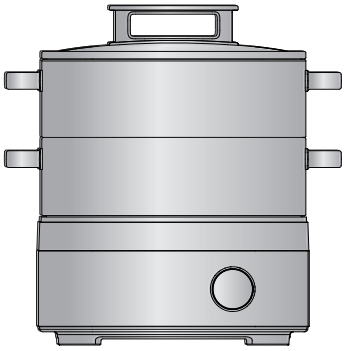
HK

Panasonic

Operating Instructions

Household Use Electric Steamer

Model No. NF-SM21-W



中文請參考P13-封底。

Thank you for purchasing Panasonic products.

- This product is intended to be used in household only.
- Before using, please read this Operating Instructions carefully for safe and proper use of this appliance.
- **Be sure to read the "Safety Precautions" (page 2-4) before use.**
- Keep warranty card together with the Opereating Instructions with care.
- Due to product updates and upgrades, there may be slight differences between the actual product and the pictures, and no further notice will be given.

Contents

Keep for future use | The Warranty is attached separately

Safety Precautions Be sure to observe the following precautions!

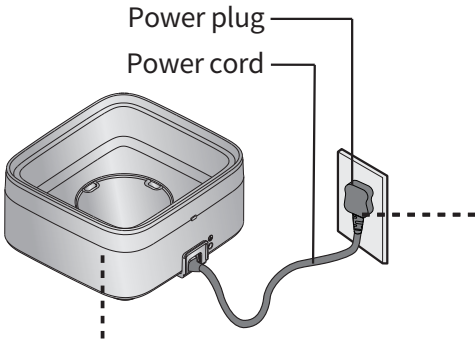
To prevent personal injury, injury to others and property damage, the following instructions must be followed.

■ The following symbols show the damage or harm level caused by incorrect operation.

⚠ WARNING	It indicates a potentially hazardous situation of death or serious injury which may be resulted in if not avoided.
⚠ CAUTION	It indicates a potentially hazardous situation of minor or moderate injury which may be resulted in if not avoided.

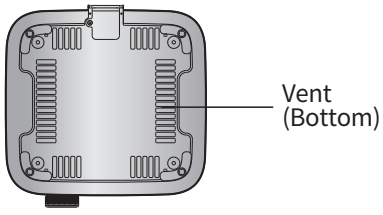
⚠ WARNING

In order to avoid fire, explosion, burns, injuries, electric shock, etc...



■ Please note to avoid the following operations.

- Do not immerse the appliance in water or splash it with water.
  (To avoid causing an electric shock, or a fire due to a short circuit.)
  →Please contact a Panasonic authorized service center if water gets inside the appliance.
- Do not use this appliance for any purpose other than those described in the Operating Instructions.
  (To avoid causing a fire, burn, injury or electric shock.)
  · Panasonic shall not assume any responsibility for improper use or failure to follow the operating instructions.
- Do not modify, disassemble, or repair this appliance.
  (To avoid causing a fire, electric shock or injury.)
  →For repair, please contact a Panasonic authorized service center.
- Do not insert anything into the vent or gap.
  · Especially metal objects such as power leads or cords.
  (To avoid electric shock or improper operation.)



- Keep the appliance out of reach of small children.
  (To avoid causing burns, injury or electric shock.)

■ Main body

- Do not subject the main body to impact (such as heavy objects falling on it, placing heavy objects on it, etc.).
  (To avoid causing an electric shock or malfunction.)
- Do not place any objects other than the product in the pan.
  →In particular, pay attention to the following items:
  · Metal objects, such as knives, forks, spoons.
  · Sealed containers, such as cans, thermos bottles.
  · Low temperature resistant glassware and ceramic ware, such as fruit plates, bowls.
  (To avoid causing a fire, explosion or scald caused by improper heating.)
- Do not line the pan with flammable items such as paper, cloth, or plastic for heating, or place such items at the bottom of the main body.
  (To avoid a fire caused by high temperature.)
- This appliance is intended to be used in household and similar applications such as:
  · staff kitchen areas in shops, offices and other working environments;
  · farm houses;
  · by clients in hotels, motels and other residential type environments;
  · bed and breakfast type environments.

■ Classification and description of symbols are as follows.

This symbol indicates an action that is prohibited.	This symbol indicates an action that must be followed.

■ Power supply · Power cord

- Do not use the appliance if the power cord or power plug is damaged or the power plug is loosely connected to the power outlet.
  (To avoid causing an electric shock, or a fire due to a short circuit.)
  →If the power cord is damaged, it must be replaced by a professional from the manufacturer, its service department or a similar department to avoid danger.
- Do not damage the power cord or power plug.
  · The following actions are strictly prohibited:
  Damaging, processing, making contact with or near high-temperature surfaces or heating elements, forcibly bending, twisting, pulling, hanging/pulling over sharp corners, placing heavy objects on it, tying into bundles, sandwiching, pulling the power cord to move.
  (So as to avoid electric shock due to damaged power cord and power plug or avoid fire due to short circuit.)
- Do not connect or disconnect the power plug with wet hands.
  · Make sure your hands are dry before touching the power plug or the product.
  (To avoid causing an electric shock or injury.)
- Do not spill water or other liquids on the instrument plug.
  (To avoid causing an electric shock, or fire due to a short circuit.)
- Make sure that the power plug is fully inserted in place.
  (To avoid causing smoke, fire or electric shock.)
- Please use a alternating current power socket 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.)
  · Use only a power strip rated at least 10 amperes.
- Single-phase bipolar grounded power outlets should be used for this appliance to ensure reliable grounding. If a grounding device is not installed, electrostatic induction of other metal parts such as housing may occur.
  (To avoid causing the risk of electric shock due to failure or electric leakage.)

■ In use

- During operation, steam is emitted; keep your face and hands away from the steam vent.
  (To avoid burns.)
- Do not cover the steam vent with a cloth or similar items.
  (To avoid an accident or product malfunction.)
- Do not move the main body when the lid, steamer basket, drip tray, or high-speed heating ring are in place.
  (To avoid causing injuries or damage to the pan.)
- 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.
  (To avoid causing burns, injury or electric shock.)
- If an abnormality or malfunction occurs, stop using the appliance immediately and unplug the power plug.
  (To avoid causing smoke, fire or electric shock.)
  Abnormalities · Malfunction Cases
  · The power plug and cord become abnormally hot.
  · The main body is deformed or abnormally hot.
  · The main body emits smoke or a burning smell.
  · The main body is broken, loose or makes abnormal noise.
  · There is a tingling electric current sensation when touching the main body.
  →Please contact a Panasonic authorized service center for inspection and repair immediately.
- Clean the power plug regularly.
  (To avoid a fire caused by poor insulation of the power plug due to the accumulation of warm air and foreign matter.)
  →Disconnect the power plug and wipe it with a dry cloth.

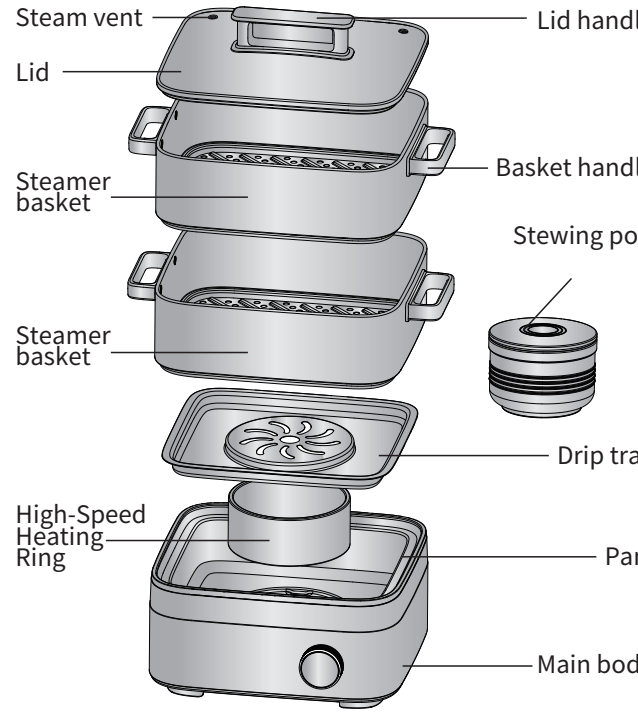
Safety Precautions Be sure to observe the following precautions!

⚠ CAUTION

In order to avoid fire, explosion, burns, injuries, electric shock, etc...

■ In use

- During or immediately after cooking, the following parts are extremely hot. Do not touch.
  - Lid, steamer basket, drip tray, high-speed heating ring, stewing pot, pan, steam vent and surrounding areas.
  (To avoid burns.)
- Do not operate the appliance empty or overheat.
(To avoid causing burns or damage to the main body.)
- Do not connect the appliance with an external timing device or operate the appliance in the mode of a separate remote control system.
(To avoid causing fire.)
- Do not use the appliance in the following places.
  - Near heat or in high humidity environments.
  (To avoid causing electric shock, electric leakage or fire.)
  - On uneven surfaces or a mat which is not heat-resistant.
  (To avoid causing injury, burns or fire.)
  - In places close to walls or furniture, etc.
  (To avoid causing discoloration, deformation, and breakage of furniture, etc.)
  - On the ground.
  (To avoid causing an electric shock.)
- Wait until the product is fully cooled before cleaning.
(To avoid burns.)



■ Power supply · Power cord

- Always hold the plug itself when unplugging the power plug.
(To avoid causing an electric shock, or a fire due to a short circuit.)
- When the appliance is not in use, remember to turn off the power and unplug the power plug.
(To avoid causing burns, injury, or an electric shock, leakage, fire due to insulation aging.)

■ When using the lid

- Avoid contact with steam when opening the Lid.
(To avoid burns.)
- When the lid handle is loose, re-tighten it before use.
(To avoid burns.)

Instructions for Use

About the Main Body

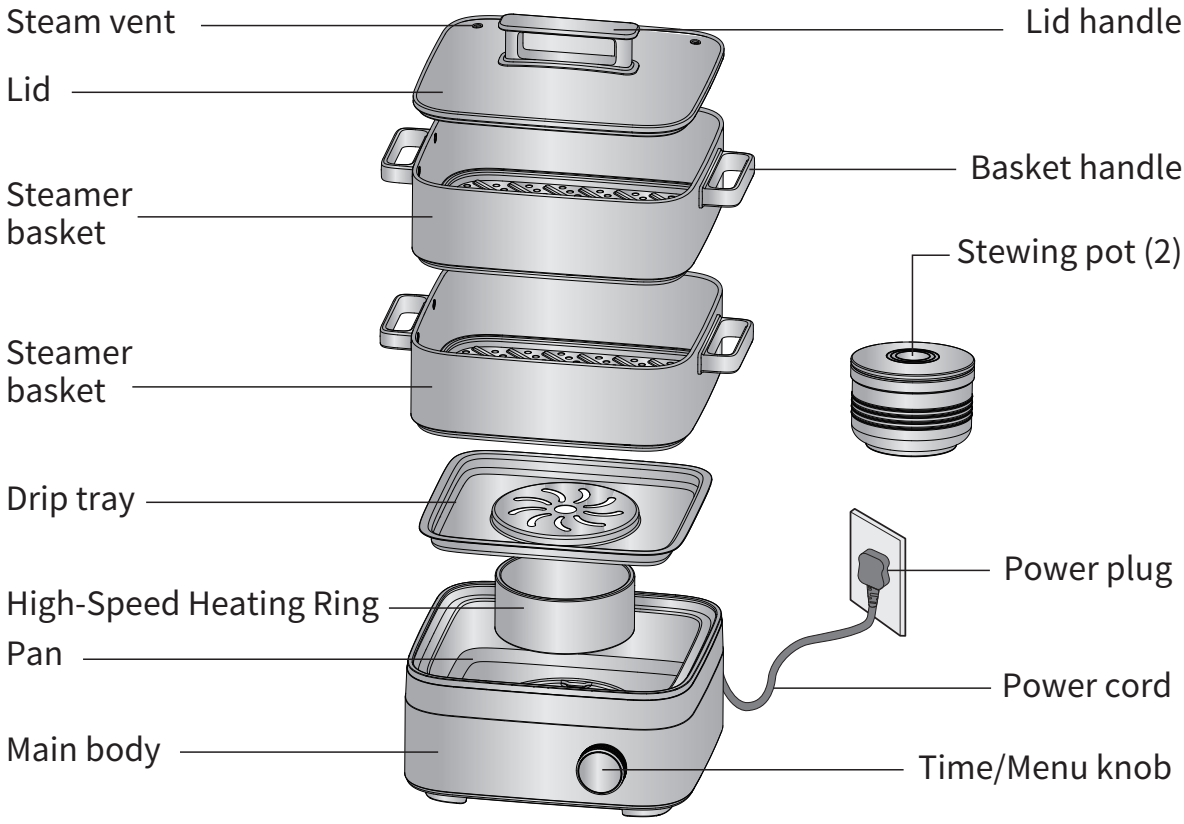
- If the product is on a cabinet with sliding table, make sure that the load capacity of the table is greater than 12 kg.
  (To avoid dropping the product.)
- Periodically check the vent of the main body, and remove dust.
  (Refer to "Cleaning and Maintenance" on P8)
- Do not use the product outdoors.
  (Unstable power supply may result in a product failure.)
- Avoid using the product under direct sunlight.
  (So as to avoid color change/discoloration.)
- Please make sure to use this product in areas under 2000 meters above sea level.
  (To avoid affecting cooking performance.)
- During operation of the electric steamer, a large amount of steam is generated. It is recommended to open the kitchen range hood while using it.
- Do not use the product in places where the product's air vents may be blocked. (Refer to P2)
  For example: on carpet, plastic bags, disposable tablecloths, aluminum foil, or fabric, etc.
  (To avoid causing a rise in internal temperature of the appliance.)
- The appliance should be placed horizontally, not against walls or objects. There should be at least 10 cm of space around it, and the air vents must be kept clear.
  (To avoid causing a rise in internal temperature of the appliance.)
- When steaming seafood, please use the "Tender Steam" function. Ensure the water level does not exceed the waterline indicated for seafood to prevent overflowing.
- Clean promptly after each use to prevent cockroaches and other small insects from entering the appliance.
  (To avoid causing product malfunction.)
- Please wait until the main body has cooled down completely before storing it.
  (To avoid burns.)

About the lid, high-speed heating ring, drip tray, steamer basket, stewing pot

- Do not use the high-speed heating ring, drip tray, or steamer basket for any purpose other than with this appliance.
  (To avoid causing deformation and inability to detect the temperature correctly.)
- The drip tray, high-speed heating ring, steamer basket, stewing pot, and lid are subject to wear and tear depending on usage.
  · Stains or scratches may appear, but these will not affect product performance or safety.
  →If necessary, please purchase a new replacement.
- The "Fresh Stew" function does not require the high-speed heating ring and drip tray.
- Pay attention to the following operations:
  · Do not use sharp objects such as metal spatulas, forks, knives, etc.
  · Handle with care when using, and do not drop or collide with hard objects such as metal.
  · When the steamer basket or lid is still hot, do not place it on mats or plastic products which are not heat resistant. Also, do not cool it rapidly with cold water.
- During use, slight deformation may occur due to high-temperature heating of the bottom of the pan or the steamer basket. This is normal and does not affect performance.

Parts Identification

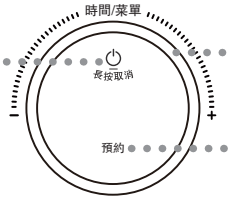
Before first use, please clean the lid, steamer basket, drip tray, high-speed heating ring, stewing pot, and pan. (☞P20)



Control Panel

ON/OFF button

- After menu selection is complete, press this button to confirm and then set the time.
- Press this button to start cooking.
- To cancel cooking, press and hold this button.



Time/Menu knob

- Use this knob to select menus and adjust the time.

Timer button

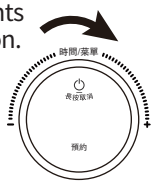
- Use this button to set the timer.

Getting started

※ Example: 速蒸(Quick Steam)mode.

1 Place the product on a flat surface. Insert the plug, ensuring it is fully inserted. Once powered on, the buzzer will sound to indicate it enters standby mode.

2 Add water to the pan. Place the high-speed heating ring and then put the ingredients into the steamer basket. Rotate the knob to select the "速蒸(Quick Steam)" function.



3 Press the[長按取消] button. The digital display will flash “00:20”. Rotate the knob clockwise to increase the set time, or counterclockwise to decrease it. After setting the time, press the[長按取消] button to start operation, or wait 6 seconds for it to start automatically.
(Note: After selecting the "多樣化(Multi)" menu, press the[長按取消] button, then rotate the knob to select the sub-menu.)

· The time parameters for each function are shown below and can be adjusted as needed.

Menu	Time		Menu		Time	
	Default	Adjustable range			Default	Adjustable range
速蒸(Quick Steam)	20 min	1 min–1 H	多樣化 (Multi)	L1 Defrost	20 min	1 min-1 H
嫩蒸(Tender Steam)	40 min	1 min–1 H 30 min		L2 Cleaning	30 min	1 min-1 H
低溫煮(Slow Cook)	3 H	1 min–6 H		L3 Dough Fer.	2 H	30 min-12 H
鮮燉(Fresh Stew)	30 min	1 min–1 H		L4 Yogurt Fer.	2 H	30 min-12 H
翻熱(Reheat)	20 min	1 min–1 H		L5 Rice Wine Fer.	24 H	30 min-48 H

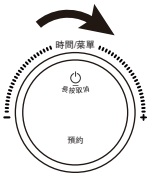
· When the cooking time is complete, cooking ends and it automatically switches to “Keep Warm” mode. The keep-warm indicator will stay on, and a count-up time will be displayed. The maximum keep-warm duration is 8 hours.

Notes When the product is in standby or during function selection, if there is no operation for 30 seconds, the product will enter sleep mode. Rotate the knob or press the[長按取消] button to wake it.

Timer

1 Rotate the"時間/菜單(Time/Menu)"knob to select the"速蒸(Quick Steam)" function. Press the[長按取消] button; the digital display will flash. Rotate the knob clockwise to increase the cooking time, or counterclockwise to decrease it.

2 Press the"預約(Timer)"button, and the Timer indicator turns on. Rotate the"時間/菜單(Time/Menu)" knob to set the preset time. Press the[長按取消] button to start working, or wait 6 seconds for it to start automatically.



· Note: 1. Preset time refers to the cooking end time. The maximum preset time is 12 hours;
2. The menus available for Timer are Quick Steam, Tender Steam, Slow Cook, Fresh Stew, and Reheat.

Cleaning and Maintenance

Notes

- Before cleaning, always unplug the power plug first. Wait until the product completely cools down before cleaning.
- When cleaning the main body, do not immerse it into water, or clean it with lacquer thinner, gasoline, alcohol, etc.
- Clean promptly after each use.

Main body · Pan

- Wipe with a soft, damp cleaning cloth.
- When cleaning up the oil stains
  Wipe with a cleaning cloth moistened with detergent, and then wipe dry with a clean cloth.
- About "mineral deposits"
  During use, minerals such as calcium in the water will build up on the pan and the high-speed heating ring. This deposit is known as "limescale" and is harmless to health.

  - Milky-white granules (caused by calcium carbonate).
  - White floating particles or a cloudy appearance (from mineral crystals).
  - Discoloration such as brown, gray, or green tints.
    (Caused by metal ions formed on the surfaces of the pan and high-speed heating ring).

  These are not due to the pan or high-speed heating ring itself discoloring or corroding. Please clean the pan and high-speed heating ring with citric acid or food-grade vinegar.

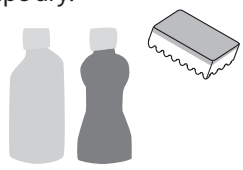
○ Please use the neutral detergent for kitchen

× Do not use the following detergent and tools:

- Avoid alkaline detergents (such as bleach) to prevent discoloration.
- Avoid hard brushes, scouring powder, etc., to prevent scratches.

High-speed heating ring · Drip tray · Steamer basket · Lid · Stewing pot

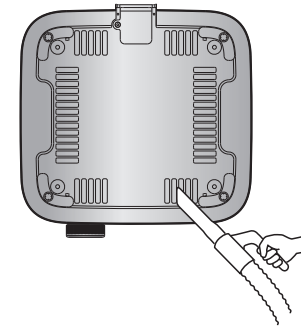
- Wash with diluted dish detergent, a soft sponge, and water. Then wipe dry.



- Do not use the nylon side of a scouring pad or any nylon brushes.
- Do not use a dishwasher or dish dryer.
- Do not keep cooked food in the pan, steamer basket, or drip tray for a long time. Do not leave them for a long time when they are wet or with detergent.
  (To avoid affecting the components.)

Main body (vent port)

- Inspect about once a month, and clean promptly if there is dirt.



Suck dirt and other foreign objects with a vacuum cleaner.

Recipes

Tip: The ingredient quantities, temperature, and time recommended in the recipes can be adjusted based on personal preference, ingredient sizes, and product usage.

Frozen dim sum & buns

Ingredients:				
	Pork buns	2	Custard buns	2
	Shiitake mushroom and vegetable buns	2	Frozen Siu Mai	2

Steps:

1. Add water to the pan up to the 20-minute waterline. Place the Siu Mai and pork buns in the lower steamer basket, and place the Shiitake mushroom and vegetable buns and custard bun in the upper steamer basket;
2. Select the"速蒸(Quick Steam)"mode, set the cooking time for 10 - 12 minutes, and press the[长按取消] button.

Tip: Various frozen dim sum (such as Mantou (steamed buns), Baozi (steamed stuffed buns), Huajuan (steamed scallion buns), and Siu Mai) can be steamed together in one batch for the same time. Feel free to mix and match according to personal preference.

Steamed egg custard

Ingredients:			Seasonings:	
	Eggs	2 (about 110 g)	Salt	1 g
	Warm water	220 g (35 - 40°C)		

Steps:

1. Strain the egg mixture to remove foam and stringy bits. Pour the mixture into a dish, cover it with plastic wrap, and use a toothpick to poke a few small holes in the wrap;
2. Add water to the pan up to the 30-minute waterline. Place it into the steamer basket. Select the "嫩蒸(Tender Steam)"mode, set the cooking time to 15 - 20 minutes, and press the[长按取消] button.

Tip: For steamed egg custard, egg to warm water ratio of 1:2 or 1:3 is fine, depending on personal needs.
① A 1:2 ratio results in a firmer, silkier custard with a rich egg flavor;
② A 1:3 ratio yields a finer and melt-in-the-mouth texture with a lighter egg flavor and more released liquid.

Chicken breast salad with vegetables

Ingredients:			Seasonings:	
	Chicken breast	200 g	Black pepper	3 g
			Salt	4 g
			Olive oil	5 g
			Lemon wedge	1

Steps:

1. After washing and drying the chicken breast, sprinkle salt and black pepper and marinate both sides for 10 minutes;
2. Put the marinated chicken breast into a food-grade sealable plastic bag. Place the bag in the pan. Add water, ensuring it is above the minimum waterline and submerges the chicken breast. Select the"低溫煮(Slow Cook)"mode, set the cooking time to 60 minutes, and press the[长按取消] button;
3. After cooking is complete, remove the cooked chicken. Heat a pan and lightly sear both sides of the chicken with olive oil. Slice the chicken, and drizzle with a little lemon juice.

Onsen egg

Ingredients: Eggs 4

Steps:

1.Wash the egg, and put it into the pan;
2. Add water to the pan, ensuring it is above the minimum waterline and submerges the egg. Select the"低温煮(Slow Cook)"mode, set the cooking time to 20 - 40 minutes, and press the[长按取消] button.

Pork rib soup with corn

Ingredients:			Seasonings:	
	Pork short ribs	100 g	Salt	A little
	Corn	40 g	Cooking wine	Appropriate amount
	Spring onion	10 g		
	Ginger (sliced)	10 g		
	Water	280 g		

Steps:

1. Blanch the pork short ribs. Cut the corn into chunks and set aside;
2. In two stewing pots, respectively add the blanched pork short ribs, corn, ginger slices, cooking wine, and water;
3. Add water to the pan up to the 60-minute waterline. Place the stewing pots into the steamer basket. Select the"鲜燉(Fresh Stew)"mode, set the cooking time to 60 minutes, and press the[长按取消] button;
4. After cooking is complete, add salt and spring onion to season, then serve and enjoy.

Defrosting beef

Ingredients: Quick-frozen beef 1 piece
Water Appropriate amount

Steps:

1. Put the quick-frozen beef into a food-grade sealable plastic bag. Place the bag in the pan. Add water, ensuring it is above the minimum waterline and submerges the beef. Select the"多樣化(Multi)" L1 mode, set the cooking time to 30 minutes, and press the[长按取消] button.

Recipes

Tip: The ingredient quantities, temperature, and time recommended in the recipes can be adjusted based on personal preference, ingredient sizes, and product usage.

Cleaning bowls and chopsticks

Cleaned bowls and chopsticks	several	Water	Appropriate amount

Steps:

1. Add water to the pan up to the 60-minute waterline. Place the cleaned bowls and chopsticks in the steamer basket. Select the"多様化(Multi)" L2 mode, set the cooking time to 45 minutes.

Dough fermentation

Ingredients:	Flour	250 g	Seasonings:	Sugar	5 g
	Warm Water (30°C)	100 g		Yeast	5 g

Steps:

1. Add sugar and yeast powder into the warm water and stir evenly. Pour the mixture into the flour, and knead into a dough;
2. Put the kneaded dough into a larger bowl. Place the bowl in the steamer basket. Add water to the pan up to the 40-minute waterline. Select the"多様化(Multi)" L3 mode, and set the cooking time to 30 minutes.

Greek yogurt

Ingredients:	Yogurt	25 mL
	Milk	125 mL
	Sugar	10 g

Steps:

1. Soak the glass jar and spoon in hot water※ (※Soak them in hot water above 95°C for 5 minutes);
2. Put yogurt, milk and sugar into the cooled glass jar, and stir well with a spoon;
3. Seal the glass jar opening with plastic wrap, and put it into the steamer basket;
4. Add Water to the pan up to the 90-minute waterline. Select the"多様化(Multi)" L4 mode, and set the cooking time to 6 hours;
5. After cooking is complete, remove the jar. Place it in the refrigerator and let it rest for 8 hours to obtain rich and delicious yogurt.

Rice wine fermentation

Ingredients:	Glutinous rice	250 g	Cool boiled water	Appropriate amount
	Rice Yeast	3 g (half piece)		

Steps:

1. Pour the steamed glutinous rice into a clean, sterile glass bowl and spread it out. Let it cool naturally to about 30°C. Sprinkle cool boiled water over the surface of the rice, and stir evenly. Add the crushed rice yeast and mix well. Place the bowl into the pan, and cover it with the lid;
2. Select the"多様化(Multi)" L5 mode, and set the cooking time to 24 hours.

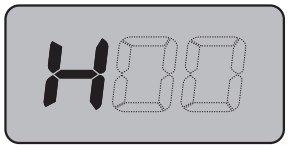
Troubleshooting

It is not a malfunction, please check before requesting a repair.

Phenomenon	Cause
Buttons are unresponsive	● Is the power plug plugged in? ● Are you wearing gloves or a Band-Aid on your finger when operating?
The appliance returns to standby during use	● Is the cooking complete because the cooking time has ended? ● Are you using this product in a high-temperature environment? → During use, it is recommended to keep the ambient temperature within the range of 0°C - 35°C.
Heating power decreases during use	● Is the temperature of the main body too high? → After the temperature decreases, the heating power will automatically resume.

Error Codes Indication

Please check before requesting a repair.

Error display	Please check	Page number
	● Is the pan running dry (or has the water in the pan boiled off?) → Please turn off the main body, and unplug the power plug. After the main body has completely cooled down, add water to the pan, ensuring it is above the minimum waterline. Then restart the selected function.	—
	● Unplug the power plug, wait for more than 3 seconds, then plug it in again, and restart the selected function.If "H※※" still appears, then there is a malfunction. →Please contact the Panasonic authorized service center, and inform the error code (two digits after "H").	—

Specifications

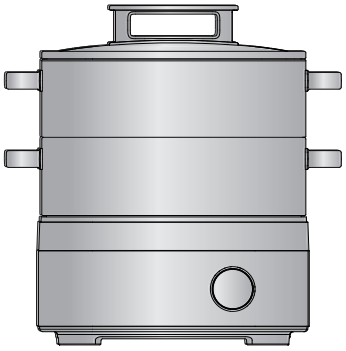
Model No.	NF-SM21-W
Rated voltage	220 V～
Rated frequency	50 Hz
Rated power input	2100 W
Water tank capacity (approx.)	3.0 L
Steamer basket capacity (approx.)	10.0 L (5.0 L per tier)
Power cord length (Approx.)	1 m
Size (W × D × H) (approx.)	330 mm×310 mm×350 mm
Weight (approx.)	4.7 kg

Panasonic

使用說明書

家庭用　電蒸鍋

型號　NF-SM21-W



非常感謝您購買Panasonic的產品

- 本產品只限於家庭使用。
- 本產品使用前，請仔細閱讀本產品使用說明書，以確保正確安全使用本產品。
- **請確保閱讀「安全注意事項」再使用（第14–16頁）。**
- 將保修卡和使用說明書一同小心收妥。
- 由於產品的更新與升級，實物與圖片可能略有差異，恕不另行通知。

目錄

保留備用　保修卡另附

安全注意事項 請務必遵守!

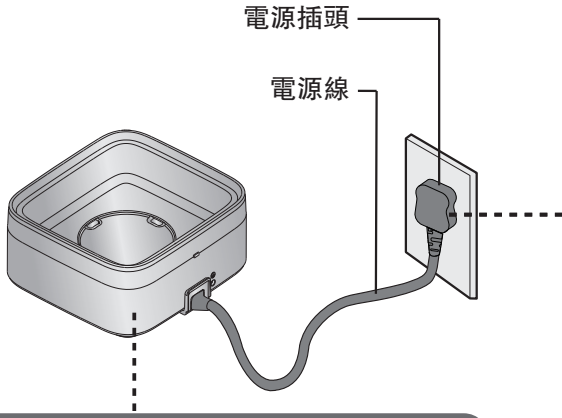
為防止造成人身傷害、財產損失、請務必遵守以下安全注意事項。

■ 以下圖標表示錯誤操作可導致的傷害程度。

⚠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。

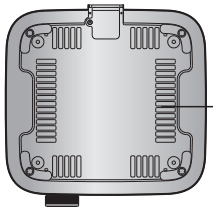
⚠警告

為避免火災、爆炸、燙傷、受傷、觸電等……



■ 請注意避免以下操作。

- 請勿淋水、直接用水清洗或把本體浸在水中。
  （以免導致觸電或因短路導致火災。）
  →如水進入產品內，請聯繫Panasonic授權的服務中心。
- 請勿將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。）
  · 對於使用不當或未能遵守使用說明書而導致的情況，Panasonic將不承擔任何責任。
- 請勿自行更改、拆解或修理產品。
  （以免導致火災、觸電或受傷。）
  →如需修理，請聯繫Panasonic授權的服務中心。
- 請勿在通氣口或縫隙間插入任何物件。
  · 特別是針及其他金屬物件。
  （以免導致觸電或異常動作。）



- 請勿將產品放置於孩童能觸碰到的位置。
  （以免導致燙傷、受傷或觸電。）

■ 本體

- 請勿對本體造成衝擊（重物掉落、放置重物等）。
  （以免導致觸電或故障。）
- 請勿將產品以外的物品放置在內鍋中。
  →特別注意以下物品：
  · 金屬物件，如刀、叉、勺等。
  · 罐頭、暖水壺等密封物品。
  · 不耐熱材質的玻璃、陶瓷器具，如：果盤、碗碟等。
  （以免因誤加熱而導致起火、爆炸或燙傷。）
- 請勿將紙、布、塑料等易燃物品墊在內鍋中加熱，或者置於本體底部。
  （以免高溫導致起火。）
- 本產品用於家用和類似用途，例如：
  · 商場、辦公室或其他工作環境下的員工廚房區域；
  · 農場場所；
  · 在酒店、旅館和其他住宅類似的環境中，供顧客使用；
  · 僅提供床位和早餐的類似環境。

■ 符號的分類及解釋如下。

此符號表示不能進行，即“禁止”的內容。	此符號表示務必執行，即“強制”的內容。

■電源．電源線

● 如電源線已損壞或電源插座與電源插頭的接口鬆脫，請勿使用該產品。
（以免導致觸電或故障。）
→如果電源線損壞，為了避免危險，必須由製造商、其維修部或類似部門的專業人員更換。

● 請勿損壞電源線。
．絕對禁止進行以下操作：
損傷、加工、使其接觸或靠近高溫部、強行彎曲、扭轉、拉拔、掛在角上、在其上放置重物、扎成束、夾入、拉動電源線移動。
（以免因電源線破損而觸電，或因短路導致火災。）

● 請勿以濕手插入或拔掉電源插頭。
．接觸電源插頭或產品前請務必確保手是乾燥的。
（以免導致觸電或受傷。）

● 請勿將水或其它液體濺到本體插頭上。
（以免導致觸電或因短路導致火災。）

● 務必要將電源插頭確實插到底。
（以免導致冒煙、火災或觸電。）

● 務必要單獨使用規格為220 V/10 A的交流電的電源插座。
（以免與其他電器並用，因發熱而引起火災。）
．務必使用規格至少為10 A的接線板。

● 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。）

● 定期清潔電源插頭。
（以免電源插頭因濕氣及外物積聚而導致絕緣不良，從而引起火災。）
→拔掉電源插頭，然後使用乾布擦拭。

■使用

● 產品工作時會冒出蒸氣，切勿將臉或手靠近蒸氣口。
（以免燙傷。）

● 請勿將抹布或類似物品覆蓋在蒸氣出口上。
（以免發生意外或導致產品故障。）

● 請勿在放有蓋體、蒸籠、接汁盤、高速加熱圈時搬動本體。
（以免導致受傷或鍋具損壞。）

● 器具不打算由存在肢體、感官或精神能力缺陷或缺少使用經驗和知識的人（包括兒童）使用，除非有負責他們安全的人對他們進行與器具使用有關的監督或指導。應照看好兒童確保他們不玩耍本器具。
（以免導致燒傷、受傷或觸電。）

● 發生異常或故障時，請立即停止使用並拔掉電源插頭。
（以免導致冒煙、火災或觸電。）
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后發生間歇性斷電。
．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。
．觸摸本體時有酥麻的電流感覺。
→請立即與Panasonic授權的服務中心聯繫咨詢檢查及修理事宜。

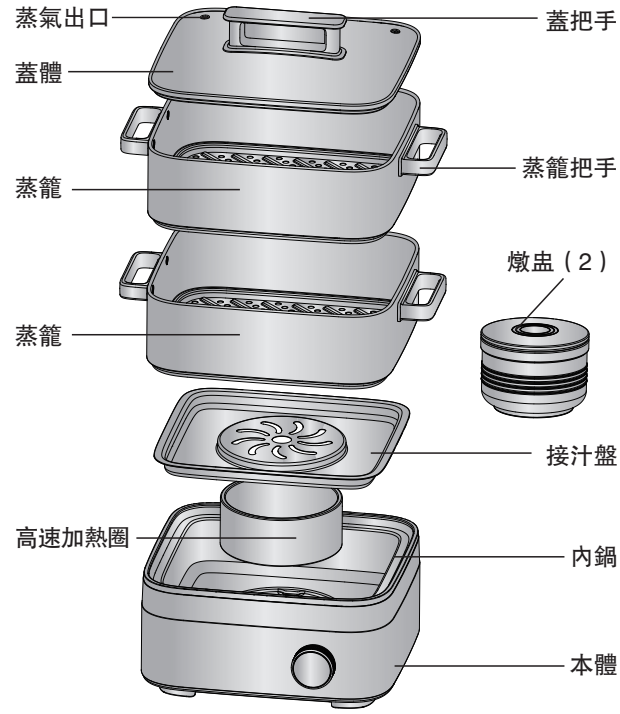
安全注意事項 請務必遵守!

⚠ 注意

為避免火災、爆炸、燙傷、
受傷、觸電等……

■ 使用

- ● 使用中或烹調剛結束時，下列部位溫度很高，請勿觸摸。
  - ．蓋體、蒸籠、接汁盤、高速加熱圈、燉盅、內鍋、蒸氣出口及其周邊部位。
    （以免導致燙傷。）
- ● 請勿空燒或過度加熱。
  （以免導致燙傷或本體損壞。）
- ● 請勿將本產品外接定時器或在獨立的遙控控制系統的方式下運行。
  （以免導致火災。）
- ● 請勿在下記地方使用本產品。
  - ．靠近熱源或高濕環境中。
    （以免導致觸電、漏電或火災。）
  - ．不平穩的台面或不耐熱的墊子上。
    （以免導致受傷、燙傷或火災。）
  - ．靠近墻面或家具等處。
    （以免導致家具等變色、變形及破損。）
  - ．地面上。
    （以免導致觸電。）
- ● 請等到產品充分冷卻後再進行清潔。
  （以免導致燙傷。）



■ 電源．電源線

- ● 拔掉電源插頭時，請確保握住插頭本身。
  （以免導致觸電，或因短路引起火災。）
- ● 不使用時，切記關閉電源並拔下電源插頭。
  （以免導致燙傷、受傷或因絕緣老化而引起觸電、漏電、火災。）

■ 使用蓋體時

- ● 打開蓋體時，請勿接觸蒸氣。
  （以免導致燙傷。）
- ● 蓋把手鬆動時，請重新擰緊後再使用。
  （以免導致燙傷。）

使用注意事項

關於本體

■ 放在滑動式拉桌上時，請務必確認桌子的負荷強度在12 kg以上。
（以免導致產品掉落。）

■ 定期檢查本體的通氣口，並清除灰塵。
（參照P20清潔保養。）

■ 請勿在戶外使用本產品。
（不穩定的電源可能會導致產品發生故障。）

■ 請勿在陽光下直射使用。
（以免導致變色。）

■ 請務必在海拔2000米以下的地區使用本產品。
（以免影響烹調性能。）

■ 電蒸鍋在工作過程中，蒸氣量較大，建議使用時打開廚房油煙機。

■ 請勿在可能會堵塞產品通氣口的地方使用本產品。（參照P14）
例如：地毯、塑膠袋、一次性桌布、鋁箔及布料等的上面。
（以免導致產品內部溫度升高。）

■ 本產品應水平放置，不可緊靠墙面或物品使用，周邊至少確保10 cm以上的空間，務必保持通氣口通暢。
（以免導致產品內部溫度升高。）

■ 本產品蒸海鮮食材時，請使用嫩蒸功能，刻度線不能高於海鮮刻度線，以免溢鍋。

■ 使用後請及時清潔，防止蟑螂等小蟲進入其內部。
（以免導致產品故障。）

■ 請在本體完全冷卻後，再收納起來。
（以免導致燙傷。）

使用前

關於蓋體、高速加熱圈、接汁盤、蒸籠、燉盅

■ 請勿將高速加熱圈、接汁盤、蒸籠用於本產品以外的地方 。
（以免導致變形，無法正確檢知溫度。）

■ 接汁盤、高速加熱圈、蒸籠、燉盅、蓋體根據使用情況會有所損耗。
· 可能會形成色斑或劃痕，但不會影響產品性能或人身健康。
→如有需要，請購買新的更換。

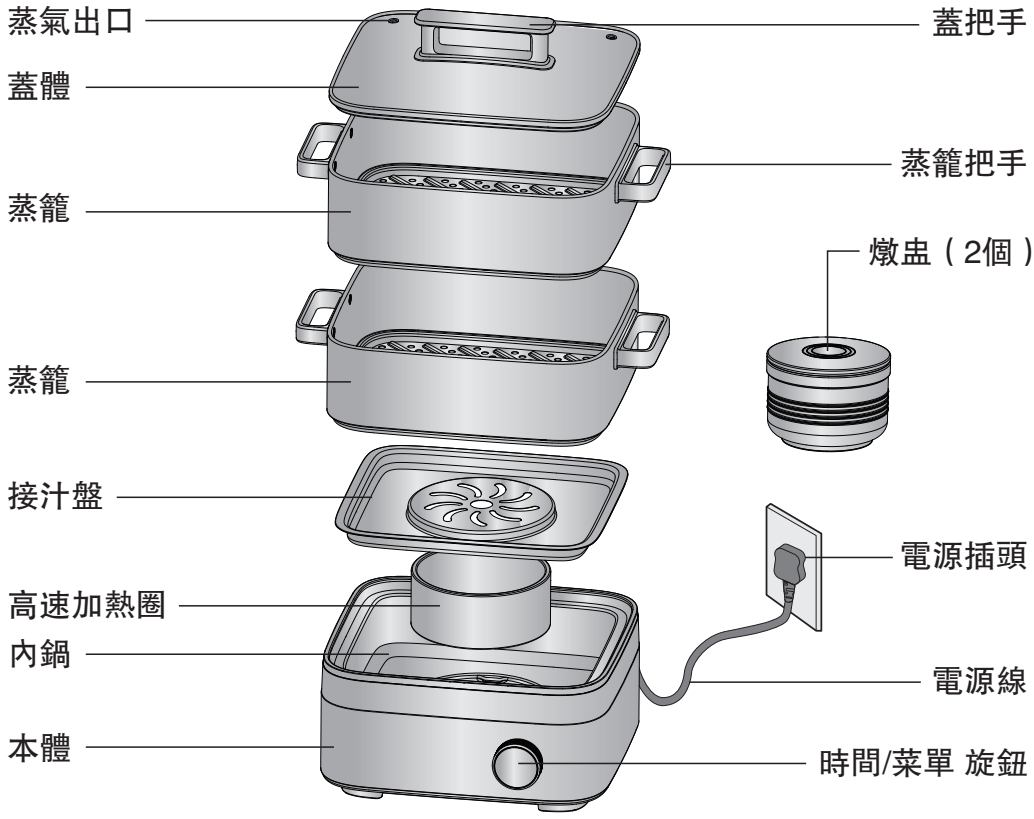
■ 鮮燉不需使用高速加熱圈和接汁盤。

■ 請注意以下操作：
· 請勿使用金屬鏟、叉子、刀等尖角部尖銳的物品。
· 使用時請小心輕放，不要掉落或與金屬等硬物碰撞。
· 蒸籠或蓋體仍處於高溫時，請勿放置於不耐熱的墊子或塑膠製品上，也勿直接用冷水進行急速降溫。

■ 使用過程中，由於高溫加熱，內鍋底部或蒸籠可能會產生輕微變形，這屬於正常現象，不影響使用。

零件名稱

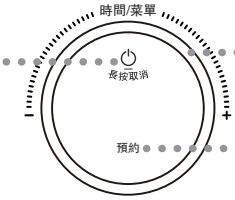
首次使用時，請清洗蓋體、蒸籠、接汁盤、高速加熱圈、燉盅、內鍋。（ ☞ P8 ）



操作面板

開/關 按鍵

- 菜單選擇完成後，按此鍵確認並進行時間設置。
- 開始烹調時，按此按鍵。
- 取消烹調時，長按此鍵取消。



時間/菜單 旋鈕

- 用於選擇菜單和調整時間。

預約 按鍵

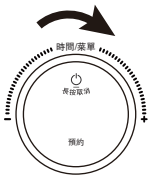
- 用於設定預約。

開始使用

※以速蒸模式為例。

1 將產品正確放置在平穩的檯面，切實插入插頭，確保已確實插入，確認電源已接通，蜂鳴器響後，進入待機狀態。

2 內鍋中加入水，放入高速加熱圈后，蒸籠裡放入食材，旋轉旋鈕，選擇“速蒸”功能。



3 輕觸“ 長按取消 ”，時間00:20閃爍，順時針旋轉旋鈕增加設置時間，反之減少時間。設定時間後，輕觸“ 長按取消 ”鍵開始工作或等待6秒後自動開始工作。
（注：選擇“多樣化”菜單後，輕觸“ 長按取消 ”鍵，旋轉旋鈕，選擇下層菜單。）

· 各功能的時間參數如下所示，可按需進行調整。

菜單	時間		菜單		時間	
	默認	可調范圍			默認	可調范圍
速蒸	20分鐘	1分鐘–1小時	多樣化	L1解凍	20分鐘	1分鐘–1小時
嫩蒸	40分鐘	1分鐘–1小時30分鐘		L2清潔	30分鐘	1分鐘–1小時
低溫煮	3小時	1分鐘–6小時		L3麵團發酵	2小時	30分鐘–12小時
鮮燉	30分鐘	1分鐘–1小時		L4乳酪發酵	2小時	30分鐘–12小時
翻熱	20分鐘	1分鐘–1小時		L5米酒發酵	24小時	30分鐘–48小時

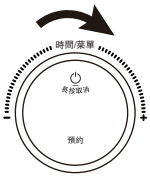
· 達到烹調時間後，結束烹調，自動轉入保溫，保溫燈長亮，正計時，保溫時間最長為8小時。

提示 產品在待機狀態和選擇功能狀態時，30秒無操作，產品進入休眠模式，可旋轉旋鈕或輕觸“ 長按取消 ”鍵喚醒。

預約

1 旋轉“時間/菜單”旋鈕，選擇“速蒸”功能，輕觸“ 長按取消 ”鍵，時間閃爍，順時針旋轉增加烹調設置時間，反之減少時間。

2 按“預約”按鍵。此時預約燈亮，旋轉“時間/菜單”旋鈕設定預約時間，輕觸“ 長按取消 ”鍵產品開始工作或等待6秒後產品自動開始工作。



· 注：1.預約時間指的是烹調結束時間，預約時間最長為12小時；
2.可預約菜單為速蒸、嫩蒸、低溫煮、鮮燉、翻熱。

清潔保養

注意

●清潔前，務必拔掉電源插頭，等產品完全冷卻後，再進行清潔。
●清潔時，切勿將本體浸入水中，不要使用香蕉水、汽油、酒精等擦拭。
●使用後，請及時清潔。

本體．內鍋

●使用柔軟濕潤的清潔布擦拭。

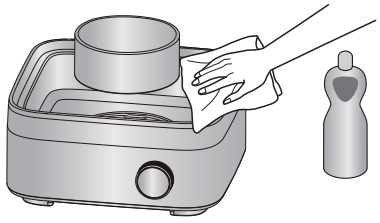
■清理油污時

用沾了清洗劑的清潔布擦拭，然後再用洗乾淨的清潔布擦乾淨。

●關於“水垢”
使用過程中，水中含有的鈣質等礦物成分會附在內鍋和高速加熱圈上。這稱為“水垢”，對人體無害。

●乳白色顆粒狀（由鈣質引起）。
●白色或閃光的浮遊物（礦物結晶）。
●茶色、灰色、綠色等變色。
（內鍋和高速加熱圈表面形成的金屬離子。）

這些都不是內鍋和高速加熱圈本身的變色或腐蝕所致。
請用檸檬酸、食用醋清洗內鍋和高速加熱圈。

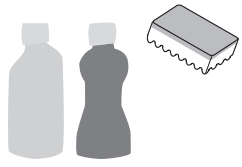


○ 請使用廚房用中性清洗劑

×
請勿使用以下清洗劑和工具：
●城性（如漂白劑等）的清洗劑，以免變色。
●硬質刷．去污粉等，以免劃傷。

高速加熱圈．接汁盤．蒸籠．蓋體．燉盅

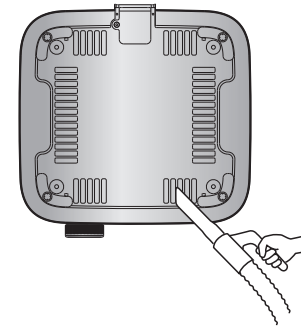
●用稀釋後的餐具清洗劑和柔軟的海綿及水清洗，並擦乾水分。



●請勿使用百潔布的尼龍面，或尼龍製的刷子。
●請勿使用洗碗機或烘乾機。
●請不要長時間把烹調的料理放在內鍋、蒸籠、接汁盤里，也不要在沾有水和清洗劑的狀態下長時間放置。
（以免對部件造成影響。）

本體（通氣口）

●大約每月檢查一次，如有污垢請及時清理。



用吸塵器吸除垃圾及異物等。

食譜

溫馨提示：食譜中所推薦的食材量、溫度及時間均可根據個人喜好、食材大小及產品使用情況進行調整。

速凍麵點

食材：

豬肉包	2只	奶黃包	2只
香菇菜包	2只	速凍燒賣	2只

做法：

1.內鍋中加水至20分鐘水位線，將燒賣和豬肉包放在下層蒸籠裡，香菇菜包和奶黃包放在上層蒸籠裡；

2.選擇“速蒸”模式，烹調時間設定為10–12分鐘，輕觸“ 長按取消 ”鍵即可。

小提示：各種速凍麵食（饅頭、包子、花卷、燒賣等）都可以相同時間一鍋蒸，可按個人喜好自由搭配。

蛋羹

食材：

雞蛋	2個（約110 g）	調味料：鹽	1 g
溫水	220 g（35–40 ℃）		

做法：

1.將蛋液過濾掉泡沫和筋膜，裝入盤中，蓋上一層保鮮膜，保鮮膜上用牙籤扎幾個小孔；

2.內鍋中加水至30分鐘水位線，放到蒸籠裡，選擇“嫩蒸”模式，烹調時間設定為15–20分鐘，輕觸“ 長按取消 ”鍵即可。

小提示：蒸蛋羹按雞蛋和溫水比例1：2或1：3均可，可按個人需求選擇蛋液比。

①1：2的凝固性好，滑嫩且蛋香味更濃；

②1：3的質地更細嫩，入口即化，相對蛋香味偏淡些，出水較多。

蔬菜雞胸肉沙拉

食材：

雞胸肉	200 g	調味料：黑胡椒	3 g
		鹽	4 g
		橄欖油	5 g
		檸檬	1個

做法：

1.雞胸肉洗淨晾乾後，撒上鹽、黑胡椒兩面醃製10分鐘；

2.將醃製好的雞胸肉裝入食品用保鮮袋保鮮，放入內鍋中，加水超過最小水位線並沒過雞胸肉，選擇“低溫煮”模式，烹調時間設定為60分鐘，輕觸“ 長按取消 ”鍵即可。

3.烹調結束，取出煮好的雞肉，熱鍋用橄欖油兩面稍煎一下，切片，擠上少量檸檬汁即可。

溫泉蛋

食材：雞蛋　　4個

做法：

1.雞蛋洗淨，放入內鍋中；
2.內鍋加水超過最小水位線並沒過雞蛋，選擇“低溫煮”模式，烹調時間設定為20–40分鐘，輕觸“ 長按取消 ”鍵即可。

玉米排骨湯

食材：			調味料：	
	排骨	100 g	鹽	少許
	玉米	40 g	料酒	適量
	蔥	10 g		
	姜（切片）	10 g		
	水	280 g		

做法：

1.排骨焯水、玉米切段備用；
2.2個燉盅內分別放入焯好的排骨、玉米、姜、料酒、水；
3.內鍋中加水至最大水位線，將燉盅放到蒸籠裡，選擇“鮮燉”模式，烹調時間設定為60分鐘，輕觸“ 長按取消 ”鍵即可；
4.烹調結束，加入鹽、蔥調味後盛出，即可享用。

解凍牛肉

食材：速凍牛肉　　1塊
　　水　　適量

做法：

1.將速凍牛肉裝入食品用密封保鮮袋，放入內鍋中，加水超過最小水位線並沒過牛肉，選擇“多樣化”L1模式，烹調時間設定為30分鐘，輕觸“ 長按取消 ”鍵即可。

食譜

溫馨提示：食譜中所推薦的食材量、溫度及時間均可根據個人喜好、食材大小及產品使用情況進行調整。

清潔碗筷

洗淨的碗筷　若干　水　適量

做法：

1.內鍋中加水至60分鐘水位線，將洗淨的碗筷放在蒸籠裡，選擇“多樣化”L2模式，烹調時間設定為45分鐘。

麵團發酵

食材：麵粉 250 g　白糖 5 g
溫水（30℃） 100 g　酵母 5 g

做法：

1.溫水中放入白糖，酵母粉攪拌均勻，倒入麵粉中，揉成麵團；
2.將揉好的麵團放入較大的碗中，放入蒸籠裡，內鍋中加水至40分鐘水位線，選擇“多樣化”L3模式，烹調時間設定為30分鐘。

乳酪

食材：乳酪 25 mL
牛奶 125 mL
白糖 10 g

做法：

1.將玻璃杯、勺子用熱水浸泡※（※用95 ℃以上的熱水泡5分鐘）。
2.將乳酪、牛奶、白糖放入冷卻後的玻璃杯，並用勺子充分攪拌。
3.用保鮮膜將玻璃杯口密封，放入蒸籠中。
4.內鍋中加水至90分鐘水位線，選擇“多樣化”L4模式，烹調時間設定為6小時。
5.烹調結束後取出，放入冰箱靜置8小時即可得到醇厚可口的乳酪。

米酒發酵

食材：糯米飯 250 g　涼開水 適量
米酒專用酒麴 半顆（3 g）

做法：

1.蒸熟的糯米飯倒入乾淨無菌的玻璃碗中攤開，自然冷卻到30 ℃左右，把涼開水撒在米飯表面，攪拌均勻，加入米酒專用酒麴拌勻，放到內鍋裡，蓋上蓋體。
2.選擇“多樣化”L5模式，烹調時間設定為24小時。

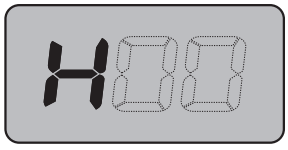
出現問題時

並非故障，在委托維修之前請先進行檢查。

現象	原因
按各按鍵後無反應	●是否插好電源插頭？ ●是否帶著手套或手指上貼有創可貼等物進行操作。
使用中返回待機	●是否由於烹調時間已到，已完成烹調？ ●是否在高溫環境下使用本產品？ →使用時，環境溫度建議保持在0 ℃–35 ℃的範圍內。
使用中火力變弱	●本體溫度是否過高？ →溫度下降後，火力會自動恢復。

當出現這樣的顯示時

在委托維修之前請先進行檢查。

錯誤顯示	請檢查	頁碼
	●內鍋是否空燒（或內鍋中的水已燒乾？） →請關閉本體，拔下電源插頭。 待本體完全冷卻，內鍋中加入水，水量超過最低水位線，再次選擇功能使用。	—
	●嘗試拔下電源插頭，等待3秒以上，再重新插入，選擇功能使用。 如仍出現“H※※”，則表示存在故障。 →請咨詢Panasonic授權的服務中心，並告知錯誤代碼（“H”後的兩位數字）。	—

規格

型號	NF-SM21-W
額定電壓	220 V～
額定頻率	50 Hz
額定輸入功率	2100 W
內鍋容積（約）	3.0 L
蒸籠容積（約）	10.0 L，每個5.0 L
電源線長度（約）	1 m
尺寸（寬×深×高）（約）	330 mm×310 mm×350 mm
重量（約）	4.7 kg

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