



MICOM RICE COOKER & WARMER

OPERATING INSTRUCTIONS

NS-LAQ05 / NS-LAH05C

Always follow basic safety precautions when using electrical appliances.
Read all instructions carefully.
Please keep this instruction book at hand for easy reference.

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BEFORE USE

IMPORTANT SAFEGUARDS Be sure to follow the instructions.

● These WARNINGS and CAUTIONS are intended to protect you and other persons from injuries and damages. To ensure safe operation, please follow them carefully.

! WARNINGS Indicates risk of serious injury. ※1

! CAUTIONS Indicates risk of injury or property damage if mishandled. ※2 ※3

※1 Serious injury indicates loss of eyesight, injury, burn (high and low temperature), electrical shock, bone fracture, toxication and others that may cause aftereffects and require hospitalization or a long period of hospital visit.

※2 Injury indicates a physical damage, burn or an electrical shock that may not require hospitalization or a long period of hospital visit.

! CAUTIONS Indicates a warning or caution. A specific caution is indicated inside or near the triangle by sentences or illustrations.

⊘ PROHIBITION Indicates a prohibition. A specific prohibition is indicated inside or near the circle by sentences or illustrations.

● INSTRUCTIONS Indicates a requirement or instruction that must be followed. A specific instruction is indicated inside or near the circle by sentences or illustrations.

※3 Property damage indicates material damage towards house, furniture, domestic animal or pets.

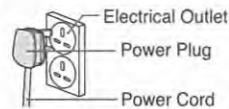
! WARNINGS

⊘ Do not modify the Rice Cooker. Only a repair technician may disassemble or repair this unit.
Attempting to do so may cause fire, electrical shock, or injury. Make any repair inquiries to Zojirushi Customer Service.

⊘ Do not plug or unplug the Power Plug with a wet hand.
Doing so may cause an electrical shock or injury.

⊘ Do not allow children to use the Rice Cooker unsupervised. Keep it out of the reach of infants.
Children are at risk of burns, electrical shock or injury.

⊘ Do not use the Rice Cooker if the Power Plug or Power Cord is damaged or a plug is loosely inserted into the Electrical Outlet.
Doing so may cause an electrical shock, short-circuit or fire.



⊘ Do not touch the Hook Button of the Rice Cooker while cooking or carrying.
The Outer Lid may open, resulting in burns.

⊘ Do not use a power source other than 220–230V (NS-LAQ05) or 220V (NS-LAH05C) AC.
Use of any other power supply voltage may cause a fire or electrical shock.

! Insert the Power Plug securely.
Otherwise it may cause an electrical shock, short-circuit, smoke or fire.

⊘ Do not immerse the Rice Cooker in water or splash it with water. Do not pour water directly into the Rice Cooker.
Doing so may cause a short-circuit or electrical shock.

⊘ Do not allow liquid to come in contact with the Plug Receptacle, Power Plug, Power Cord or Appliance Plug.
Doing so may cause a short-circuit or electrical shock.

⊘ Do not touch the Steam Vent.
Doing so may cause burns or scalding. Take special precautions with children and infants.

⊘ Do not put any metal objects such as pins or wires into the holes located at the bottom of the Rice Cooker.
Doing so may cause an electrical shock or malfunction, resulting in injury.

Bottom view of the product



⊘ Do not damage the Power Cord.
Do not forcefully bend, pull, twist, fold, bring it near high temperature objects, place heavy items, sandwich it between other objects or modify it. A damaged Power Cord can cause a fire or electrical shock.

! Use only an electrical outlet rated at 10 amperes minimum. Do not plug other devices into the same outlet.
Plugging other devices into the same outlet may cause the electrical outlet to overheat, resulting in fire.

! If the blades or surface of the Power Plug are soiled, wipe them clean.
A dirty Power Plug may cause a fire.

! WARNINGS

! 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.

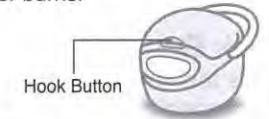
! CAUTIONS

⊘ Do not touch hot surfaces during or immediately after use. Removing the Inner Cooking Pan only will not turn off the power. Be careful of steam when opening the Outer Lid. Be careful not to touch the Inner Cooking Pan when loosening rice.
Touching hot surfaces may cause burns.

Be especially careful with metal parts such as the Inner Lid, Inner Cooking Pan and Heating Plate.



⊘ Do not touch the Hook Button when moving the Rice Cooker.
Doing so may cause the Outer Lid to open, resulting in injury or burns.



⊘ Do not use other than the provided Inner Cooking Pan.
Doing so may cause the Inner Cooking Pan to overheat and may cause the Rice Cooker to malfunction.

⊘ Do not place or use the Rice Cooker on unstable surfaces or on surfaces that are vulnerable to heat.
Doing so may cause fire.

⊘ Unplug the Power Plug from the outlet when the Rice Cooker is not in use.
Leaving the Power Plug in an outlet may cause the insulation to become damaged, resulting in an electrical shock, short-circuit or fire.

⊘ Do not use the Rice Cooker where it may be splashed with water or near heat sources.
Doing so may cause an electrical shock, short-circuit, or deformation of the Rice Cooker.

⊘ Do not use the Rice Cooker near a wall or furniture. Make sure that steam does not collect under shelvings.
Steam or heat may damage, discolor or deform the wall or furniture.

! Please allow the Rice Cooker to cool down before cleaning.
Touching hot parts may cause burns.

! Be sure to hold the Power Plug when unplugging the Power Cord. Do not unplug pulling the Power Cord.
Pulling the Power Cord to unplug may cause an electrical shock, short-circuit or fire.

IMPORTANT

■ Do not cover the Steam Vent with a cloth or other objects.
Doing so may cause deformation and/or discoloration.

■ Do not cook rice if foreign matters (rice and others) are adhered to the heating plate or the outside of the Inner Cooking Pan.
It may cause imperfect cooking.

■ Do not use the Rice Cooker as a steamer or other purpose than cooking rice or keeping it warm.
The Steam Vent may become clogged.

■ Do not place any objects that might damage the Inner Cooking Pan.
A damaged Inner Cooking Pan may not cook the rice well.

■ This appliance is intended for household use and similar applications listed below:
• Staff (employee) kitchen areas in shops, offices and other working environments.
※This appliance is not intended for use by many unspecified people for a long period of time.

This appliance must not be used in the following areas:
• Farm houses.
• By clients in hotels, motels and other residential type environments.
• Bed and breakfast type environments.

PARTS NAMES AND FUNCTIONS

Main Body

Steam Vent Cap

- Be careful while cooking as steam comes out and is very hot.

Hook Button

Press the Hook Button when opening the Outer Lid.

Inner Lid

Inner Lid Holder

- Be sure to attach it after every cleaning.

Inner Lid Knobs

(Located at 2 positions: right & left edge)
You could also hold them when carrying.

Inner Lid Gasket

Inner Cooking Pan

Center Sensor

Outer Lid

Plug Receptacle

Appliance Plug inserts here.

Power Plug

Appliance Plug

Twist Tie

- Please remove the twist tie holding the Power Cord before use.
- Do not use the Power Cord bundled up. Doing so may cause the Power Cord to become excessively hot, resulting in malfunction.

For NS-LAH05C

Power Plug

Appliance Plug

Twist Tie

Power Cord

Steam Vent

Steam Vent Gasket

Handle

Use the Handle for carrying.

Spatula Holder Attachment

(Located at 2 positions: right & left edge)

Heating Plate

- Please remove the protective sheet placed between the Heating Plate and the Inner Cooking Pan before initial use.

Accessories

Spatula



Spatula Holder



Measuring Cup



(180ml)

Control Panel

- Press keys down firmly.
- The raised dot and dash (●, —) beside the COOKING and RESET keys and the Sound Signals are provided for the use of persons with visual impairments.

Display

The illustration below shows all possible displays as a reference only, and they will not appear during actual use.

KEEP WARM key

Use this button for Keep Warm.

MENU key

Use this button for selecting menu.

TIMER key

Use this button for setting the Timer function (to program the Rice Cooker to complete cooking by the desired time).

RESET key

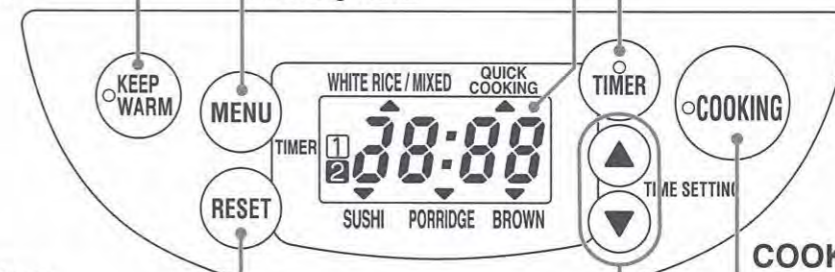
Use this button to cancel the selected setting / menu or function in operation.

TIME SETTING key

Use these buttons for setting the Timer (of the cooking completion) or the current time.

COOKING key

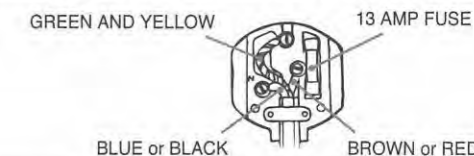
Use this button for cooking.



WARNING-THIS APPLIANCE MUST BE EARTHED

IMPORTANT

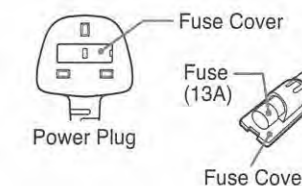
The wires in this mains lead are coloured in accordance with the following code:
Green-and-yellow: Earth Brown or Red: Live Blue or Black: Neutral
If the colours of the wires in the mains lead of this appliance do not correspond with the coloured markings identifying the terminals in your plug, proceed as follows.
The wide coloured green-and-yellow must be connected to the terminal in the plug which is marked with the letter E or by the earth symbol or coloured green or green-and-yellow. The wire coloured blue must be connected to the terminal which is marked with the letter N or coloured BLACK.
The wire which is coloured brown must be connected to the terminal which is marked with the letter L or coloured RED.
This appliance must be protected by a 13A fuse if a 13A (BS1363) plug is used or, if any other type of plug is used, by a 10A fuse either in the plug or adaptor or at the distribution board.



How to change the Fuse

- If the Power Plug of your Power Cord (See P.4) is,
- A type that can be disassembled. Refer to above.
 - A solid molded type that can not be disassembled. Please refer to the following.
 1. Open the Fuse Cover of the Power Plug.
 2. Replace the Fuse (13A) that is inside with a new Fuse. (Be sure to replace with a 13A Fuse)
 3. Fit back the Fuse Cover with the new Fuse to the Power Plug.

Caution Do not connect the Fuse directly to the Power Plug. The Fuse Cover can not be attached.



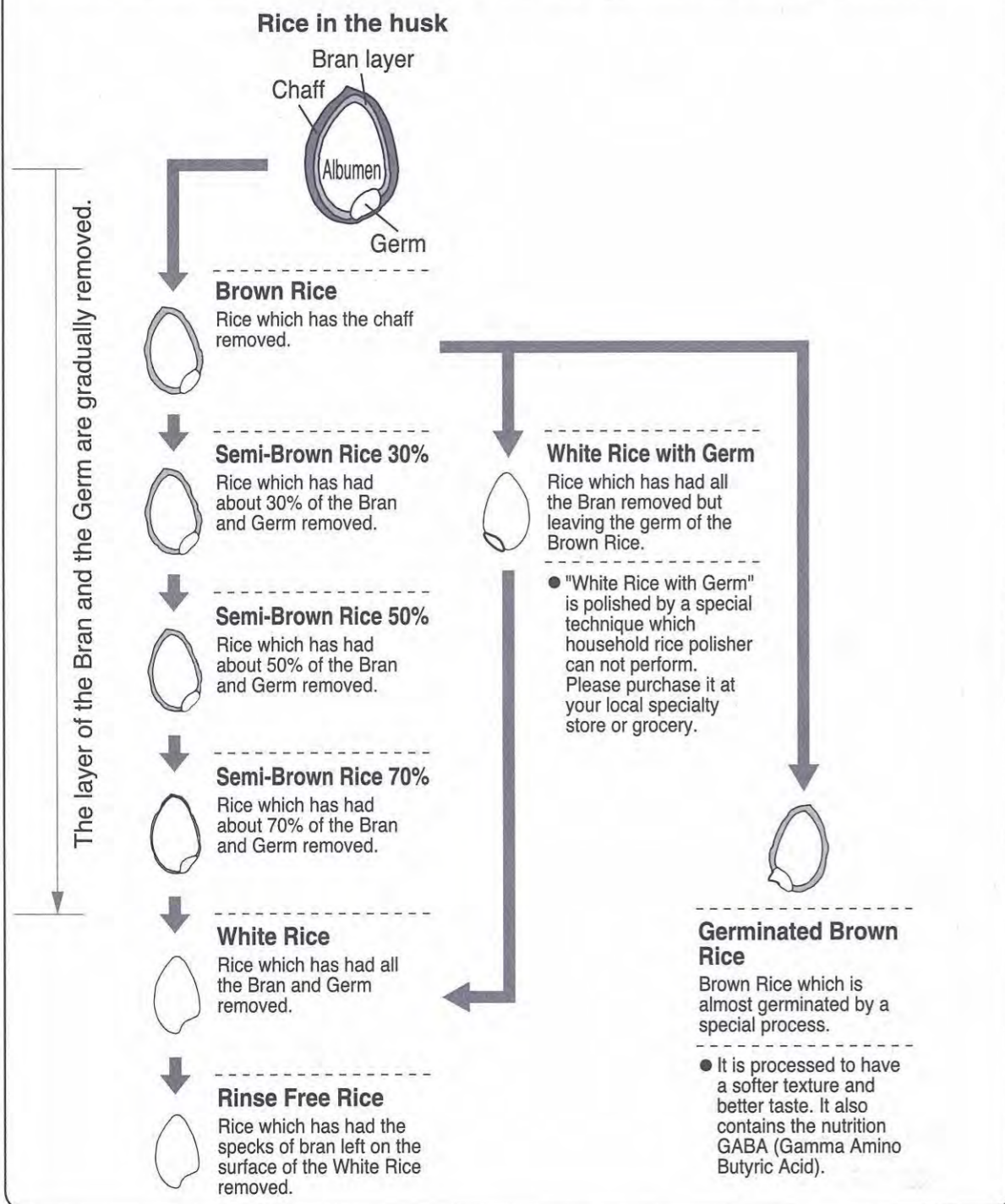
EXPLANATION OF RICE

TIPS TO COOK TASTY RICE

(PREPARATION & KEEP WARM)

Types of Rice

• The name of rice changes depending on the way it is polished and/or processed.



How to Cook Tasty Rice

Measure rice accurately

Be sure to use the Measuring Cup provided and level rice off. Do not use other measuring cups as their measurements may vary.

Rinse rice quickly

The first rinse should be done quickly with plenty of water, then dispose the water immediately afterwards. Then change the water and rinse the rice 4 - 5 times to clean out the bran.

Adjust the amount of water accurately

Type of Rice	Water Adjustment
Softer rice White rice with germ	Normal scale level
New crop	Decrease a little from the normal level
Old crop Harder rice	Increase a little from the normal level

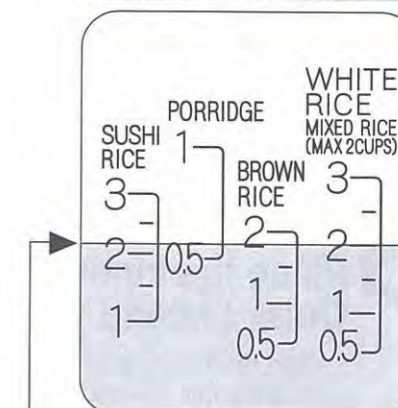
Do not use strong alkaline ionic water for cooking rice.

Rice cooked with strong alkaline ionic water may appear yellow or become too glutinous.

Stir and loosen the rice immediately after cooking is complete.

Excessive moisture is released and provides fluffy and perfectly cooked rice.

e.g. When Cooking 2 Cups of White Rice

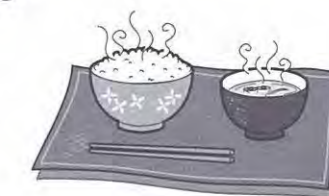


Add water up to scale 2 of White Rice.

How to Keep Warm

Do not use the Keep Warm mode for the following:

- Re-heating cold rice.
- Keeping rice containing seasonings (Mixed Rice) warm.
- Keeping food other than rice such as croquette or Miso soup warm.
- Keeping rice warm for more than 12 hours.
- Keeping rice warm with the Spatula left inside the cooker.
- Leaving the Rice Cooker unplugged.



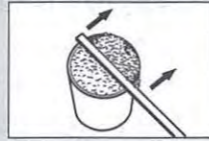
For keeping a small amount of rice warm, be sure to gather the rice toward the center of the Inner Cooking Pan to prevent drying.

HOW TO COOK RICE

BASIC COOKING STEPS

1 Measure the rice with the provided Measuring Cup.

A leveled 1 cup of rice in the provided Measuring Cup is approx. 180mℓ.



2 Rinse the rice and adjust the amount of water.

Place the Inner Cooking Pan on a flat surface and level scales according to the menu you have chosen (refer to the Page 10 "TIPS TO COOK TASTY RICE BY MENUS"), and then flatten the surface of rice.



- You could start cooking rice immediately after rinsing, and it does not need to be soaked. If you soak the rice for a while after water measurement, the texture of the rice may become a little soft.

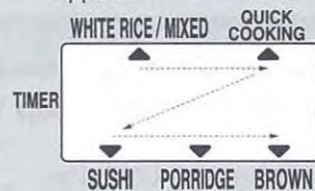
3 Place the Inner Cooking Pan into the Main Body, close the Outer Lid and plug in the Power Plug.

Wipe off moisture or foreign objects on the outer surface of the pan, then place the pan securely into the cooker.

4 Select the desired Menu by pressing the "MENU" key.

- Each press of the key changes the position of the "▲". Press the button till it moves to your desired menu.
- Press and hold the key to fast forward the selection.
- Stored Menus: "WHITE RICE/MIXED" and "BROWN" will be stored till your next cooking selection.
- QUICK COOKING menu: Choose this menu when cooking White Rice in a hurry. The cooking result of the rice texture may be a little harder.

The remaining time till completion in minutes will appear.



5 Press the "COOKING" key.

The Cooking lamp will turn on and the melody / beep to start cooking will sound. When the cooker reaches the steaming process, the display shows the remaining time till completion.

Turn on

COOKING

The remaining time till completion in minutes.



6 When the melody / beep to indicate completion sounds, stir and loosen the rice immediately for fluffy rice.

The cooker automatically switches to Keep Warm upon cooking completion and the KEEP WARM lamp turns on. The display will show the elapsed time of Keep Warm in hour(s).

Elapsed time of the Keep Warm function.



Turn on KEEP WARM

- If you wish to know the current time during Keep Warm, press ▲ or ▼ key for time setting. Then press ▲ or ▼ key for time setting to return to the Keep Warm mode. If you do not return the display mode to show the elapsed time of Keep Warm, the display will not show it again at the next cooking. The change of the display modes can only be done during the Keep Warm mode.
- If you cancel the Keep Warm and press the KEEP WARM key again, the display shows 0h.
- The sound setting can be changed. Refer to page 14 "SOUND SIGNALS & HOW TO CHANGE IT" for details.

7 After use, press "RESET" key, then unplug the Power Plug.

Estimated cooking time from start to completion.

Menus	Required Time	Menus	Required Time
White Rice / Mixed Rice:	40-55 minutes	Porridge:	55 minutes-1 hour 5 minutes
Quick Cooking:	27-39 minutes	Brown Rice:	1 hour 20 minutes-1 hour 40 minutes
Sushi Rice:	40-55 minutes		

The above table is based on the testing conditions of 230V (NS-LAQ05) or 220V (NS-LAH05C), a room temperature of 20°C, and water at a starting temperature of 18°C. Please note that the actual time may vary depending on the voltage, room temperature, season, and the amount of water used.

Please Follow:

- Do not open the Outer Lid during cooking to prevent imperfect cooking results.
- When cooking rice consecutively, allow the Main Body and the Outer Lid to cool down to body temperature; otherwise it will not cook well.
- To prevent breakdown, do not press the COOKING key when the Inner Cooking Pan is empty.
- Depending on the cooking condition, the bottom of the rice may become slightly browned.
- The center of the rice may be caved in due to the cooking mechanism of surround heating.

HOW TO COOK RICE (cont.)

TIPS TO COOK TASTY RICE BY MENUS

• When measuring rice, use the Measuring Cup provided and level off.

MIXED RICE:	
Amount of Rice:	For best results, cook less than 2 cups; otherwise the cooking results may not be satisfactory.
Water Level:	Use the water level for WHITE RICE .
Menu Selection:	Select the WHITE RICE / MIXED menu.
Ingredients:	The appropriate amount of ingredients should be about 30-50% of the rice volume (weight). Excessive amount of rice may not cook properly. (1 cup of rice is about 5.3oz.) Chop the ingredients into small pieces and put them on top of the rice without mixing them into the rice.
Remarks:	Seasonings should be mixed with soup stock or water and then added to the rice. After adjusting the amount of water, stir it well from the bottom of the Inner Cooking Pan. If the seasonings are added directly to the rice or if not mixed properly, scorching or imperfect cooking may occur.

SUSHI RICE:	
Water Level:	Use the water level for SUSHI RICE .
Menu Selection:	Select the SUSHI menu.

PORRIDGE:	
Rice Type:	Semi-brown rice (30%, 50%, and 70%) or Brown Rice can not be used.
Water Level:	Use the water level for PORRIDGE .
Menu Selection:	Select the PORRIDGE menu.
Remarks:	The appropriate amount of ingredients should be about 30-50% of the rice volume (weight). Chop the ingredients into small pieces and put on top of rice without mixing them into the rice. Ingredients which do not cook easily should not be used in large amounts. Boil green leaf vegetables separately and add them after the rice porridge is finished cooking.

QUICK COOKING:	
Water Level:	Use the water level for WHITE RICE .
Menu Selection:	Select the QUICK COOKING menu.
Remarks:	Choose this menu when you want to cook rice in a hurry. The rice may be slightly harder than normal.

RICE MIXED WITH BARLEY:	
Water Level:	Slightly more than the water level for WHITE RICE .
Menu Selection:	Select the WHITE RICE / MIXED menu.
Remarks:	The amount of barley mixed into the rice should be less than 20% of the total volume; otherwise it may not cook properly. e.g. Cooking 1 cup of Rice mixed with Barley, use 0.8 cup of White Rice and 0.2 cup of Barley.


BROWN RICE:	
Water Level:	Use the water level for BROWN RICE .
Menu Selection:	Select the BROWN menu.

USING THE TIMER

• This function makes the Rice Cooker automatically complete cooking at your desired time.

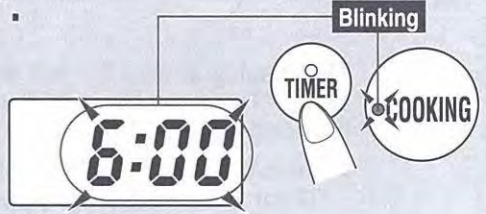
e.g. When you wish the rice to complete cooking at 7:30.

• Be sure to check if the current time is correct before setting the Timer function.
→ P.13

1 Press "  " to select "Timer 1".

The display shows the preset time of 6:00 and the displayed time and the COOKING lamp will blink.



• Press the button again and "Timer 2" preset at "18:00" will appear.





2 Press "  " to select the desired Menu.


• The Timer function is not available for Quick Cooking menu.




3 Press "  " or "  " key for time setting to set the desired time to complete cooking.

 key: Each press advances in increments by 10 minutes.
 key: Each press moves time backwards by 10 minutes.

• Press and hold the key to fast forward by 10 minutes.




4 Press the "  " key.



The COOKING lamp will turn off and the set time of 7:30 will be displayed and the TIMER lamp will turn on with a melody / beep sound.

The time you wish to complete cooking.

• The COOKING key must be pressed to set the Timer.



NOTE:

- To cancel the Timer setting, press the RESET key.
- If you wish to know the current time during the Timer mode, press "  " or "  " key for time setting.
- Do not use the Timer function for Mixed Rice menu. The ingredients may go bad or seasonings may become stuck on the bottom of the pan and cooking results may not be satisfactory.

USING THE TIMER (cont.)

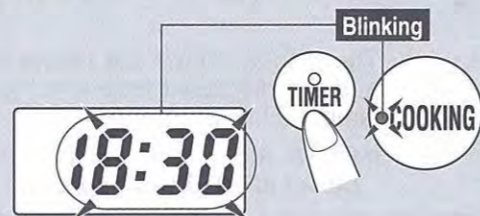
To use the stored Timer settings

- Once the Timer is set, the settings are stored in "Timer 1" or "Timer 2". You do not need to set the time again when using the same settings.

1 Press "  " to select either "Timer 1" or "Timer 2".

The display shows the set time of 7:30 at the Timer menu and the displayed time and the COOKING lamp will blink.

- Press the button again and the "Timer 2" of "18:30" will appear.

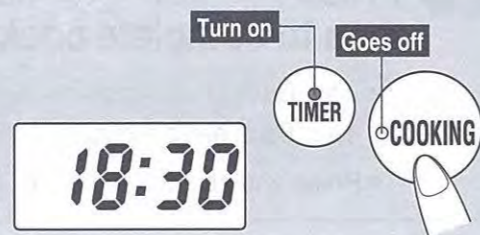


2 Press "  " to select the desired Menu.

3 Press the "  " key.

- The TIMER setting is activated.

e.g. The illustration on the right shows that "Timer 2" is set at 18:30.



Suggested lengths for the Timer setting:

Menus	Timer Setting
White Rice	55 minutes – 13 hours
Porridge	1 hour 5 minutes – 13 hours
Brown Rice	1 hour 40 minutes – 13 hours

NOTE:


- The rice may cook a little softer in texture when the Timer function is used.
- The remaining time till cooking completion will not show when the Timer is set.
- If the Timer is set shorter than the above suggested timing, a beep will sound and it will start cooking immediately.
- Be sure to set the Timer shorter than 13 hours especially during summer to prevent the soaked rice from spoiling due to the high room temperature.

HOW TO SET THE CLOCK

It is important to first set the clock when cooking rice using the Timer. Although the clock is set before shipment from the factory, certain conditions such as fluctuating temperatures may cause it to display inaccurate time. If the clock is not accurate, set the correct time as shown below.



e.g. If the current time is 15:01 but displays 14:58.

1 Set the Inner Cooking Pan and plug in the Power Plug.

2 Press "  " key for time setting and adjust the clock to the current time.

The time display will start to blink.

Adjusting the time

-  key: Each press advances in increments by 1 minute.
-  key: Each press moves time backwards by 1 minute.



- It will return to original after 5 seconds.

- Press and hold the key to fast forward by 10 minutes.

3 When the time display stops blinking, the time adjustment is completed.

After the time setting is completed, the time will stop blinking after 3 seconds.

Time correction is completed



HOW TO USE

SOUND SIGNALS & HOW TO CHANGE IT

This product is equipped with sound signals, which will inform you when the Rice Cooker starts cooking, the Timer is set or cooking is completed by sounds. The sound signals can be changed from a melody to a beep, or disabled (when notifying completion of cooking).

Types of Sound Signals:

※ Silent Function will disable the Sound Signal only when cooking is completed. A beep will still sound to notify when cooking is started and the Timer is set.

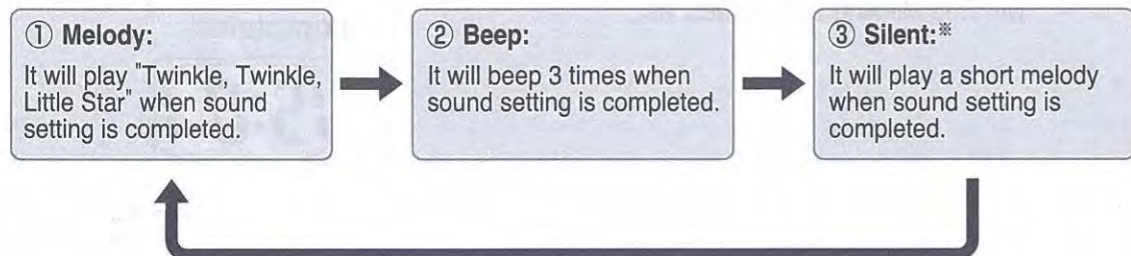
Types of Sound Signals and their meanings	Melody:	Beep:	Silent:※
Indication	The default setting at the time of purchase.	Choose this setting if you wish to change from Melody.	Choose this setting if you wish to disable the Sound Signal when cooking is completed.
Cooking is Started:	"Twinkle, Twinkle, Little Star"	a beep	
Timer is Set:	"Twinkle, Twinkle, Little Star"	a beep	
Cooking is Completed:	"Amaryllis"	beeps 5 times	no sound

How to change the Sound Signal:

- Set the Inner Cooking Pan and plug in the Power Plug.
 - Hold "TIMER" key for more than 3 seconds.
 - The setting is completed when the desired Sound Signal is heard.
- You can not change the sound during Cooking or Keep Warm.
 - If you find it difficult to change / select the sound, please retry from procedure 1.

When changing the Sound Signal:

- Each time the Timer key is held for more than 3 seconds, the Sound Signal will change.



RECIPES

The measurements used in these Recipes:

- Be sure to measure the rice with the Measuring Cup provided. (1 Cup = approx. 180ml)
- Table Spoon = 15ml
- Tea Spoon = 5ml

MIXED RICE

Menu Selection : Select the **WHITE RICE / MIXED** menu.



Ingredients (2~3 servings)

Rice	2 cups	A {	Light soy sauce	1 Tbsp.
Chicken meat (or dried young sardines)	30g		Mirin (sweet sake)	1 Tbsp.
"Age" (fried tofu)	1/3 slice		Salt	1/3 tsp.
Carrot	20g		Dashinomoto	1/3 tsp.
Konnyaku	20g		Soup taken from soaking dried shiitake	To taste
Gobo	20g		Kidney beans (boiled) or stone parsley	To taste
Dried shiitake mushroom	2 pieces			

How to cook

- Cut chicken in 1 cm cubes and 'Age' in strips. Put 'Age' in strainer, pour hot water and squeeze to drain excess oil. Soak chicken and 'Age' in soup stock A for 5 minutes (do not discard this soup stock).
- Cut carrots and 'Konnyaku' in small strips, pour hot water over the carrots and 'Konnyaku' and drain. Shred 'Gobo', soak in water to soften and drain. Soak 'Dried Shiitake mushrooms' in water to soften, remove hard tips and then cut into small strips.
- Add the soup stock from 1 to the soup taken from soaking dried shiitake, and mix them well.
- Rinse rice and add 3. Fill the pan with water to the Water Level 2 for White Rice, and mix it well from the bottom of the pan.
- Place the ingredients from 1 and 2 on top of the rice from 4 and flatten it.
- Press the "MENU" key, select "WHITE RICE / MIXED" and press the "COOKING" key to start cooking.
- When the cooker turns to Keep Warm, mix rice to loosen it.
- Serve rice in a bowl and sprinkle kidney beans or stone parsley on top.

RECIPES (cont.)

RICE PORRIDGE WITH SEVEN HERBS

Menu Selection : Select the **PORRIDGE** menu.



Ingredients (2~3 servings)

Rice	0.5 cup	Salt	A little
Green vegetables	35g		
(the seven herbs of spring, if available, or other green vegetables as substitutes)			

How to cook

- 1 Wash and boil the vegetables. Then soak in cold water, squeeze the water, and cut into small pieces.
- 2 Rinse rice well, add water to the Water Level 0.5 for Porridge.
- 3 Press the "MENU" key, select "PORRIDGE" and press the "COOKING" key to start cooking.
- 4 When the cooker switches to "KEEP WARM" mode, open the Outer Lid, add ingredients from step 1 with a small amount of salt and stir well.

●When cooking porridge:

- ① Be sure to select the PORRIDGE menu.
- ② When cooking porridge with green leaves such as seven herbs, boil the green leaves in advance and add them after the porridge is completed.

Be sure to follow the above 2 points; otherwise it may cause boiling over or clogging of the Steam Vent, which is dangerous.

Seven herbs of spring:

Japanese parsley, shepherd's purse, cottonweed, chickweed, henbit, turnip, garden radish

CLEANING AND MAINTENANCE

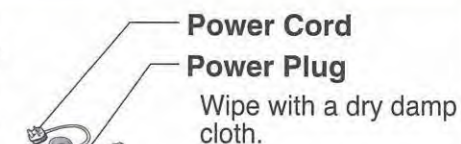
Any other servicing should be performed by an authorized service representative.

- Be sure to unplug the Power Plug and allow the Main Body and the Inner Cooking Pan to cool down.
- Do not use a thinner, benzene, abrasive cleaners and brushes (nylon / metal), bleach or anything that may damage the surface of the cooker.

How to Clean the Exterior

Exterior:

Clean it with a cloth soaked in a kitchen detergent and wrung well. Wipe the Control Panel clean with a dry and soft cloth.

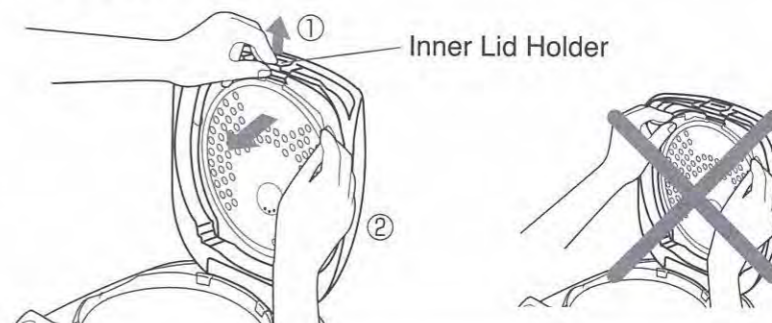


- When using a chemically treated cloth, do not scrub the Rice Cooker hard or allow the cloth to contact the Rice Cooker for an extended time.

How to Remove and Attach the Inner Lid

How to remove the Inner Lid:

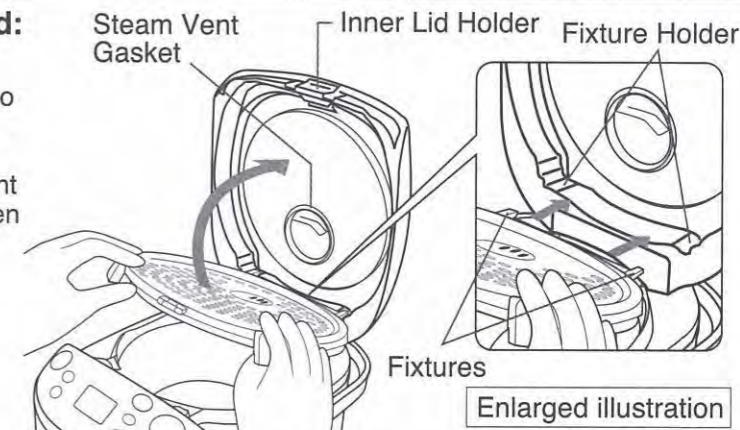
- Press up the Inner Lid Holder "①" then pull the Inner Lid Knobs toward you "②".
- Do not pull the Inner Lid Knobs toward you without pressing the Inner Lid Holder. (It may cause the knobs to break.)



How to attach the Inner Lid:

Insert the fixtures found at the bottom sides of the Inner Lid into the Outer Lid until you hear the click sound.

- Do not scratch the Steam Vent Gasket with the Inner Lid when attaching.



Enlarged illustration

CLEANING AND MAINTENANCE (cont.) REPLACEMENT PARTS

How to Clean the Interior

Inner Lid
Inner Lid Gasket
 Soak the Inner Lid in warm or cold water and wash it with a sponge. If it is clogged with rice or foreign matters, remove them using a tooth pick.
 ● Inner Lid Gasket can not be removed.

Outer Lid
 Hold the Outer Lid securely and wipe it with a well-wrung cloth. Remove the residue and rice attached to the inside of the Outer Lid completely.

Center Sensor
Heating Plate
 Wipe the surface clean with a well-wrung cloth. (If rice or any objects are stuck to the Heating Plate, lightly polish them off with sand paper of about No.320 after dipping in water.) Remove the clogged rice grain and foreign matters with a bamboo spatula or a chopstick.

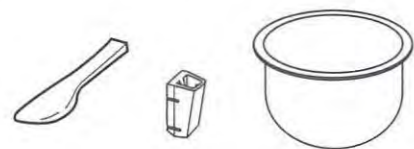
Inside of the Main Body (interior)
 Wipe it with a well-wrung cloth.

How to Clean the Spatula, Spatula Holder and the Inner Cooking Pan

Wash them with a soft sponge. To wash them thoroughly, use a kitchen detergent.

NOTE: The nonstick coating can peel off if damaged. Please take special care to prevent damages and follow these precautions:

- Do not place spoons or bowls into the Inner Cooking Pan when washing dishes.
- Do not use an abrasive cleaner or brush when cleaning it.
- Do not pour vinegar in the Inner Cooking Pan.
- Clean the Inner Cooking Pan immediately after using any seasonings.



REMARKS: The nonstick coating may wear out with use. The nonstick coating may discolor or peel off, but it will not affect its performance or sanitary properties, and is harmless.

REPLACEMENT PARTS

- Please replace damaged parts for optimum performance.
- When replacing parts, please check the model number and the parts name beforehand, then contact the store you purchased the Rice Cooker or Zojirushi Customer Service.

Parts Names	Parts Number
Inner Lid	C100
Inner Cooking Pan	LAQ : B250 LAH-C : B251
Spatula	SHAKN

CHECK HERE BEFORE CALLING FOR SERVICE

TROUBLE SHOOTING GUIDE


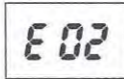
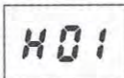
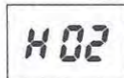
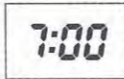
- Please check the following points before calling for service.

Problems	Cause (Points to check)
Cooking	Rice is cooked too hard or too soft.: <ul style="list-style-type: none"> ● If the rice is cooked on a tilted surface, the texture of the rice may vary as the amount of water becomes too much or too little. ● The texture of rice varies depending on the brand of the rice, where it was harvested, and how long it was stored (new crop or old crop). ● The texture of rice varies depending on the room and water temperatures. ● Using the Timer may result in softer rice. ● Using the Quick Cooking menu may result in harder rice.
	Rice is scorched.: <ul style="list-style-type: none"> ● Rice grain or foreign objects may be adhered to the Heating Plate, Center Sensor, or to the outside of the Inner Cooking Pan. ● Rice may not have been rinsed sufficiently and too much bran may be left. ● The Inner Cooking Pan may be deformed.
	Boiling over while cooking.: <ul style="list-style-type: none"> ● Is another menu other than PORRIDGE selected when cooking porridge? ● Did you remember to set the Inner Lid? ● Rice may not have been rinsed sufficiently and too much bran may be left. ● The Inner Cooking Pan may be deformed.
	Not able to cook or keys do not operate.: <ul style="list-style-type: none"> ● Did you plug in the Power Plug? ● Does the display show "E01" or "E02"? → go to P21 ● Is the Keep Warm lamp turned on? → Press the RESET key and then press the COOKING key again.
	Steam comes out from the gap between the Outer Lid and the Main Body.: <ul style="list-style-type: none"> ● Please check if the Inner Lid is deformed or the Inner Lid Gasket is damaged.

TROUBLE SHOOTING GUIDE (cont.)

	Problems	Cause (Points to check)
KEEP WARM	During Keep Warm, rice has an odor, becomes yellow, becomes too dry or there is excessive condensation.:	<ul style="list-style-type: none"> ● Was the rice kept warm for more than 12 hours? ● Was a small amount of rice kept warm? ● Was the rice kept warm with the spatula left in the pan? ● Was cold rice reheated? ● Did you loosen the rice after cooking was completed? → Loosen the rice immediately after cooking is completed. ● Rice may not have been rinsed sufficiently and too much bran may be left. ● The type of rice and water used may make the rice appear yellow. ● After cooking Mixed Rice, some odors can remain. → Clean the Inner Cooking Pan thoroughly.
TIMER COOKING	The Rice Cooker starts cooking immediately after the Timer is set.:	<ul style="list-style-type: none"> ● Is the current time set correctly? → The clock shows in 24 hours. Please check it again. ● If the Timer is set at a shorter time than the suggested time, it will start cooking immediately.
	The rice is not ready at the set time.:	<ul style="list-style-type: none"> ● Is the current time set correctly? → The clock shows in 24 hours. Please check it again.
	The Timer can not be set.:	<ul style="list-style-type: none"> ● Did you press the COOKING key after setting the time? → You need to press the COOKING key to complete setting the Timer.
OTHERS	When power failure occurs.:	<ul style="list-style-type: none"> ● If too many appliances are used at the same time, overload may occur and the breaker will cut off the electric supply. → Please do not use the outlet for the Rice Cooker simultaneously with another appliance. If the electric supply recovers within 10 minutes, the cooker will resume cooking.

ERROR DISPLAYS AND THEIR MEANINGS

	Panel Display	Cause (Points to check)
Error Display	 	● Indicates malfunction. → Please contact the store you purchased this Rice Cooker or Zojirushi Customer Service.
	 	● Open the Outer Lid for about 15 minutes and allow it to cool down. (Be careful for scalding).
	Nothing shows on Display:  is blinking:	<ul style="list-style-type: none"> ● The stored Lithium Battery is out. If the Power Plug is unplugged, the display and the stored memories (current time, menu and Keep Warm setting) will be erased. But you could use it as per normal if the clock is set at a correct time. For changing the Lithium Battery, please contact Zojirushi Customer Service for a replacement (with charge).
	Strange Display:	● Unplug the Power Plug and plug it in again. → The display will show a blinking 7:00. Please reset the time.

SPECIFICATIONS

Model No.		NS-LAQ05	NS-LAH05C
Cooking Capacity [cups]	White Rice, QUICK COOKING	0.09 – 0.54ℓ	[0.5 – 3]
	Mixed Rice	0.09 – 0.36ℓ	[0.5 – 2]
	Sushi Rice	0.18 – 0.54ℓ	[1 – 3]
	Porridge	0.09 – 0.18ℓ	[0.5 – 1]
	Brown Rice	0.09 – 0.36ℓ	[0.5 – 2]
Rating	AC 220–230V 410–450W 50/60Hz	AC 220V 450W 50Hz	
Average Power Consumption during Keep Warm	28W	—	
Rice Cooking System	Direct Heating		
The Length of the Power Cord	1.0m	1.8m	
External Dimensions (approx. cm)	23(W)x30(D)x19(H)		
Weight	approx. 2.8kg	approx. 2.9kg	
Thermal efficiency*	—	73%	
Standby power consumption*	—	0.6W·h	
Heat preservation power*	—	50W·h	
Energy efficiency grade*	—	Grade 4	

- The average power consumption during Keep Warm is the value for maximum rice cooking capacity at a room temperature of 20°C.
- This product may not operate properly in certain environments or places with high altitudes or extreme weather conditions. Please avoid using this product in such areas.
- This product cannot be used in areas where power supply voltage or power supply frequency is different.
- *: GB12021.6 as the benchmark (Measured value at QUICK COOKING Menu)



微电脑电饭煲 使用说明书

NS-LAH05C / NS-LAQ05

- 感谢您购买本产品。
- 请在使用前详读使用说明书，以便正确使用，并请妥善保管本说明书。

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安全注意事项 务请遵守

- 以下所示注意事项分为“警告”和“注意”两项，以防止给使用者或他人带来危害或损害。
- 每个注意事项都涉及有关安全的重要内容，务请遵守。

警告 表示如果操作有误，可能会造成重伤*1的内容。

注意 表示如果操作有误，可能会受到伤害*2或物品损害*3的内容。

*1 重伤是指失明、受伤、烫伤（高温·低温）、触电、骨折、中毒等，以及留有后遗症，或需住院、需长期通院治疗之伤。

*2 伤害是指不需住院、不需长期通院治疗的受伤及烫伤、触电等之伤。

注意 △符号表示警告、注意内容的标记。图中或附近标注有具体的注意内容。

禁止 ⊘符号表示禁止事项。图中或附近标注有具体的注意内容。

指示 ●符号表示强制或指示事项的内容。图中或附近标注有具体的指示内容。

*3 物品损害是指对住房、家财以及家畜、宠物等之损害。

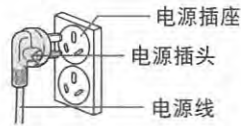
警告

不得改造。除了修理技术人员以外，不得拆卸或擅自修理。
否则，会有造成火灾、触电、受伤的危险。需要修理时，请惠询经销店或服务店。

不得用湿手插拔插头。
否则，会有造成触电、受伤的危险。

不得让儿童单独使用，不得在幼儿摸得到的地方使用。
否则，有造成烫伤、触电、受伤的危险。

电源线、插头损伤时或插座松动时，请勿使用。
否则，会有造成触电、短路、起火的危险。



电源线不得受损。
强行扭曲、拉扯、扭转、捆扎、或靠近高温处，电源线上放置重物、或挤压、加工、会造成电源线破损，而有引起火灾或触电的危险。

不得使用交流220V（NS-LAH05C），220-230V（NS-LAQ05）以外的电源。
否则，有引起火灾、触电的危险。

将插头完全插入插座。
否则，会有造成触电、短路、冒烟、起火的危险。

不得浸泡于水中、不得溅水、本体内部不得进水。
否则，有可能造成短路、触电。

请勿使本体插座、电源插头、电源线、本体插头浸泡于液体或溅湿。
否则，可能导致短路或触电。

不得触摸蒸气口。
会造成烫伤。
尤其应防止幼儿触摸。

请勿将别针、铁丝等金属物、以及其它异物放入底部的孔内。
否则，有造成触电、异常情况的危险。



请勿在煮饭中打开外盖或移动本体。
否则，有造成烫伤的危险。

应单独使用额定10A以上的插座。
若与其他器具共同使用，分路插座部分会因异常发热而引起火花。

插头前端及插脚安装面有灰尘沾附时，应仔细擦拭。
否则，有引起火灾的危险。

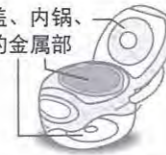
在没有安全责任人对本机器的使用给予指挥管理或指示的情况下，运动能力、感觉能力或是智力低下及缺乏经验和知识的人（包括儿童）严禁使用本机器。家长应照看管理好孩子，避免儿童用本机器玩耍。

注意

请不要在煮饭中或刚煮好饭时碰触本体高温部。取出内锅时，电源不能自动被切断。打开外盖时，小心蒸气。搅拌米饭时，注意手不要碰触到锅体。

否则，有可能造成烫伤的危险。

特别是内盖、内锅、加热板等的金属部



移动本体时不要碰触到上盖按钮。
否则，一旦外盖突然开启会造成烫伤和受伤。



不得在溅水的地方或火源附近使用。
否则，会有造成触电、漏电或变形的危险。

不要在距离墙壁、家俱过近之处使用。在厨房用柜橱等处煮饭时，注意不要让蒸气无法排出。
否则，会造成墙壁或家俱变色或变形。

待本体冷却后再进行清理。
否则，碰触到高温部会造成烫伤。

拔下插头时，务必手持插头，不得拉扯电源线。
否则，有可能造成触电或短路而出现火花。

请勿使用专用内锅以外的容器。
否则，易造成内锅过热而发生危险。

请勿在不稳定的地方或不耐热的垫子上使用。
否则，会有造成火灾的危险。

不使用时，请从插座上拔下插头。
否则，会有造成受伤、烫伤，或因绝缘劣化而引起的触电、漏电、火灾。

电源线破损时请更换专用的电源线。
更换时，请确认好产品的型号后去经销店或服务店购买更换。

敬请注意

■请勿在本体（特别是蒸气口）上覆盖抹布等。
否则，会造成本体或外盖变形、变色的原因。

■请勿放入会损伤内锅的器具。
一旦内锅刮伤会造成煮饭不良。

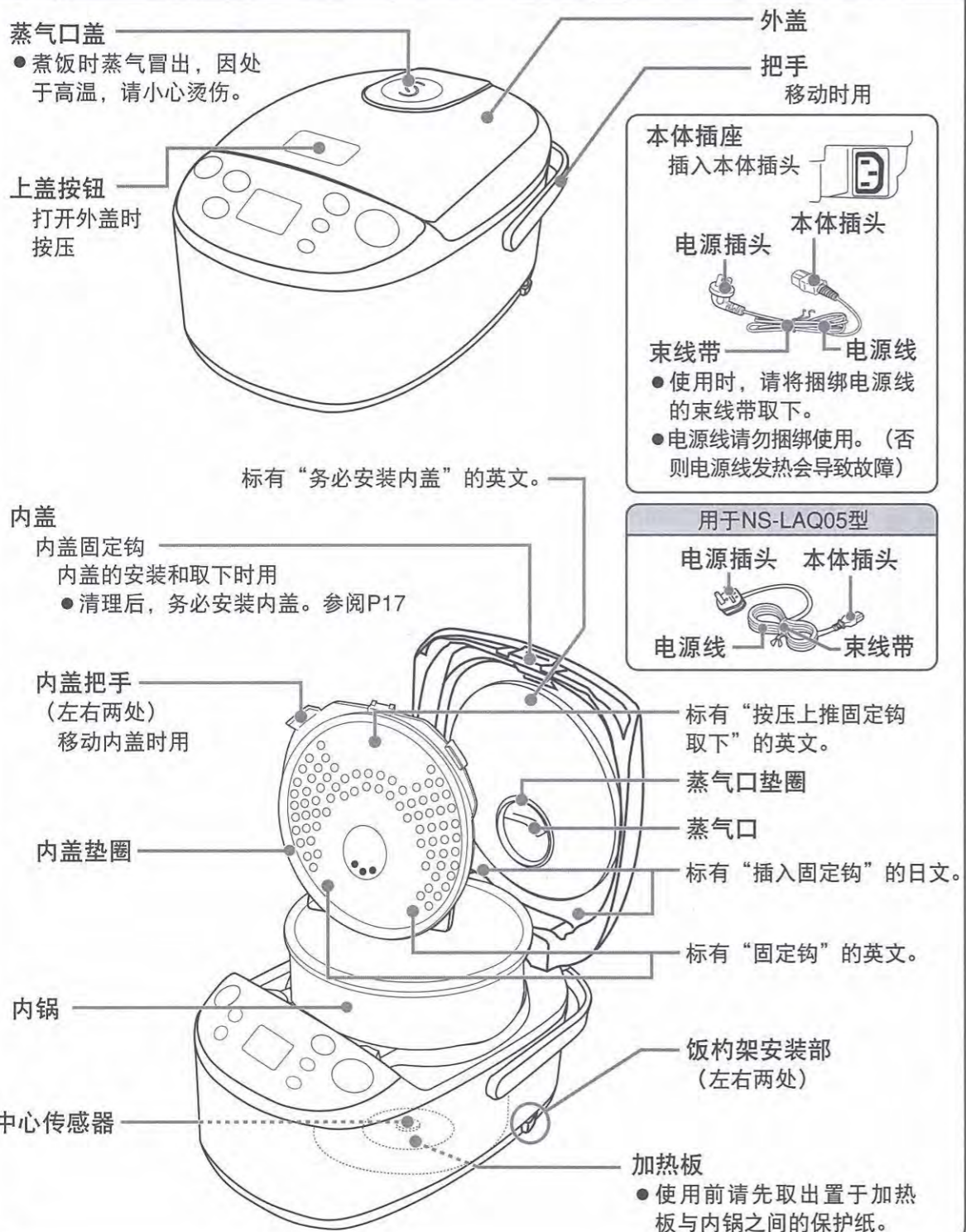
■本产品用于一般家庭以及以下类似用途。
●可用于商店、办公室或其他工作环境中的员工用厨房。
※但是，不要用于因未指定人群造成的长时间使用。
另外，也不要用于以下的类似用途。
●宾馆、汽车旅馆、其他住宿设施等。

■请勿在本体内侧及内锅外侧沾附异物（饭粒、米粒等）的状态下使用。
否则，会造成煮饭不良。

■请不要用于蒸物等、以及煮饭和保温以外的用途。
否则，会造成蒸气口堵塞。

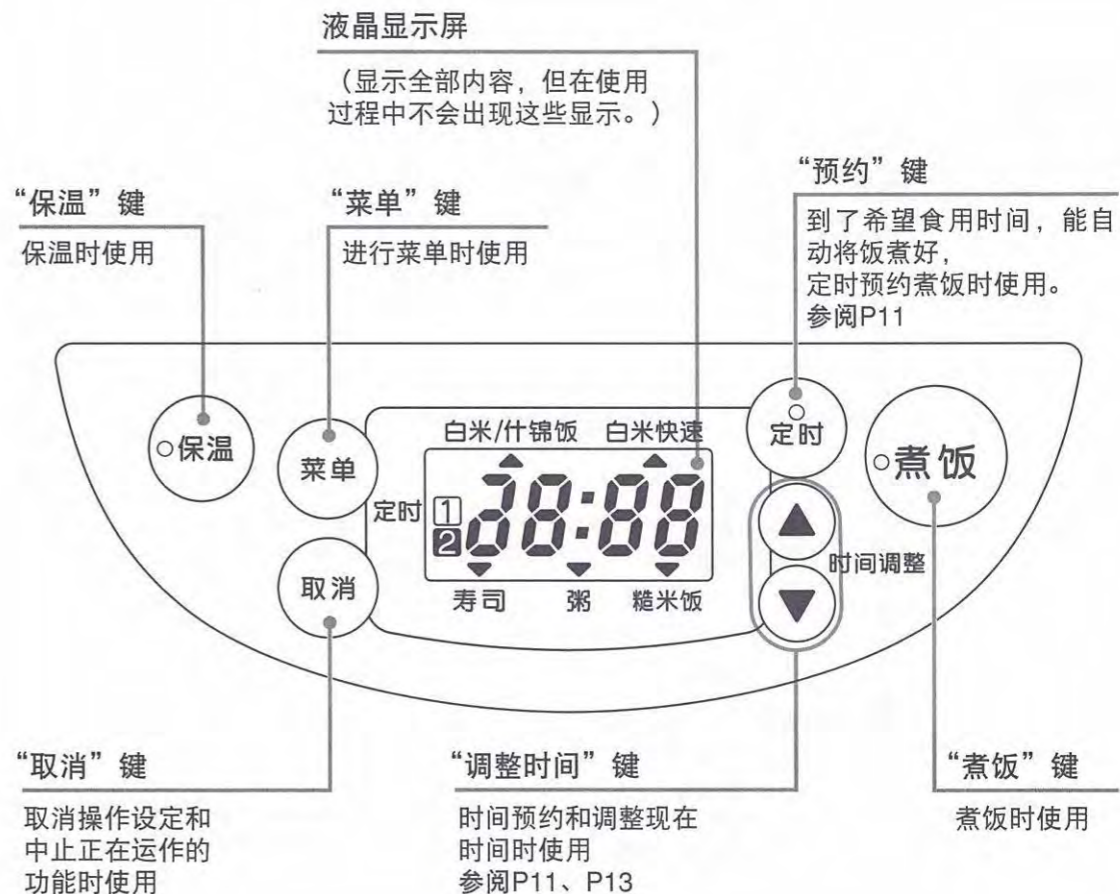
各部分名称和使用方法

本体



操作面板

- 请确实按下操作键。
- 报知音的变化以及“煮饭”键和“取消”键的中央的(●、—)，是为视力障碍者而设计的。



附件

饭杓



饭杓架



量米杯

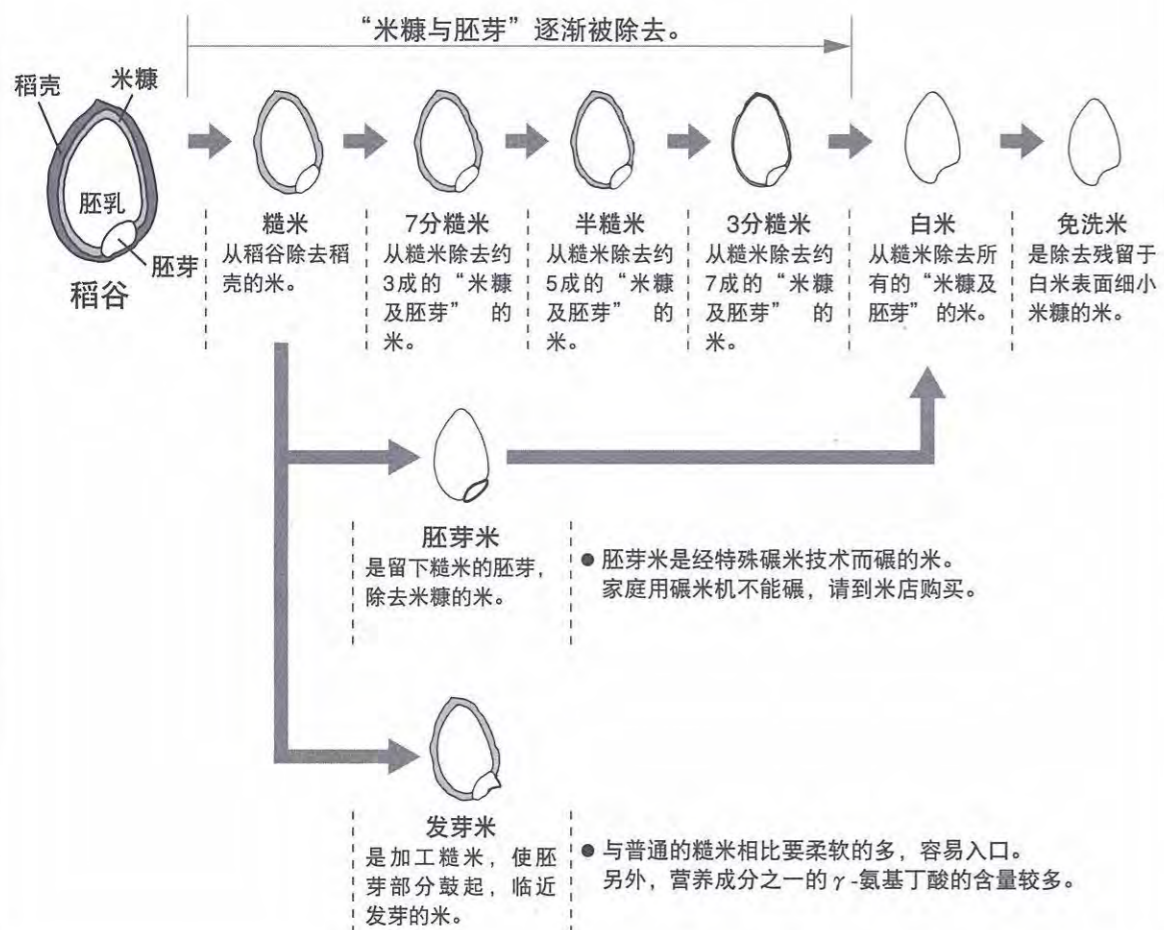


(180ml)

有关米的小知识

米的名称

●米因碾米及加工方法的不同其名称也有所不同。



美味炊煮、可口保温

美味炊煮

正确量米

务必使用附属的量米杯平口盛满进行计量。
如用按键式自动量米机和商店出售的量杯（200ml）量米将会产生差异。

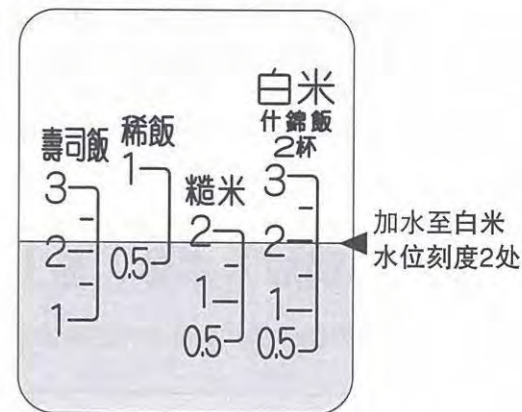
快速淘米

第一次多放些水，快速淘洗后立即将水倒掉。之后换4—5次水，将米糠冲洗干净。

正确增减水量

米的种类	水量增减标准
软质米 胚芽米	基本按照水位刻度
新米	比水位刻度稍微减少些
旧米 硬质米	比水位刻度稍微增加些

例：煮2杯米量的白米时



不要使用碱性强的水煮饭

否则米饭会变黄、或发粘。

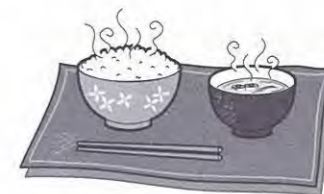
煮饭结束后请马上搅拌

使多余的水分蒸发，米饭松软可口。

可口保温

为防止米饭的干燥、变味、变色，
不要进行下述之保温

- 加入剩饭
- 从冷饭开始保温
- 白米饭以外（什锦饭、糯米饭等）
- 炸薯饼、酱汤等米饭以外的食品
- 保温12小时以上
- 饭杓放在锅内
- 插头处于拔出状态，米饭放置锅中



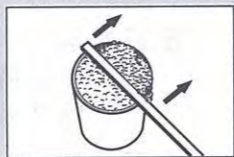
少量米饭保温时，将米饭堆在内锅中央

煮饭方法

基本的煮饭方法

1 使用附属的量米杯进行量米

以量米杯（180ml）平口盛满1杯为标准进行量米。



2 淘米、增减水量

将内锅置于水平处，根据烹煮项目的水位刻度进行增减水量，参阅P10“高明的煮饭方法”将米摊平。

- 米不需浸泡可立即煮饭。将米浸泡后煮出的饭会稍软。

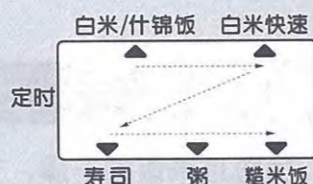


3 将内锅放入本体，盖上外盖并插入插头


擦去内锅外侧和本体内侧沾附的水分和异物，放入内锅。

4 用 键菜单烹煮项目

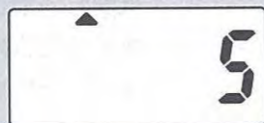
- 每按一次键，“▲”位置移动。
- 持续按键则可快速移动。
- 记忆项目：“白米/什锦饭”及“糙米饭”一经菜单煮饭后，到下次再菜单为止，将被自动记忆。
- 白米快速：想要快速烹煮白米饭时菜单白米快速。但有可能煮出的饭会稍硬。




5 按 键

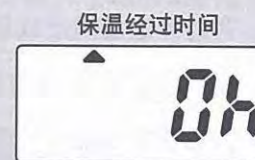
煮饭灯  亮灯，开始煮饭的提示音（蜂鸣器）鸣响。进入焖饭状态时，将显示至饭煮好的剩余时间。



到饭煮好的剩余时间



6 煮饭结束的提示音（蜂鸣器）鸣响后，请立刻搅拌米饭

煮饭结束后自动进入保温，此时保温灯  亮灯，以1小时为单位显示保温经过时间。煮饭结束后立刻搅拌米饭，使多余的水分蒸发，以防米饭结块或发粘。



- 在保温中想知道当前时间时，请按“调整时间”键的  或  键。并请再次按“调整时间”键，返回保温经过时间。否则下次煮饭时将不显示保温经过时间，该切换只能在保温中进行。
- 若将保温一度取消后，再次进行保温时，显示会返回到“0h”。
- 煮饭结束时的报知音可以进行切换。参阅P14“报知音的种类及切换方法”

7 使用结束后按 键，拔下电源插头

煮饭所需的大约时间

项目	时间
白米 / 什锦饭	约40—55分钟
白米快速	约27—39分钟
寿司饭	约40—55分钟
粥	约55分钟—1小时5分钟
糙米饭	约1小时20分钟—1小时40分钟

是在电压220V（NS-LAH05C），230V（NS-LAQ05）、室温20℃、水温18℃时，从煮饭开始到进入保温状态时的时间。其时间因电压、室温、季节、水量等而异。

提示和注意

- 请不要在煮饭中打开外盖，否则会影响煮饭效果。
- 连续煮饭时，请冷却本体和外盖至人体肌肤温度。太热会影响煮饭效果。
- 请不要空煮，否则会引起故障。
- 因煮饭状态的不同，有时煮好的米饭底部可能会有浅黄色的焦饭。
- 煮好的米饭中央部会略有凹陷，这是因米受锅限制所煮之故。

煮饭方法 续

高明的煮饭方法

●使用附属的量米杯，平口盛满进行量米。

什锦饭

米	请煮2杯以下。超出此量煮饭时，有时会造成溢出或影响煮饭效果。
水量	按照 白米 的水位刻度。
菜单键	菜单 白米 / 什锦饭 。
配料	加入配料的量约占米量的30%—50%为宜。加入配料过量时会影响煮饭效果（1杯米约150g）。请将配料切成小块放在米上，不要搅拌进行烹煮。

将调味料用汤汁或水等稀释后再加入米中，增减水量后从锅底进行充分搅拌。若将调味直接加入米中，或没有从锅底进行充分搅拌时，有时会焦糊，或影响煮饭效果。

寿司饭

水量	按照 寿司饭 的水位刻度。
菜单键	菜单 寿司 。

糙米饭

水量	按照 糙米 的水位刻度。
菜单键	菜单 糙米饭 。

麦片饭

水量	比 白米 的水位刻度稍微多加些水。
菜单键	菜单 白米 / 什锦饭 。

麦片的比例，请添加到煮饭量的20%以内。量过多时，会无法顺利煮饭。
(例) 煮1杯的量时，米为0.8杯、麦片为0.2杯。

粥

米	使用半糙米、糙米煮不好粥。
水量	按照 稀饭 的水位刻度。
菜单键	菜单 粥 。
配料	加入配料的量约占米量的30%—50%为宜。请将配料切成小块放在米上，不要搅拌进行烹煮。尽量少放不易煮熟的配料。另外，青菜类请事先烫煮，务必等粥煮好后再加入。

白米快速

水量	按照 白米 的水位刻度。
菜单键	菜单 白米快速 。
其他	想要快速烹煮白米饭时菜单白米快速。但有可能煮出的饭会稍硬。

定时预约煮饭

●到了希望食用时间，已自动煮好。用“预约1”和“预约2”来记忆2个预约煮饭时间。

例：希望上午7:30能煮好

1 ●在定时预约之前，请先确认当前时间是否准确。参阅P13

按 **定时** 键，菜单“预约1”

“预约1”显示为设定时间“6:00”，此时显示时间和煮饭灯闪烁。

●再按一次“预约”键，“预约2”显示为“18:00”。



2 按 **菜单** 键，菜单需要的功能

●“白米快速”不能使用预约定时。

3 按 **▲** 键或 **▼** 键，设定希望食用时间

按 **▲** 键：以10分钟为单位递进

按 **▼** 键：以10分钟为单位递减

●持续按键则以10分钟为单位快速递进。



4 按 **煮饭** 键

煮饭灯灭灯，希望煮好时间“7:30”和预约灯亮灯。希望煮好时间提示音（蜂鸣器）鸣响

●不按“煮饭”键，则定时器预约没有完成。



提示

- 取消定时预约煮饭时，请按“取消”键。
- 在定时预约中想知道当前时间时，请按“调整时间”键的 **▲** 或 **▼** 键。
- 请不要用定时预约来烹煮“什锦饭”。有时会因配料变质或调味料沉淀而影响煮饭效果。

定时预约煮饭 续

用被记忆的时间煮饭

- 预约了的时间，被记忆在“预约1”和“预约2”中。预约时间与前次相同时，则不需要调整时钟。

1 按 **定时** 键，菜单“预约1”或“预约2”

“预约1”显示为设定时间“7:30”，此时显示时间和煮饭灯闪烁。

- 再按一次“预约”键，“预约2”显示为“18:30”。

2 按 **菜单** 键，菜单需要的功能

3 按 **煮饭** 键

例：“预约2”为“18:30”，完成预约时

- 完成预约。

希望煮好时间

定时预约煮饭的参考时间

项目	时间
白米	55分钟—13小时
粥	1小时5分钟—13小时
糙米饭	1小时40分钟—13小时

提示

- 使用定时预约煮饭时、煮出的饭稍软。
- 定时预约煮饭时，不显示到饭煮好的剩余时间。
- 当设定时间不足于定时器的参考时间时，蜂鸣器鸣响，立即开始煮饭。
- 夏季等室温较高时，为防止白米过度浸泡而引起变质，请尽量设定在13小时以内。

时钟的调整方法

时间以24小时表示。由于室温等的不同，有时会出现少许误差。当时间出现偏差时、请按以下顺序进行调整。

- 当时间出现偏差时，则不能在预定时间完成煮饭。

例：现在时间是15:01，而显示时间为14:58时

1 放入内锅，插入电源插头

2 按“调整时间”键的 **▲** 键，将时间显示调整为现在时间

时间显示闪烁

- 按 **▲** 键：以1分钟为单位递进
- 按 **▼** 键：以1分钟为单位递减
- 持续按键则以10分钟为单位快速递进。

正在调整时间

- 经过5秒钟后，将恢复原来状态。

3 闪烁变为亮灯后，即时间调整完成

现在时间被调整后，经过3秒钟，闪烁将变为亮灯。

时间调整完成时

报知音的种类及切换方法

本产品具有用以告知的提示音功能。即在煮饭开始、完成定时预约和煮饭结束时，通过提示音来报知的功能。

可将提示音改变为蜂鸣音、也可消除煮饭结束时的报知音。


报知种类和时刻

※所谓无音报知...就是将煮饭结束时的报知音设定为不鸣响。但，会发出键的接受声音。

报知种类和用途 鸣响时刻	提示音报知 本产品的标准报知音。 为出厂时设定值。	蜂鸣器报知 希望将提示音报知改 变为蜂鸣器报知时使 用。	无音报知※ 希望消除煮饭结束时 的报知音时使用。
煮饭开始时	小星星	“哔”	
完成定时预约时	小星星	“哔”	
煮饭结束时	弧挺花	“哔”鸣响5次	不鸣响

切换方法

1 放入内锅，将插头插入插座

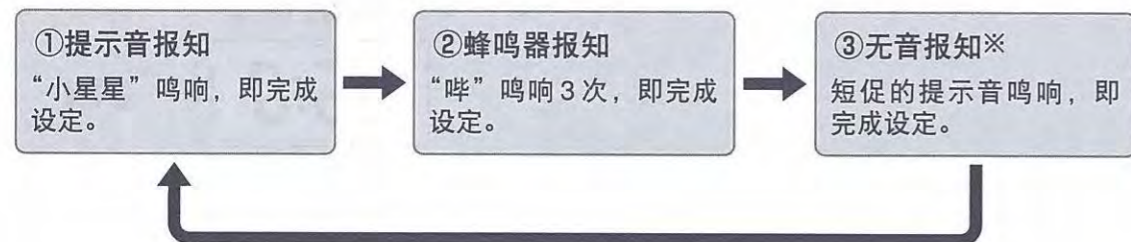
2 按  三秒钟以上

3 希望切换的报知设定完成音鸣响后
即切换完成

- 正在煮饭和保温时，不可以切换。
- 不能顺利进行切换时，请从 1 次重新开始。

报知的切换及设定完成音

●按“定时”键3秒以上的同时，报知以①→②→③进行切换。



食谱

有关计量单位

- 请使用附属的量米杯进行量米
普通米使用量米杯（1杯=180mℓ）
- 1大匙=15mℓ ●1小匙=5mℓ

什锦饭

菜单键：菜单 **白米/什锦饭**



材料(2~3人份)

白米.....2杯
 鸡肉(或是沙丁鱼干).....30g
 油炸豆腐.....1/3片
 胡萝卜.....20g
 茼蒿.....20g
 牛蒡.....20g
 干燥香菇.....2片

A { 淡色酱油·甜料酒(味醂).....1大匙
 盐.....1/3小匙
 日式汤汁的原料.....1/3小匙
 浸泡香菇的水.....适量
 豆荚或是鸭儿芹(煮熟过).....适量

烹调法

- 1 把切成一公分方块的鸡肉，和切成长方块的油炸豆腐(用热水烫过)，用A料浸泡5分钟。
- 2 胡萝卜切成小长方形。茼蒿切成长方块后用热水烫过后沥干水分。把牛蒡削成薄片浸水除腥后沥干水分。干燥香菇泡水复原切除根部后再切成细丝。
- 3 在浸泡香菇的汤汁里加入1后充分搅拌。
- 4 白米洗净后，加入3和水至 **白米** 的水位刻度2，并从锅底进行充分搅拌均匀。
- 5 在白米的上面将1和2的配料铺平。
- 6 按 **菜单** 键菜单 **白米/什锦饭** 后，再继续按 **煮饭** 键。
- 7 切换成保温时，搅拌打松。
- 8 盛入器皿，再放上豆荚或是鸭儿芹装饰。

七草粥

菜单键：菜单 **粥**



材料(2~3人份)

白米.....0.5杯 盐.....少许
 青菜类(可能的话使用春季七草※, 没有的话使用其它的蔬菜).....35g

烹调法

- 1 青菜类洗净后用热水烫过, 用冷水漂凉, 沥干后切成小块备用。
- 2 白米洗净, 加水至 **稀饭** 的水位刻度0.5, 安置于本体内。
- 3 按 **菜单** 键菜单 **粥** 后, 再继续按 **煮饭** 键。
- 4 切换成保温时, 打开锅盖, 加入1及撒盐后轻轻搅拌。或是盛入器皿里, 把1铺放其上。

●烹煮粥时...

- ①请务必菜单 **粥** 项目。
- ②烹煮“七草粥”之类加青菜的粥时, 请事先烫好青菜、等粥煮熟后再加进去。如不遵守以上事项, 会造成汁液溢出或蒸气口堵塞。

※春季七草:

水芹、荠菜、鼠曲草、繁缕、宝盖草、芜菁、萝卜等7种。

- 请务必拔下插头, 待本体和内锅冷却后再进行。
- 请不要使用信那水、汽油、去污粉、去污刷(尼龙、金属制等)、漂白剂等。

本体外侧的清理

本体外侧

用软布沾上肥皂水, 拧干后擦拭。但操作面板只能用干软布擦拭

上盖按钮

请去除掉落在上盖按钮周围的米饭粒

- 否则有可能会造成无法开盖。
- 使用抹布擦拭外盖外侧、本体外侧时, 请不要用力擦拭和长时间的接触。

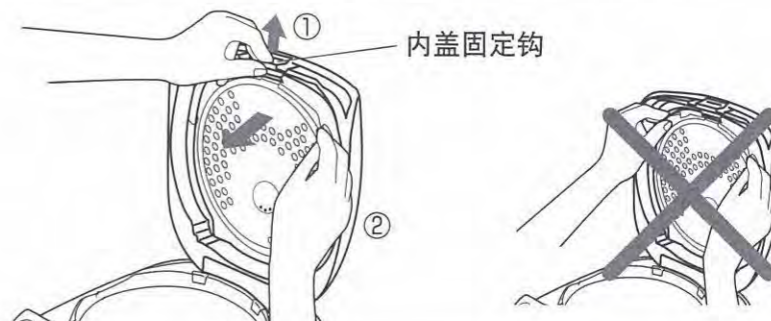


内盖的取下、安装方法

取下方法

按压上推内盖固定钩①、将内盖把手往前面拉出②。

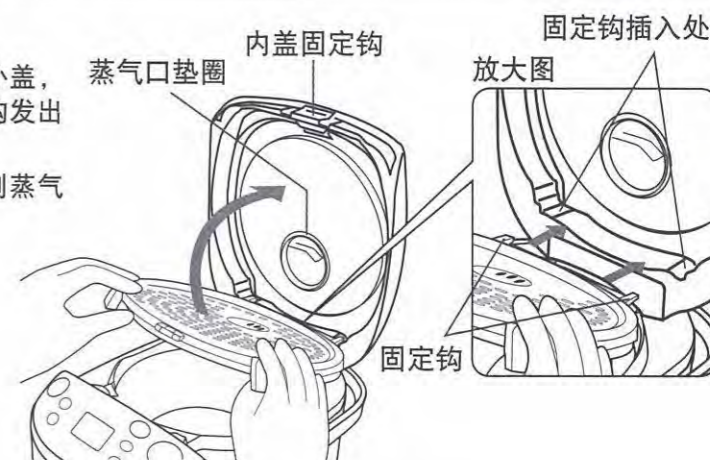
- 在没有按压内盖固定钩时, 请不要拉扯内盖把手。(会造成外盖故障)



安装方法

将内盖下端两处的固定钩插入外盖, 然后按压内盖, 直到内盖固定钩发出“卡嚓”声为止。

- 安装时, 请不要将内盖触碰到蒸气口垫圈。



清理 续

关于零件更换

本体内侧的清理

内盖

内盖垫圈

将整个内盖用热水或水浸泡后，用海绵块清洗

如有饭粒等异物沾附时，请用竹签或牙签剔除

- 不能取下内盖垫圈。

外盖、蒸气口

紧握外盖，用拧干水分的抹布擦拭

将外盖内侧沾附的饭米汤及饭粒擦拭干净

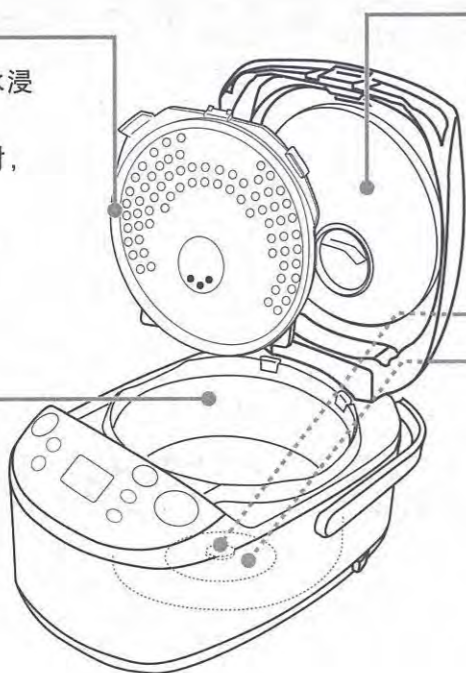
中心传感器

加热板

用抹布浸温水拧干后擦拭表面污垢。（加热板有饭粒等沾附时，用商店中出售的320号砂纸沾上水轻轻擦磨。）用竹签或筷子剔除嵌入的米粒及异物

本体内侧（里面）

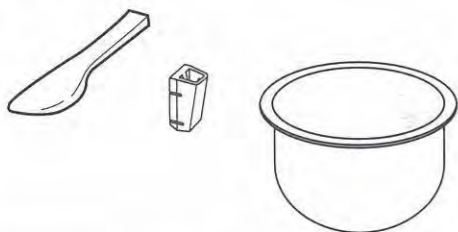
用拧干水分的软布擦拭干净



饭杓、饭杓架、内锅的清理

用海绵块等软物清洗

对较脏部位，使用中性洗涤剂（餐具洗涤剂）清洗



敬请注意

如内锅的防粘涂层膜层受到损伤，会造成膜层剥落，故请小心清理和使用。为了不损伤防粘涂层膜层，请遵守以下事项。

- 不要用于清洗勺子茶碗等
- 不要用去污粉和尼龙刷等清洗
- 不要使用醋
- 使用调味料后尽快清洗

告知

内锅的防粘涂层膜层因使用而消耗。
● 有时会出现色斑或剥落，但不影响卫生及性能，对人体无害。

关于零件更换

- 右表为更换零件的名称。损坏时，请更换新的零件（收费）。
- 更换时，请确认好产品的型号及零件名称后，去经销店或服务店购买。

零件名称	零件号码
内盖	C100
内锅	LAH-C : B251
	LAQ : B250
饭杓	SHAKN

困惑时

认为故障时

- 委托修理前，请检查以下项目。

现象	需检查项目	
煮饭	米饭过硬或过软	<ul style="list-style-type: none"> ● 在倾斜的场所增减水量时，易造成水量过多或过少，导致米饭的软硬度变化。 ● 因品种、产地、保存日期（新米和旧米）等不同，米饭的软硬度会有变化。 ● 因室温、水温等不同，米饭的软硬度会有变化。 ● 用定时器预约煮饭时，米饭有时会变得稍软。 ● 用白米快速煮饭时，米饭会变得稍硬。
	米饭过于焦糊	<ul style="list-style-type: none"> ● 是加热板、中心传感器及内锅外侧沾附饭粒及米粒等异物所致。 ● 是因淘米不够充分而残留米糠所致。 ● 内锅变形。
	煮饭中汁液溢出	<ul style="list-style-type: none"> ● 炊煮粥时，是否使用粥以外的炊煮项目？ ● 是否忘了安装内盖？ ● 是否淘米不够充分使之米糠残留？ ● 内锅变形。
	不能煮饭 操作键失灵	<ul style="list-style-type: none"> ● 是否将电源插头完全插入插座？ ● 是否在显示面板上显示有“E01”、“E02”等？参阅P21 ● 保温灯是否亮灯？→请按“取消”键后再次按“煮饭”键。
	蒸气从外盖与本体之间泄漏	<ul style="list-style-type: none"> ● 请检查内盖是否变形、内盖垫圈是否断裂？

认为故障时 续

现象	需检查项目
保温 在保温中：米饭有异味 变色 变得干巴巴 有大量水珠	<ul style="list-style-type: none"> ●是否经过了12小时以上的保温？ ●是否对少量米饭进行保温？ ●是否将饭杓放在锅内进行保温？ ●是否将冷饭重新加热进行保温？ ●是否将煮好的饭进行了充分搅拌？→请在饭煮好后充分搅拌。 ●是淘米不够充分，残留米糠所致。 ●因米及水的种类不同，有时煮好后的饭看上去发黄。 ●炊煮什锦饭后，有时会留有异味。→请仔细清洗内锅。
预约 预约后 立即开始煮饭	<ul style="list-style-type: none"> ●现在时间是否与时钟一致？→时钟以24小时表示。请再次核对调整。 ●当设定时间不足于定时器的参考时间时，则立即开始煮饭。参阅P12
到了预约时间饭没煮好	<ul style="list-style-type: none"> ●现在时间是否与时钟一致？→时钟以24小时表示。请再次核对调整。
不能预约	<ul style="list-style-type: none"> ●在操作定时器预约的最后，是否按了“煮饭”键？→不按“煮饭”键，则定时器预约没有完成。
其他 发生 停电时	<ul style="list-style-type: none"> ●边煮饭，边使用电热水瓶烧水、或使用微波炉时，有时会超过额定电流，导致电闸断开发生停电。→电饭锅请单独使用电源插座。恢复电闸通电后，如停电时间未 满10分钟则开始继续煮饭。

出现此现象时

现象	需检查项目
错误显示 E01 E02	<ul style="list-style-type: none"> ●是故障。→请与经销店或服务店联系。
H01 H02	<ul style="list-style-type: none"> ●上盖传感器、中心传感器处于高温。→请打开外盖，冷却15分钟。（小心烫伤）
显示消失 7:00 闪烁	<ul style="list-style-type: none"> ●内藏的锂电池用尽。拔下插头，显示和记忆（现在时间、菜单、保温状态）消失，将插头插入插座后，重新调整时间，仍可正常使用。更换时，请与本公司指定的服务店联系。收费更换新的锂电池。
显示异常	<ul style="list-style-type: none"> ●请拔下插头，重新再次插入插座。→因时间闪烁为“7:00”，故请重新调整时间。

规格

型 号		NS-LAH05C	NS-LAQ05
煮饭容量(约ℓ) (内为杯数)	白米、白米快速	0.09-0.54	[0.5-3]
	什锦饭	0.09-0.36	[0.5-2]
	寿司饭	0.18-0.54	[1-3]
	粥	0.09-0.18	[0.5-1]
	糙米饭	0.09-0.36	[0.5-2]
额 定	交流220V 450W 50Hz	交流220-230V 410-450W 50/60Hz	
保温时平均耗电量	—	28W	
煮 饭 方 式	直接加热式		
电 源 线 长 度	1.8m	1.0m	
外 形 尺 寸(约cm)	宽23×深30×高19		
重 量	约2.9kg	约2.8kg	
热 效 率 值*	73%	—	
待 机 能 耗*	0.6W·h	—	
保 温 能 耗*	50W·h	—	
等 级*	4级	—	

- 保温时平均耗电量是室温20℃、最大煮饭容量的数值。
- 在特定地区(高山、严寒地带), 所定性能有可能无法保障, 请尽量避免在此类地区使用。
- 本产品电源电压和电源频率不同的地区无法使用。
- * : 以GB12021.6的规定为基准。(白米快速菜单的测量值)

产品中有害物质的名称及含量

部件名称	有害物质					
	铅(Pb)	汞(Hg)	镉(Cd)	六价铬(Cr(VI))	多溴联苯(PBB)	多溴二苯醚(PBDE)
外装构成品	○	○	○	○	○	○
内部构成品	○	○	○	○	○	○
电气零件	×	○	○	○	○	○
控制零件	×	○	○	○	○	○
附属品类	○	○	○	○	○	○

本表格依据 SJ/T 11364 的规定编制。

○ : 表示该有害物质在该部件所有均质材料中的含量均在 GB/T 26572 规定的限量要求以下。

× : 表示该有害物质至少在该部件的某一均质材料中的含量超出 GB/T 26572 规定的限量要求。
(企业可在此处, 根据实际情况对上表中打“×”的技术原因进行进一步说明。)

NS-LAH05C

执行标准: GB4706.1 -2005, GB4706.19 -2008
GB4343.1 -2009, GB17625.1 -2012

生产厂: 新丰电器(深圳)有限公司
深圳市宝安区福永街道同富裕工业区新丰工业园第1-16栋, 第18-20栋

●食品接触材料一览

产品名称	微电脑电饭煲	型 号	NS-LAH05C
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食品接触用				
部位名		材料名	执行标准	使用注意事项
外盖	外盖	聚丙烯(丙烯均聚物)	GB4806.7-2016	—
	蒸气口垫圈(外侧·内侧)	硅胶	GB4806.11-2016	
蒸气口	蒸气口盖	丙烯与乙烯的聚合物 (其中丙烯占最大质量分数)	GB4806.7-2016	—
内盖套件	内盖	铝合金(1100)	GB4806.9-2016	—
	内盖垫圈	硅胶	GB4806.11-2016	
内锅	基材	铝合金(3004)	GB4806.10-2016	使用时禁止破坏 表面涂层
	涂层(内锅涂层)	聚四氟乙烯		
	涂层(水位刻度涂层)	1,1,1,2,2,3,3-七氟-3-[(三氟乙烯基)氧] 丙烷与四氟乙烯的聚合物		
附件	饭勺·量米杯	丙烯与乙烯的聚合物 (其中丙烯占最大质量分数)	GB4806.7-2016	—

本表格依据 GB4806.1-2016 的规定编制。

销售商：上海象印家用电器有限公司 地址：中国(上海)自由贸易试验区富特北路 225 号第三层 D13 部位

生产日期：请参照产品本体