

NutriWare™



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NutriWare™



Rice Cooker &
Food Steamer
**Whole Grain Guide &
Recipe Book**

NOTES:



Whole Grain Information



Much of the information and recipes on the following pages has been excerpted from [Cooking with Grains](#) by Coleen and Bob Simmons and appears courtesy of Bristol Publishing. For more information, to order this book or to view more of their fine cooking publications visit their website at www.bristolcookbooks.com.

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SUGGESTED NOURISHING INGREDIENTS



ABOUT RICE



Spinach

Great Source of: Calcium, Iron, Magnesium, Manganese, Potassium, Vitamin A, Vitamin B2, Vitamin B6, Vitamin E, Vitamin K

Tofu

Great Source of: Essential Fatty Acids, Iron

Tomatoes

Great Source of: Manganese, Potassium, Vitamin A, Vitamin B1, Vitamin C, Vitamin K

Tuna

Great Source of: Iodine, Selenium, Vitamin B1, Vitamin B3, Vitamin B6

Whole Wheat

Great Source of: Dietary Fiber, Magnesium, Manganese

Zucchini

Great Source of: Copper, Dietary Fiber, Folic Acid, Magnesium, Manganese, Phosphorus, Potassium, Vitamin A, Vitamin C

Rice as we know it was most likely developed when wild grasses were domesticated about 5,000 years ago. Thousands of varieties of rice are grown around the world.

Rice is a very important ingredient in the diet of over half the world's population. In many cultures it is consumed 3 times a day. It can be used to make everything from soups to salads, side dishes, entrées and desserts.

Brown Rice

Brown rice is a whole grain rice from which the outer husk has been removed. It is more nutritious than white rice and has a nutty flavor. Although long-grain is the most common type of brown rice, it is also available in medium- and short-grain varieties.

White Rice

White rice is a brown rice that has been stripped of its bran and germ. Due to the stripping process, white rice has fewer nutrients and less fiber than brown rice. The long-grain variety of white rice cooks into soft separate grains.

Converted Rice

Converted rice is white rice that has been steamed before the bran is removed, which preserves some nutrients. The grains remain firmer than regular long-grain white rice, which makes it a good choice to add to long-cooking dishes, such as jambalaya, gumbo and paella.

Basmati Rice

Basmati is an aromatic white rice. Its long, tender grains have a distinct earthy aroma. It's great with curries or in pilafs.

Jasmine Rice

Jasmine, like Basmati, is a type of aromatic white rice with long separate grains and a distinct perfumy aroma.

Wehani Red Rice

Wehani Red is a California medium-grained hybrid based on an Asian red rice variety. It has a chewy texture and an aroma similar to popcorn.

Arborio Rice

Arborio is a short-grained variety that becomes creamy with constant stirring while cooking. It remains slightly firm after cooking, but absorbs the flavor of the cooking liquid. Arborio is a classic choice for making risotto.



ABOUT WHEAT

Wheat is high in fiber and vitamins B and E, and it even provides some protein. Much of the wheat in the U.S. is consumed in either breads or pastas, which are often made from highly processed “white” wheat flour. Many of the nutrients inherent to wheat are lost after this process. The following are some of the most common forms of wheat available.

Wheat Berries

Wheat berries are whole wheat kernels from which the hull has been removed. Wheat berries have a somewhat meaty texture and are good substitutes for ground meat in recipes. Hard wheat berries come from high-protein “hard” wheat strains. Soft wheat berries come from low-protein “soft” wheat strains. Hard wheat berries take a little longer to cook than soft, but they are interchangeable in recipes.

Cracked Wheat

Cracked wheat is produced by cutting the wheat berry into 2 or 3 pieces. It can be added to breads or used as a substitute for wheat berries or bulgur.

Bulgur

Bulgur is wheat that has been precooked by either steaming or parboiling, after which it is dried, cracked and separated into grades of fine, medium or coarse. Bulgur is easy to cook and its tender, chewy texture makes it perfect for salads, pilafs, savory stuffings and hearty soups. It also makes an excellent breakfast cereal.

Spelt

Spelt is an ancient form of wheat that has a high protein content. Spelt berries are interchangeable with wheat berries.

Couscous

Couscous is a type of tiny pasta that is made from wheat flour. Traditional couscous is made from cracked semolina, a strain of hard wheat. Couscous is a versatile grain and cooks quickly. The quick-cooking couscous found in markets generally steams in 5 minutes. Couscous is exceptional as either a side dish or in a salad.

Israeli Couscous

Israeli Couscous is a wheat product with “kernels” about the size of peppercorns. It can be served topped with sauce or tossed into a salad. It can most likely be found in Middle Eastern markets or specialty food stores.

SUGGESTED NOURISHING INGREDIENTS

Mushrooms

Great Source of: Copper, Selenium, Vitamin B2, Vitamin B3, Zinc

Oats

Great Source of: Dietary Fiber, Magnesium, Manganese, Phosphorus, Selenium, Vitamin B1

Olive Oil

Great Source of: Essential Fatty Acids

Onion

Great Source of: Dietary Fiber, Vitamin C

Parsley

Great Source of: Folic Acid, Vitamin K

Pineapple

Great source of: Manganese, Vitamin C

Quinoa

Great Source of: Copper, Iron, Magnesium, Manganese, Phosphorus

Rye

Great Source of: Dietary Fiber, Magnesium, Manganese, Phosphorus, Selenium

Spelt

Great Source of: Copper, Dietary Fiber, Magnesium, Manganese, Phosphorus, Vitamin B3

SUGGESTED NOURISHING INGREDIENTS

Eggs

Great Source of: Iodine, Iron, Phosphorus, Vitamin D

Fish

Great Source of: Essential Fatty Acids, Iron, Phosphorus

Garlic

Great Source of: Manganese, Vitamin B6, Vitamin C

Green Peas

Great Source of: Dietary Fiber, Folic Acid, Manganese, Vitamin B1, Vitamin C, Vitamin K, Zinc

Kale

Great Source of: Manganese, Vitamin A, Vitamin C, Vitamin K

Kamut

Great Source of: Iron, Manganese, Magnesium, Phosphorus

Lemon, Lime

Great source of: Vitamin C

Milk

Great Source of: Calcium, Iodine, Phosphorus, Vitamin D

Millet

Great Source of: Magnesium, Manganese, Phosphorus



ABOUT BARLEY

Barley is full of vitamins and is a great source of fiber, complex-carbohydrates and protein. Barley is low in fat and has no cholesterol. It is a delicious base for soups, stews, salads, curries, casseroles and desserts.

Below is a bit more about some of the most common forms of barley available today.

Pearl Barley

Pearl barley is a whole-grain barley from which the outer hull has been removed. It is the most common form available. Pearl barley comes in both regular and quick-cooking forms.

Barley Flakes

Barley flakes make an excellent hot cereal, much like oatmeal. They are also great for use in baked goods.

Barley Flour

Barley flour is a low-gluten flour. It can be used in baked items to add a distinctive flavor, but it should be combined with wheat flour to achieve proper results. In general you can replace up to 25% of the wheat flour with barley flour in yeast breads and up to 50% of the wheat flour with barley flour in cookies and quick breads.



ABOUT CORN

Corn is so versatile that it can be incorporated into nearly every meal and snack. It is a good source of carbohydrates and is high in B vitamins, potassium and magnesium. Below is more information about several of the most popular forms of corn.

Cornmeal

Cornmeal is made from dried, ground corn kernels. It comes in yellow, white and blue varieties, depending on which corn kernels it was ground from.

Polenta

Polenta is a version of cornmeal made of both finely ground and coarsely ground cornmeal.

Corn Flour

Corn flour is cornmeal that has been very finely ground. It is mostly used in baking.

Grits

Grits are made from hominy, which is corn that has been soaked in wood ash or lye to loosen the outside hull and soften the kernel. There are many types of grits on the market today, some of which are made from untreated corn. Stone-ground grits have more flavor and texture than instant or quick-cooking grits. The most commonly available grits cook in only 5 minutes.



ABOUT OATS

Oats have significant quantities of fiber, protein and trace minerals. Unlike many other grains, the oat germ, which contains oil, is not removed during processing. Due to this, oats have a higher fat content than most other grains.

Rolled Oats

Rolled oats, also called old-fashioned oats, are made by slicing raw oats before steaming and “rolling” them into flakes.

Steel-Cut Oats

Steel-cut, or Irish or Scotch oats, are whole-grain oats that have been coarsely sliced with sharp steel blades, which leads to a chewy texture.

Quick-Cooking Oats

Quick-cooking oats are processed the same way as rolled oats, but they are rolled into very thin slices over a hot surface, which precooks them slightly.

Oat Flour

Oat flour is made from finely ground oat groats. It has no gluten, so it must be used in conjunction with wheat flour. Oat flour adds a creamy, soft and moist texture.



ABOUT MILLET

Millet is gluten-free, which makes it a great grain for people who are allergic to wheat. Millet is also rich in fiber and protein. It cooks in about the same amount of time as rice and can be substituted for it in many rice recipes. Try it in soups, salads and main courses. Here are the most popular forms of millet.

Hulled Millet Seeds

Hulled millet seeds are whole-grain millet from which the indigestible outer hull has been removed.

Millet Flour

Millet flour is made from ground millet seeds. It has a slightly sweet flavor.

Puffed Millet

Puffed millet is a popular breakfast cereal and can be used as a crunchy topping for baked goods. It is similar to puffed rice and puffed wheat. Look for it in boxes in the cereal aisle of the supermarket or in bulk bins.

SUGGESTED NOURISHING INGREDIENTS

Buckwheat

Great Source of: Dietary Fiber, Magnesium, Manganese

Bulgur

Great Source of: Dietary Fiber, Iron, Manganese

Carrots

Great source of: Dietary Fiber, Potassium, Vitamin A, Vitamin C, Vitamin K

Cauliflower

Great Source of: Dietary Fiber, Folic Acid, Vitamin C

Celery

Great Source of: Vitamin C, Vitamin K

Chicken

Great Source of: Iron, Phosphorus, Vitamin B3, Vitamin B6

Chard

Great Source of: Dietary Fiber, Iron, Magnesium, Potassium, Vitamin E, Vitamin C

Collard Greens

Great Source of: Calcium, Dietary Fiber, Folic Acid, Vitamin A, Vitamin E, Vitamin K

Corn

Great Source of: Dietary Fiber, Folic Acid, Manganese, Phosphorus, Vitamin B1, Vitamin B5

SUGGESTED NOURISHING INGREDIENTS

Amaranth

Great Source of: Calcium, Vitamin C

Apples

Great Source of: Dietary Fiber, Vitamin C

Asparagus

Great Source of: Folic Acid, Vitamin B1, Vitamin B3

Barley

Great Source of: Copper, Dietary Fiber, Manganese, Phosphorus, Selenium

Beef

Great Source of: Iron, Phosphorus, Vitamin B2, Vitamin B3, Vitamin B6, Vitamin B12, Zinc

Bell Peppers

Great Source of: Vitamin A, Vitamin B6, Vitamin C

Broccoli

Great Source of: Dietary Fiber, Folic Acid, Vitamin C, Vitamin K

Brown Rice

Great Source of: Magnesium, Manganese, Selenium

Brussels Sprouts

Great Source of: Dietary Fiber, Folic Acid, Manganese, Potassium, Vitamin A, Vitamin B1, Vitamin B6, Vitamin C, Vitamin K



ABOUT BUCKWHEAT

Although buckwheat is not a true grain, it is treated as such in cooking. It is high in protein, potassium and phosphorus. Buckwheat has a distinctive, somewhat earthy taste. It is very versatile and comes in many forms.

Kasha

Kasha is the familiar name for roasted buckwheat groats or kernels. Kasha is a quick-cooking grain that can be cooked in milk for a nutritious hot breakfast cereal, or cooked in water or stock for pilafs or salads.

Soba

Soba are Japanese-style noodles made from buckwheat and wheat flour. Soba can be used in much the same way as wheat pasta.

Buckwheat Flour

Buckwheat flour is made from ground buckwheat seeds. It has a very pronounced flavor. Buckwheat flour is most often used in blinis (tiny Russian-style savory pancakes) and breakfast pancakes.



ABOUT QUINOA

Quinoa (pronounced "KEEN-wah") was a staple food of the Incas for thousands of years. Quinoa is not a "true" grain. Unlike true grains, quinoa has balanced amino acids and is considered to have a higher protein content than any other grain. While growing, individual grains of quinoa are covered with a natural, bitter-tasting coating, which protects it from insects and birds. Commercially available quinoa has usually been washed, but it is still a good idea to rinse the grains well before cooking.

Whole-Grain Quinoa

The whole-grain variety has a mild, delicate flavor and a slightly crunchy texture. The cooked grains are almost translucent. Cooked quinoa can be a substitute for rice in dishes, and just like rice, it serves as a foil for strong flavors and seasonings.

Quinoa Flour

Quinoa flour is made from ground quinoa grains. It lends a distinctive flavor to baked goods and can be made into pasta.



ABOUT AMARANTH

Amaranth is rich in protein, lysine, calcium and other minerals. It has an aroma and flavor that reminds people of celery.

Whole-Grain Amaranth

Whole grain amaranth has a tendency to stick together, making it an ideal fat-free thickener for soups and sauces. Cooked amaranth quickly becomes quite firm upon cooling, but it can easily be reconstituted by reheating.

Amaranth Flour

Amaranth flour is made from ground amaranth seeds.

Amaranth Flakes

Flakes of amaranth make an interesting breakfast cereal and are perfect to use as a crunchy topping for a casserole.



ABOUT KAMUT

Kamut (pronounced “kah-MOOT”) is an ancient Egyptian form of wheat with kernels 2 to 3 times larger than regular wheat. Although kamut does contain gluten, some people who are sensitive to wheat can still eat it.

Whole-Grain Kamut

Whole-grain kamut can be substituted for wheat berries in most recipes.

Kamut Flakes

A cereal form of kamut, kamut flakes can be used in baking or for a crispy topping on gratin or casserole.



ABOUT RYE

Rye can be grown in cold damp climates where wheat does not grow well. It has a gray hue and tangy taste.

Rye Berries

Rye berries can be substituted for wheat, spelt or triticale berries in recipes.

Rye Flour

Commonly used in pumpnickel and rye breads, rye flour contains little gluten.

NUTRITION INFO:

Vitamin K

The K in Vitamin K comes from the German word “koagulation,” because it is necessary for blood clotting. It also plays an important role in kidney function and bone growth and repair.

Key Benefit: Proper blood clotting

Sources: Broccoli, Brussels Sprouts, Carrots, Celery, Collard Greens, Green Peas, Kale, Parsley, Spinach, Tomatoes

Zinc

Zinc is an essential mineral that can be found in every cell of the body. It stimulates nearly 100 different enzymes. It also helps to maintain a healthy immune system (great at preventing, or shortening the length of, colds), is needed for wound healing and helps to maintain a proper sense of smell and taste.

Key Benefit: Strengthened immune system

Sources: Beef, Green Peas, Mushrooms

NUTRITION INFO:

Vitamin C

Also known as ascorbic acid, promotes healthy gums, strengthens the immune system, prevents cell damage and even helps wounds to heal. It also helps the body absorb iron.

Key Benefit: Prevent illness

Sources: Amaranth, Apples, Bell Peppers, Broccoli, Brussels Sprouts, Carrots, Cauliflower, Celery, Corn, Green Peas, Kale, Lemon, Lime, Onion, Pineapple, Tomatoes, Zucchini

Vitamin D

Vitamin D helps the body better absorb calcium from both food and supplements. It also plays a role in bone and tooth formation and healthy muscle and nerve function. Studies have shown that Vitamin D may help in preventing osteoporosis.

Key Benefit: Healthy muscle and nerve function

Sources: Eggs, Milk

Vitamin E

Vitamin E is a powerful antioxidant that works to neutralize damaging free radicals. It is also important in maintaining a healthy circulatory system.

Key Benefit: Powerful antioxidant

Sources: Chard, Collard Greens, Spinach



ABOUT TRITICALE

Triticale (pronounced "tri-ti-CAY-lee") is a cross between wheat and rye that thrives in cold, damp climates where wheat doesn't grow well.

Triticale Flour

Tritical flour has a small amount of gluten, which if used exclusively in bread recipes requires more kneading and only one rising period.

Triticale Berries

Triticale berries are similar to wheat berries, but smaller. They may be substituted for wheat berries, rye berries, brown rice or pearl barley in recipes.



ABOUT FLAX

Research suggests that flax may provide many beneficial nutrients. It has soluble fiber, Omega-3 fatty acids and high-quality protein. Use caution when using flax in cooking as some people are allergic to it. Flax is used for baked goods and crackers or it can be added to cooked vegetable dishes or grain salads.

Milled Flaxseed

Milled flaxseed is available, but it doesn't keep as long as whole flaxseed. It needs to be stored in the refrigerator and used within a few weeks.

Whole Flaxseed

Whole flaxseed can be ground down in a coffee or spice mill as needed.



NUTRITION INFO:

Vitamin B3

Also known as Niacin, is important for converting calories from protein and fat and carbs into energy. It also promotes a normal appetite and healthy-looking skin.

Key Benefits: Detoxification, cholesterol reduction, skin beauty

Sources: Asparagus, Beef, Chicken, Mushroom, Spelt, Tuna

Vitamin B6

Also known as pyridoxine, helps with brain function and in converting protein to energy.

Key Benefit: Maintain proper brain function and energy levels

Sources: Beef, Bell Peppers, Brussels Sprouts, Chicken, Garlic, Spinach, Tuna

Vitamin B12

Also known as cobalamin, combines with folic acid to produce healthy red blood cells. It also helps to keep the central nervous system healthy.

Key Benefit: Healthy red blood cells

Sources: Beef

NUTRITION INFO:

Vitamin A

Also known as retinol, helps eyes adjust to brightness changes. It also is needed to keep eyes, skin and mucous membranes properly moist.

Key Benefit: Proper eye function

Sources: Bell Peppers, Brussels Sprouts, Carrots, Collard Greens, Kale, Spinach, Tomatoes, Zucchini

Vitamin B1

Also known as Thiamin, keeps the body going by converting blood sugar into energy. It also maintains mucous membrane health and is essential for proper cardiovascular, nervous system and muscular function.

Key Benefit: Energy

Sources: Asparagus, Brussels Sprouts, Corn, Green Peas, Oats, Tomatoes, Tuna,

Vitamin B2

Also known as Riboflavin, combines with other B-complex vitamins to process calories from carbs, protein and fat. Riboflavin is necessary for growth and proper red cell production. Taking the daily recommended amount also promotes healthy skin and good vision.

Key Benefits: Red cell production, vision health, skin beauty

Sources: Beef, Mushrooms, Spinach



Ingredients:

- 1 cup quinoa, rinsed
 - 2 cups water or broth
- Pinch of salt

Basic Cooked Quinoa

Makes 3½-4 cups

Place the inner pot into the rice cooker. Place quinoa in a sieve and rinse well under cold running water. Transfer to the inner pot with water and salt. Press the "White Rice" button. Cover and allow it to simmer for 10 to 20 minutes, until grains are translucent and the outer germ separates from grain. Drain any excess water and cool.





- 1 cup regular pearl barley
- 3 cups water or broth
- ½ tsp. salt, if using water

Basic Cooked Pearl Barley

Pearl barley requires no soaking. Take a couple of minutes to sort through it and remove any stones or extraneous materials that may have slipped through the packaging process. Instant or quick-cooking barley usually cooks in 10 to 12 minutes. Follow package directions for specifics. Makes 3½-4 cups

Place the inner pot into the rice cooker. Place barley, water and salt (if using) into the inner pot. Press the "White Rice" button. Cover and allow to cook for roughly 45 minutes, until barley is tender and moist or the liquid is absorbed. Fluff grains with a fork. Cool before refrigerating.



NUTRITION INFO:

Phosphorus

Phosphorus, along with calcium, is required for building strong bones and teeth. It also aids in the proper digestion of niacin and riboflavin and helps kidneys to efficiently excrete waste.

Key Benefits: Strong bones and teeth, increased kidney effectiveness

Sources: Barley, Beef, Chicken, Corn, Eggs, Fish, Kamut, Milk, Millet, Oats, Quinoa, Rye, Spelt, Zucchini

Potassium

Potassium is an essential dietary mineral and electrolyte that helps to regulate blood pressure and heart function.

Key Benefit: Lower blood pressure

Sources: Brussels Sprouts, Carrots, Chard, Spinach, Tomatoes, Zucchini

Selenium

Selenium is essential in small quantities; however it can become toxic at high levels. It is necessary for the formation of functional protein. Studies have also linked selenium to lower instances of cancer in many organs.

Key Benefits: Proper protein production

Sources: Barley, Brown Rice, Mushrooms, Oats, Rye, Tuna

NUTRITION INFO:

Iron

Iron is an important part in the metabolism of almost all living organisms. In humans, iron is an essential component of hundreds of proteins and enzymes.

Key Benefit: Oxygen transport and storage, antioxidant and pro-oxidant functions

Sources: Beef, Bulgur, Chard, Chicken, Eggs, Kamut, Quinoa, Spinach, Tofu

Magnesium

Magnesium is an important element of both the structure and function of the human body. The majority of magnesium within the body can be found in bones. Magnesium is also a part of more than 300 essential metabolic reactions.

Key Benefits: Bone, cell and membrane structure, energy production and synthesis of essential molecules

Sources: Brown Rice, Buckwheat, Chard, Kamut, Millet, Oats, Quinoa, Rye, Spelt, Spinach, Whole Wheat, Zucchini

Manganese

Manganese is an antioxidant that plays an important role in energy production and the breakdown of amino acids. It is a catalyst in the metabolizing of calories and fats as well.

Key Benefit: Antioxidant, energy production

Sources: Barley, Brown Rice, Brussels Sprouts, Buckwheat, Bulgur, Corn, Garlic, Green Peas, Kale, Kamut, Millet, Oats, Pineapple, Quinoa, Rye, Spelt, Spinach, Tomatoes, Whole Wheat, Zucchini



Ingredients:

- 1 cup kamut
- 3 cups cold water, plus water to cover

Basic Cooked Kamut

Do not add salt to kamut while cooking, doing so may increase the cooking time and/or toughen the grains. Makes 3 cups

Place the inner pot into the rice cooker. Add kamut into the inner pot and cover with water, cover and let stand for 6 to 8 hours or overnight; drain. Add 3 cups cold water to soaked kamut in the rice cooker. Cover and press the "White Rice" button. Allow to simmer for 40 to 50 minutes, until kamut is tender.





Ingredients:

- 1 cup amaranth
- 3 cups water or broth
- Pinch of Salt

Basic Cooked Amaranth

Amaranth cooks into a thick, creamy mixture, which is delicious in soups and stews. Cooked amaranth can be thinned to the desired consistency with water. Makes 2 cups

Place the inner pot into the rice cooker. Place amaranth into inner pot with water and salt and press the "White Rice" button. Cover the rice cooker and let simmer for 20 to 25 minutes, until grains are tender and liquid has been absorbed.



NUTRITION INFO:

Fiber

Fiber absorbs large amounts of water in the bowels, softening stool and helping to relieve constipation. Fiber has also been shown to be helpful in preventing heart disease, cancer, diabetes and the formation of kidney stones.

Key Benefits: Stool softening/improved regularity, disease prevention

Sources: Apples, Barley, Broccoli, Brussels Sprouts, Buckwheat, Bulgur, Carrots, Cauliflower, Chard, Collard Greens, Corn, Green Peas, Oats, Onion, Rye, Spelt, Whole Wheat, Zucchini

Folic Acid

Folic acid is a key element in cellular function and repair, as well as the synthesis and repair of DNA.

Key Benefit: Cellular function and repair

Sources: Asparagus, Broccoli, Brussels Sprouts, Cauliflower, Collard Greens, Corn, Green Peas, Parsley, Zucchini

Iodine

Iodine is an element needed for proper thyroid function, which plays a role in the basic metabolism processes of the body. It also has a role in maintaining energy and helping skin, nails, teeth and hair to be healthy and strong.

Key Benefit: Proper thyroid function

Sources: Eggs, Milk, Tuna

NUTRITION INFO:

Calcium

Calcium is the most common mineral in the body, approximately 99% of which is in the bones and teeth. The final 1% of the body's calcium makeup is found in the blood and soft tissue. This 1% of calcium is vital for proper bodily function. In fact, if not enough calcium is absorbed through diet, the body will begin to de-mineralize bones to maintain the proper calcium levels in the bloodstream. Therefore, a diet with the proper levels of calcium is mandatory to maintain a strong skeleton.

Key Benefits: Strong bones and teeth, regulation of calcium levels in blood

Sources: Amaranth, Collard Greens, Milk, Spinach

Copper

Copper is needed for the proper function of enzymes known as cuproenzymes.

Key Benefits: Energy production, central nervous system function and antioxidant function.

Sources: Barley, Mushrooms, Quinoa, Spelt, Zucchini

Essential Fatty Acids

Omega-3 fatty acids are polyunsaturated fats. Alpha-linolenic acid (ALA) is considered an essential fatty acid because it cannot be synthesized by the human body. Studies have shown that diets with increased levels of Omega-3 fatty acids can lead to decreased risks of heart disease.

Key Benefits: Vision and proper eye function, proper nervous system function, improved cardiovascular function

Sources: Fish, Flaxseed, Olive Oil, Tofu



Ingredients:

- 4 cups cold water, chicken broth or a combination
- 1 tsp. salt
- 1 cup coarse-ground polenta
- 2 tbs. butter, softened

- Freshly ground black pepper, to taste
- 1/3 cup freshly grated Parmesan cheese

Basic Cooked Polenta

Starting the polenta in cold water helps to avoid lumps. Polenta doesn't need continuous attention, but should be stirred frequently to keep it from sticking to the bottom of the inner pot. For firm polenta, the mixture should be thick enough that a wooden spoon placed in the center will stand upright for 10 to 15 seconds. Servings: 4-6

Place the inner pot into the rice cooker. Add cold water and salt to the inner pot. Stir in polenta and press the "White Rice" button. Let simmer for 10 to 15 minutes, stirring every few minutes. Cook until polenta is soft and creamy and grains are soft. Stir in butter, pepper and cheese. Serve immediately in a warmed large bowl or on a platter.





Ingredients:

- 1 cup rye or triticale berries
- 3 cups cold water, plus water to cover

Basic Cooked Rye or Triticale Berries

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Rye berries and triticale berries are very sturdy and require lengthy cooking times. If buying berries in bulk, carefully sort through them to remove any small stones or debris. Rinse rye or triticale berries well in cold water before using. Do not salt the berries until after they are cooked, as salt slows down the absorption of liquid in the grain.

Place rye or triticale berries in a large bowl and cover with cold water. Let stand covered overnight; drain. Place the inner pot into the rice cooker. Pour in 3 cups water into the inner pot and press the "White Rice" button. Add soaked rye or triticale berries. Replace lid and let simmer for 30 to 45 minutes, until tender.





Ingredients:

- | | | | |
|---|--|-----|--|
| 2 | tbs. butter | 1/2 | cup medium-grained bulgur |
| 1 | tbs. full-flavored olive oil | 4 | large tomatoes, peeled, seeded and chopped |
| 1 | large or 2 small leeks, white part only, well washed and thinly sliced | 2 | cups chicken broth |
| 2 | large carrots, peeled and cut into 1/2-inch dice | 4 | cups water |
| 1 | large stalk celery with leaves, thinly sliced | 2 | sprigs fresh parsley |
| 4 | oz. green beans, stemmed and cut into 1/2-inch pieces | 3 | sprigs fresh thyme |
| 2 | medium zucchini, trimmed, cut in half lengthwise and thinly sliced | 1 | bay leaf |
| | | 1 | tsp. salt |
| | | | Freshly ground pepper, to taste |

Garden Vegetable soup

- | | | | |
|---|--|----|---|
| 2 | cloves garlic, minced | 15 | oz. cannelloni, garbanzo or other beans, rinsed and drained |
| 1 | jalapeño chile, stemmed, seeded and finely chopped | | Chopped fresh basil for garnish |
| 1 | cup fresh or frozen peas | | |
| | Freshly grated Parmesan cheese | | |

For this soup, substitute the freshest vegetables from your summer farmers' market, such as asparagus, corn, yellow squash or other vegetables. This soup keeps well in the refrigerator for several days. Servings: 6

Place the inner pot into the rice cooker. Press the "White Rice" button. Add butter and olive oil to the inner pot and allow to heat. Add leeks, carrots, celery, green beans, zucchini, garlic and jalapeño. Sauté for 3 to 4 minutes. Be sure to use a long handled wooden spoon when stirring to avoid burns. Add bulgur, tomatoes, chicken broth, water, parsley, thyme, bay leaf, salt and pepper. Let simmer partially covered for 25-30 minutes. Remove and discard parsley, thyme and bay leaf. Add peas and beans. Adjust seasonings and cook soup for 5 minutes to heat through. Serve hot in soup bowls garnished with fresh basil. Pass Parmesan cheese.



Ingredients:

- | | | |
|-----|---|-------------------------|
| | 1 | cup hulled millet seeds |
| 2 | | cups water or broth |
| 1/4 | | tsp. salt |

Basic Cooked Millet

Hulled millet is more flavorful when it is toasted before cooking. Makes 3 1/2 cups

Place the inner pot into the rice cooker. Pour millet, water and salt into the inner pot. Press the "White Rice" button. Cover and let simmer for 15 to 20 minutes, until most of the water has been absorbed. Press the "Keep-Warm/Power" button once to switch to "Keep-Warm" mode and fluff grains with a fork. Remove grains from cooker and allow them to cool to room temperature before refrigerating. Keep covered for 2 to 3 days in the refrigerator.



Ingredients:

- 2 cups water or broth
- Salt (if not using broth), to taste
- 1 large egg, lightly beaten
- 1 cup kasha

Basic Cooked Kasha

There are two kinds of kasha: a lightly roasted type and a darker roasted version, with a more assertive flavor. Coating the kasha with egg before cooking produces individual grains after cooking. Cooking kasha in broth adds flavor. Makes 3½ cups

Place the inner pot in the rice cooker. Pour water in the inner pot and press the “White Rice” button. Add salt, if using. In a bowl, combine egg and kasha and stir to thoroughly coat kasha with egg. Immediately pour kasha grains into the rice cooker and allow it to simmer for 10-15 minutes, until kasha is tender. Press the “Keep-Warm/Power” button twice to turn the rice cooker off, and remove kasha, drain if necessary. Fluff grains with a fork and cool.



Ingredients:

- 1 yellow crookneck squash or zucchini, diced
- ½ cup diced carrot
- ½ cup cooked peas
- ½ cup diced roasted yellow or red bell pepper
- 4 green onions, white part only, minced
- 2 cups brown rice
- 2 tbs. chopped fresh parsley
- 5-6 fresh mint leaves, cut into ribbons
- 1½ tbs. lemon juice
- 1 tbs. rice vinegar
- 2 tbs. sesame tahini
- 1 tbs. olive oil
- 1 tbs. water
- ½ tsp. ground cumin
- Salt and freshly ground pepper, to taste
- 5-6 drops Tabasco Sauce

Brown Rice Salad w/ Tahini-Lemon Dressing

Cool the rice before tossing it with the vegetables and dressing. Sesame tahini is available in Middle Eastern markets or in the ethnic food section of some major supermarkets. Servings: 4-6

Follow the instructions in your instruction manual for cooking brown rice. While cooking brown rice, add squash and carrot to the steam tray. Squash needs to steam for 10 minutes; carrots for 15. Place steamed squash and carrots in a large bowl. Add peas, peppers, onions, rice, parsley and mint; mix well. In a small bowl mix lemon juice, rice vinegar, sesame tahini, olive oil, water, cumin, salt, pepper and Tabasco. Add dressing mixture to rice mixture and mix well. Serve immediately.





Ingredients:

- 1 cup basmati or long-grain rice
- 2 tbs. butter or ghee (clarified butter)
- 1 small onion, quartered and thinly sliced
- 5 large cremini (brown) or white mushrooms, trimmed and cut into matchstick-sized pieces

- 1 small clove garlic
- ¼ tsp. cardamom
- 1½ cups vegetable broth
- ½ tsp. salt, or less to taste
- ½ cup small green peas



Ingredients:

- 1 cup medium-grained bulgur
- 2½ cups milk, plus more for serving
- Pinch of salt
- 3 tbs. honey, plus more for serving (optional)

- ½ cup raisins, dried cranberries or dried apple pieces
- ½ tsp. cinnamon
- Sugar for serving, optional

Classic Mushroom Pilaf

Aromatic basmati rice is perfect for this side dish, but you can use another type of long-grain rice if you wish. Converted rice remains too firm and will not produce the desired texture for the pilaf. Start soaking the rice about 20 minutes before cooking the pilaf. The green peas can be cooked with rice, or cooked separately and added just before serving to preserve their bright green color. Servings: 4

Place rice in a medium bowl and rinse in several changes of cold water. When water runs clear, cover rice with cold water by about 1 inch and let stand for 30 minutes. Drain in a sieve and discard soaking solution. Place the inner pot into the rice cooker. Press the “Sauté-Then-Simmer™” button and add butter to melt in the inner pot. Add onion and sauté for 3 to 4 minutes. Add mushrooms and sauté for 5 to 6 minutes, until mushroom liquid is released and they are slightly browned. Add garlic and rice, sauté until rice is well coated with butter and grains begin to turn translucent. Add cardamom, broth and salt, let it come to a boil. Stir in peas. Cover cooker and let simmer for 15 to 25 minutes. Do not remove lid during cooking time. Press the “Keep-Warm/Power” button once to turn the rice cooker to “Keep-Warm” mode and let stand covered for 5 minutes. Remove lid and gently fluff grains with a fork; serve immediately.

Spiced Breakfast Bulgur

Hot bulgur with dried fruit and spices makes a great breakfast cereal. Servings: 4

Place the inner pot into the rice cooker. In the inner pot, combine bulgur, milk, salt, honey, raisins and cinnamon. Press the “White Rice” button, cover and allow the contents to come to a boil. Let simmer for 15 to 20 minutes, until mixture thickens, stirring frequently. Pour into serving bowls and add milk and honey or sugar to taste.



Ingredients:

- 2 cups cooled "Basic Cooked Kasha" (see **page 17**)
- 2 cups diced steamed carrots, 3/8-inch dice
- 3 tbs. olive oil
- 1 tbs. rice vinegar
- 2 tbs. lemon juice
- 4 tsp. Dijon-style mustard
- 1/2 tsp. sugar
- 1 tsp. sesame oil
- 1/2 tsp. grated fresh ginger
- Red pepper flakes, to taste
- 1/4 cup fresh cilantro leaves, packed
- 2 tbs. chopped fresh parsley



Ingredients:

- 1 tbs. vegetable oil
- 1 cup diced onion
- 1 large jalapeño chile, stemmed, seeded and minced
- Kernels from 4 large ears of sweet corn
- 3 cups water
- 3 cups chicken broth
- 1/2 cup quinoa, rinsed
- Salt and freshly ground pepper, to taste
- 2 tbs. fresh lime juice
- 1 tbs. butter
- Sweet basil leaves cut into ribbons for garnish

Kasha-Carrot Salad w/ Mustard Dressing

Steaming the diced carrots while cooking the kasha makes this a quick salad to put together. Servings: 4

While cooking kasha according to the "Basic Cooked Kasha" recipe on **page 17**, add diced carrots to the steam tray and place it onto the rice cooker. Carrots typically take about 15 minutes to fully steam, so you may want to place the steam tray on the rice cooker for a few minutes with the water prior to adding the kasha. In a medium bowl, combine kasha and carrots. Season with salt and pepper and mix well. In a blender or food processor, combine olive oil, vinegar, lemon juice, mustard, sugar, sesame oil, ginger, pepper flakes and cilantro leaves. Process until mixture is creamy. Pour mixture over kasha and mix well. Check seasonings. Add chopped parsley and toss well.

Creamy Corn & Quinoa Soup

Make this soup the day before you serve it and present it as a first course for a summer dinner party. For a different accent, garnish it with fresh cilantro and thin lime slices, or dollops of fresh tomato and avocado salsa. Amaranth or millet can be substituted for the quinoa. Servings: 4

Place the inner pot into the rice cooker. Press the "Sauté-Then-Simmer™" button. Add oil and allow it to heat. Add onion and jalapeño and sauté for 3 to 4 minutes. Add corn to cooker and allow to cook for 2 to 3 minutes. Add water, cover and allow to simmer for 15 to 20 minutes, until vegetables are tender. Press the "Keep-Warm/Power" button once to turn the rice cooker to "Keep-Warm" mode. Using caution as vegetables will be hot, blend in batches in a blender until smooth. Strain smooth vegetables through a coarse sieve. Return smooth vegetable mixture to the rice cooker, add chicken broth and press the "White Rice" button. Stir in quinoa, salt and pepper. Cover and simmer for 15 to 20 minutes, until quinoa is translucent. Add lime juice and adjust seasoning. Ladle soup into warm bowls and garnish each serving with a few ribbons of basil. Serve immediately.



Ingredients:

- | | |
|---|---|
| 1 cup "Basic Cooked Millet" (see page 16) | ¼ cup chopped fresh parsley |
| 1 can (6½oz.) water or oil-packed tuna, drained | ¼ tsp. Tabasco Jalapeño sauce |
| | Salt and freshly ground pepper, to taste |
| ⅓ cup finely chopped celery | 2 tbs. buttermilk |
| 1 medium tomato, peeled, seeded and chopped (about ½ cup) | 1 tbs. lemon juice |
| 2 tbs. finely chopped green onions or fresh chives | 2 tsp. full-flavored olive oil |
| | Butter lettuce or radicchio leaves (optional) |

Tuna Millet Salad

This salad travels well and makes great lunchbox or picnic fare. Roll it up in lettuce leaves or spoon it into radicchio cups for an attractive presentation. This recipe doubles easily. Servings: 2-3

After cooking the millet in your rice cooker according to the "Basic Cooked Millet" recipe on **page 16**, combine millet, tuna, celery tomato, onions and parsley in a medium bowl; lightly toss together. Stir in Tabasco, salt and pepper. Stir in buttermilk, lemon juice and olive oil. Adjust seasonings. Serve immediately spooned into lettuce or radicchio leaves, if desired. Refrigerate for up to 2 days. Bring to room temperature before serving.

Note: If using oil-packed tuna, reduce olive oil to 1 teaspoon.



Ingredients:

- | | |
|--|------------------------------------|
| 1¾ cups vanilla-flavored Rice Dream non-dairy beverage | 4 oz. egg substitute |
| 1¼ cups water | 1 tsp. vanilla extract |
| Pinch of salt | 8 oz. crushed pineapple with juice |
| ¾ cup jasmine rice | 1 tbs. dark rum (optional) |
| ⅓ cup sugar | |

Pineapple Rice Pudding

Fragrant jasmine rice pairs with vanilla Rice Dream non-dairy beverage for a creamy, guilt-free dessert. Rice Dream is available in most large supermarkets. Since it doesn't require refrigeration until it is opened, look for Rice Dream on the shelf near the canned milk in a 1-quart cardboard container. Servings: 4-6

Place the inner pot into the rice cooker. Pour 1 cup of Rice Dream and the water into the inner pot. Press the "White Rice" button and allow to come to a boil. Stir in salt and rice. Cover and let simmer for 30 minutes. In a small bowl, whisk together remaining ¾ cup Rice Dream, sugar, egg substitute and vanilla. Stir pineapple with juice into rice cooker. Stir in egg mixture and rum (if using). Let cook, stirring frequently, until mixture simmers and thickens. Press the "Keep-Warm/Power" button twice to turn off the rice cooker and pour contents into a bowl. Pudding will thicken somewhat as it cools. Serve warm, or refrigerate and serve cold.





Ingredients:

- 3½ cups chicken broth
- 3 cups water, plus more if needed for reheating
- 1 cup long or medium grain rice
- Thin egg omelet, cut into strips for garnish (optional)

- Thinly sliced green onions or chopped fresh chives for garnish (optional)
- Diced cooked ham, chicken or pork for garnish (optional)
- Soy sauce for garnish (optional)
- Hot pepper sauce for garnish (optional)



Ingredients:

- 2 cups apple juice
- 2 cups water
- 1 cup Irish steel-cut oats
- ¾ cup diced dried apples, apricots, peaches or a mixture
- 1 tbs. brown sugar, plus more for serving (optional)

- 1 tbs. butter (optional)
- ¼ tsp. cinnamon
- Dash freshly grated nutmeg
- ¼ tsp. salt
- 1 tbs. lemon juice
- Milk, for serving

Rice Soup (Congee)

Every rice-based cuisine has a version of this nourishing, easy-to-digest soup. It is often eaten as a late-night snack or for breakfast. Make a large batch of the basic soup and reheat it with different garnishes for weekday breakfasts. Or, add liquid to leftover cooked steamed rice and cook until it is very soft. Servings: 4

Place the inner pot into the rice cooker. Pour broth and water into the inner pot and press the “White Rice” button. Add rice and stir mixture. Let cook partially covered, stirring occasionally. Once rice appears fully cooked (the mixture will still contain quite a bit of liquid, like soup, check that rice is cooked to the correct doneness), press the “Keep-Warm/Power” button once to turn the rice cooker to “Keep-Warm” mode and serve immediately with desired garnishes or refrigerate. Mixture will thicken somewhat during cooling. Thin with a little more water or soy sauce if reheating.

Hot Apple & Steel-Cut Oats Breakfast

Steel-cut oats have a chewier texture and more flavor than traditional rolled oats. Make this dish with apples or another favorite dried fruit before you go to bed. At breakfast time, reheat the mixture for a quick, nutritious breakfast. Servings: 6

Place the inner pot into the rice cooker. Pour juice and water into the inner pot, press the “White Rice” button. Stir in oats, apples, brown sugar, butter (if using), cinnamon, nutmeg and salt. Let simmer uncovered for 25 to 30 minutes. Add lemon juice, ladle into cereal bowls and serve with milk and more sugar, if desired.



Ingredients:

- 3 tbs. butter
- 1 small onion, thinly sliced
- Pinch red pepper flakes
- 2 tsp. curry powder
- ½ cup quick-cooking barley
- 1 tbs. brown sugar
- 1 lb. carrots, peeled and thinly sliced

- 4 cups chicken broth
- 1 tbs. lemon juice
- Salt and freshly ground pepper
- Plain yogurt for garnish
- Fresh cilantro leaves for garnish



Ingredients:

- 6 cups water
- 2 tsp. salt
- ¾ lb. thin asparagus spears, trimmed
- 2 tbs. butter
- 1½ cups quick-cooking couscous
- 2 tbs. rice vinegar
- 1 tbs. sugar

- 1 tsp. finely grated fresh ginger
- 2 tbs. toasted sesame oil
- Salt and freshly ground pepper, to taste
- ½ cup diced roasted red bell pepper
- ¼ cup black or regular sesame seeds, toasted

Curried Carrot Barley Soup

This soup can be made in less than an hour if you use quick-cooking barley. Slice the onions and carrots with a food processor for ease. Servings: 4

Place the inner pot into the rice cooker. Press the “Sauté-Then-Simmer™” button. Add butter and allow it to melt. Sauté onion for 5 to 6 minutes, or until soft. Add pepper flakes and curry and cook for 1 minute. Add barley and brown sugar and cook for 2 to 3 minutes, stirring to coat barley with butter-curry mixture. Add carrots and chicken broth and bring to a boil. Let simmer for 25 to 30 minutes, until vegetables are tender. Press the “Keep-Warm/Power” button once to turn the rice cooker to “Keep-Warm.” In batches, carefully puree soup with a blender or food processor and return to cooker. Stir in lemon juice, salt and pepper. Serve hot, garnished with yogurt and cilantro. If desired, this soup can be cooled and refrigerated for a few days or frozen until needed.

Asparagus Couscous Salad

This salad, perfect as a side dish for grilled fish or chicken, can be made ahead of time, refrigerated and brought back to room temperature. Servings: 4-6

Place the inner pot into the rice cooker. Pour 4 cups water into the inner pot, press the “Steam” button and allow it to come to a boil. Add 1 tsp. of the salt and asparagus spears and cook for 4 to 5 minutes until crisp-tender. Using extreme caution as inner pot and water will be hot, drain and plunge asparagus into a bowl of ice water for 5 minutes; drain and pat dry with paper towels. Cut asparagus into 1-inch diagonal pieces.

Place the inner pot back into the rice cooker. Press the “White Rice” button. Add butter, remaining 2 cups water and 1 tsp. salt to inner pot and allow to come to a boil. Add couscous and cook for 2 minutes. Cover, and press the “Keep-Warm/Power” button once to turn the rice cooker to “Keep-Warm” mode for 5 minutes. Fluff grains with a fork and cool for a few minutes. In a small bowl, combine vinegar, sugar and ginger; whisk in sesame oil and season with salt and pepper. Pour couscous into a bowl with asparagus, red pepper and dressing; toss gently. Sprinkle with sesame seeds.



Ingredients:

- ¼ cup yellow onion, diced
- 1 large garlic clove, finely chopped
- 1 tablespoon olive oil
- 1 cup Arborio rice, uncooked
- ¼ cup vermouth
- 4 cups chicken broth
- 1 cup whipping cream

- 3 tablespoons butter
- ⅓ cup Parmesan cheese, shredded



Ingredients:

- 2 tablespoons olive oil (can use up to ¼ cup)
- 1 onion, finely chopped
- 2 cups medium or long-grain white rice
- 2 tbs. butter
- 2½ cups chicken broth (or vegetable stock)
- 1 tablespoon tomato paste
- Pinch of oregano
- 1 teaspoon salt

Sauté-Then-Simmer™ Risotto

Using Aroma's patent-pending Sauté-Then-Simmer™ Technology, this risotto can be made in less than an hour. Servings: 4-6

Place the inner cooking pot into the rice cooker. Turn the rice cooker on and press the "Sauté-Then-Simmer™" button. Allow to heat and add onion, garlic and olive oil to the inner cooking pot. Add rice and mix with a long handled spoon until well coated. Add vermouth and stir until liquid has been absorbed. Stir in the chicken broth and whipping cream; mix well and close the lid. Sauté-Then-Simmer™ Technology will then automatically adjust to simmer to cook rice. Once the rice cooker automatically turns to "Keep-Warm," open the lid and stir in the butter and Parmesan cheese. Serve immediately.

Sauté-Then-Simmer™ Spanish Rice

Delicious Spanish rice made easily with Aroma's patent-pending Sauté-Then-Simmer™ Technology. Servings: 4-6

Place the inner cooking pot into the rice cooker. Turn the rice cooker on and press the "Sauté-Then-Simmer™" button. Allow to heat and add rice, olive oil, onion and garlic. Using a long-handled wooden spoon, stir ingredients frequently and allow to sauté for roughly 5 minutes, or until onion is soft. Add remaining ingredients. Sauté-Then-Simmer™ Technology will then automatically adjust to simmer to cook the rice. Place the lid securely onto the rice cooker and allow to cook. Once rice is finished, the rice cooker will automatically switch to "Keep-Warm" mode.