam] button to continuously exhaust steam, and release the finger to stop exhaust steam.
(※Auto exhaust steam for white rice is continuous exhaust steam)

Porridge·White Rice

Example: When using the "White Rice" menu to cook white rice

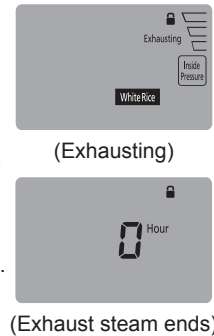
- 1 Press **White Rice**.
• The [Start] indicator flashes.
- 2 Press **Start**.
Remaining time is shown in 1 minute decrements.
• The [Start] indicator lights up. (Once the pressure has reached the setting level)
• White rice have fixed time so cooking time cannot be set.
• When selecting porridge, set the cooking time according to step 2 on page 13.

■ Rice and water volume that can be cooked at one time Table 5

Menu	Rice (Measuring cup)		Water (waterline)	Time setting range (min)
	5.0 L	6.0 L		
Porridge	½ ~ 1½	½ ~ 2	PORRIDGE	5 ~ 20 (default time is 10)
White rice	2 ~ 10	2 ~ 12	WHITE RICE	Fixed at 10

- 3 After cooking, enter the exhaust steam state.

- The [Exhaust Steam] indicator lights up.
- The pressure shown in the display varies with the actual pressure in the pan.
- When the exhaust steam is finished (the pressure indicator pin is dropped), the buzzer will sound, the display will be displayed as "0 Hour", and the [Keep Warm] indicator will light.
- Method for opening the outer lid step 4 ~ 5 on page 11.



- 4 Press **Off**.

- The [Keep Warm] indicator turns off.

Notes

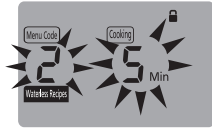
- Remaining time starts to reduce only after the pressure inside the pan has reached the setting pressure.
- If the hardness of white rice or thickness of porridge is required adjustment, please use "Pressure Select" and "Time Setting" to cook. (Specifics page 7)

(To make it harder: set a shorter time)
(To make it softer: set a longer time)

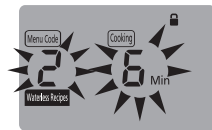
Waterless Recipes

Example: Cooking saliva chicken with “Waterless Recipes” function

- 1 Press **Waterless Recipes** to select Menu Code 2.
 - The currently selected menu and menu code are flashing.
 - Other Menu Code page 9.



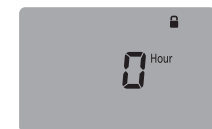
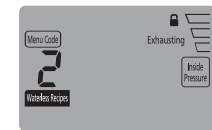
- 2 Press **Time Setting +** to set the cook time.
 - Time is decreased or increased at 1 minute intervals.
 - Press and hold the [+] or [-] button to quickly subtract or add time.



- 3 Press **Start**.
 - The [Start] indicator lights up. Remaining time is shown in 1 minute decrements. (Once the pressure has reached the setting level)



- 4 After cooking, it will enter the exhaust steam state.
 - The [Exhaust Steam] indicator lights up.
 - When the exhaust steam is finished (the pressure indicator pin is dropped), the buzzer will sound, the display will be displayed as “0 Hour”, and the “Keep Warm” icon will light.
 - If you need to open the outer lid during cooking, page 12 “Exhaust Steam”.



- 5 Press **Off**.

Notes

- Please confirm to lock the lid lock before cooking (“” is displayed) to avoid cooking failure (except the keep warm). If the lid lock is unlocked, pressing [Start] will sound “beep, beep” for 4 times.
- Do not move the pressure cooker or touch the steam vent and the pressure indicator pin while cooking. (Steam or food may be ejected.)
- It may take 2 ~ 5 minutes to release the steam until the pressure is stable, which is not unusual.
- Three beeps will be heard when cooking ends, and the pressure cooker will start exhaust steam three seconds later. Do not get close to the steam vent so as to avoid being burned by the steam.
 - ※ The sound is big when the exhaust steam starts, do not panic.
- In order to avoid soup spouting, some menus will enable exhaust in 5 minutes (the “Exhausting” icon is flashing on the display screen.) after the cooking countdown is finished.

Meat·Beans/Tendon·Soup·Fish/Steam

Example: When using the “Meat” menu to cook meat

- 1 Press **Meat**.
 - The [Start] indicator flashes.



- 2 Press **Time Setting +** to set the cook time.
 - Time is decreased or increased at 1 minute intervals.
 - Press and hold the [+] or [-] button to quickly subtract or add time.
- Maximum cooking volume and Time setting range

Table 6

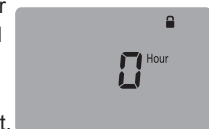
Menu	Maximum cooking volume (ingredients + water)	Time setting range (min)
Meat		5 ~ 35 (default time of 20)
Tendon	waterline for “MAX”	15 ~ 35 (default time of 18)
Soup		20 ~ 59 (default time of 30)
Fish/Steam	water: 1 measuring cup	1 ~ 59 (default time of 5)
Beans	waterline for “MAX FOR BEANS”	15 ~ 35 (default time of 18)

- 3 Press **Start**.
 - The [Start] indicator lights up. Remaining time is shown in 1 minute (Once the pressure has reached the setting level)



- 4 After cooking, enter the exhaust steam state.

- The [Exhaust Steam] indicator lights up.
- The pressure shown in the display varies with the actual pressure in the pan.
- When the exhaust steam is finished (the pressure indicator pin is dropped), the buzzer will sound, the display will be displayed as “0 Hour”, and the [Keep Warm] indicator will light.
- Method for opening the outer lid step 4 ~ 5 on page 11.



- 5 Press **Off**.
 - The [Keep Warm] indicator turns off.


One Touch Menu / Timer / Keep Warm

Auxiliary Cooking

Example: When seasoning with the “Auxiliary Cooking” menu


1 Press **Auxiliary Cooking** .

- The [Start] indicator flashes.



2 Press **Time Setting** to set the cook time.


- Time is decreased or increased at 1 minute intervals.
- Press and hold the [+] or [-] button to quickly subtract or add time.
- The cooking time setting range is 5 ~ 60 minutes, and the start time is 10 minutes.



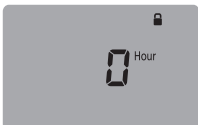
3 Press **Start** .

Remaining time

- The [Start] indicator lights up, the remaining time is decreased at 1 minute intervals.
- To stop the cooking in the middle, press the [Off] button.



4 After cooking, the buzzer sounds, “0 Hour” is shown in the display, and it is automatically converted to keep warm.




■ To cancel keep warm.

5 Press **Off** .

- The [Keep Warm] indicator turns off.

Notes


- When using the auxiliary cooking, be sure to:
 - Open the outer lid.
 - (So as not to affect the cooking effect due to the pressure in the pan.)
 - Lock the lid lock, and the display shows “”.
 - (So as to avoid the failure to cook.)
- Do not cook the food hard to cook using “Auxiliary Cooking”.
- (So as not to affect the cooking effect.)

Timer (Porridge · White Rice)

Example: When cooking white rice with the timer

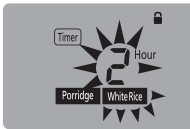
1 Press **White Rice** .

- The [Start] indicator flashes.



2 Press **Timer** , then press **Time Setting** to set preset time.

- Display all menus that can be timed (porridge, white rice), selected menu will flash.
- The preset time setting range: 2 ~ 13 hours.
- Timed porridge cooking: press [+] or [-] button to set the cook time, and press [Timer] and [+] [-] button to set preset time.




3 Press **Start** .

- The [Start] indicator turns off. The [Timer] indicator lights up.
- When the cooking is completed, the buzzer sounds and “0 Hour” is indicated on the display, the [Keep Warm] indicator lights up.



4 Press **Off** .

- The [Keep Warm] indicator turns off.
- Steps before pressing the [Off] button,  step 4 ~ 5 on page 11.


Notes

- Other than “Porridge” and “White rice”, other menu can not be timed.
- Time indicated by the timer is the time cooking finishes.
- The preset time for the last time can be memorized, and when cooking with the timer next time, the initial value of the preset time (2 hours) will be returned to if the power has been off for more than 1 minute.
- Time will decrease in 1 hour increments when remaining time is more than 1 hour, and 1 minute increments when remaining time is less than 1 hour.

Keep Warm

1 Close the outer lid, press **Keep Warm** .

- The [Keep Warm] indicator lights up.
- The temperature inside the pan can be maintained at around 70 degrees Celsius.




2 ■ To cancel keep warm
Press **Off** .

The keep warm time (up to 24 hours)

Notes

- When using the “Keep Warm” function, you may only close the outer lid without locking the lid lock.
- Do not use the “Keep Warm” function on white rice and green vegetables.
- It is recommended that the time for the “Keep Warm” function shall not exceed 1 hour.
- Once the time for the “Keep Warm” function exceeds 24 hours, the display will disappear, but the “Keep Warm” function will continue.
- (The [Keep Warm] indicator still lights up.)
- If the time for the “Keep Warm” function exceeds 96 hours, “U14” will appear in the display, and the function will stop.

Recipes

- CAUTION:** ※Be sure to pull back the lid handle after closing the outer lid so as to avoid failure to cook.
 (Do not close the outer lid when simmering food with a thick texture such as curry and stew, but you need to lock the lid lock.)
 ※The recipes takes 6.0 L for example, and the cooking amount is 5.0 L  page 25 Specifications.
 ※The amount of ingredients and cook time in the recipe are for reference only. Please adjust them according to actual needs.
 ※1 cup (measuring cup): Approx. 150 g

Waterless sauced beef

Waterless Recipes-1

Ingredients:		Seasoning:			
Beef	1000 g	Sugar	10 g	Cooking wine	25 mL
Scallion	To taste	Light soy sauce	50 mL	Oyster sauce	20 g
Ginger	To taste	Dark soy sauce	50 mL	Thirteen spices	5 g
Minced garlic	To taste				

Steps:

1. Prepare the ingredients. Cut beef into chunks, and cut ginger and garlic into minces. Prick the beef with toothpick, add all the seasonings and bruised ginger and minced garlic, and pickle for 4 hours.
2. Put all the ingredients and seasonings in the pan, then put the pan into the body and close the outer lid.
3. Press the [Waterless Recipes] button, select the code "1", set the cook time to 20 minutes, and then press the [Start] button. After cooking, wait for them to be cool and slice them.

Saliva chicken

Waterless Recipes-2

Ingredients:		Seasoning:			
Peeled chicken leg meat	2	Rice wine	10 mL	Sugar	2.5 g
Minced scallion	2 g	Pepper oil	40 mL	Light soy sauce	10 mL
Minced Ginger	10 g	Vinegar	15 mL		
Minced garlic	10 g				

Steps:

1. Put chicken legs in the pan, sprinkle with minced ginger, pour rice wine, then put the pan into the body, and close the outer lid.
2. Press the [Waterless Recipes] button, select the code "2", set the cook time to 5 minutes, and then press the [Start] button.
3. Put the pepper oil, vinegar, sugar, and light soy sauce into a bowl (vinegar: light soy sauce: sugar = 3:2:0.5). Add minced scallion and garlic to mix well.
4. After the cooking is over, press the [Off] button to open the outer lid and take out the chicken legs (pour out the original soup, otherwise it will dilute the original taste). Wait until they are cold, and slice and pour the sauce.

Braised chicken wings

Waterless Recipes-3

Ingredients:		Seasoning:			
Chicken wings	8	Cooking wine	20 mL	Pepper oil	10 mL
Onion	1/2	Light soy sauce	20 mL	Pepper	To taste
Shiitake mushrooms	9	Dark soy sauce	15 mL	Sugar	To taste
Ginger	To taste	Sesame oil	10 mL		

Steps:

1. Wash chicken wings, onion, shiitake mushrooms, slice onion and ginger, and cut chicken wings twice in the front and back to make them tasty.
2. After mixing all the seasonings, put chicken wings in, mix well and preserve for more than one hour.
3. Put a layer of ginger slices on the bottom of the pan, and then lay a layer of onions, and then cover with a layer of Shiitake mushrooms. Put the chicken wings of 2. on the top, and also evenly spread the marinated seasonings on the top, put the pan into the body, then close the outer lid.
4. Press the [Waterless Recipes] button, select the code "3", set the cook time to 5 minutes, and then press the [Start] button.
5. When finished, press the [Off] button to open the outer lid. Press the [Auxiliary Cooking] button, set the cook time to 10 minutes, and then press the [Start] button.
 ※When using the "Auxiliary Cooking" function, be sure to open the outer lid, and lock the lid lock.

Braised Chicken with potatoes and pepper

Waterless Recipes-4

Ingredients:		Seasoning:			
Chicken leg meat	500 g	Cooking wine	15 mL	Star anise	1
Shiitake mushrooms	80 g	Five spice powder	1 g	Dark soy sauce	15 mL
Potatoes	500 g	Salt	1 g	Sugar	3 g
Green pepper	1	Light soy sauce	15 mL	Oil	30 mL
Red pepper	1	Oyster sauce	15 mL		
Garlic	3	Dried chili	5		
Ginger	10 g				

Steps:

1. Peel and slice the ginger, and peel and crush the garlic. Wash and drain the dried chilis, wash and cut the shiitake mushrooms. Wash, peel and roll cut potatoes. Wash red peppers and green peppers separately, and remove stalks and seeds.
2. Wash and drain the chicken legs and cut into pieces. Add ginger slices, cooking wine, five spice powder, salt, light soy sauce, and oyster sauce to marinate for 25 minutes.
3. Pour the oil into the pan, add the dried chilis and garlic cloves. Press the [Auxiliary Cooking] button, set the cook time to 5 minutes, and then press the [Start] button.
4. When finished, put marinated chicken legs, shiitake mushroom pieces, potato pieces, star anise, dark soy sauce, and sugar in the pan. Press the [Waterless Recipes] button and select the code "4". Set cook time to 5 minutes and then press the [Start] button.
5. When finished, press the [Off] button to open the outer lid, and add the red pepper and green pepper pieces. Press the [Auxiliary Cooking] button, set the cook time to 10 minutes. Stir until Auxiliary Cooking is finished.
 ※When using the "Auxiliary Cooking" function, be sure to open the outer lid, and lock the lid lock.

Recipes

Shredded Chicken

Waterless Recipes-5

Ingredients:		marinade:		Dipping sauce:			
Chicken	1, Approx. 1000 g	Dark soy sauce	10 mL	Cooking wine	10 mL	Ginger	To taste
Ginger	Several pieces	Light soy sauce	10 mL	Sugar	15 g	Minced garlic	To taste
Scallion	Several	Salt	13 g	Salad oil	10 mL	Light soy sauce	15 mL
		(10 g coated on the chicken, 3 g added to the marinade)				Sesame oil	5 mL
						Sugar	3 g

Steps:

1. Wash and drain the chicken. Put a thin layer of salt on the chicken, and stuff two ginger slices into the chicken's stomach; put the chicken aside for 5 minutes.
2. Prepare a container and stir the marinade other than salad oil in the container.
3. Evenly wipe the seasoning of 2. on the chicken, lay the scallions and ginger slice in the bottom of the pan, and place the chicken and the marinade into the pan for 20 minutes.
4. Spread salad oil on the chicken, put the pan into the body, and close the outer lid.
5. Press the [Waterless Recipes] button, select the code "5", and set the cook time to 20 minutes, and then press the [Start] button.
6. After cooking, press the [Off] button to open the outer lid and take out the chicken, tear the chicken into small pieces, and dip in a little dipping sauce (dipping sauce needs to be mixed thoroughly in advance).

Braised pig trotter

Waterless Recipes-6

Ingredients:		Seasoning:			
Pig trotter	500 g	Light soy sauce	30 g	Shao liquor	40 g
		Vinegar	10 g	Allspice	1 g
		Sugar	10 g	Ginger, garlic	To taste
		Salt	To taste	Dried red pepper	2 pcs
		Scallion	1 pc	Crystal sugar	15 g

Steps:

1. Boil chopped pig trotter to get rid of the blood. Remove and drain.
 2. Put the pig trotter into a small pot, add all seasoning (except crystal sugar and scallion) to preserve for 30 minutes.
 3. After preservation, pour the pig trotter with sauce into the pressure cooker, add crystal sugar. Close the outer lid and lock the lid lock.
 4. Press [Waterless Recipes] button, select the code "6", set the cook time to 10 minutes, then press the [Start] button.
 5. Wait until the pressure indicator pin is dropped, and press the [Off] button, then push the lid handle, and open the outer lid. Turn over the pig trotter, press the [Auxiliary Cooking] button, set the cook time to 5 minutes, then press the [Start] button.
 6. After the pan boils, press the [Off] button, dish out and put the scallion on the pig trotter.
- ※ The cooking time for Auxiliary Cooking may be adjusted according to the actual situation.
 ※ When using the "Auxiliary Cooking" function, be sure to open the outer lid, and lock the lid lock.

Stewed mushrooms with black pepper

Waterless Recipes-7

Ingredients:		Seasoning:			
Shiitake mushroom without stalks	12-15, Approx. 300 g	Salad oil	10 mL	Grind black pepper	A small amount
Scallion	2 g	Salt	A small amount	Light soy sauce	5 mL
				Dark soy sauce	5 mL

Steps:

1. Wash and drain the shiitake mushrooms, and remove the stalks.
 2. Put the pan into the body, put a little oil, then add fresh mushrooms and all seasonings, and close the outer lid.
 3. Press the [Waterless Recipes] button, select the code "7", set the cook time to 1 minute, and then press the [Start] button.
 4. After cooking, press the [Off] button to open the outer lid. Press the [Auxiliary Cooking] button, set the cook time to 10 minutes, and then press the [Start] button.
 5. Place the mushroom in the plate and sprinkle with chopped scallion.
- ※ When using the "Auxiliary Cooking" function, be sure to open the outer lid, and lock the lid lock.

Enokitake with minced garlic

Waterless Recipes-8

Ingredients:		Seasoning:	
Enokitake	300 g	Oyster sauce	20 mL
Minced garlic	30 g	Light soy sauce	10 mL
green onion	10 g	Salad oil	30 mL

Steps:

1. Wash enokitake and remove stalks.
2. First lay enokitake in the pan, and then lay minced garlic; add oyster sauce and light soy sauce, and then put the pan into the body, close the outer lid.
3. Press the [Waterless Recipes] button, select the code "8", set the cook time to 2 minutes, and then press the [Start] button.
4. Add oil in another pan and make it hot.
5. After cooking, press the [Off] button to open the outer lid, and put them in a plate, sprinkle with chopped green onion, and pour the hot oil.

Ratatouille

Waterless Recipes-9

Ingredients:

Zucchini	200 g
Tomato	150 g
Onion	100 g
Yellow pepper	100 g
Carrot	50 g

Seasoning:

Oliveoil	15 mL
Grind black pepper	A small amount
Salt	2 g
ketchup	40 g

Steps:

1. Wash and dice all ingredients.
2. Pour olive oil into the pan, and add all ingredients and seasonings in order. Stir well with scoop, and close the outer lid.
3. Press the [Waterless Recipes] button, select the code "9", set the cook time to 1 minute, and then press the [Start] button.

Waterless seafood pot

Waterless Recipes-10

Ingredients:

Clams	200 g
Shrimp	200 g
Mussel	200 g
Minced scallion	To taste
Minced garlic	To taste
Minced ginger	To taste

Seasoning:

Salad oil	15 mL
Garlic sauce	10 g
Oyster sauce	15 mL
Cooking wine	20 mL
Light soy sauce	15 mL

Steps:

1. Wash all the ingredients, place them in the pan together with the sauce (except minced scallion), and close the outer lid.
2. Press the [Waterless Recipes] button, select the code "10", set the cook time to 3 minutes, and then press the [Start] button.
3. After cooking, press the [Off] button to open the outer lid, and put them in a plate, sprinkle with chopped scallion.

Bass in scallion oil

Waterless Recipes-11

Ingredients:

Bass	1, Approx. 600 g
Ginger	To taste
Minced scallion	To taste
Garlic cloves	3

Seasoning:

Salt	3 g
Cooking wine	15 mL
Steam fish soy sauce	30 mL
Salad oil	30 mL

Steps:

1. Cut the cleaned bass with a knife on its back several times, and then smear it with salt and pickle for 5 minutes.
2. Crush the garlic cloves and stuff them into the maw of the bass; cut half of the ginger into thin slices and spread them on the plate, and cut the other half into shreds.
3. Place the pickled bass into the pan, top it with cooking wine, then put the shredded ginger on the bass, and close the outer lid.
4. Press the [Waterless Recipes] button, select the code "11", set the cook time to 5 minutes, and then press the [Start] button.
5. After cooking, press the [Off] button to open the outer lid, and put them in a plate, sprinkle with chopped minced scallion, top with steam fish soy sauce.
6. Pour salad oil in another pan to make it slightly smoke, and then pour hot salad oil on the fish.

Fish head with chopped chili

Waterless Recipes-12

Ingredients:

Fish head	1, Approx. 600 g
Chopped chili	200 g
Ginger	To taste
Scallion	To taste

Seasoning:

Steam fish soy sauce	30 mL
Salad oil	30 mL
Cooking wine	20 mL

Steps:

1. Remove the scales and gills of the fish head, and then cut it into two pieces connected with their back using a knife.
2. First brush a layer of salad oil in the bottom of the pan, and layer the ginger slice in the bottom of the pan. And then put the head into the pan, layer the chopped chili on the fish head, and finally sprinkle the cooking wine on the fish head.
3. Put the pan into the body, and close the outer lid. Press the [Waterless Recipes] button, select the code "12", set the cook time to 5 minutes, and then press the [Start] button.
4. After cooking, press the [Off] button to open the outer lid, sprinkle with chopped scallion, top with steam fish soy sauce.
5. Pour salad oil in another pan to make it slightly smoke, and then pour hot salad oil on the fish head.

Recipes

Apple jam

Low

Ingredients:

Apple	2 (Approx. 600 g), skinned and sliced
Lemon	Half, juiced
Sugar	150 - 200 g

Steps:

1. Put apples into the pan and add lemon juice.
2. Close the outer lid, and press the [Pressure] button, select "Low", set the cook time to 15 minutes, and then press the [Start] button.
3. Wait until the pressure indicator pin is dropped, and press the [Off] button.
4. Push the lid handle, open the outer lid, and add sugar.
5. Press the [Auxiliary Cooking] button, set the cooking time to 40 minutes, then press the [Start] button, and stir to the paste while cooking, and press the [Off] button.
 - ※ The amount of sugar depends on personal preference. If you need to preserve the jam, increase sugar.
 - ※ When using the "Auxiliary Cooking" function, be sure to open the outer lid, and lock the lid lock.
 - ※ The cook time for auxiliary cooking may be adjusted according to the actual situation.

Vegetable soup with milk

Mid

Ingredients:

A	Onion	½, sliced
	Celery	½, sliced
	Carrot	½, skinned and diced
	Potatoes	1, skinned and diced

Seasoning:

B	Soup-stock	300 mL
	Salt	5 g
	Pepper	To taste
	Milk	400 mL

Steps:

1. Put A into the pan and add soup-stock.
2. Close the outer lid, and press the [Pressure] button, select "Mid", set the cook time to 10 minutes, and then press the [Start] button.
3. Wait until the pressure indicator pin is dropped, and press the [Off] button, then push the lid handle, open the outer lid and let it cool.
4. Transfer them into a blender then blend until smooth, then put it back into the pressure cooker.
5. Add B, and press the [Auxiliary Cooking] button, set the cooking time to 30 minutes, and then press the [Start] button, and bring to a boil.
 - ※ When using the "Auxiliary Cooking" function, be sure to open the outer lid, and lock the lid lock.
 - ※ The cook time for auxiliary cooking may be adjusted according to the actual situation.

Mashed potato

Mid

Ingredients:

Potatoes	400 g
Carrot	A small amount
Cucumber	A small amount

Seasoning:

Condensed milk	10 g
Salad dressing	Appropriate amount

Steps:

1. Place the diced potatoes in a bowl, add 1 cup of water into the pan and place in the steaming plate affiliated, then put the bowl onto the steaming plate.
2. Close the outer lid, and press the [Pressure] button, select "Mid", set the cook time to 20 minutes, and then press the [Start] button.
3. Cut the carrot and the cucumber into small grains.
4. Wait until the pressure indicator pin is dropped, and press the [Off] button. Push the lid handle to open the outer lid and take out the potato.
5. Crush the potato into mashed potato, and add carrot and cucumber grains and condensed milk. Stir into a spherical shape, and finally top with a little salad dressing.

Steamed lotus root stuffed with sweet glutinous rice

High

Ingredients:

Root lotus	1
Glutinous rice	70 g

Seasoning:

Sugar	100 g
Brown sugar	50 g
Crystal sugar	50 g
Sweet-scented osmanthus sugar	A small amount

Steps:

1. Wash the glutinous rice, and soak it in water for 4 hours; pick up and drain it, and add sugar; stir and set aside.
2. Skin the lotus root, and wash and drain it; cut one end of the lotus root (set aside).
3. Pour the glutinous rice in 1. into the lotus hole, and then put the cut lotus head back in place, and fix it with toothpicks to avoid rice leakage.
4. Place the lotus root into the pan, add water over the lotus root, and add brown sugar and crystal sugar.
5. Close the outer lid, and press the [Pressure] button, select "High", set the cooking time to 30 minutes, then press the [Start] button.
6. Wait until the pressure indicator pin is dropped, and press the [Off] button, then push the lid handle, and open the outer lid.
7. Take the lotus root out, and remove the toothpicks; cut the root into 1 cm thick wafers, and sprinkle with the sweetscented osmanthus sugar.

Purple potato and white fungus soup

High

Ingredients:

Purple potatoes	250 g, skinned and diced
White fungus	30 g
Water	11 cups (Approx. 2000 mL)

Seasoning:

Crystal sugar	120 g
---------------	-------

Steps:

1. Soak the white fungus in water for 3 - 4 hours, and then remove the stalks, and tear the fungus into small pieces.
2. Place the purple potato and the white fungus into the pan and add water.
3. Close the outer lid, and press the [Pressure] button, select "High", set the cooking time to 25 minutes, then press the [Start] button.
4. Wait until the pressure indicator pin is dropped, and press the [Off] button, then push the lid handle, and open the outer lid.
5. Add the crystal sugar, and press the [Auxiliary Cooking] button; set the cooking time to 25 minutes, then press the [Start] button; press the [Off] button after the crystal sugar melts.
 - ※ When using the "Auxiliary Cooking" function, be sure to open the outer lid, and lock the lid lock.
 - ※ The cook time for auxiliary cooking may be adjusted according to the actual situation.

Oat porridge for blood enrichment and beauty

Porridge

Ingredients:

White rice	¼ cup
Oat	20 g
Jujube sheet	3 g
Dried olongans	12 pieces
Walnut kernels	30 g

Seasoning:

Brown sugar	50 g (May increase or decrease)
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Steps:

1. Wash the white rice and the oat, and pour them into the pan; add water to the scale of "PORRIDGE" at "1".
2. Wash other ingredients and place them into the pan.
3. Close the outer lid, and press the [Porridge] button, set time to 15 minutes, then press the [Start] button.
4. Wait until the pressure indicator pin is dropped, and press the [Off] button, then push the lid handle, and open the outer lid; add brown sugar and mix well.

Recipes

White rice with pork short ribs

White Rice

Ingredients:

	White rice	2 cups
	Glutinous rice	2 cups
	Pork short ribs	350 g, cut into small pieces
A	{ Ginger	6 g, sliced
	{ Garlic	2 cloves
B	{ Carrot	1, diced
	{ Shiitake mushrooms	1, diced
	{ Water	3 measuring cups (Approx. 540 mL)

Seasoning:

C	{ Light soy sauce	7 mL
	{ Dark soy sauce	6 mL
	{ Oyster sauce	5 g
	{ Cornstarch	3 g
	{ Cooking wine	10 mL
	{ Salt	7 g

Steps:

1. Put the pork short ribs into the boil water to get rid of the blood. Take them out and drain.
2. Marinate 1. with A and C for 30 minutes.
3. Put the white rice and the glutinous rice washed and drained into the pan.
4. Put the marinated pork short ribs and B into the pan; add salt, and stir well.
5. Close the outer lid, and press the [White Rice] button, then press the [Start] button.
7. Wait until the pressure indicator pin is dropped, and press the [Off] button, then push the lid handle, and open the outer lid; mix the ingredients and the white rice well.

Braised pork with mushrooms in soy sauce

Meat

Ingredients:

	Streaky pork	1000 g
	Mushrooms	150 g
	Scallion	2, washed and cut into long sections
	Ginger	1, cut into big pieces after clean
	Cinnamon stick	1

Seasoning:

A	{ Salt	8 g
	{ Sugar	20 g
	{ Cooking wine	15 mL
	{ Dark soy sauce	15 mL

Steps:

1. Put all ingredients into the pressure cooker and add A.
2. Close the outer lid, and press the [Meat] button, set time to 15 minutes, then press the [Start] button.
3. Wait until the pressure indicator pin is dropped, and press the [Off] button, then push the lid handle, and open the outer lid.

Potato beef brisker in clay pot

Meat

Ingredients:

	Beef brisker	600 g, diced
	Potatoes	2, skinned and diced
	Carrot	1, skinned and diced
	Ginger	Several pieces
	Water	100 mL
	Soup stock	100 mL

Seasoning:

A	{ Salt	3 g
	{ Light soy sauce	30 mL
	{ Dark soy sauce	15 mL
	{ Rice wine	15 mL
	{ Cornstarch	3 g

Steps:

1. Boil the beef brisker to get rid of the blood. Remove and drain.
2. Put all the ingredients into the pan and add stirred A.
3. Close the outer lid, and press the [Meat] button, set time to 20 minutes, then press the [Start] button.
4. Wait until the pressure indicator pin is dropped, and press the [Off] button, then push the lid handle, and open the outer lid.
5. Press the [Auxiliary Cooking] button; set the cooking time to 15 minutes, then press the [Start] button; Stir until Auxiliary Cooking is finished.

Red bean paste

Beans/Tendon

Ingredients:

Red beans	150 g
Water	900 mL
Slab sugar	50 g
Tangerine peel	Appropriate amount

Steps:

1. Pour the washed red beans and water into the pan, add slab sugar and tangerine peel, then close the outer lid.
2. Press the [Beans/Tendon] button, set time to 35 minutes, then press the [Start] button.
3. Wait until the pressure indicator pin is dropped, and press the [Off] button, then push the lid handle, and open the outer lid.
4. Press the [Auxiliary Cooking] button; set the cooking time to 15 minutes, then press the [Start] button; Stir until Auxiliary Cooking is finished.

Pork short ribs soup with corn

Soup

Ingredients:

Pork short ribs	400 g
Corn	1, cut into sections
Carrot	1, cut into sections
Water	5.5 cups (Approx. 1000 mL)

Seasoning:

Cooking wine	5 mL
Salt	7 g

Steps:

1. Put the pork short ribs into the boil water to get rid of the blood. Take them out and drain for use.
2. Put the pork short ribs, corn and carrots into the pan, and add water and seasoning.
3. Close the outer lid, and press the [Soup] button, set time to 30 minutes, then press the [Start] button.
5. Wait until the pressure indicator pin is dropped, and press the [Off] button, then push the lid handle, and open the outer lid.

Steamed pork short ribs in soy sauce

Fish/Steam

Ingredients:

Pork short ribs	300 g
Shredded ginger	10 g

Seasoning:

Cooking wine	10 mL
Black bean chill sauce	15 g
Oyster sauce	10 g
Starch	10 g

Steps:

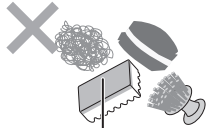
1. Wash the pork short ribs and cut into small pieces and drain; mix them with cooking wine and pickled ginger and pickle for 5 minutes.
2. Add black bean chill sauce into 1. and thoroughly mix.
3. Then add oyster sauce into 2. and thoroughly mix.
4. Add the starch into 3. and mix; let the starch wrapped in a thin layer on the surface of the pork short ribs.
5. Place them into a plate or bowl, and add 1 cup of cold water into the pan.
6. Place the steaming plate in, and then put 5. on the steaming plate.
7. Close the outer lid, and press the [Fish/Steam] button, set time to 30 minutes, then press the [Start] button.
9. Wait until the pressure indicator pin is dropped, and press the [Off] button, then push the lid handle, and open the outer lid.

Cleaning and Maintenance

- Please wait until the main body is sufficiently cool before unplugging the power plug cleaning.
- When cleaning, never immerse the main body in water.
- Do not use the dish washer or dish dryer.

Do not use the following items:

- Wire wool or nylon brush
- Benzine / Thinner
- Dish washer and dish dryer
- Cleanser / Alcohol
- Disinfectant / Bleach



Tool with abrasive particles on the surface.



Inner lid · Pressure valve (Inner lid)

Please remove it after every use, and clean it with a kitchen dedicated neutral detergent.

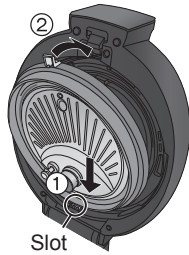
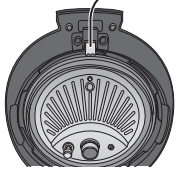
(Also remove the pressure valve for cleaning.)

- Clean both sides of the inner lid removed, and dry water before loading it into the outer lid.

Inner lid

■ During disassembly

- ① Pull up the disassembling button of the inner lid. (The inner lid will topple over toward the front direction.)
- ② Take out.



■ During installation

- ① Insert the lower end of the inner lid into the slot.
- ② Push the upper end of the inner lid to the button.

Slot

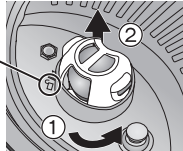
Precautions

- Please wash the pressure cooker immediately after using seasonings (white rice with pork short ribs, etc.). (So as to avoid odor, deterioration or rust.)
If the nozzle cap is clogged with foreign objects such as rice and dirt, clear them using a thin bamboo stick or toothpick. (So as not to cause steam leak and ejection of cooking food.)

Pressure valve

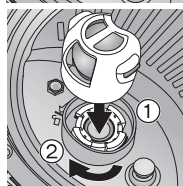
■ During disassembly

- ① Rotate according to the direction of the arrow.
- ② Align the triangle on the pressure valve to the unlock mark, and you can remove it.

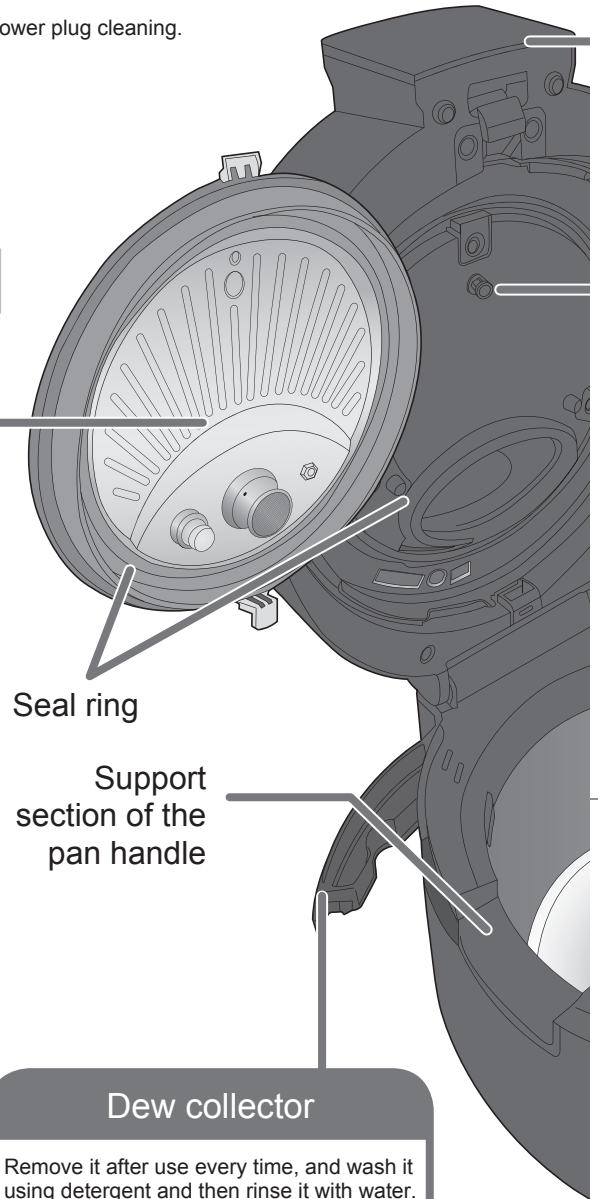


■ During installation

- ① Place the pressure valve on the inner lid, making the triangle align to the unlock mark.
- ② Rotate to the triangle according to the direction of the arrow till the lock mark is aligned, and the installation is complete when hearing a "click" sound.



※ Rinse it with water after removal.



Seal ring

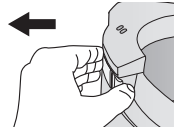
Support section of the pan handle

Dew collector

Remove it after use every time, and wash it using detergent and then rinse it with water.

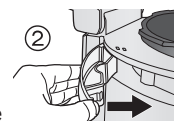
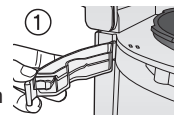
■ During disassembly

Take it out from the support section of the pan handle.



■ During installation


- ① Insert the rib at the rear end of the dew collector into the positioning groove.
- ② Press it into the main body in according to the direction of the arrow, so that the jaw at the front end of the dew collector may be fitted into the main body (A "click" is heard).



Main body · Outer lid (Sealed part)

- Wipe with a well-wrung cloth.
- Do not use detergent.
 - Do not pull the pan packing.

Pan

- Wash with detergent. ( page 4)
- Do not use the pan as a wash basin.
So as not to cause wear and tear of the pan.

Pressure indicator pin

- Wipe with a well-wrung cloth.
(Until the indicator pin can
move up and down smoothly)

Lid sensor · Cast heater · Bottom sensor

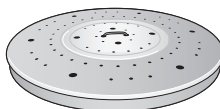
To remove stubborn foreign objects, gently rub with a little neutral cleaning agent using a nylon brush, and then wipe with a well-wrung cloth.

Accessories

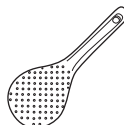
Measuring cup (Approx. 180 mL) (1)



Steaming plate (1)



Rice scoop (1)



Porridge [Soup] scoop (1)



When Necessary

Troubleshooting

Please check the followings before requesting service.

Trouble description	Possible causes	Ref. page
Unable to cook (Press the [Start] button, and "beep, beep" is heard)	<ul style="list-style-type: none"> The lid lock is not locked well (the lid handle is not pulled back). 	8
Time display does not change	<ul style="list-style-type: none"> The [Start] button is not pressed after the time is set. Steam leak. (See below the "Steam leak" description.) Even if the pressure cooking has started, the pressure inside the pan has not reached the set pressure. There are foreign objects at the bottom of the cast heater, lid sensor or the pan. 	11~14 — 11~14 23
The remaining time displays when the pressure indicator pin has not been raised	<ul style="list-style-type: none"> The bottom sensor can not work properly because the seasoning are not completely dissolved. 	4
Steam leak (From the pan, outer lid, steam vent or pressure indicator pin)	<ul style="list-style-type: none"> There is a foreign object on the pan, inner lid, pan packing or pressure indicator pin. The pan, inner lid or pan packing is dented or damaged. The pressure valve is leaking, the ball inside has a dent, or the ball fixing seal ring is out of position. The safety valve (molten alloy) melts. 	— — 22 —
Broth and steam spurt out (Spurt from the steam vent or the slit of the lid)	<ul style="list-style-type: none"> The outer lid is not closed properly. Too much ingredients or water is put in the pan. During Auxiliary Cooking, the outer lid is closed. The pressure valve is not installed. The safety valve (molten alloy) melts. 	8 8 14 22 —
Cooking is unsuccessful (Uncooked / overdone / watery / burnt / heat is too low)	<ul style="list-style-type: none"> Pressure Select, Time Setting or water amount is not correct. There is a foreign object on the cast heater or inner lid, bottom sensor. The pan placed in the main body is tilted. The pressure valve is not installed. Seasoning is not completely dissolved. 	7, 10 23 8 22 5
The outer lid is difficult to open The outer lid is difficult to close	<ul style="list-style-type: none"> Has the pressure in the pan been completely released (the pressure indicator pin is dropped)? Is the inner lid installed? Is the inner lid or the lid handle deformed? Because there is pressure in the pan, seal strength is enhanced for the pressure cooker, so you find it difficult to close. Especially when loosening the white rice immediately after cooking, you will find it difficult to close. Is there any rice grain at the upper hook snap, lower hook snap or the upper body? 	11~14 22 — — —
The pressure cooker sounds	<ul style="list-style-type: none"> The "rip ..." sound indicates that the pressure is released. The "grunt" sound heard when closing the inner lid indicates that the pressure valve is rolling in the outer lid. The "pata" sound heard when you release the pressure indicates that the solenoid valve beats. The "beep, beep ..." sound indicates that the lid lock is not locked, or is mistakenly opened before exhaust steam or during cooking. The "buzzing" sound indicates that the solenoid valve is operating. The "pop" sound indicates that the water drops at the bottom (outer) of the pan crack due to thermal expansion. 	— — — 8 — —

Contact service center for inspection or repair if:

- The bottom of the pan has dents.
- The inner lid or pan packing is dented or damaged.
- Problems are still not solved after the examination according to the above.

If this Code is Displayed...

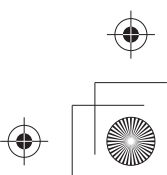
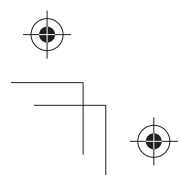
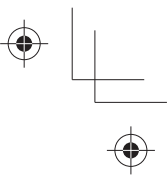
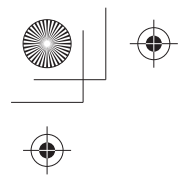
Display	Possible causes	Ref. page
U 14	<ul style="list-style-type: none"> The "Keep Warm" function is on more than 96 hours. → Press the [Off] button. 	—
H01 H02 H05	→ Contact service center.	—

Specifications

Model No.		SR-PS508	SR-PS608
Power supply / Rated frequency		220 V ~ 50 Hz	
Rated power (during cooking)		1100 W	
Nominal volume of the pan L		5.0 (cooking capacity 3.3)	6.0 (cooking capacity 4.0)
Rice cooking volume L (cup)	Porridge	0.09 ~ 0.27 (½ ~ 1½)	0.09 ~ 0.36 (½ ~ 2)
	White rice	0.36 ~ 1.8 (2 ~ 10)	0.36 ~ 2.16 (2 ~ 12)
	Brown rice	0.36 ~ 1.44 (2 ~ 8)	0.36 ~ 1.8 (2 ~ 10)
Maximum cooking volume for menu (ingredients + water) (Approx.) L	Meat	3.3 ^{*1}	4.0 ^{*1}
	Tendon		
	Bone soup		
	Fish/Steam	water: 1 measuring cup	water: 1 measuring cup
	Beans	1.5 ^{*2}	2.0 ^{*2}
Power cord length (Approx.) m		1.0	
Weight (Approx.) kg		7.2	7.3
Size (Approx.) cm	Width	28.8	
	Depth	36.1	
	Height	28.1 (55.5) ^{*3}	29.8 (57.2) ^{*3}

- (*1) It indicates the cooking capacity at the "MAX" waterline in the pan.
- (*2) It indicates the cooking capacity at the "MAX FOR BEANS" waterline in the pan.
- (*3) It indicates the product height when opening the outer lid.
- Max working pressure of the pressure regulator is 98 kPa gauge pressure.
- Power consumption at the standby state is approximately 0.4 W (when the power plug is connected).

When Necessary



Panasonic®

使用說明書

家庭用 電子高速煲

型號 5.0 L SR-PS508
6.0 L SR-PS608



本使用說明書中的圖片均以 SR-PS608 為例

非常感謝您購買 Panasonic 產品。

- 此產品僅供家庭使用。
- 請仔細閱讀本使用說明書，以確保正確、安全使用本產品。使用前請務必閱讀【安全注意事項】（第28~29頁）。
- 請確保保用證上註明有購買日期和經銷商號等信息。
- 將保用證和使用說明書一同小心收妥。

保留備用

保用證另附

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使用前

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必要時



該使用說明書的最終解釋權歸本公司所有

安全注意事項

請確保遵循以下注意事項

為防止造成人身傷害、財產損失，請務必遵守以下安全注意事項。

■ 因錯誤操作所產生的危害及損害程度，如下區分說明。

	警告	表示如不避免，則可能導致死亡或嚴重傷害的某種潛在危害情況。
	注意	表示如不避免，則可能導致輕微或中度傷害的某種潛在危害情況。

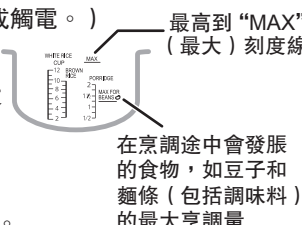



■ 希望遵守的內容分類，用如下圖標來區分說明。

	此圖標表示不能進行，“禁止”的內容。		此圖標表示務必執行，“強制”的內容。
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由於本體在加熱後內部會產生極高的溫度及壓力，因此為了確保安全請務必遵守以下事項。



警告

- 請勿將電子高速煲（以下簡稱：高速煲）放在孩童能觸碰到的地方。（以免導致燙傷、受傷或觸電。）
- 每次烹調的最大量，請勿超過內鍋的最大刻度線。
 - 請勿使用任何遇熱後會產生泡沫的食材，如大量的油或梳打粉。
- 若本體處於以下狀態，請勿使用。（ P34）
 - 以免壓力無法安全釋放，或導致蒸氣洩漏。
 - 產品內部（鍋墊圈、噴嘴及壓力閥周圍等處）黏有米飯等異物。
 - 噴嘴帽堵塞或未安裝。
 - 內蓋變形或未妥善安裝。
- 使用中或烹調剛結束時，請勿將臉或手靠近蒸氣口或觸摸高溫部位（包括壓力顯示竿）。（以免導致燙傷或被排出的蒸氣灼傷。）
 - 特別要注意小孩。
- 內鍋中仍有壓力時（壓力顯示竿未落下時  P32），請勿強行打開外蓋。（以免外蓋彈開，導致食物飛濺，從而引起燙傷。）
 - 請在壓力完全釋放後（壓力顯示竿落下）再打開外蓋。
- 請勿進行以下操作。（以免導致火災、觸電或受傷。）
 - 將本體浸入水中或將水濺到本體上。
 - 將水或液體濺到本體插頭上。
 - 將金屬針等異物插入散熱孔或間隙中。
 - 自行改裝、拆解或修理本產品。
- 請勿將本產品用於使用說明書記載以外的任何用途。（以免導致火災、燒傷、受傷或觸電。）
- 烹調剛完成進行攪拌時，可能有熱的食物濺出，請勿將臉靠近內鍋。（以免導致燙傷。）
- 燉煮咖喱飯菜及燉品等濃稠食物時，請勿閉合外蓋。（以免導致噴嘴帽堵塞，引起燙傷。）
 - 打開外蓋，但需拉回把手，否則將無法進行烹調。
- 烹調黏稠狀食物時，請勿使用手動排氣功能。（以免食物噴出，導致燙傷。）
- 請勿進行以下操作。（以免導致觸電、短路或引起火災。）
 - 請勿用濕手插、拔電源插頭。
 - 請勿使用損壞的電源插頭或鬆脫的插座。
 - 請勿進行任何可能會損壞電源線或電源插頭的操作。不要損傷電源線或電源插頭，不要強行加工、彎曲、扭曲、拉伸或置於高溫處，將重物放在上面或把電線捆成一束。
 - 請勿讓任何人舔本體插頭，特別要注意嬰幼兒。
- 本產品不適合供以下人士（包括孩童）使用：身體感官或心智能力退化者，或是經驗與使用知識缺乏者，除非有負責他們安全的人在旁監督或指導，方可使用。請注意避免讓兒童戲玩本產品。（以免導致燒傷、受傷或觸電。）
- 本產品應使用單相兩極帶接地的電源插座，並保證其可靠接地！未安裝接地裝置，可能會引起箱體等其他金屬部件帶有感應靜電。（以免發生故障或漏電時有觸電的危險。）
- 請務必單獨使用額定值為 AC 220 V/10 A 的電源插座。（以免因與其他電器並用而發熱，從而引起火災。）

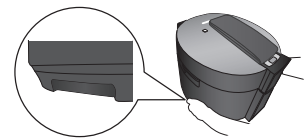
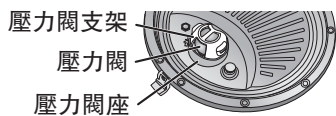
警告

- 請定期檢查用於釋放蒸氣的蒸氣口、噴嘴和噴嘴帽，確保其沒有堵塞。
(以免壓力異常上升。)
- 請務必裝入壓力閥。
(以免因溢出發生燙傷或因壓力異常影響烹調效果。)
- 請務必定期清除電源插頭上的灰塵。
(以免電源插頭上積聚灰塵，因濕氣導致絕緣故障，從而引起火災。)
→ 拔下電源插頭，用乾布擦拭。
- 請務必將電源插頭和本體插頭妥善連接。
(以免因發熱導致觸電或火災。)
- 發生異常或故障時，請立即停止使用，並拔下電源插頭。
(以免導致冒煙、火災、觸電、燒傷或受傷。)
異常·故障例
 - 電源插頭及電源線異常發熱。
 - 電源線已損壞或碰到電源線後發生間歇性斷電。
 - 本體變形或異常發熱。
 - 本體冒煙或發出焦味。
 - 本體破裂、鬆動或發出異響。
 - 蒸氣口有大量蒸氣冒出，但壓力顯示竿仍未升高。
 - 在非排氣狀態，蒸氣口突然有大量蒸氣排出。
(可能是安全閥熔化了)→ 請立即與服務中心聯絡，諮詢檢查及修理事宜。

注意

- 請勿使用非專用內鍋或變形後的內鍋。
(以免因過熱或故障導致燙傷或受傷。)
- 請勿空燒。
(以免導致燙傷。)
- 請勿在以下地方使用產品。
 - 靠近熱源或高濕環境中。
(以免導致觸電、漏電或火災。)
 - 不平穩的檯面或不耐熱的墊子上。
(以免導致受傷、燙傷或火災。)
 - 靠近牆壁或家具等處。
(以免開蓋時碰到，或導致家具等變色、變形及破損。)
- 使用中請勿移動本體。
(以免導致燙傷。)
- 請勿將電源插頭暴露在蒸氣中。
(以免導致觸電或因短路導致火災。)
- 烹調剛結束時，請勿觸摸高溫部。特別是外蓋上蒸氣口附近的玻璃面板及內蓋、壓力閥、內鍋、電熱板等金屬部。
(以免導致燙傷。)
→ 如要拆洗內蓋，請務必用毛巾等包裹後拿取內蓋。切勿拉扯鍋墊圈，以免墊圈變形，導致漏氣。
- 拆洗內蓋背面的壓力閥時，請勿旋轉壓力閥座拆卸。
(以免壓力閥墊圈變形，導致漏氣。)
→ 如要拆洗壓力閥，請務必手握壓力閥支架進行旋轉。
- 禁止使用非本產品隨附的電源線，並禁止把本電源線轉用到其他地方。如有損壞，必須用專用電源線或從製造廠或維修部買到的專用元件來更換。
(以免發生故障或導致觸電、漏電或火災。)
- 從內鍋中取出裝有食物的容器時，請務必小心。
(以免導致燙傷。)
- 請等到本體冷卻後再進行清洗。
(以免導致燙傷或受傷。)
- 取出內鍋或不使用時，切記關閉電源並拔下電源插頭。
(以免導致燙傷、受傷，及因絕緣老化而引起觸電、漏電、火災。)
- 拔下電源插頭或本體插頭時，請確保握住插頭本身，切勿拉拽電源線。
(以免導致觸電，或因短路引起火災。)
- 在櫥櫃等封閉空間內使用時，請確保蒸氣能向外散發。
(以免櫥櫃等變色或變形。)
- 搬運產品時，請務必捧住本體下方的兩側，切勿端鍋把手。
(以免外蓋打開，引起燙傷或產品損壞。)

使用前



- 關於停電 (包括在中途拔掉電源插頭、跳閘等情況)
 - 使用中如發生停電，再次通電後會回到停電前的狀態 (停電1分鐘以內時)，但可能會影響烹調效果。

使用注意事項

關於本體

- 請及時清理黏在本體上（底感應器、內鍋邊緣或底部、邊緣或底部電熱板和鍋墊圈）的飯粒等異物，清理時，
→ 請勿將電子高速煲傾斜、翻轉。
· 進行清潔之前，請關閉電子高速煲的電源，並拔掉插頭。
- 請將調味料混合並溶解後再加入內鍋。
（以免導致烹調失敗，如：不能正常烹調食物。）
- 使用中請勿將布或其他物品蓋在外蓋上。
（以免蒸氣無法釋放，導致外蓋變形、變色或發生故障。）
- 避免在陽光直射下使用。
（以免導致變色。）
- 請勿在拉桌等滑動式檯面上使用。
（以免在合上或解除蓋鎖時，產品帶動拉桌滑動，不能順利操作。）



關於內鍋

為防止內鍋表面上的塗層剝離或損傷

※ 剝離的塗層對本產品的性能沒有影響，對人體也無傷害。

- 請勿將內鍋置於明火及任何其他加熱源上。
- 烹調較硬或尖銳的食材（如：排骨等）時，請勿在內鍋中按壓、攪拌食物。
- 請勿使用金屬物品（如：勺子或鏟刀）。
- 請勿用內鍋洗米。
- 蒸饅時，請使用本產品隨附的蒸盤。
- 請勿讓任何鋒利物體接近內鍋或用堅硬物體擊打內鍋。
（不要將噴嘴帽或電源線放入內鍋。）
- 使用調味料烹調後，待本體充分冷卻，請立即清洗內鍋。
- 請勿將內鍋當作洗碗盆使用，也不要將湯匙或餐具放入內鍋中。
- 請勿用去污劑、百潔布或金屬刷、尼龍刷等清洗或擦洗內鍋。
→ 用軟海綿清洗內鍋。



提示

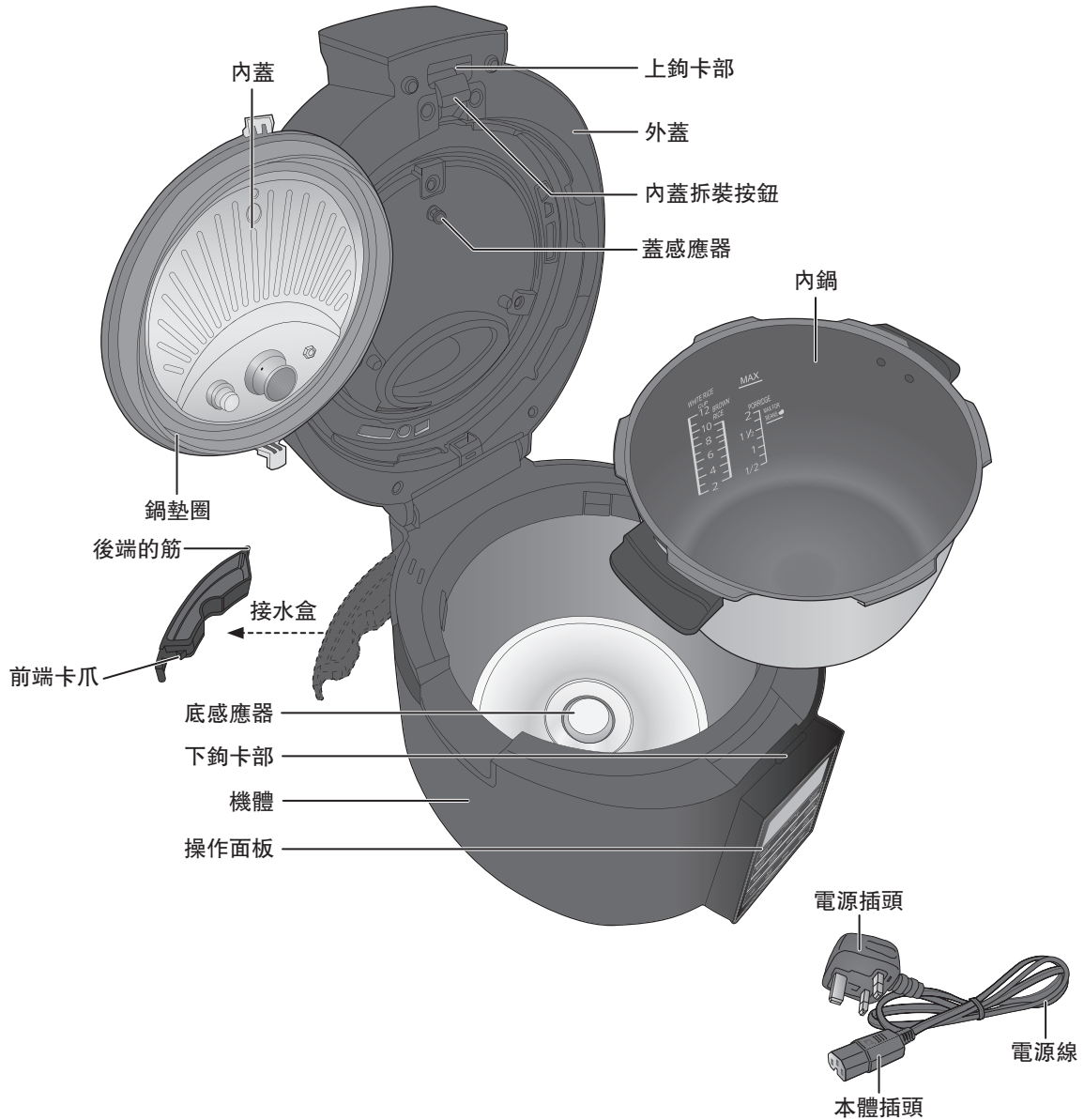
- 本產品不可通過外部計時器或獨立遙控系統進行操作。

零件名稱

● 使用前：

務必取出內鍋與電熱板之間的防鏽紙，並清洗附件、內蓋、噴嘴帽、壓力閥和內鍋。
(參閱 P48 ~ 49)

本體



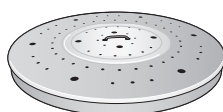
使用前

附件

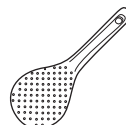
量杯 (約180 毫升) (1 個)



蒸盤 (1 個)



飯勺 (1 個)



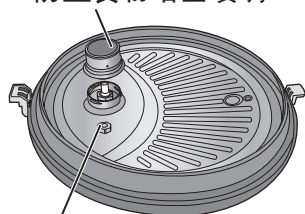
粥[湯]勺 (1 個)



零件名稱

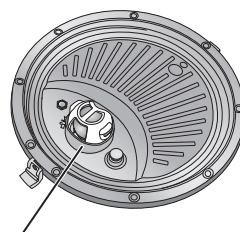
內蓋

噴嘴帽 [防堵塞設計]
 · 防止食物堵塞噴嘴



安全閥 [泄壓裝置保護]
 · 出現異常時，安全閥會熔化、開口，
 用來釋放內部的壓力。

(內蓋背面)



壓力閥 [限壓安全保護]
 · 內鍋中有壓力時，可用來釋放壓力。

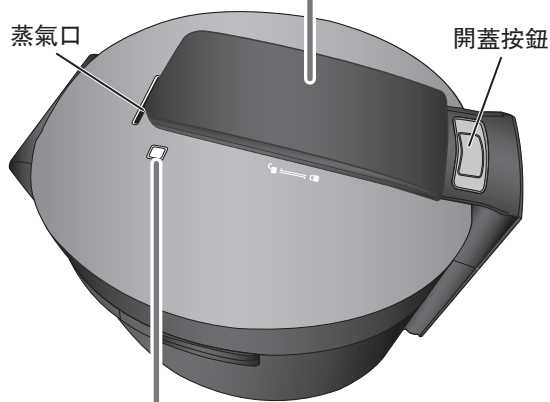
操作面板



- Pressure Select 按鈕 (P37)
- Time Setting 按鈕 (烹調/預約) (P37)
- Exhaust Steam 按鈕 (P38)
- Keep Warm 按鈕 (P40)
- Timer 按鈕 (P40)

蓋鎖 (蓋把手)

在蓋鎖打開的情況下按 [Start] (開) 按鈕，
 則會發出4聲“嗶、嗶”的提示音，且顯示屏內
 “”閃爍。請按箭頭方向拉回蓋把手，顯示屏
 顯示“”即可正常使用。



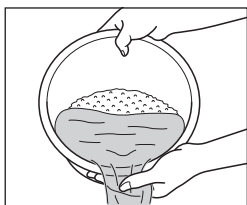
壓力顯示竿

- 鍋內有壓力時。
 升高
- 鍋內無壓力時。
 落下

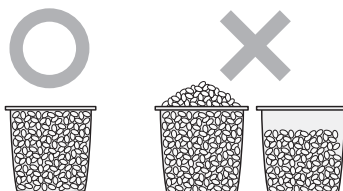
準備

量米與洗米

1 量米，然後用另一個容器洗米。



- 用隨附的量杯（約180 毫升）量米，注意米裝滿時要抹平。
- 1 次可烹調的米量。（請參閱 表1）
- 無需浸泡米。



（約180 毫升/150 克）

2 將米放入內鍋中，然後做好準備。（ P34 的步驟 1 ~ 4）

- 把米撫平。
- 水量（請參閱 表1）：若已將米浸泡10 分鐘以上，或您覺得米飯太軟，可將水適當減少。

3 關於稀飯、米飯的烹調。

- 用一按式食譜選擇進行烹調時，步驟 P38。
- 用“低壓/中壓/高壓”烹調時，步驟 P37，壓力選擇、時間設定和自動排氣時間 表1。

表1

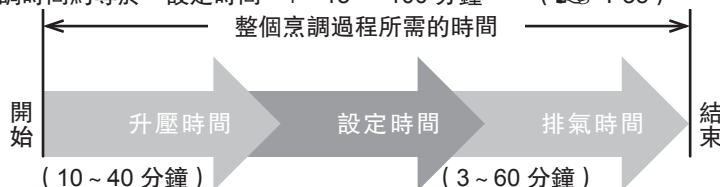
食譜	米量（量杯）		水量（水位線）	壓力選擇	時間設定（分鐘）	自動排氣時間約（分鐘）（中間量）	烹調時的注意事項
	5.0 L型	6.0 L型					
稀飯	½ ~ 1½	½ ~ 2	PORRIDGE（稀飯）	Mid（中壓）	5 ~ 20	30	
米飯 ^{*1}	2 ~ 10	2 ~ 12	WHITE RICE（白米）	Mid（中壓）	10 ~ 15	1.5	若要調整軟硬度，可適當縮短或延長設定的時間。
糙米 ^{*2}	2 ~ 8	2 ~ 10	BROWN RICE（糙米）	High（高壓）	25 ~ 30	25	
糙米粥	½ ~ 1½	½ ~ 2	PORRIDGE（稀飯）	High（高壓）	40 ~ 50	20	若要烹調較軟的稀飯，請設定更長的烹調時間。

*1：烹調長身米粒時，請適當增加水量。

*2：糙米請務必使用高壓烹調。

提示

- 在壓力顯示竿落下之前，請勿觸摸蒸氣口。（以免導致燙傷）
※ 由於室溫、電壓等原因，壓力顯示竿落下時，顯示屏可能仍顯示“Exhausting”（排氣中），此種情況並非故障。
- 烹調米飯及糙米時，打開外蓋後，請立即將米飯翻鬆。（以便散發多餘的水分）
- 所需烹調時間約等於“設定時間”+“13 ~ 100 分鐘”。（ P35）



- 以上“設定時間”僅指內鍋中的壓力升高到設定壓力後的烹調時間。
在達到設定壓力之前，顯示時間不會變化，這並非本體故障。
- 食材的量越多，升至設定壓力值以及排氣所需的時間就越長。
- 排氣期間，食材仍在利用餘熱進一步烹調。

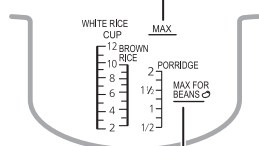
準備

操作前的準備

1 將食物放入內鍋中，然後將內鍋放入本體內。

- 每次烹調的最大量（食材+水），不能超過內鍋的最大刻度線。

最高到“MAX”（最大）刻度線



在烹調途中會發脹的食物，如：豆子和麵條（包括調味料）的最大烹調量。

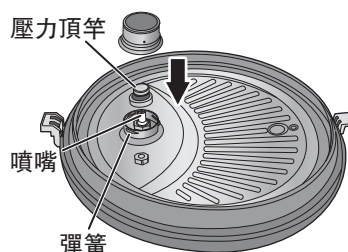
- 放入本體前，擦掉內鍋外表面的水或異物。



2 確認噴嘴帽、壓力閥及內蓋是否已安裝。

- 若未安裝噴嘴帽，可能會導致噴嘴堵塞，無法進行排氣 → 需等自然冷卻後才能打開外蓋。

將噴嘴帽正確向下按，直至與彈簧卡緊到位。



- 安裝噴嘴帽之前，請先確認噴嘴帽、噴嘴、壓力頂竿上沒有油污或出現堵塞。

- 安裝內蓋之前，請先確認是否安裝了壓力閥。若漏裝壓力閥則會漏氣，從而導致壓力無法到達設定值。

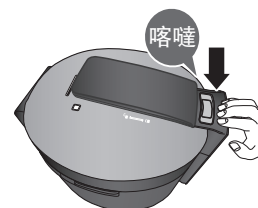
（☞ P48 壓力閥）

- 若未正確安裝內蓋，則外蓋無法合上。

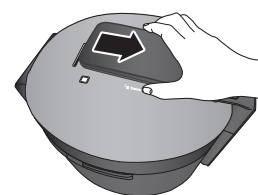
（☞ P48 內蓋）

3 合上外蓋，鎖好蓋鎖。

- 合上外蓋時，請確認發出“喀嗒”的合上音。

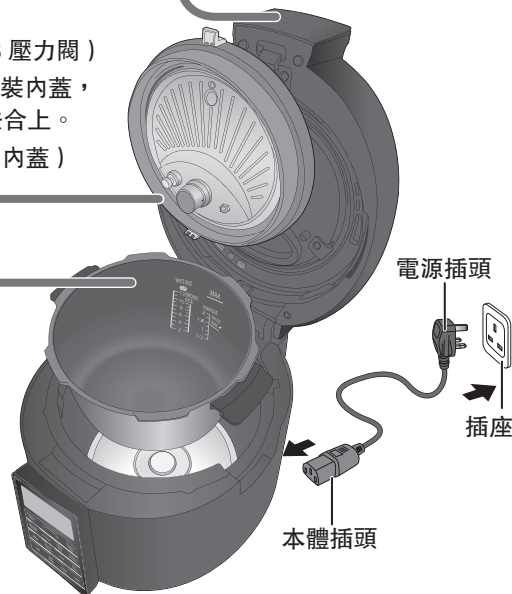


- 確認蓋鎖是否鎖好（拉回蓋把手），若未拉回（顯示屏顯示“🔒”），則無法進行烹調。（☞ P32 蓋鎖）



4 妥善完全連接好本體插頭和電源插頭。

- 將本體插頭連接到本體，然後將電源插頭插入插座。
- 即使脫離本體插頭（發出短促“嗶嗶”聲），只要立即插上插頭，則能繼續進行烹調。若本體插頭長時間脫離，則會停止烹調。



如何選擇功能

表2

	根據烹調目的	根據食材	
壓力選擇	<p>可直接按[Waterless Recipes] (無水料理)、[Porridge] (稀飯)、[White Rice] (米飯)、[Meat] (肉類)、[Beans/Tendon] (豆/蹄筋)、[Soup] (湯)、[Fish/Steam] (魚類/蒸饅) 按鈕，再按[Start] (開) 按鈕進行烹調，不需要選擇壓力、設定時間。</p> <p>※ 除米飯以外，上述其他功能均可根據食材或喜好調整烹調時間。</p> <div style="border: 1px dashed black; padding: 5px;"> <ul style="list-style-type: none"> • [Auxiliary Cooking] (輔助烹飪) 按鈕用於壓力烹調後的調味、收汁，不適用於烹調較難煮熟的食材。 • [Exhaust Steam] (排氣) 按鈕用於想要打開外蓋時。(烹調途中及烹調結束時) </div>	<p>低壓 約19.6 kPa/105 °C (約1.2個大氣壓)</p>	<p>水果等極易軟化的食材。 如：蘋果、草莓等。 用低壓做果醬，不會破壞營養成分。</p>
		<p>中壓 約59 kPa/113 °C (約1.6個大氣壓)</p>	<p>較軟或容易煮熟的食材。 如：鯽魚、紅棗、芋頭等。 用中壓烹調蔬菜，不會粘糊或散碎。</p>
		<p>高壓 約98 kPa/120 °C (約2.0個大氣壓)</p>	<p>較硬或不容易煮熟的食材。 如：肉類、大豆等。 用高壓烹調小魚，可整條食用，有利於鈣質的吸收。</p>
時間的設定	<ul style="list-style-type: none"> • 如果對上述的烹調效果不滿意，可通過“Pressure Select” (壓力選擇) 和“Time Setting” (時間設定) 進行烹調，具體 ㉞ P37。 	<p>※ 時間的設定</p> <ul style="list-style-type: none"> • 所需烹調時間等於“設定時間” + “13 ~ 100分鐘”。 • 即使是同一種食材，根據食材的大小，烹調時間會不同。食材塊越小，煮熟時間就越短。 	
小訣竅	<ul style="list-style-type: none"> • 烹調前要處理食材時，推薦用隨附的蒸盤進行蒸饅。與燉煮相比，蒸饅的速度更快，營養保持更完整，色澤也更鮮豔。 • 要將相同的食材切成同一大小。 • 同時要烹調不同的食材時，將容易煮熟的食材切成較大塊，不易煮熟的食材切成較小塊。 • 要調味或加入蔬菜時，請在烹調結束後再按[Auxiliary Cooking] (輔助烹飪)。 <div style="border: 1px dashed black; padding: 5px; margin-top: 10px;"> <ul style="list-style-type: none"> • 烹調時間的設定 ㉞ P40。 • 無需更換內鍋，即可進行輔助烹飪。 </div>		

無水料理烹調時間設定

表3

食譜編號	食譜	時間設定範圍 (分鐘)	食譜編號	食譜	時間設定範圍 (分鐘)
1	無水醬牛肉	10 ~ 40 (預設時間為20)	7	黑椒冬菇	1 ~ 10 (預設時間為1)
2	口水雞	5 ~ 20 (預設時間為5)	8	蒜蓉金菇	1 ~ 10 (預設時間為2)
3	炆雞翼	5 ~ 20 (預設時間為5)	9	法國燉菜	1 ~ 10 (預設時間為1)
4	薯仔炆雞	5 ~ 20 (預設時間為5)	10	無水海鮮鍋	1 ~ 10 (預設時間為3)
5	手撕雞	10 ~ 40 (預設時間為20)	11	煮鱸魚	1 ~ 10 (預設時間為5)
6	紅燒豬手	5 ~ 20 (預設時間為10)	12	剁椒魚頭	1 ~ 10 (預設時間為5)

烹調的訣竅

要通過“壓力選擇”和“時間設定”進行烹調時，請參照下表進行設定。

- 將相同食材切成同一大小；不同食材的情況時，將容易煮熟的食材切成較大塊，不易煮熟的食材切成較小塊。
- 烹調時間可根據個人的口味和喜好自由調節。
- 如每次所用的食材及大小都一樣，則不管烹調量有多少，所需的設定時間都相同。

表4

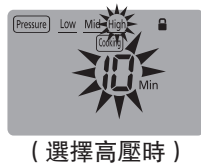
		食材	食材大小及份量	壓力選擇	時間設定 (分鐘)	
燉煮  湯汁的量，可根據個人喜好酌量增減。	肉	牛肉、羊肉	筋肉切塊 (約4 厘米)	High (高壓)	20 ~ 25	
		豬肉	排骨、豬骨		五花肉切塊 (約4 厘米)	20 ~ 35
			雞肉			整隻 (約400 克)
		鴨肉	雞腿 (約200 克/個)		15 ~ 20	
			老鴨半隻 (約500 克)		7 ~ 10	
		童子雞	切塊 (約4 厘米)	Mid(中壓)	30 ~ 35	
	蔬菜等	薯仔	整個 (約150 克)	High (高壓)	15 ~ 20	
		栗子	連殼		7 ~ 10	
		花生	連皮，在水中浸1 個小時		5 ~ 10	
		紫薯	整個 (約500 克)		30 ~ 35	
		南瓜	連皮切塊		3 ~ 5	
		粟米	切段 (約5 厘米)		3 ~ 5	
		蓮子	不浸泡，直接燉煮		7 ~ 10	
		雪耳	用溫水泡3 ~ 4 小時		15 ~ 18	
		蓮藕	1節 (約240 克)		25 ~ 30	
		蕃茄 (醬)	去皮、去籽，切小塊		Low(低壓)	30 ~ 35
	豆類	紅豆、大豆	不浸泡，直接燉煮	Low(低壓)	10	
		綠豆	不浸泡，直接燉煮	High(高壓)	25 ~ 30	
	水果	蘋果 (醬)	去皮，切碎	Mid(中壓)	15 ~ 18	
		草莓 (醬)	去蒂，整個		15	
柚子 (醬)		去皮，果肉掰成小塊	6			
水產	水魚	整隻 (約700 克)	Low (低壓)	10		
蒸  蒸盤 (隨附) 水約1 量杯	魚、肉	牛肉	切塊 (約4 厘米)	High (高壓)	18 ~ 20	
		豬肉	切片或切塊 (約1 厘米或4 厘米)		35 ~ 40	
		排骨	切段 (約5 厘米)		20 ~ 35	
		雞肉	雞腿 (約200 克/個)		20 ~ 25	
		鯽魚	整條 (約500 克)		15 ~ 20	
	蔬菜等	芋頭	整個 (約80 克)	Mid (中壓)	5	
		紅棗	帶核		10 ~ 15	
		薯仔	去皮，切塊		3 ~ 5	
		紫薯	整個 (約500 克)	High (高壓)	15 ~ 20	
		南瓜	連皮切大塊		10 ~ 15	
		栗子	連殼		10 ~ 15	
	粟米	切段 (約5 厘米)	8 ~ 10			
						10 ~ 12

低壓/中壓/高壓

Low / Mid / High (低壓/中壓/高壓)

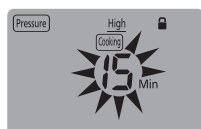
例：用高壓進行烹調時

- 1 按 **Pressure Select** 選擇 “High”。
- [Start] (開) 指示燈閃爍。



- 每按一次此按鈕即可按以下順序切換壓力：
“Low” (低壓) → “Mid” (中壓) → “High” (高壓) → “Low” (低壓) …
(從 “High” (高壓) 再回到 “Low” (低壓) 時，會有兩聲 “嗶、嗶” 音，表示又從頭開始選擇了)

- 2 按 **Time Setting** 設定烹調時間。
- 時間以1分鐘為單位遞增或遞減。



- 設定範圍：1 ~ 59 分鐘
- 長按按鈕，時間可快速前進或後退。
(從59分回到1分時，會有兩聲 “嗶、嗶” 音，表示時間又從頭開始設定了)

- 3 按 **Start**。
- [Start] (開) 指示燈亮起。

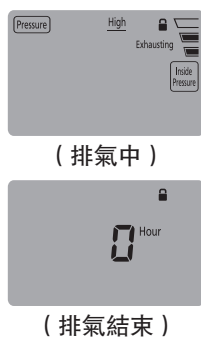


剩餘時間以1分鐘為單位遞減

- 在烹調過程中也可調整時間。
- 剩餘時間在內鍋中的壓力達到一定程度後才開始減少。

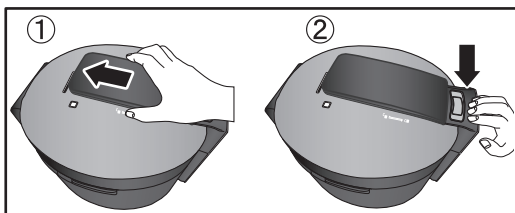
- 4 烹調結束後，進入排氣狀態。

- [Exhaust Steam] (排氣) 指示燈亮起。
- 顯示屏內的壓力顯示會根據鍋內的實際壓力而變化。
- 等到排氣結束 (即壓力顯示竿落下)，蜂鳴器響，顯示屏顯示為 “0 Hour” (零小時)，[Keep Warm] (保溫) 指示燈亮起。
- 烹調中途需打開外蓋時，請按 P38 “排氣”。



- 壓力顯示竿會在排氣約10 ~ 60分鐘後落下。
- 在壓力顯示竿落下之前，請勿靠近或觸摸蒸氣筒，以免導致燙傷。

- 5 解開蓋鎖 (推開蓋把手)，按下開蓋按鈕，打開外蓋。



- 解除蓋鎖前，務必確保鍋內壓力已完全釋放，切勿強行推開蓋把手。
- 如難以打開外蓋，請按 P38 “快速打開外蓋” 中的方法打開外蓋。

- 6 按 **Off**。

- 提示**
- 烹調前請確認鎖好蓋鎖 (顯示屏顯示 “”)，以免無法烹調 (保溫除外)。如蓋鎖未鎖，按 [Start] (開) 則會響4聲 “嗶、嗶……” 的提示音。
 - 烹調過程中可調整時間。
 - 烹調途中，請勿移動電子高速煲或觸摸蒸氣口和壓力顯示竿。(蒸氣或食物可能會噴射出來。)
 - 釋放蒸氣至壓力穩定，可能需要2 ~ 5分鐘，這並非異常現象。
 - 烹調結束，會發出 “嗶嗶、嗶嗶、嗶嗶” 的3聲提示音，再3秒後開始排氣。此時切勿靠近蒸氣口，以免被蒸氣燙傷。
※ 剛開始排氣時，聲音較大，請勿驚慌。

排氣/快速打開外蓋/一按式食譜選擇

Exhaust Steam (排氣)

下記情況可使用[Exhaust Steam] (排氣) 按鈕：

- 烹調途中要打開外蓋時。
※需先按[Off] (關)，再按[Exhaust Steam] (排氣) 按鈕。
- 烹調剛結束，打開外蓋後又立即合上外蓋，且壓力顯示竿再次升高時。
※需先按[Off] (關)，再按[Exhaust Steam] (排氣) 按鈕。

1 按 **Off** 。

2 按 **Exhaust Steam** 。

- 排氣過程中，顯示屏內的壓力顯示會根據鍋內的壓力而變化。



※顯示屏內的“Inside Pressure” (鍋內壓力) 顯示會根據鍋內壓力而變化。但其只是模糊判斷的結果，僅可作為參考。鍋內壓力的有無，請根據壓力顯示竿的狀態進行判斷 (☞ P32)。

- 務必等鍋內的壓力完全釋放 (壓力顯示竿落下) 後，再打開外蓋。

快速打開外蓋

想要快速打開外蓋時

- ①請長按[Exhaust Steam] (排氣) 按鈕進行手動排氣。
- ②待壓力顯示竿落下，即可推開蓋把手，按下開蓋按鈕，打開外蓋。

- 手動排氣可比自動排氣更快地完成鍋內壓力的釋放，但烹調粘稠狀食物 (如：各類稀飯、豆類、雪耳、咖喱等) 時，不建議使用此功能。以免食物噴出，造成燙傷等。
- 手動排氣時，長按[Exhaust Steam] (排氣) 按鈕，將連續排氣，放開手指則停止排氣。(※米飯的自動排氣為連續排氣)

Porridge · White Rice (稀飯 · 米飯)

例：用“White Rice” (米飯) 功能烹調米飯時

1 按 **White Rice** 。

- [Start] (開) 指示燈閃爍。



2 按 **Start** 。

剩餘時間以1分鐘為單位遞減



- [Start] (開) 指示燈亮起。(達到設定壓力後)
- 米飯為固定的烹調時間，不可隨意設定。
- 選擇稀飯時，烹調時間的設定 ☞ P39步驟2。

■ 一次可烹調的米量及水量

表5

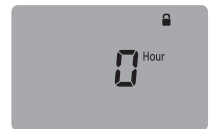
食譜	米量 (量杯)		水量 (水位線)	時間設定範圍 (分鐘)
	5.0 L	6.0 L		
稀飯	½ ~ 1½	½ ~ 2	PORRIDGE (稀飯)	5 ~ 20 (預設時間10)
米飯	2 ~ 10	2 ~ 12	WHITE RICE (白米)	固定為10

3 烹調結束後，進入排氣狀態。

- [Exhaust Steam] (排氣) 指示燈亮起。
- 顯示屏內的壓力顯示會根據鍋內的實際壓力而變化。
- 等到排氣結束 (即壓力顯示竿落下)，蜂鳴器響，顯示屏顯示為“0 Hour” (零小時)，[Keep Warm] (保溫) 指示燈亮起。
- 如何打開外蓋 ☞ P37的步驟4~5。



(排氣中)



(排氣結束)

4 按 **Off** 。

- [Keep Warm] (保溫) 指示燈熄滅。

提示

- 剩餘時間僅會在內鍋中的壓力達到設定壓力後才開始減少。
 - 若要調整米飯的軟硬度或稀飯的濃稠度，請通過“Pressure Select” (壓力選擇) 和“Time Setting” (時間設定) 進行烹調。(具體 ☞ P33)
- (若要使米飯更硬：縮短設定時間)
(若要使米飯更軟：延長設定時間)

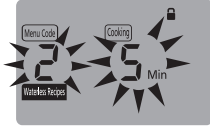
Waterless Recipes (無水料理)

例：用“Waterless Recipes”（無水料理）功能

烹調口水雞時

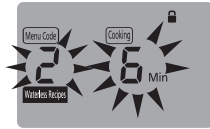
1 按 選擇食譜
編號“2”。

- 選擇的食譜及編號會閃爍。
- 其他食譜編號 P35。



2 按 設定烹調時間。

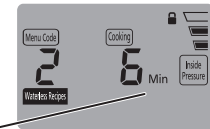
- 時間以1分鐘為單位遞減或遞增。
- 長按[+]或[-]按鈕，時間可快速後退或前進。



3 按 。

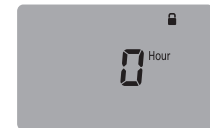
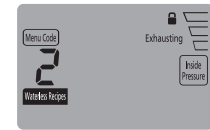
- [Start] (開) 指示燈亮起。

剩餘時間以1分鐘為單位遞減 (達到設定壓力後)



4 烹調結束後，進入排氣狀態。

- [Exhaust Steam] (排氣) 指示燈亮起。
- 等到排氣結束 (即壓力顯示竿落下)，蜂鳴器響，顯示屏顯示為“0 Hour” (零小時)， “Keep Warm” (保溫) 指示燈亮起。
- 烹調中途需打開外蓋時 P38 “排氣”。



5 按 。

提示

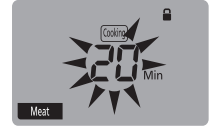
- 烹調前請確認鎖好蓋鎖 (顯示屏顯示“”)，以免無法烹調 (保溫除外)。
如蓋鎖未鎖，按 [Start] (開) 則會響4聲“嗶、嗶……”的提示音。
- 烹調途中，請勿移動高速煲或觸摸蒸氣口和壓力顯示竿。(蒸氣或食物可能會噴射出來。)
- 釋放蒸氣至壓力穩定，可能需要2~5分鐘，這並非異常現象。
- 烹調結束，會發出“嗶嗶、嗶嗶、嗶嗶”的3聲提示音，再3秒後開始排氣。此時切勿靠近蒸氣口，以免被蒸氣燙傷。
※ 剛開始排氣時，聲音較大，請勿驚慌。
- 為避免湯汁噴出，部分食譜會在烹調倒計時結束5分鐘 (顯示屏中“Exhausting” (排氣) 閃爍) 後，再進行排氣。

Meat·Beans/Tendon·Soup·Fish/Steam (肉類·豆/蹄筋·湯·魚/蒸餸)

例：用“Meat”（肉類）功能烹調肉時

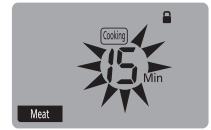
1 按 。

- [Start] (開) 指示燈閃爍。



2 按 設定烹調時間。

- 時間以1分鐘為單位遞減或遞增。
- 長按[+]或[-]按鈕，時間可快速前進或後退。



■ 最大烹調量及時間設定範圍

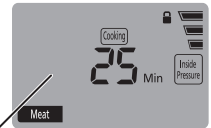
表6

食譜	最大烹調量 (食材+水)	時間設定範圍 (分鐘)
Meat (肉類)	“MAX” (最大) 水位線	5 ~ 35 (預設時間為20)
Tendon (蹄筋)		15 ~ 35 (預設時間為18)
Soup (湯)		20 ~ 59 (預設時間為30)
Fish/Steam (魚類/蒸餸)	水量：1量杯	1 ~ 59 (預設時間為5)
Beans (豆)	“MAX FOR BEANS” (豆類最大) 水位線	15 ~ 35 (預設時間為18)

3 按 。

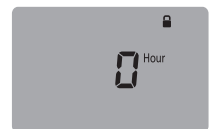
- [Start] (開) 指示燈亮起。

剩餘時間以1分鐘為單位遞減 (達到設定壓力後)



4 烹調結束後，進入排氣狀態。

- [Exhaust Steam] (排氣) 指示燈亮起。
- 顯示屏內的壓力顯示會根據鍋內的實際壓力而變化。
- 等到排氣結束 (即壓力顯示竿落下)，蜂鳴器響，顯示屏顯示為“0 Hour” (零小時)， [Keep Warm] (保溫) 指示燈亮起。
- 如何打開外蓋 P37 的步驟4~5。



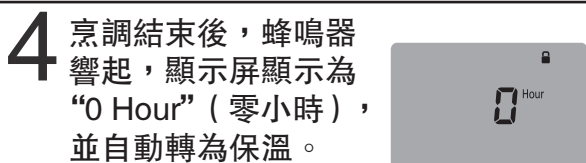
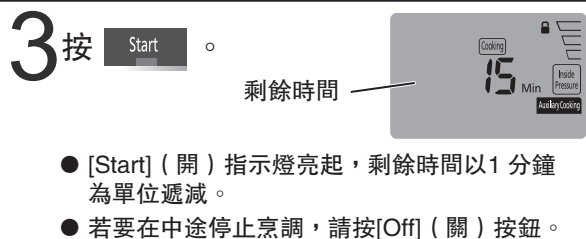
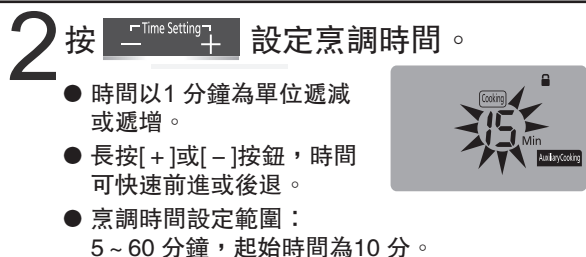
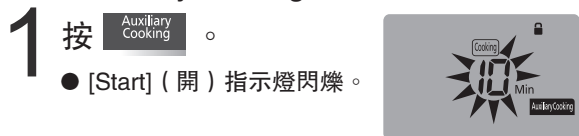
5 按 。

- [Keep Warm] (保溫) 指示燈熄滅。

一按式食譜選擇 / 預約 / 保溫

Auxiliary Cooking (輔助烹飪)

例：用“Auxiliary Cooking”(輔助烹飪)功能調味時



■ 若要取消保溫。

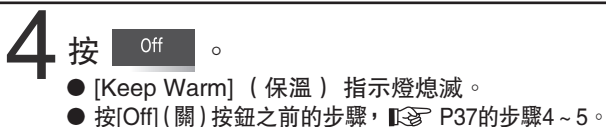
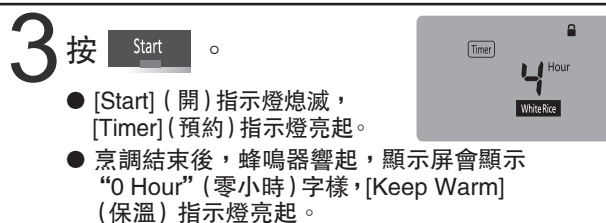
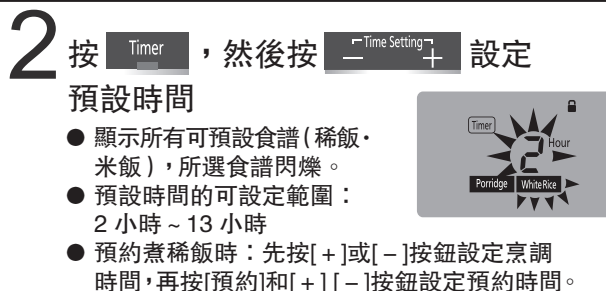


提示

- 進行輔助烹飪時，請務必要：
 - 打開外蓋。
 - (以免鍋內有壓力而影響烹調效果。)
 - 鎖好蓋鎖，顯示屏顯示“**🔒**”。
 - (以免無法烹調。)
- 請勿用“Auxiliary Cooking”(輔助烹飪)烹調難以煮熟的食材。
- (以免影響烹調效果。)

Timer (Porridge·White Rice)「預約(稀飯·米飯)」

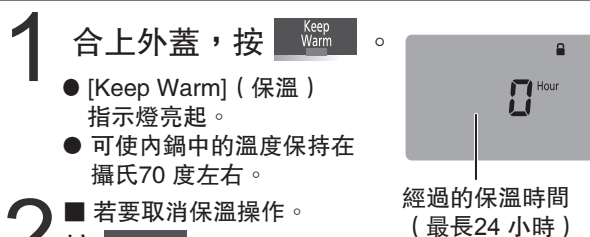
例：預約煮米飯時



提示

- 除了“Porridge”(稀飯)、“White Rice”(米飯)，其他功能均不可預設。
- 預設時間指的是烹調結束的時間。
- 能記憶上一次的預設時間。斷電1分鐘以上再次預約時，則會回到預設時間的初期值(2小時)。
- 剩餘時間在1小時以上時，以1小時為單位遞減，1小時以下時，以1分鐘為單位遞減。

Keep Warm (保溫)



提示

- 使用保溫功能時，可不鎖蓋鎖，僅合上外蓋即可。
- 請勿對米飯和綠色蔬菜等進行保溫。
- 建議保溫最長不超過1小時。
- 一旦保溫時間超過24小時，顯示畫面就會消失，但保溫工作仍將繼續。([Keep Warm] (保溫) 指示燈仍會亮起。)
- 如果保溫時間超過96小時，則顯示屏中會出現“U14”，並停止保溫工作。

食譜

注意：※合上外蓋後，請務必拉回蓋把手，以免無法烹調。
(燉煮咖喱飯菜及燉品等濃稠的食物時，請勿合上外蓋，但需鎖好蓋鎖。)
※本食譜以6.0升為例，5.0升的烹調量請參閱P51規格。
※食譜中的食材量和烹調時間僅提供參考，請根據實際需求自行調整。
※1杯(量杯)：約150克

無水醬牛肉

Waterless Recipes (無水料理) - 1

食材：		調味料：			
牛腩	1000 克	白糖	10 克	紹酒	25 毫升
蔥花	適量	生抽	50 毫升	蠔油	20 克
薑末	適量	老抽	50 毫升	十三香	5 克
蒜末	適量				

做法：

1. 準備食材。牛肉切大塊，薑和蒜切末。牛肉上用竹簽紮小孔，加入所有調味料及薑末、蒜末醃製4小時。
2. 鍋內放入所有食材和調味料，再將內鍋放入本體，合上外蓋。
3. 按[Waterless Recipes](無水料理)按鈕，選擇編號“1”，烹調時間設定為20分鐘，再按[Start](開)按鈕。烹調結束後，待涼切片。

口水雞

Waterless Recipes (無水料理) - 2

食材：		調味料：			
去皮雞腿肉	2 個	米酒	10 毫升	白糖	2.5 克
蔥末	2 克	辣椒油	40 毫升	生抽	10 毫升
薑末	10 克	醋	15 毫升		
蒜末	10 克				

做法：

1. 鍋內放入雞腿，撒上薑末，淋上米酒，然後將內鍋放入本體，合上外蓋。
2. 按[Waterless Recipes](無水料理)按鈕，選擇編號“2”，烹調時間設定為5分鐘，再按[Start](開)按鈕。
3. 把辣椒油、醋、白糖、生抽調成一碗(醋：生抽：白糖=3:2:0.5)，再將蔥末、蒜末放入拌勻。
4. 烹調結束後，按[Off](關)按鈕，打開外蓋，取出雞腿肉(把原湯倒掉，否則會稀釋原有的味道)，待稍涼切片，再淋上醬汁即可。

炆雞翼

Waterless Recipes (無水料理) - 3

食材：		調味料：			
雞中翼	8 個	紹酒	20 毫升	花椒油	10 毫升
洋蔥	1/2 個	生抽	20 毫升	胡椒粉	適量
冬菇	9 個	老抽	15 毫升	白糖	適量
薑片	適量	麻油	10 毫升		

做法：

1. 將雞翼、洋蔥、冬菇洗淨，洋蔥和薑切片，雞翼的正反面各劃兩刀，便於入味。
2. 將所有調味料混合後，倒入雞翼，拌勻醃製1小時以上。
3. 在鍋底鋪上一層薑片，再鋪上一層洋蔥，再鋪上一層冬菇，把2.的雞翼平鋪在上面，把醃製的調味料也均勻的撒在上面，將內鍋放入本體，合上外蓋。
4. 按[Waterless Recipes](無水料理)按鈕，選擇編號“3”，烹調時間設定為5分鐘，再按[Start](開)按鈕。
5. 結束後按[Off](關)按鈕，打開外蓋，按[Auxiliary Cooking](輔助烹飪)按鈕，烹調時間設定為10分鐘，再按[Start](開)按鈕。
※ 使用[Auxiliary Cooking](輔助烹飪)時，務必要打開外蓋，並鎖好蓋鎖。

薯仔炆雞

Waterless Recipes (無水料理) - 4

食材：		調味料：			
雞腿肉	500 克	紹酒	15 毫升	八角	1 個
冬菇	80 克	五香粉	1 克	老抽	15 毫升
薯仔	500 克	鹽	1 克	白糖	3 克
青椒	1 個	生抽	15 毫升	油	30 毫升
紅椒	1 個	蠔油	15 毫升		
蒜	3 瓣	乾辣椒	5 個		
薑	10 克				

做法：

1. 薑去皮切片，蒜去皮拍破。乾辣椒洗淨瀝水，冬菇洗淨切塊。薯仔洗淨，去皮切滾刀塊。紅椒、青椒分別洗淨，去蒂去籽後切塊。
2. 雞腿肉洗淨瀝水後切塊，加薑片、紹酒、五香粉、鹽、生抽、蠔油拌勻醃製25分鐘。
3. 鍋內倒油，放入乾辣椒、蒜瓣，按[Auxiliary Cooking](輔助烹飪)按鈕，烹調時間設定為5分鐘，再按[Start](開)按鈕。
4. 結束後，放入醃製好的雞腿肉、冬菇、薯仔、八角、老抽、白糖，按[Waterless Recipes](無水料理)按鈕，選擇編號“4”，烹調時間設定為5分鐘，再按[Start](開)按鈕。
5. 結束後按[Off](關)按鈕，打開外蓋，放入紅椒、青椒，按[Auxiliary Cooking](輔助烹飪)按鈕，烹調時間設定為10分鐘，在完成輔助烹調前需攪拌。
※ 使用[Auxiliary Cooking](輔助烹飪)時，務必要打開外蓋，並鎖好蓋鎖。

食譜

手撕雞

Waterless Recipes (無水料理) - 5

食材：		醃料：		蘸料：	
雞	1隻，約1000克	老抽	10毫升	紹酒	10毫升
薑	數片	生抽	10毫升	白糖	15克
蔥	數根	鹽	13克	油	10毫升
		(10克塗雞身， 3克加入醃料中)		薑末	適量
				蒜末	適量
				生抽	15毫升
				麻油	5毫升
				白糖	3克

做法：

1. 雞洗淨瀝乾。用鹽薄薄地在雞身上抹一層，雞肚裏塞兩片薑片，靜置5分鐘。
2. 準備一個容器，將除油以外的醃料在容器中攪拌均勻。
3. 把2.均勻抹到雞身上，將蔥和薑片平鋪在鍋底，將雞和醃料放入內鍋靜置20分鐘。
4. 在雞身上淋油，再將內鍋放入本體，合上外蓋。
5. 按[Waterless Recipes] (無水料理) 按鈕，選擇編號“5”，設定烹調時間為20分鐘，再按[Start] (開) 按鈕。
6. 烹調結束後，按[Off] (關) 按鈕，打開外蓋將雞取出，撕成小塊，蘸少許蘸料即可 (蘸料需提前攪拌均勻)。

紅燒豬手

Waterless Recipes (無水料理) - 6

食材：		調味料：			
豬手	500克	生抽	30克	紹酒	40克
		醋	10克	五香粉	1克
		白糖	10克	薑、蒜	適量
		鹽	適量	乾紅辣椒	2個
		蔥	1根	冰糖	15克

做法：

1. 先將豬手剝成小塊，放入鍋中焯一下，再清水洗乾淨。
2. 將豬手放入小盆中，加入除冰糖和小蔥以外的所有調味料醃漬30分鐘。
3. 醃製後，把豬手連醃料一起倒入內鍋中，加入冰糖，合上外蓋。
4. 按[Waterless Recipes] (無水料理) 按鈕，選擇編碼“6”，烹調時間設定為10分鐘，再按[Start] (開) 按鈕。
5. 烹調結束後，按[Off] (關) 按鈕，打開外蓋，將豬手翻面，按[Auxiliary Cooking] (輔助烹飪) 按鈕，烹調時間設定為5分鐘，再按[Start] (開) 按鈕。
6. 結束後，按[Off] (關) 按鈕，將豬手盛出擺盤後撒上蔥花即可。
※ 根據食材的不同，烹調結束後可能出現湯汁沒有完全收乾的情況，請根據自己的口味按輔助烹飪進行開蓋收汁。
※ 使用[Auxiliary Cooking] (輔助烹飪) 時，務必要打開外蓋，並鎖好蓋鎖。

黑椒冬菇

Waterless Recipes (無水料理) - 7

食材：		調味料：			
去蒂冬菇	12-15朵，約300克	油	10毫升	研磨黑胡椒	少許
蔥花	2克	鹽	少許	生抽	5毫升
				老抽	5毫升

做法：

1. 將冬菇洗淨瀝乾水分，去蒂備用。
2. 內鍋放入本體，放入少許油，然後放入鮮冬菇和所有調味料，合上外蓋。
3. 按[Waterless Recipes] (無水料理) 按鈕，選擇編號“7”，烹調時間設定為1分鐘，再按[Start] (開) 按鈕。
4. 烹調結束後，按[Off] (關) 按鈕，打開外蓋，按[Auxiliary Cooking] (輔助烹飪) 按鈕，烹調時間設定為10分鐘，再按[Start] (開) 按鈕。
5. 完成後裝盤，撒上蔥花即可。
※ 使用[Auxiliary Cooking] (輔助烹飪) 時，務必要打開外蓋，並鎖好蓋鎖。

蒜蓉金菇

Waterless Recipes (無水料理) - 8

食材：		調味料：	
金菇	300克	蠔油	20毫升
蒜末	30克	生抽	10毫升
蔥花	10克	油	30毫升

做法：

1. 金菇洗淨，去蒂。
2. 在內鍋裏鋪上金菇，再鋪上蒜蓉，加入蠔油及生抽，再將內鍋放入本體，合上外蓋。
3. 按[Waterless Recipes] (無水料理) 按鈕，選擇編號“8”，烹調時間設定為2分鐘，再按[Start] (開) 按鈕。
4. 另起一鍋燒熱油。
5. 烹調結束後，按[Off] (關) 按鈕，打開外蓋，裝盤，撒上蔥花，澆上熱油。

法國燉菜

Waterless Recipes (無水料理) - 9

食材：

翠玉瓜	200 克
蕃茄	150 克
洋葱	100 克
黃椒	100 克
紅蘿蔔	50 克

調味料：

橄欖油	15 毫升
研磨黑胡椒	少許
鹽	2 克
茄蓉	40 克

做法：

1. 將所有食材洗淨，切粒。
2. 在鍋內倒入橄欖油，依次放入所有食材和調味料，用飯勺攪拌均勻，合上外蓋。
3. 按[Waterless Recipes] (無水料理) 按鈕，選擇編號“9”，烹調時間設定為1分鐘，再按[Start] (開) 按鈕。

無水海鮮鍋

Waterless Recipes (無水料理) - 10

食材：

蜆	200 克
蝦	200 克
青口肉	200 克
蔥花	適量
蒜末	適量
薑末	適量

調味料：

油	15 毫升
蒜蓉醬	10 克
蠔油	15 毫升
紹酒	20 毫升
生抽	15 毫升

做法：

1. 將所有食材洗淨，和調味料一起放入鍋中 (除蔥花)，合上外蓋。
2. 按[Waterless Recipes] (無水料理) 按鈕，選擇編號“10”，烹調時間設定為3分鐘，再按[Start] (開) 按鈕。
3. 烹調結束後，按[Off] (關) 按鈕，打開外蓋，裝盤，撒上蔥花即可。

煮鱸魚

Waterless Recipes (無水料理) - 11

食材：

鱸魚	一條，約600 克
薑	適量
蔥花	適量
蒜頭	3 瓣

調味料：

鹽	3 克
紹酒	15 毫升
蒸魚豉油	30 毫升
油	30 毫升

做法：

1. 鱸魚清洗乾淨後，用刀在背上切幾刀，然後用鹽塗抹其全身並放置5分鐘醃漬備用。
2. 蒜頭拍碎塞到魚肚裏，薑一半切薄片鋪在鍋內，另一半切絲。
3. 將醃漬好的鱸魚放入鍋內，淋上紹酒，然後將切絲的薑放在鱸魚上，合上外蓋。
4. 按[Waterless Recipes] (無水料理) 按鈕，選擇編號“11”，烹調時間設定為5分鐘，再按[Start] (開) 按鈕。
5. 烹調結束後，按[Off] (關) 按鈕，打開外蓋，裝盤，撒上蔥花、淋上蒸魚豉油。
6. 另起一鍋，倒油燒至微微冒煙，然後將熱油潑在魚上即可。

剝椒魚頭

Waterless Recipes (無水料理) - 12

食材：

魚頭	一個，約600 克
剝椒	200 克
薑片	適量
蔥花	適量

調味料：

蒸魚豉油	30 毫升
油	30 毫升
紹酒	20 毫升

做法：

1. 魚頭去鱗去腮，然後用刀剝成背部相連的兩片。
2. 在鍋底刷一層油，然後將薑片鋪在鍋底。將魚頭放入鍋內，將剝椒鋪在魚頭上面，然後將紹酒淋在魚頭上。
3. 將內鍋放入本體，合上外蓋，按[Waterless Recipes] (無水料理) 按鈕，選擇編號“12”，烹調時間設定為5分鐘，再按[Start] (開) 按鈕。
4. 烹調結束後，按[Off] (關) 按鈕，打開外蓋，撒上蔥花、淋上蒸魚豉油。
5. 另起一鍋，倒油燒至微微冒煙，然後將熱油潑在魚頭上即可。

食譜

蘋果醬

Low (低壓)

食材：

蘋果	2 個 (約600 克)，去皮切薄片
檸檬	半個，榨汁
白糖	150-200 克

做法：

- 1.將蘋果倒入內鍋並加入檸檬汁。
- 2.合上外蓋，按[Pressure](壓力選擇)按鈕，選擇“Low”(低壓)，烹調時間設定為15分鐘，再按[Start](開)按鈕。
- 3.待壓力顯示竿落下，按[Off](關)按鈕。
- 4.推開蓋把手，打開外蓋，放入白糖。
- 5.按[Auxiliary Cooking](輔助烹飪)按鈕，烹調時間設定為40分鐘，再按[Start](開)按鈕，邊煮邊攪動至糊狀後，再按[Off](關)按鈕。
※ 白糖的分量可根據個人喜好酌量增減。若想短期保存果醬，請增加白糖的分量。
※ 使用[Auxiliary Cooking](輔助烹飪)時，務必要打開外蓋，並鎖好蓋鎖。
※ 輔助烹飪的烹調時間可根據實際情況適當增減。

蔬菜濃湯

Mid (中壓)

食材：

A	洋蔥	½ 個，切片
	西芹	½ 個，切片
	紅蘿蔔	½ 個，去皮後切塊
	薯仔	1 個，去皮後切塊

調味料：

B	高湯	300 毫升
	鹽	5 克
	胡椒粉	適量
	牛奶	400 毫升

做法：

- 1.將A倒入內鍋並加入高湯。
- 2.合上外蓋，按[Pressure](壓力選擇)按鈕，選擇“Mid”(中壓)，烹調時間設定為10分鐘，再按[Start](開)按鈕。
- 3.待壓力顯示竿落下，按[Off](關)按鈕，再推開蓋把手，打開外蓋，待其冷卻。
- 4.將高速煲中的食材倒入攪拌機，攪拌至細滑，再將其倒回高速煲中。
- 5.加入B，按[Auxiliary Cooking](輔助烹飪)按鈕，烹調時間設定為30分鐘，再按[Start](開)按鈕，煮至沸騰即可。
※ 使用[Auxiliary Cooking](輔助烹飪)時，務必要打開外蓋，並鎖好蓋鎖。
※ 輔助烹飪的烹調時間可根據實際情況適當增減。

薯蓉球

Mid (中壓)

食材：

薯仔	400 克
紅蘿蔔	少許
青瓜	少許

調味料：

煉乳	10 克
沙律醬	適量

做法：

- 1.薯仔切塊放入碗中，向內鍋中加1杯水，放入隨附的蒸盤，再把碗置於蒸盤上。
- 2.合上外蓋，按[Pressure](壓力選擇)按鈕，選擇“Mid”(中壓)，烹調時間設定為20分鐘，再按[Start](開)按鈕。
- 3.紅蘿蔔和青瓜切小粒備用。
- 4.待壓力顯示竿落下，按[Off](關)按鈕，再推開蓋把手，打開外蓋，拿出薯仔。
- 5.將薯仔碾成泥狀，加入紅蘿蔔粒、青瓜粒和煉乳，充分攪拌，作成球形，最後淋上少許沙律醬。

桂花糯米藕

High (高壓)

食材：

蓮藕 1 節
糯米 70 克

調味料：

白糖 100 克
紅糖 50 克
冰糖 50 克
桂花糖 少許

做法：

1. 糯米洗淨，在清水中浸泡4小時後，撈起瀝乾，並加入白糖攪拌均勻後備用。
2. 蓮藕去皮，洗淨瀝乾，將蓮藕的一端切下（保留備用）。
3. 將1.的糯米灌入蓮藕孔中，然後將切下的蓮藕頭放回原位，用牙籤固定，以防漏米。
4. 將蓮藕放入內鍋中，加水沒過蓮藕，加入紅糖和冰糖。
5. 合上外蓋，按[Pressure]（壓力選擇）按鈕，選擇“High”（高壓），烹調時間設定為30分鐘，再按[Start]（開）按鈕。
6. 待壓力顯示竿落下，按[Off]（關）按鈕，再推開蓋把手，打開外蓋。
7. 取出蓮藕，去掉牙籤，切成1厘米厚的圓片，撒上桂花糖即可。

紫薯雪耳湯

High (高壓)

食材：

紫薯 250 克，去皮切丁
雪耳 30 克
水 11 杯（約2000 毫升）

調味料：

冰糖 120 克

做法：

1. 雪耳用清水泡3 - 4 個小時，泡發後去蒂，撕成小塊。
2. 將紫薯和雪耳放入內鍋中，並加入水。
3. 合上外蓋，按[Pressure]（壓力選擇）按鈕，選擇“High”（高壓），烹調時間設定為25分鐘，再按[Start]（開）按鈕。
4. 待壓力顯示竿落下，按[Off]（關）按鈕，再推開蓋把手，打開外蓋。
5. 放入冰糖，按[Auxiliary Cooking]（輔助烹飪）按鈕，烹調時間設定為25分鐘，再按[Start]（開）按鈕，待冰糖融化後，按[Off]（關）按鈕。
※ 使用[Auxiliary Cooking]（輔助烹飪）時，務必要打開外蓋，並鎖好蓋鎖。
※ 輔助烹飪的烹調時間可根據實際情況適當增減。

補血養顏燕麥粥

Porridge (稀飯)

食材：

白米 ¾ 杯
燕麥米 20 克
紅棗片 3 克
桂圓肉 12 個
核桃仁 30 克

調味料：

紅糖 50 克（可適當增減）

做法：

1. 白米和燕麥米洗淨、倒入內鍋中，並加水至“PORRIDGE”（稀飯）的刻度線“1”處。
2. 其他食材洗淨，放入內鍋中。
3. 合上外蓋，按[Porridge]（稀飯）按鈕，烹調時間設定為15分鐘，再按[Start]（開）按鈕。
4. 待壓力顯示竿落下，按[Off]（關）按鈕，再推開蓋把手，打開外蓋，放入紅糖攪拌均勻即可。

食譜

排骨飯

White Rice (米飯)

食材：

白米	2 杯
糯米	2 杯
排骨	350 克，切小段
A { 生薑	6 克，切片
蒜瓣	2 粒
B { 紅蘿蔔	1 根，切丁
冬菇	1 個，切丁
水	3 量杯 (約540 毫升)

調味料：

C { 生抽	7 毫升
老抽	6 毫升
蠔油	5 克
生粉	3 克
紹酒	10 毫升
鹽	7 克

做法：

1. 排骨放入沸水中焯一下，去除血水，撈起瀝乾。
2. 將1.用A及C醃製30分鐘。
3. 白米和糯米洗淨瀝乾後，放入內鍋中。
4. 將醃製後的排骨和B放入內鍋中，加鹽，並攪拌均勻。
5. 合上外蓋，按[White Rice] (米飯) 按鈕，再按[Start] (開) 按鈕。
6. 待壓力顯示竿落下，按[Off] (關) 按鈕，再推開蓋把手，打開外蓋，將食材和米飯攪拌均勻即可。

蘑菇紅燒肉

Meat (肉類)

食材：

五花肉	1000 克
蘑菇	150 克
大蔥	2 根，洗淨後切長段
薑	1 塊，洗淨後切大片
桂皮	1 條

調味料：

A { 鹽	8 克
白糖	20 克
紹酒	15 毫升
老抽	15 毫升

做法：

1. 把所有的食材放入內鍋中，並加入A。
2. 合上外蓋，按[Meat] (肉類) 按鈕，烹調時間設定為15分鐘，再按[Start] (開) 按鈕。
3. 待壓力顯示竿落下，按[Off] (關) 按鈕，再推開蓋把手，打開外蓋。

薯仔牛腩煲

Meat (肉類)

食材：

牛腩	600 克，切塊
薯仔	2 個，去皮切塊
紅蘿蔔	1 個，去皮切塊
薑	數片
水	100 毫升
高湯	100 毫升

調味料：

A { 鹽	3 克
生抽	30 毫升
老抽	15 毫升
米酒	15 毫升
生粉	3 克

做法：

1. 將牛腩放入沸水中焯一下，去除血水，撈起瀝乾。
2. 將所有食材倒入內鍋並加入已拌勻的A。
3. 合上外蓋，按[Meat] (肉類) 按鈕，烹調時間設定為20分鐘，再按[Start] (開) 按鈕。
4. 待壓力顯示竿落下，按[Off] (關) 按鈕，再推開蓋把手，打開外蓋。
5. 按[Auxiliary Cooking] (輔助烹飪) 按鈕，烹調時間設定為15分鐘，再按[Start] (開) 按鈕，在完成輔助烹飪前需攪拌。

紅豆沙

Beans/Tendon (豆/蹄筋)

食材：

紅豆	150 克
水	900 毫升
片糖	50 克
陳皮	適量

做法：

- 1.將洗淨的紅豆和水倒入內鍋，加入片糖和陳皮，合上外蓋。
- 2.按[Bean/Tendon](豆/蹄筋)按鈕，烹調時間設定為35分鐘，再按[Start] (開) 按鈕。
- 3.待壓力顯示竿落下，按[Off] (關) 按鈕，再推開蓋把手，打開外蓋。
- 4.按[Auxiliary Cooking] (輔助烹飪) 按鈕，烹調時間設定為15分鐘，再按[Start] (開) 按鈕，在完成輔助烹調前需攪拌。

粟米排骨湯

Soup (湯)

食材：

排骨	400 克
粟米	1 個，切段
紅蘿蔔	1 根，切段
水	5.5 杯 (約1000 毫升)

調味料：

紹酒	5 毫升
鹽	7 克

做法：

- 1.排骨放入沸水中焯一下，去除血水，撈起瀝乾備用。
- 2.將排骨、粟米和紅蘿蔔放入內鍋中，加入水和調味料。
- 3.合上外蓋，按[Soup] (湯) 按鈕，烹調時間設定為30分鐘，再按[Start] (開) 按鈕。
- 4.待壓力顯示竿落下，按[Off] (關) 按鈕，再推開蓋把手，打開外蓋。

豉汁蒸排骨

Fish/Steam (魚類/蒸饊)

食材：

排骨	300 克
薑絲	10 克

調味料：

紹酒	10 毫升
豆豉醬	15 克
蠔油	10 克
生粉	10 克

做法：

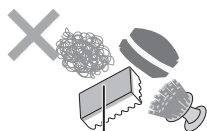
- 1.排骨洗淨切小塊，瀝乾水份，用紹酒和薑絲拌勻醃製5分鐘。
- 2.將豆豉醬加入1.中並充分拌勻。
- 3.再將蠔油加入2.中充分拌勻。
- 4.在3.中加入生粉，拌勻，讓生粉在排骨表面薄薄的裹上一層即可。
- 5.裝入盤或碗中，向內鍋加入1 杯涼水。
- 6.放入隨附的蒸盤，再將5.放在蒸盤上。
- 7.合上外蓋，按[Fish/Steam] (魚類 / 蒸饊) 按鈕，烹調時間設定為30分鐘，再按[Start] (開) 按鈕。
- 8.待壓力顯示竿落下，按[Off] (關) 按鈕，再推開蓋把手，打開外蓋。

清潔與保養

- 請等到本體充分冷卻後，再拔下電源插頭進行清潔。
- 清潔時，切勿將本體放入水中。
- 請勿使用洗碗機或烘乾機。

請勿使用以下物品：

- 百潔絲或尼龍刷
- 汽油/稀釋劑
- 洗碗機和烘碗機
- 去污劑/酒精
- 消毒劑/漂白劑



表面有磨蝕顆粒的工具。



內蓋・壓力閥（內蓋背面）

每次使用後均請拆下，並用廚房專用中性洗滌劑清洗。（壓力閥也拆下清洗。）

- 拆下，清洗內蓋的兩面，並擦乾水分後再裝入外蓋。

內蓋

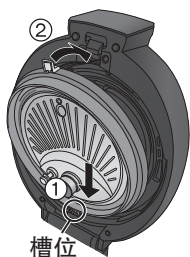
■ 拆卸時

- ① 向上撥起內蓋拆裝按鈕。（內蓋會向面前方向傾倒。）
- ② 拿出。



■ 安裝時

- ① 將內蓋下端插入槽內。
- ② 將內蓋上端壓入按鈕處。



槽位

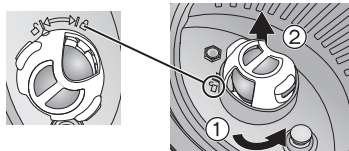
預防措施

- 使用調味料後（排骨飯等），請立即清洗。（以免產生異味、變質或生鏽。）
- 噴嘴帽堵塞了飯粒等異物和污垢時，請用竹籤、牙籤等清除。（以免導致蒸氣洩漏，烹調物噴出。）

壓力閥

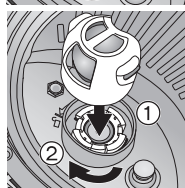
■ 拆卸時

- ① 按箭頭方向旋轉。
- ② 使壓力閥上的三角對準開鎖標記，即可取下。

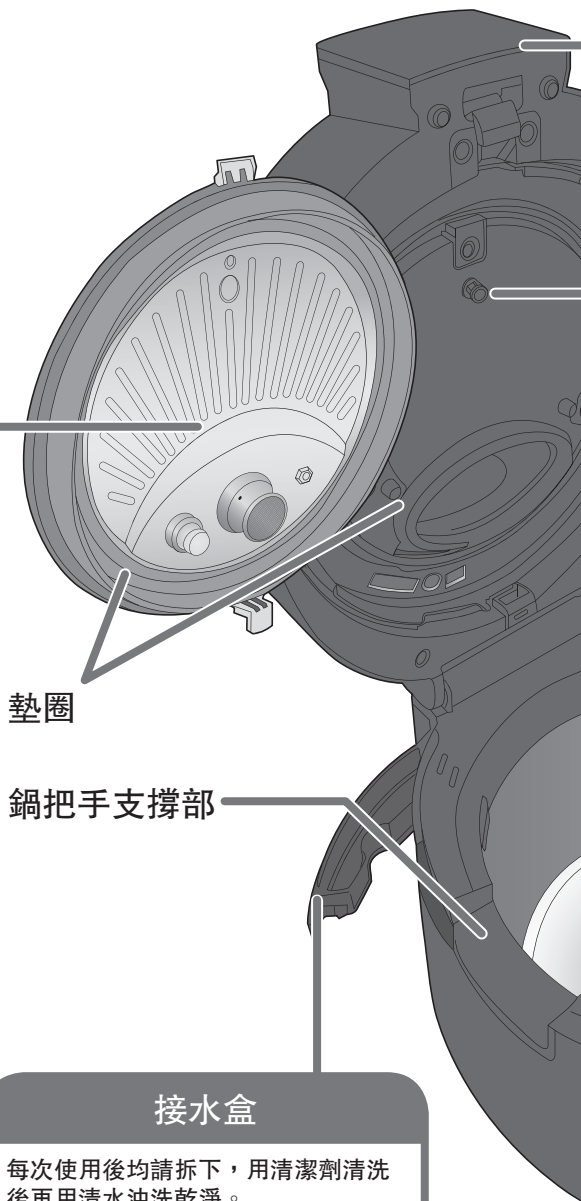


■ 安裝時

- ① 將壓力閥放到內蓋上，使三角對準閉鎖標記。
- ② 按箭頭方向旋轉至三角對準閉鎖標記線，並聽到“喀噠”一聲，即為安裝完成。



※ 拆下後用流水沖洗乾淨。



墊圈

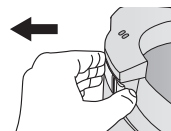
鍋把手支撐部

接水盒

每次使用後均請拆下，用清潔劑清洗後再用清水沖洗乾淨。

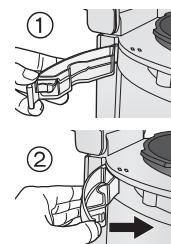
■ 拆卸時

- 從鍋把手支撐部處向外取出。



■ 安裝時

- ① 將接水盒的後端的筋插入定位槽。
- ② 再按箭頭方向按入本體，使接水盒的前端卡爪與本體相嵌合（發出“喀達”聲）。



本體·外蓋(密封部)

用完全擰乾的廚房用抹布擦拭。

- 請勿使用清潔劑。
- 請勿拉扯墊圈。

內鍋

用清潔劑清洗。(☞ P30)

- 請勿將內鍋當做洗碗盆使用。
以免導致塗層脫落。

壓力顯示竿

用完全擰乾的廚房用抹布
擦拭。

(直至顯示竿可順
暢地上下移動)

蓋感應器·電熱板·底感應器

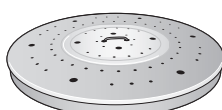
要去除頑固異物，用尼龍刷蘸點中性廚房用清潔劑
輕輕磨擦，然後用完全擰乾的廚房用抹布擦拭。

附件

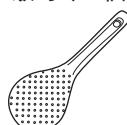
量杯(約180毫升)(1個)



蒸盤(1個)



飯勺(1個)



粥[湯]勺(1個)



必要時

故障排除

委託維修服務前，請根據以下各項內容進行檢查。

問題說明	可能的原因	參考頁碼
無法烹調 (按 [Start] (開) 後，發出“嗶、嗶……”的提示音)	<ul style="list-style-type: none"> ● 蓋鎖未鎖好 (蓋把手未拉回)。 	34
時間顯示沒有變動	<ul style="list-style-type: none"> ● 設定時間後，未按下 [Start] (開) 按鈕。 ● 蒸氣泄漏。(請參閱下述“漏氣”的問題說明。) ● 即使壓力烹調已開始，但內鍋中的壓力仍未達到設定壓力。 ● 電熱板、蓋感應器或內鍋底部有異物。 	37~40 — 37~40 49
壓力顯示竿尚未升高，就已顯示剩餘時間	<ul style="list-style-type: none"> ● 由於調味料沒有完全溶解，因此底感應器無法正確工作。 	30
漏氣 (從內鍋、外蓋、蒸氣口或壓力顯示竿處漏氣)	<ul style="list-style-type: none"> ● 內鍋、內蓋、鍋墊圈或壓力顯示竿上有異物。 ● 內鍋、內蓋或鍋墊圈上有凹痕或已損壞。 ● 壓力閥漏裝、內部的球有凹痕，或球固定墊圈偏位。 ● 安全閥 (熔融合金) 熔化了。 	— — 48 —
湯汁和蒸氣噴出 (從蒸氣口或外蓋的縫隙中噴出)	<ul style="list-style-type: none"> ● 外蓋未蓋好。 ● 內鍋中的食物或水太多。 ● 輔助烹飪過程中，合上了外蓋。 ● 壓力閥漏裝。 ● 安全閥 (熔融合金) 熔化了。 	34 34 40 48 —
烹調失敗 (未煮熟/過熱/水分過多/燒焦/熱度過低)	<ul style="list-style-type: none"> ● 壓力或時間設定或水量不正確。 ● 電熱板或內蓋、底感應器上有異物。 ● 內鍋未放好。 ● 壓力閥漏裝。 ● 調味料沒有完全溶解。 	33, 36 49 34 48 31
外蓋難以打開 外蓋難以合上	<ul style="list-style-type: none"> ● 鍋內的壓力是否已完全釋放 (壓力顯示竿落下) ? ● 是否安裝了內蓋 ? ● 內蓋或蓋把手是否變形 ? ● 因為鍋內有壓力，所以增強了密封強度，令人感到難以合上。特別是在煮飯後立即翻鬆米飯等時，會感到難以合上。 ● 上鉤卡部，下鉤卡部，機體上部等處是否有米粒等 ? 	37~40 48 — — —
電子高速煲發出聲響	<ul style="list-style-type: none"> ● “味…” 聲…釋放壓力的聲音。 ● 開閉外蓋時，“咕嚕”聲…內蓋中的壓力閥滾動的聲音。 ● 釋放壓力時，“啪嗒”聲…電磁閥跳動的聲音。 ● “嗶、嗶……”的提示音…蓋鎖未鎖好、排氣前或烹調中誤開蓋鎖等。 ● “嗡嗡”聲…電磁閥動作音。 ● “撲”聲…內鍋底部 (外側) 的水滴受熱膨脹後產生的破裂聲。 	— — — 34 — —

若出現以下情況，請聯絡服務中心進行檢查或維修：

- 內鍋底部有凹痕。
- 內蓋或鍋墊圈有凹痕或已損壞。
- 按上述內容檢查後，問題仍未解決。

如顯示此代碼...

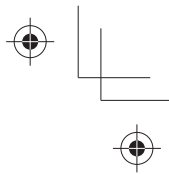
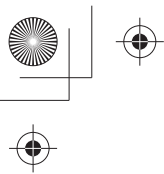
顯示屏	可能的原因	參考頁碼
U 14	● 保溫模式已超過96 小時。 →按 [Off] (關) 按鈕。	—
H01 H02 H05	→請聯絡服務中心。	—

規格

型號		SR-PS508	SR-PS608
電源/額定頻率		220 V ~ 50 Hz	
額定功率 (烹調時)		1100 W	
內鍋的額定容積 升		5.0 (烹調容量3.3)	6.0 (烹調容量4.0)
米類的烹調量 升 (杯)	稀飯	0.09 ~ 0.27 (½ ~ 1½)	0.09 ~ 0.36 (½ ~ 2)
	米飯	0.36 ~ 1.8 (2 ~ 10)	0.36 ~ 2.16 (2 ~ 12)
	糙米	0.36 ~ 1.44 (2 ~ 8)	0.36 ~ 1.8 (2 ~ 10)
食譜類的最大烹調量 (食材+水) (約) 升	肉類	3.3 ^{*1}	4.0 ^{*1}
	蹄筋		
	骨頭湯		
	魚/蒸餃	水量：1 量杯	水量：1 量杯
	豆	1.5 ^{*2}	2.0 ^{*2}
電源線長度 (約) 米		1.0	
產品重量 (約) 公斤		7.2	7.3
產品尺寸 (約) 厘米	寬度	28.8	
	深度	36.1	
	高度	28.1 (55.5) ^{*3}	29.8 (57.2) ^{*3}

- (*1) 表示內鍋“MAX”(最大)水位線的烹調容量。
- (*2) 表示內鍋“MAX FOR BEANS”(豆類最大)水位線的烹調容量。
- (*3) 表示打開外蓋時的產品高度。
- 最大工作壓力約為98 kPa 標準壓。
- 待機時的消耗功率約為0.4 瓦 (連接上電源插頭時)。

必要時



Panasonic Appliances Rice Cooker (Hangzhou) Co.,Ltd.
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