

## Operating Instructions

Household Use

IH Electronic Warm Jar

Model No. 0.7 L SR-AC07T

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Chinese please refer to page 25 ~ back cover.  
( 中文請參考P25 ~尾頁 )

Thank you very much for purchasing the Panasonic product.

- This product is intended for household use only.
- Please read this Operating Instructions carefully for safe and proper use of this product. Be sure to read the **“Safety Precautions” (page 2 ~ 4)** before use.
- Make sure that the information such as date of purchase and dealer's name is stated on the warranty card.
- Keep the warranty card together with the Operating Instructions with care.

Reserve it for later use

The Warranty is attached separately

# Safety Precautions

Be sure to observe the following precautions

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

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



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



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

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



This symbol indicates an action that is prohibited.



This symbol indicates an action that is must be followed.



## WARNING



- **Do not use the appliance if the power cord or power plug is damaged or the power plug is loosely connected to the power outlet.**

(So as not to cause an electric shock, or a fire due to a short circuit.)

→If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.

- **Do not damage the power cord or power plug.**

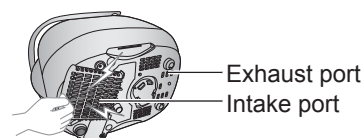
• Following actions are strictly prohibited.

Damaging, processing, making it contact with or near high-temperature section, forcibly bending, twisting, pulling, hanging on the corner, placing heavy objects on it, tying into bundles, sandwiching, pulling the power cord to move. (So as to avoid electric shock due to damaged power cord and plug or avoid fire due to short circuit.)

- **Do not insert anything into intake port, exhaust port or gap.**

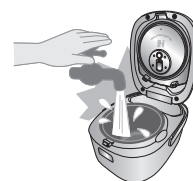
• Especially metal objects such as pins or wires.

(So as not to cause an electric shock or malfunction.)



- **Do not spill water or other liquid on the connector such as the instrument plug.**

(So as not to cause an electric shock, or fire caused by short circuit.)



- **Do not immerse the appliance in water or splash it with water.**

(So as not to cause an electric shock, or a fire due to a short circuit.)

→Please make enquiries to the Panasonic authorized service center if water gets inside the appliance.

- **Do not modify, disassemble, or repair this appliance.**

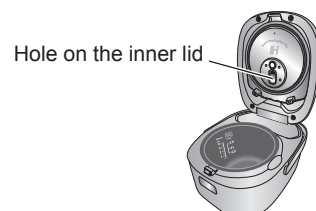
(So as not to cause a fire, electric shock or injury.)

→For repair, please contact the Panasonic authorized service center.



- **When in use or after cooking, do not put your face or hands near the steam vent, special attention must be paid to avoid the infant closing.**

(So as not to cause a burn.)



- **Do not place the item which may clog the inner lid into the pan.**

(So as to avoid burns or injuries caused by steam leak or cooked food blowing out.)

<Cooking cases prohibited>

• Cooking method in which ingredients and seasonings are placed into a plastic bag to heat.



## WARNING



- **Do not connect or disconnect the power plug with wet hands.**

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

- **Do not let anyone lick the instrument plug.**

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

- Pay an extra attention to infants.

- **Do not open the lid during cooking.**

(So as to avoid burns or injuries caused by steam leak or cooked food blowing out.)

- **Do not use this appliance for any purpose other than those described in the Operating Instructions.**

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



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

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

- **Please use an independent power with the voltage of 10 A, 120 V.**

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

- Use only an extended cord rated at least 10 amperes.

- **Make sure that the power plug and the instrument plug are fully inserted in place.**

(So as not to cause an electric shock or fire due to heat.)

- **Remove dust on the power plug regularly.**

(Dust accumulated on the power plug may cause insulation failure due to moisture, which could result in fire.)

→ Disconnect the power plug and wipe it with a dry cloth.

- **Keep the appliance out of reach of small children.**

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

- **If an exception or malfunction occurs, stop using the appliance immediately and unplug the power plug.**

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

Abnormalities • Malfunction Cases

- The power plug and cord become abnormally hot.
  - The power cord is damaged or intermittent power outages when being touched.
  - The main body is deformed or abnormally hot.
  - The main body emits smoke or burning smell.
  - The main body is broken, loose or makes abnormal noise.
  - The fan at the bottom does not rotate during cooking.
- Immediately contact the Panasonic authorized service center for inspection or repair.

# Safety Precautions

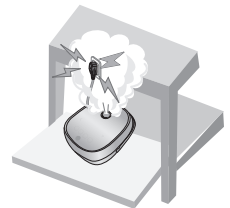
Be sure to observe the following precautions



## CAUTION



- **Do not use a non-dedicated pan or a deformed pan.**  
(So as not to cause burns or injury due to overheating or malfunction.)
- **Do not use the appliance in the following places.**
  - Near heat or in the high humidity environments.  
(So as not to cause electric shock, electric leakage or fire.)
  - On uneven surface or a mat which is not heat-resistant.  
(So as not to cause injury, burns or fire.)
  - In the places close to the wall or furniture, etc.  
(So as not to bump into them when opening the outer lid, or cause discoloration, deformation and breakage of the furniture.)
  - On an aluminum plate or an electronic mat.  
(Aluminum material may generate heat and cause smoke or fire.)
- **Do not move the main body in use.**  
(So as to avoid burns caused by the opening of the lid due to the touch of the hook key.)
- **Do not touch the hot surface while the appliance is in use or after cooking.**
  - The main body has a high temperature. In particular, the glass panel of the outer lid  
(Near the steam vent) and the metal parts such as the inner lid and the pan.  
(So as not to cause a burn.)
- **Do not use the power cord not specified for use with this appliance or using the power cord provided with this appliance for any other device. If the power cord damaged, please replace with the original parts obtained from either the manufacturer or the service department.**  
(So as not to cause the risk of electric shock due to failure or electric leakage.)
- **Do not expose the power plug to steam.**  
(So as not to cause an electric shock, or a fire due to a short circuit.)  
→When using a cabinet with sliding table, use the appliance where the power plug cannot be exposed to steam.
- **Do not let the appliance operate in an empty state.**  
(So as not to cause burn.)



- **Make sure that there is a space more than 8 cm around the appliance.**  
(So as not to damage the power cord with the plug of the power cord too close to other items.)
- **Be sure to hold the power plug or instrument plug when unplugging the power plug or instrument plug. Do not pull on the power cord.**  
(So as not to cause an electric shock, or a fire due to a short circuit.)
- **When taking out the pan or when the pan is not in use, remember to turn off the power and unplug the power plug.**  
(So as not to cause burns, injury, or an electric shock, leakage, fire due to insulation aging.)
- **Wait for the main body to cool down sufficiently before cleaning.**  
(So as not to cause burns.)
- **When used within a cupboard or other enclosed spaces, make sure that the steam can emit outward.**  
(So as not to cause discoloration or deformation of the cupboard.)
- **If you have an implantable cardiac pacemaker in your body, please consult a physician before using this appliance.**  
(This appliance may have an impact on a pacemaker when it is operated.)

## When a power outage occurs during use

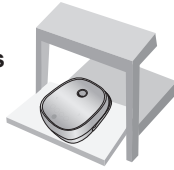
Including unplug of the power plug, trip, etc.

- When a momentary power failure occurs, it will return to the state before the power failure.
- If the power has failed for a long time, the following will occur after powered again.
  - During cooking: Continue cooking.
  - While keeping warm: Continue keeping warm.
  - Cooking effect may be affected.

# Instructions for Use

## About the main body

- If the product is on the cabinet with sliding table, make sure that the load of the table is greater than 8 kg.  
(So as not to drop the product.)



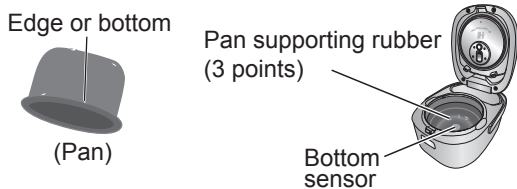
- Do not cover the outer lid with cloth or other objects when the product is in use.

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



- Periodically check the intake port and the exhaust port at the bottom of the warm jar, and remove dust.  
(Refer to "Cleaning and Maintenance" on P17)

- Please clean rice and other foreign objects stick on the main body (bottom sensor, bottom of the pan, pan supporting rubber).
- (So as to avoid error display, or scorched rice, half-cooked rice, etc.)



- Do not place the product near a device susceptible to electromagnetic interference.

- Radio, television, and hearing aids, etc.  
(So as to avoid noise or reduce the volume.)

- IC cards, bank cards

(So as not to damage the magnetic.)

- Do not place the magnet near the product.  
(So as to avoid abnormal operation.)

- Do not use the product on an induction cooker.

(So as not to damage the induction cooker or cause abnormal operation of the product.)

- Do not use the product outdoors.

(Unstable power supply may result in a product failure.)

- Avoid using the product under direct sunlight.

(So as to avoid color change.)

- Do not use the warm jar where the bottom of the product (the intake port and the exhaust port) may be clogged.

For example: on carpet, plastic bag, aluminum foil or fabric, etc.

(So as not to damage the product.)

Before use

## About the Inner pan

- Do not use the pan in a place other than the warm jar.



- Do not use it in a gas stove or induction cooker or microwave.



- Pay attention to the following in order to avoid slash or scratch of the coating of the pan.

### Before cooking



- Do not let objects like metal sieve contact with the coating of the pan.



### After cooking



- Do not put vinegar into the rice in the pan.  
(While cooking Sushi and other food)
- Do not use a metal spoon.  
(While cooking congee and other food)
- Do not touch or strike the pan.  
(While filling a bowl with rice)

- Do not impact the pan with a hard object.



(So as not to cause scratches or dents of the outer surface.)



### During cleaning and maintenance (P16)



- Do not use the pan as a washing container.
- Do not place a spoon or other utensils into the pan.
- After cooking with seasoning, do not leave food inside the pan.  
→ After cooking mixed rice, please clear the food in the pan as soon as possible and then clean the pan.
- Do not use bowl dryer or dish washer/dryer for cleaning.
- Do not put the pan in other utensil to dry after washing.
- Do not use abrasive powder or metal brush, nylon brush (with the grind), scouring pad to clean or scrub the pan.  
→ To clean the pan, wash it with a soft sponge.



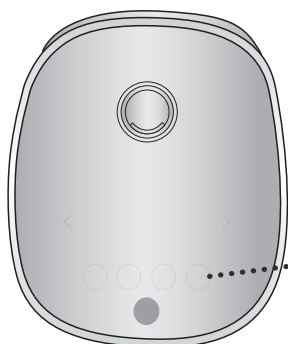
### Notes

The following will not affect the product performance or personal health.  
[Outer surface] superficial scratches, small dents or collision.  
[Inner surface] flaking of the coating of the pan.  
→ If the pan is deformed or you are worried about its condition, please purchase a new pan.

# Parts Identification

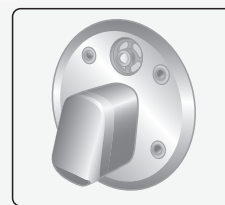
For the first use, please remove the rust-proof paper between the pan and the bottom sensor, also clean the pan, accessories, inner lid, and taste catcher. (☞ P16-17)

## Main body



Control panel

Outer lid.....  
Pan seal ring.....  
Inner lid.....  
(☞ P16 )



Taste catcher  
(On the back side of inner lid)

Pan

Bottom sensor

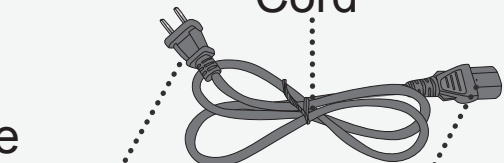
Hook button

Handle



Rice scoop holder  
(It can be mounted both on left and right)

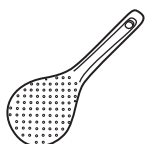
Power cord  
Cord



Power plug

Instrument plug

## Accessories



Rice scoop (1)



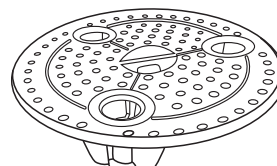
Congee [Soup]  
scoop (1)



Rice scoop  
holder (1)



Measuring cup(1)  
(Approx. 180 mL)



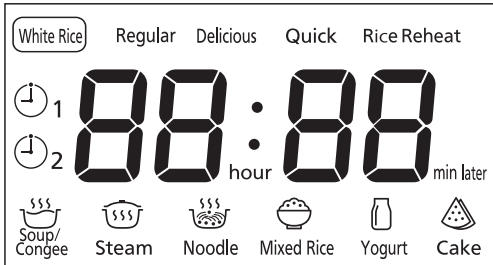
Steaming plate (1)

# Parts Identification

**Control panel**

**< / > key**

- It is used to select the function.
- It is used to adjust the current time, set preset time and cooking time.
- Press and hold the key to quickly add or subtract time.



White Rice Regular Delicious Quick Rice Reheat

1 00:00 hour 00 min later

2

Soup/Congee Steam Noodle Mixed Rice Yogurt Cake

**Off/Cancel key**

- Cancel incorrect operation, or turn off keep warm.

**Keep Warm key**

- Press this key to keep food warm.

**Time key**

- Press this key to confirm the cooking time in the timer status.
- To set the cooking time, you must first press this key.
- To adjust the timer, keep this key pressed for 3 seconds.

**Timer key**

- Press this key to timer.

Off/Cancel: 關/取消

Keep Warm: 保溫

Timer: 預約

Time: 時間

**Start key**

Start 開始

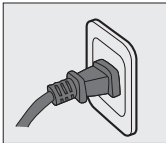
- Press this key to start cooking or end the setting of the preset time.

**Notes** The operation of the [Off/Cancel] key requires a longer time when the product is working, which is normal.

## Adjusting the clock


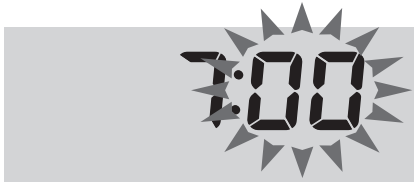

**Example: when adjusting 7:00 am to 8:30 am**

① Plug in the power plug.



② Press and hold the [ Time ] key for more than 3 seconds.  
(Release the key when you hear the “beep” sound from the buzzer)  
The digits of “min” blink on the LCD display. Press [ Time ] key again, the digits of “hour” blink on the LCD display.  
※ Only the blinking digits can be adjusted.

③ Press the [ < ] or [ > ] key to adjust the time.  
Every time the [ < ] or [ > ] key is pressed, digits of “min” or “hour” will increase or decrease respectively in 1 minute or in 1 hour increments.  
(After the time is adjusted, the number will flash a few times and stop automatically, and the time adjustment is completed.)  
※ You can not adjust the time while the product is working.  
※ Press and hold the [ < ] or [ > ] key to quickly add or subtract time.  
※ The system of 24-hour is adopted, and 24: 00 is represented by 0:00.  
※ If there is an error in time display, the preset cooking time and the cook end time will have error.  
So please timely adjust the time.

# Preparation

Wash rice and add water

## Before use for the first time

Boil a pan of water, then drained it.

① Add water to the waterline 3 of "White Rice", and close the outer lid.


② Select "Steam" function, and set the cooking time to 15 minutes.

③ When you hear the buzzer, remove the pan, and pour away the water inside it.

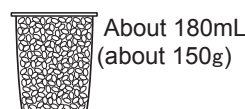
CAUTION: The pan is very hot at this moment, so remove the pan wrapped with a towel to avoid being burnt.

# 1

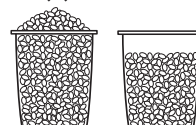
### Measure rice with the measuring cup provided

- Maximum quantity of rice to be cooked at once,  "Specifications" on P24.

○ Correct



✗ Incorrect

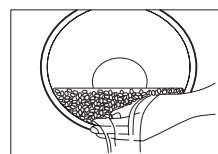


# 2

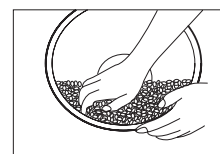
### Wash the rice till the water turns relatively clear

- ① Wash the rice quickly with plenty of water and stirring the rice lightly to wash it while changing water.
  - ② Repeat several time of rice washing → pour off the water, till the water turns relatively clear.
- In order to avoid scratching the non-stick coating on the pan surface, do not wash rice in the pan.
  - Wash the rice thoroughly. Otherwise, rice crust may appear and the residual rice bran may affect the taste of the rice.

①




②



# 3

### Place the washed rice into the pan

Add water until the corresponding waterline(  P9) and dry the outside of the pan.

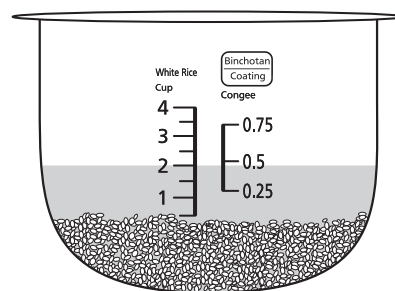
- Add water on a flat surface, and flatten the surface of the rice. (Confirm the scale on the left and right, and add water to the same height)
- When cooking soup, the total volume of ingredients and water shall not exceed the maximum waterline for "Congee".
- When cooking mixed rice or glutinous rice, please add water according to the following table 1.

Table 1

Rice quantity (measuring cups)	Water quantity (measuring cup )	
	Mixed rice	Glutinous rice
1	"White Rice"	1
2	waterline	2


※ The above water quantities can be increased or decreased according to personal preference.  
(When too much water is added, it may overflow when cooking.)

Example: when cooking 2 cups of rice, add water to the "2" waterline of the "White Rice".

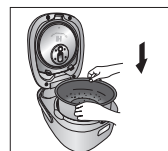


# 4

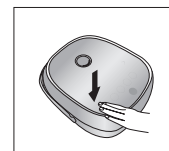
### Put the pan into the body and close the outer lid

- When closing the outer lid, please confirm that there is a "click" sound. If the inner lid is not properly installed, the outer lid can not be closed.  
(  P16 Inner lid)

①



②

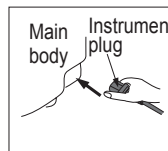


# 5

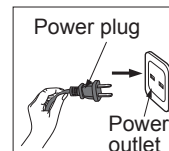
### Connect the plugs

- Please plug in the instrument plug, then plug the power plug, and make sure both are connected securely.

①



②



# Preparation

## Function selecting/Setting cooking time/ Tips to cook delicious rice

### ■Function selecting

Table 2

Categories of food to cook	Menu Select	Waterline	*1Cooking time (Approx.)	*2Keep warm (auto)	*3Time range to preset
White Rice	Regular	White Rice	37 minutes	○	50 minutes or more
	Delicious		47 minutes	○	60 minutes or more
	Quick		27 minutes	○	40 minutes or more
Reheat	Rice Reheat	—	15 minutes	○	×
Congee	Soup/Congee	Congee	Table 3	×	Cooking time + 1 minute or more
Soup	Soup/Congee	To the maximum waterline of "Congee"	Table 3	×	Cooking time + 1 minute or more
Steam	Steam	Water for a steam of more than 40 minutes: 2 measuring cups	Table 3	×	×
Noodle	Noodle	Up to waterline 3 for "White Rice".	Table 3	×	×
Mixed Rice	Mixed Rice	White Rice	47 minutes	×	×
Yogurt	Yogurt	500 mL of water	Table 3	×	×
Cake	Cake	—	Table 3	×	×
*1 • The time needed to cook the intermediate amount of rice (2 cups) at a voltage of 120 V, a room temperature of 20 °C and a water temperature of 20 °C for reference. • The actual cooking time will vary according to the amount of rice, water, voltage, temperature, water temperature and rice quality. • The cooking time for mixed rice, glutinous rice will vary according to the ingredients used.					
*2 • All functions at the end of the cooking will be automatically converted to keep warm. But items marked with " × " are not recommended to keep warm, and please press the [Off/Cancel] key as soon as possible after the end of the cooking.					
*3 • Functions such as rice reheat, steam, noodle, mixed rice, yogurt or cake do not have timer. It is not suggested to use the function of timer for soup in order to avoid deterioration of the ingredients. • When cooking glutinous rice, do not use the function of timer to performance influence. • When the preset time is less than the cooking time, cook will start directly. • In summer when temperature is high, the preset time should not be greater than 8 hours to avoid rice deterioration.					

### ■Setting cooking time

Table 3

Categories of food to cook	Menu Select	Setting cooking time range	Setting increments	Initial value	Time display	Time memory
Congee	Soup/Congee	40 minutes ~ 3 hours	10 minutes	1 hour	Back to 40 minutes after 3 hours	○
Soup						
Steam	Steam	1 ~ 60 minutes	1 minute	5 minutes	Back to 1 minute after 60 minutes	○
Noodle	Noodle	1 ~ 20 minutes	1 minute	5 minutes	Back to 1 minute after 20 minutes	○
Yogurt	Yogurt	4 ~ 12 hours	30 minutes	6 hours	Back to 4 hour after 12 hours	○
Cake	Cake	40 ~ 60 minutes	1 minute	60 minutes	Back to 40 minutes after 60 minutes	○

※When cooking dumplings with "Noodle" function, be sure to set the cooking time to 10 minutes or more, so as not to make dumplings undercooked.

(Adjust the cooking time by yourself according to the type of dumplings and your preferences.)

※When using "Soup/Congee" function to cook congee, it is suggested to set the cooking time from 40 minutes to 2 hours so as not to get congee too mushy.

#### ★ Tips to cook delicious rice

- ① • Measure water and rice correctly.
- ② • Gently and quickly wash rice.  
• Do not place rice in a sieve.  
(So as to avoid rice fragmentation or rice sticking to the pan.)
- ③ • Add water to the pan on a flat countertop.  
• Do not use hot water or alkaline water of more than pH9.  
(So as to avoid rice from sticking the pan or becoming burned.)



# Menu functions

White Rice(Regular, Delicious, Quick),  
Mixed Rice, Keep Warm



## ■Kind reminder

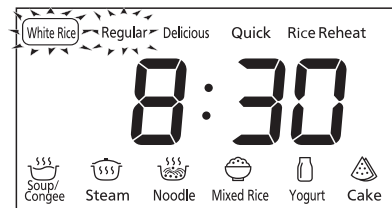
- Do not choose the function of "Quick" to cook glutinous rice. (Water volume Table 1 on P8)
- "Quick" can be used for cooking rice. As the cooking time is shortened, the rice may be harder or there may be rice crust.  
→Soak the rice in water in advance, and you can make the cooked rice become soft.
- With "Delicious" function, you can make rice softer and more delicious.

※When cooking with the "Regular" function of "White Rice"

## 1 Press or key to select "Regular" of the "White Rice".

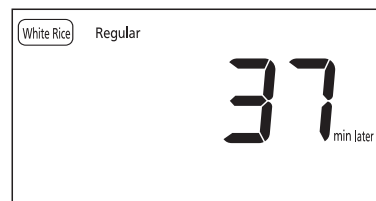
- The selected function flashes.
- The [Start] indicator flashes.
- The function of white rice used last time can be memorized.

Please use the "Regular" function under normal circumstances. In addition to the "Regular" function, you can also select the functions of "Delicious", "Quick".



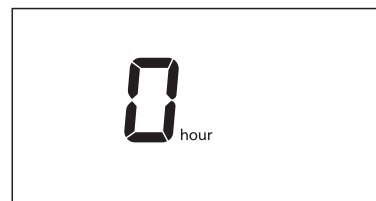
## 2 Press key to start cooking.

- The [Start] indicator lights up.



## 3 When cooking is over, loosen the rice.

- After the buzzer rings, cooking finishes. The function will automatically turn to keep warm status. To prevent the rice from sticking together, please loosen the rice after cooking.
- For mixed rice, glutinous rice, press the [Off/Cancel] key as soon as possible so as not to affect the taste.



## Keep Warm

- Keep warm time displays from 0 to 23 of total 24 hours. After 24 hours, It displays the current time but continues to keep warm.  
0 hour will be displayed when it is within 1 hour.
- If the function of "keep warm" is longer than 96 hours, it will automatically stop, and the display shows "U14". Please press the [Off/Cancel] key to disappear the error code.
- Cooked rice should be consumed within 5 hours of keeping warm to avoid discoloration or becoming stale.
- When in keep warm function, there may be some droplets at the edge of the pan.
- The rice taste may be affected if the rice scoop is left in the pan when the rice is in keep warm function.

# Menu functions

Soup/Congee



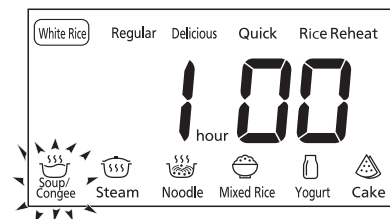
## Kind reminder

- Open the lid while cooking will increase the amount of dew condensation.
- Incorrect water quantity or rice quantity may lead to overflow of rice water from steam vent.
- When the congee is kept in keep warm function for an excessively long time, it will get thicker.
- Soup may overflow if exceeding the "Congee" max water level.  
(☞ "Specifications" on P24)
- After use each time, remove the inner lid and rinse the taste catcher so that no odor is produced.

※ When cooking congee for 1.5 hours

**1** Press ◀ or ▶ key to select "Soup/Congee".

- The selected function flashes.
- The [Start] indicator flashes.



**2** Press ⌚ key, then press ◀ or ▶ key to set the cooking time.

- Every time the [ < ] or [ > ] key is pressed, the cooking time will increase or decrease in 10 minutes interval.
  - Press and hold the [ < ] or [ > ] key to quickly add or subtract time.
  - The cooking time for the last time can be memorized.
- ※ For the cooking time which can be set, ☞ Table 3 on P9.



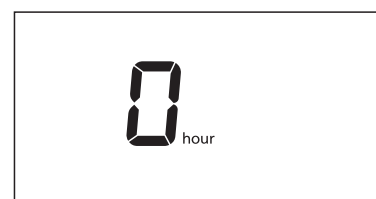
**3** Press ⏻ key to start cooking.

- The [Start] indicator lights up.
- Remaining time is shown in 1 minute decrements.



**4** After the buzzer rings, cooking finishes, the function will automatically turn to keep warm status.

- Keep Warm function will affect taste, press [Off/Cancel] key.



# Menu functions

Steam, Noodle



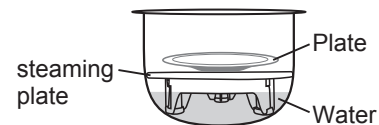
## Kind reminder

- For the amount of water used for "Steam" function, please (☞ Table 2 on P9)
- "Noodle" function can be used to cook instant noodles or dumplings, etc. (For details ☞ recipes on P19.)
- The time shown in the display is the remaining time after the water inside the pan is boiled.

※When steaming for 10 minutes

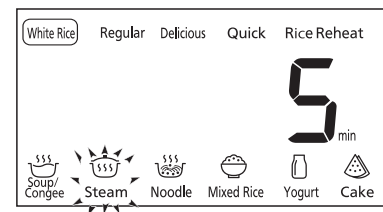
## Preparation

- ①Add suitable amount of water into the pan.
- ②Put the steaming plate.
- ③Put the foods to be steamed.
- ④Close the outer lid.



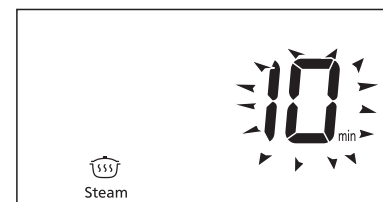
## 1 Press ◀ or ▶ key to select "Steam" function.

- The selected function flashes.
- The [Start] indicator flashes.



## 2 Press Time (時間) key, then press ◀ or ▶ key to set the cooking time.

- Every time the [ < ] or [ > ] key is pressed, the cooking time will increase or decrease in 1 minute interval.
- Press and hold the [ < ] or [ > ] key to quickly add or subtract time.
- The cooking time for the last time can be memorized.
- ※For the cooking time which can be set , ☞ Table 3 on P9.



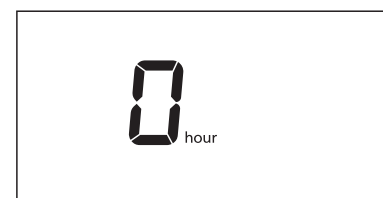
## 3 Press Start (開始) key to start cooking.

- The [Start] indicator lights up.
- After water boils, remaining time is shown in 1 minute decrements.



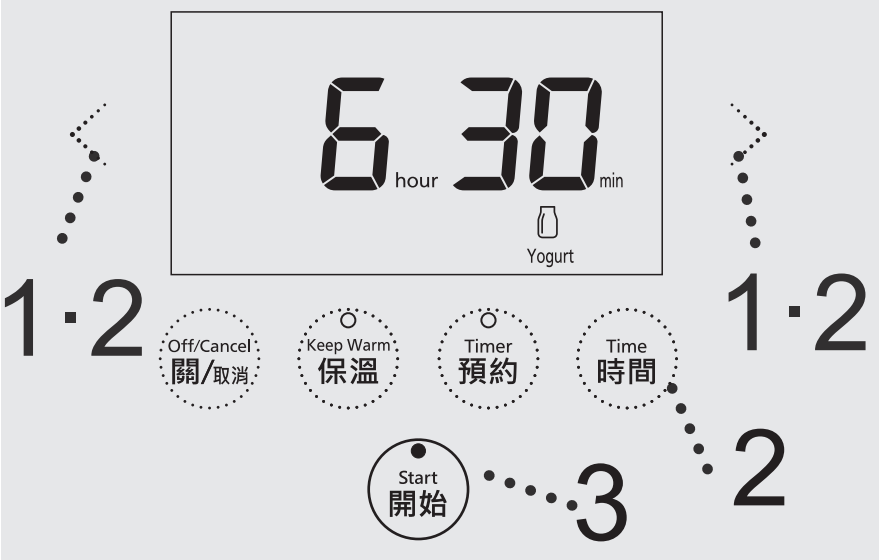
## 4 After the buzzer rings, cooking finishes, the function will automatically turn to keep warm status.

- Keep Warm function will affect taste, press [Off/Cancel] key.
- The steaming plate and plate are very hot at the time, please remove carefully.



# Menu functions

Yogurt, Cake



## Kind reminder

- Cake batter can not exceed 360 g (the total weight of cake flour, milk, eggs, etc.) so as to avoid half-baked cake.
- In addition to cake flour, you can use ordinary low-gluten flour to make cakes. recipes on P19.
- While baking the maximum amount of cake batter, set the cooking time to 60 minutes in order to avoid half-baked cake.

※ When make yogurt with the function of “Yogurt” (6.5 hours)

<h3>Preparation</h3> <p>※ 1) to 4) in Recipes (yogurt) on  P19 for preparation.</p>	
<h2>1</h2> <p>Press  or  key to select the “Yogurt”.</p> <ul style="list-style-type: none"> <li>• The selected function flashes.</li> <li>• The [Start] indicator flashes.</li> </ul>	
<h2>2</h2> <p>Press  key, then press  or  key to set the cooking time.</p> <ul style="list-style-type: none"> <li>• Every time the [ &lt; ] or [ &gt; ] key is pressed, the cooking time will increase or decrease in 30 minutes interval.</li> <li>• Press and hold the [ &lt; ] or [ &gt; ] key to quickly add or subtract time.</li> <li>• The cooking time for the last time can be memorized.</li> </ul> <p>※ For the cooking time which can be set,  Table 3 on P9.</p>	
<h2>3</h2> <p>Press  key to start cooking.</p> <ul style="list-style-type: none"> <li>• The [Start] indicator lights up.</li> <li>• Remaining time is shown in 1 minute decrements.</li> </ul>	
<h2>4</h2> <p>After the buzzer rings, cooking finishes.</p> <ul style="list-style-type: none"> <li>• Keep Warm function will affect taste, press [Off/Cancel] key and take out the yogurt.</li> <li>• Allow it cool down, then store it in the refrigerator.</li> </ul>	

# Menu functions

## Rice Reheat



### Kind reminder

- When adding cooled rice, do not exceed the maximum amount of cooled rice (as shown in Table 4).
- It is recommended to reheat cooled rice for only once so as not to affect the taste of rice.
- Do not reheat mixed rice and glutinous rice, so as not to affect the taste.

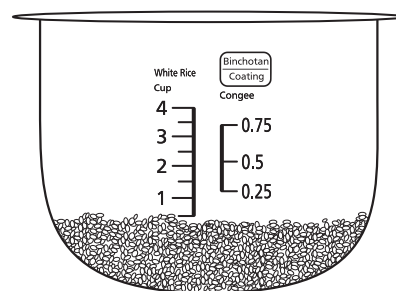
### ※When reheating the cooled rice

**Preparation** • Stir the cooled rice in the pan to make it even.  
• When reheating, please refer to the following table of the amount of water to be added.

Table 4

Cooled rice quantity (Waterline)	Water volume (measuring cup)
1	---
2	1/2

- The maximum amount of cooled rice quantity to reheat cannot exceed White Rice waterline – 2 Cups.



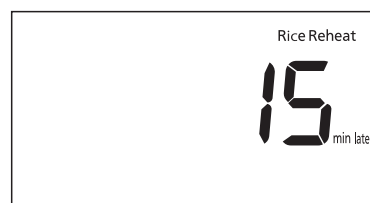
**1** Press ◀ or ▶ key to select the “Rice Reheat”.

- The selected function flashes.
- The [Start] indicator flashes.



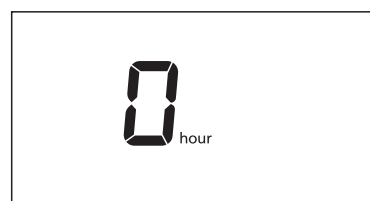
**2** Press key to start cooking.

- The [Start] indicator lights up.
- No matter how much cooled rice to reheat, the heating time is about 15 minutes.
- Remaining time is shown in 1 minute decrements.



**3** After the buzzer rings, cooking finishes, the function will automatically turn to keep warm status.

- Please loosen the rice as soon as possible, as it will be more delicious.



# Timer



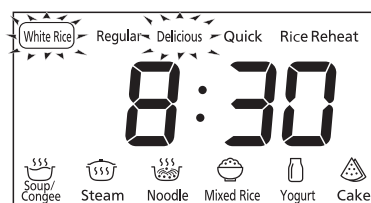
## Kind reminder

- The function of timer does not apply to "Rice Reheat", "Steam", "Noodle", "Mixed Rice", "Yogurt", "Cake"
- When cooking glutinous rice, do not use the function of timer to avoid food deterioration or performance influence.
- In summer when temperature is high, the preset time should not be greater than 8 hours to avoid rice deterioration.
- The time set in timer is the time when cooking ends.
- The preset time and the cooking time for the last time can be memorized.

※ When you want to use the “1” function to complete the “Delicious” of “White Rice” at 11:30

First make sure the current time is correct.  
If it is not correct, please adjust it to the correct time.  
( P7)

- 1** Select a function according to the methods on P10 ~ P11.
- The selected function flashes.



- 2** Press key to select “1”.
- When congee timer is set, you need to set the cooking time according to Step 2 on P11, and then press the [Timer] key. If you press the [Timer] key first, you can press the [Time] key to return to the cooking time setting mode.
  - The warm jar can preset two different time and also have memory function (such as breakfast and supper). Each time you press the [Timer] key,

1 → 2 → 1 will be displayed alternately.



- 3** Press or key to set the preset time.
- Every time the [ < ] or [ > ] key is pressed, the preset time will increase or decrease in 10 minutes increments.
  - Press and hold the [ < ] or [ > ] key to quickly add or subtract time.
  - When the preset time is less than the cooking time, cook will start directly.
- ※ For the functions and time range which apply to timer,  
 Table 2 on P9.



- 4** Press key. Timer cooking starts.
- The [Start] indicator turns off, the [Timer] indicator lights up, then the preset is finished.
  - To confirm congee cooking time under timer mode, please press [Time] key.
  - Under the timer status, press the [Timer] key to display the current time.



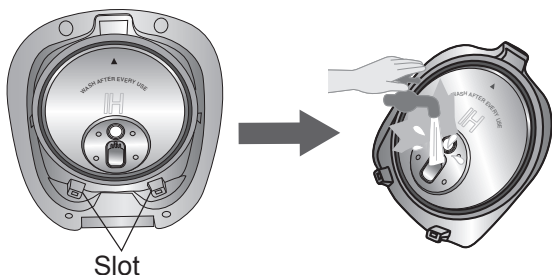
# Cleaning and Maintenance

## Attentions

- Before cleaning, please pull out the power plug first. Do not clean the main body until it cools down.
- When cleaning the main body, do not immerse it into water, or clean it with lacquer thinner, gasoline, alcohol, cleaning powder or hard brush, etc.
- Do not use the dish washer or dish dryer.

### Inner lid/Taste catcher

Please clean it with a kitchen dedicated neutral detergent.



#### Disassembly

Hold the slot on both sides and pull it out toward yourself.

#### Installation

- ① Insert the bump on ▲ into the hole of the outer lid obliquely from below.
- ② Press the slot (on both sides) into the outer lid until you hear a “click” sound.

#### Notes

- After use each time, always remove the inner lid and rinse it (including the taste catcher on the back side) so that no odor is produced.
- Please wash in time after using seasonings (Mixed rice, etc.). (Otherwise odor, deterioration or corrosion may be caused.)

### The inner surface of the outer lid/Seal ring

Wipe with a wet towel wrung.

- Do not pull the seal ring.

### Bottom sensor

Wipe with a wet towel wrung.

- If the dirt is difficult to remove, clean with a little kitchen dedicated neutral detergent, and then gently wipe a nylon brush.

#### Notes

- If you do not clean the bottom sensor, the rice may get burnt or cooked badly.

### Upper frame/ Pan supporting rubber (3 points)

Wipe with a wet towel wrung.

#### Notes

- Do not pour water in to wash.

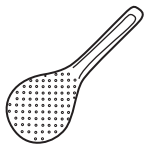
### Pan

- Clean with diluted detergent and soft sponge. Wipe off any water on the outside of the pan.
- Please do not use the pan as a container for cleaning.
- Color change or stripes may appear on the fluoridized coating surface, which will not affect human health or normal functions of the main body.

# Cleaning and Maintenance

## Accessories

Clean with diluted detergent and soft sponge.



Rice scoop



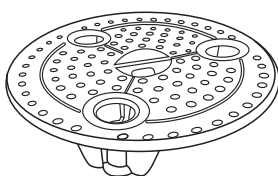
Congee [Soup]  
scoop



Rice scoop  
holder



Measuring cup

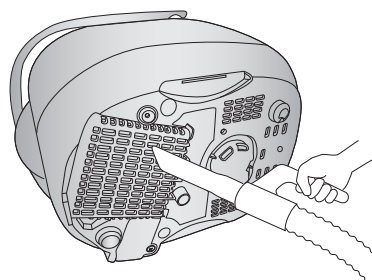


Steaming plate

## Periodic inspection

- Inspect about once a month, and wash immediately if there is dirt.

The bottom of the warm jar  
( Intake port/exhaust port )



Suck garbage and other foreign objects  
with a vacuum cleaner.

## Recipes (Attentions P18)

### Mixed rice

#### Ingredients:

Rice	1 cup
Fresh shiitake mushrooms	4, shredded
Shredded chicken	20 g
Celery	15 g

#### Seasonings:

Sesame oil	3 mL
Soy sauce	10 mL
Sugar	3 g
Salt	2 g
Dry starch	4 g
Black pepper	The right amount

#### Steps:

- 1) Wash the rice and pour it into the pan, add water to waterline "1" for "White Rice" and to soak it for about 15 minutes.
- 2) After mixing all the seasonings, add shredded mushrooms, and shredded chicken, then spread evenly on rice of 1) and close the outer lid.
- 3) Press the [ < ] or [ > ] key and select "Mixed Rice", then press the [ Start ] key.
- 4) After cooking is complete, press the [Off/Cancel] key.
- 5) Open the outer lid, stir in celery, close the outer lid, and stew in residual heat for 5 minutes, then gently mix with the rice scoop.

※The ingredients added for 1 cup of rice shall not exceed 75 g, so as not to affect the cooking results.

# Recipes

Attentions: •Because of the different ingredients added into the rice, there may be scorched rice at the bottom.  
•When cooking red bean congee, the red bean skin may block the taste catcher, further leading to the unexpected opening of the outer lid, so please be careful.  
•When cooking soup, use the "Soup/Congee" function, and the maximum cooking amount is the "Congee" maximum waterline so as not to overflow.

※ 1 cup (measuring cup): about 150 g.

## Health congee

### Ingredients:

Rice	15 g	Black rice	10 g
Glutinous	10 g	Red beans	15 g
Millet	10 g	Green beans	15 g

### Seasonings:

Sugar	The right amount
-------	------------------

### Steps:

- 1) Wash all the ingredients and put them into the pan.
- 2) Add water to the waterline "0.5" of "Congee", and close the outer lid.
- 3) Press the [ < ] or [ > ] key and select the "Soup/Congee"; set the cooking time to 2 hours, and then press the [ Start ] key.
- 4) When you hear the buzzer, the cooking is finished. (Appropriate amount of sugar can be added according to personal taste)

Note: Do not cook ingredients (for example: barley, black beans, peanuts, corn, kidney beans, etc.) which are difficult to cook, so as not to affect the cooking results.

## Mushroom soup

### Ingredients:

White beech mushroom	100 g
Mushroom with crab taste	100 g
King oyster mushroom	100 g

### Seasonings:

Cooking wine	The right amount
Salt	The right amount

### Steps:

- 1) Soak the three kinds of mushrooms in appropriate salted water for 10 minutes.
- 2) Wash the three kinds of mushrooms, cut off the roots. Cut off the small roots of king oyster mushroom.
- 3) Put the mushrooms into the pan, add the right amount of cooking wine, add water to the max. waterline for "Congee", and close the outer lid.
- 4) Press [ < ] or [ > ] key, select "Soup/Congee", set the cooking time to 2 hours, and then press the [ Start ] key.
- 5) After cooking, open the outer lid, and only season it with the right amount of salt.

Note: You can choose your favorite mushrooms.

## Pearl glutinous rice balls

### Ingredients:

Glutinous rice	100 g
Meat paste	50 g
Egg mixture	A little
Diced ginger	A little
Diced scallion	A little

### Seasonings:

Light soy sauce	5 mL
Salt	A little
Sesame oil	A little
White pepper	A little

### Steps:

- 1) Soak the glutinous rice in water for 2 hours and drain for use.
- 2) Put the meat paste, diced ginger, diced scallion into a large bowl, add egg mixture, sesame oil, light soy sauce, white pepper and, salt, and stir in one direction to mix them well.
- 3) Shape the meat stuffing into meat balls of proper size and, and evenly coated with the glutinous rice in Step 1).
- 4) Put the steaming plate in the pan, add 1 cup of water, set the meat balls in a plate and put it on the steaming plate, then close the outer lid.
- 5) Press [ < ] or [ > ] key, select "Steam", set the cooking time to 20 minutes, and press the [ Start ] key.

# Recipes

## Noodle

### Instant noodles

Instant noodles	1 package
Water	500 mL

### Steps:

- 1) Put the noodle cake and seasonings into the pan, add cold water and close the outer lid.
- 2) Press [ < ] or [ > ] key, select "Noodle", Set the cooking time to 3 minutes, then press the [ Start ] key.

- ※ • Do not use "Keep Warm" function. Clean the pan after use in a timely manner.
- Adjust the time by yourself according to the type and amount of instant noodles.

## Yogurt

### Ingredients:

Yogurt	25 mL
Milk	125 mL
Sugar	10 g

### Steps:

- 1) Disinfect the glass and spoon in hot water\* (\*: Soak them in hot water of more than 95 °C for 5 minutes).
- 2) Put yogurt, milk and sugar into the cooled glass and stir well with a spoon.
- 3) Seal the opening of the glass with plastic wrap.
- 4) Add 500 mL of water in the pan, put the glass in Step 3) in the water, and close the outer lid.
- 5) Press [ < ] or [ > ] key, select "Yogurt", set the cooking time to 6 hours, and press the [ Start ] key.

- ※ • The thickness of yogurt can be controlled by changing the ratio of milk and yogurt or by setting the cooking time.  
Also, the amount of sugar can be adjusted according to your preferences.
- After it cools down, store it in the refrigerator.

## Cheese cake

### Ingredients:

Cheese	80 g	Lemon juice	5 mL
Sugar	30 g		
Egg	1		
Low-gluten flour	12 g		
Whipped cream	60 mL		

### Steps:

- 1) Put the cheese into a heat-resistant container and melt it to a paste. Add sugar in the cheese, stir well with all particles resolved, then add lemon juice in the cheese paste and mix it thoroughly.
- 2) Put the egg white and the yolk respectively in two bowls (without water or oil), and break down the egg yolk.
- 3) Use a whisk to stir the egg white to such an extent that the whisk can stand upright in it, then add the yolk in the white and stir well.
- 4) Pour the cake batter in Step 3) into the cheese paste in Step 1), add sifted low-gluten flour, and stir well until it is smooth without particles.
- 5) Add the whipped cream in Step 4) in the cake batter, stir well and then pour the mixture into the pan (the inner wall is coated with butter in advance), and close the outer lid.
- 6) Press [ < ] or [ > ] key, select "Cake", set the cooking time to 60 minutes, and press the [ Start ] key.
- 7) After completion of cooking, do not remove the cake immediately, just let it cool down, then put it upside down onto a plate, and store it in the refrigerator for a better taste.

# Really failed?

Please check before requesting a repair.


Phenomenon	Please check	Ref. page
Start cooking as soon as a timer is set	<ul style="list-style-type: none"> <li>Is the clock correct? (24-hour display)</li> <li>Is the preset time not within "Time range to preset"?</li> </ul>	7 9
Do not cook during preset time	<ul style="list-style-type: none"> <li>Is the current time displayed correctly? (24-hour display)</li> <li>Is the [Start] key pressed?</li> </ul>	7 15
Cooking time is long	<ul style="list-style-type: none"> <li>If cooking is made continuously, the cooking time will be longer. (May be extended up to 30 minutes)</li> <li>Due to the different amounts of rice and water, the remaining time display may be stopped for adjustment in the middle of cooking.</li> <li>Is "U12" or "U15" displayed?</li> </ul>	— — 22
Cooking time is short	<ul style="list-style-type: none"> <li>Due to the different amounts of rice and water, the remaining time display may be adjusted in the middle of cooking.</li> </ul>	—
Make noise	<ul style="list-style-type: none"> <li>The "pu" sound is the sound given by fan to dissipate the heat during rotation.</li> <li>The "grumble" sound is the sound given by IH (induction heating) during energizing. Sometimes you may hear these sounds during keep warm.</li> <li>The "xiu" sound is the sound of the steam ejection.</li> </ul>	— — —
Steam vapor leaks from a place other than the steam vent	<ul style="list-style-type: none"> <li>Is rice attached to the pan seal ring of the inner lid and along the pan, or is the pan deformed?</li> <li>Is the inner lid cleaned after each use, and correctly installed?</li> </ul>	— 16
Key operation can not be performed	<ul style="list-style-type: none"> <li>Are the indicator of the keys on? →Key operation can not be performed during cooking, timer or keep warm. Press the [Off/Cancel] key before operation.</li> <li>Are you wearing gloves or putting a plaster on your finger when you are operating?</li> </ul>	— —
When a power outage occurs during cooking	<ul style="list-style-type: none"> <li>End of cooking time may be delayed.</li> <li>Depending on different outage duration, delicious rice may sometimes not be cooked.</li> </ul>	— —
Sparks occur from the power plug	<ul style="list-style-type: none"> <li>When plugging or pulling the power plug, small sparks may sometimes emerge. This is the inherent characteristics of IH (induction heating) mode, and is not a malfunction.</li> </ul>	—
When the display disappears	<ul style="list-style-type: none"> <li>Is "8:30" displayed when the power plug is plugged in? [Display] lithium batteries are exhausted. Just plug in the power plug and you can cook and keep warm, but when you want to have a timer for cooking, Always check the clock when cooking. In this case, please replace them with new batteries. Batteries are fixed into the main body, and users cannot replace them by themselves.</li> <li>[Do not display] circuit board malfunction. →To replace batteries or for a faulty repair, please go to the Panasonic authorized service center.</li> </ul>	—

## To be known

- If you are careless to put water and rice into the main body without the pan, please consult the Panasonic authorized service center.







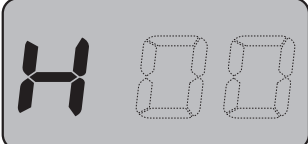
# When a problem arises

Please check before requesting a repair if it is not a failure.

Phenomenon	Causes
Glutinous (soft)	<ul style="list-style-type: none"> <li>Is the rice quantity and water volume correct?</li> <li>Is much broken rice mixed in?</li> <li>Is the rice immersed in water for a long time? (Preset time is too long, etc.) →When using the timer function to cook, you need to put less water.</li> <li>Is hot water used to wash rice?</li> <li>Is rice loosened immediately after cooked?</li> <li>Is too much water added into new rice to cook?</li> </ul>
Dry (hard)	<ul style="list-style-type: none"> <li>Is the rice quantity and water volume correct?</li> <li>Is "Quick" function used to cook?</li> </ul>
Congee is mushy	<ul style="list-style-type: none"> <li>Is rice soaked in water for a long time when timer cooking is set?</li> <li>Is congee kept warm?</li> <li>Is much broken rice mixed in?</li> </ul>
Rice is scorched	<ul style="list-style-type: none"> <li>Is rice washed adequately?</li> <li>Is there any foreign object at the bottom of the pan, on the bottom sensor and inside the main body?</li> <li>Is timer cooking set?</li> <li>Is much broken rice mixed in?</li> <li>Are spices added for cooking? (Mixed rice, etc.)</li> <li>Yellowish paste formed on the bottom of the pan is not a malfunction.</li> </ul> <p>→If it is not improved after the above has been confirmed, refer to "To improve scorched rice". (  P23)</p>
Condensation Odor Rice is yellow	<ul style="list-style-type: none"> <li>Is rice loosened immediately after cooked?</li> <li>Has rice been keep warm for a time longer than 5 hours?</li> <li>Is cooled rice added into the pan and keep warm?</li> <li>Is rice washed adequately?</li> <li>Is the rice scoop placed during keep warm?</li> <li>Due to the different types of rice or water quality, cooked rice might be yellowish.</li> <li>It may smell when you cook, mixed rice with seasonings.</li> </ul> <p>→Carefully clean the pan, inner lid and taste catcher.</p>
Rice is dry	<ul style="list-style-type: none"> <li>Has rice been keep warm for a time longer than 5 hours?</li> <li>Is reheating repeated many times?</li> <li>Is rice attached to the pan seal ring of the inner lid and along the pan, or is the pan deformed?</li> </ul>
Rice sticks onto the pan	<ul style="list-style-type: none"> <li>Due to the different varieties of rice, soft rice and glutinous rice might easily stick the pan.</li> </ul>
A thin film is formed	<ul style="list-style-type: none"> <li>Is bran remained?</li> </ul> <p>Rice paper-like film is a result of the dry starch dissolution, and it is harmless; the rice which is not washed cleanly is likely to generate such a thin film.</p>

# When such a display shows

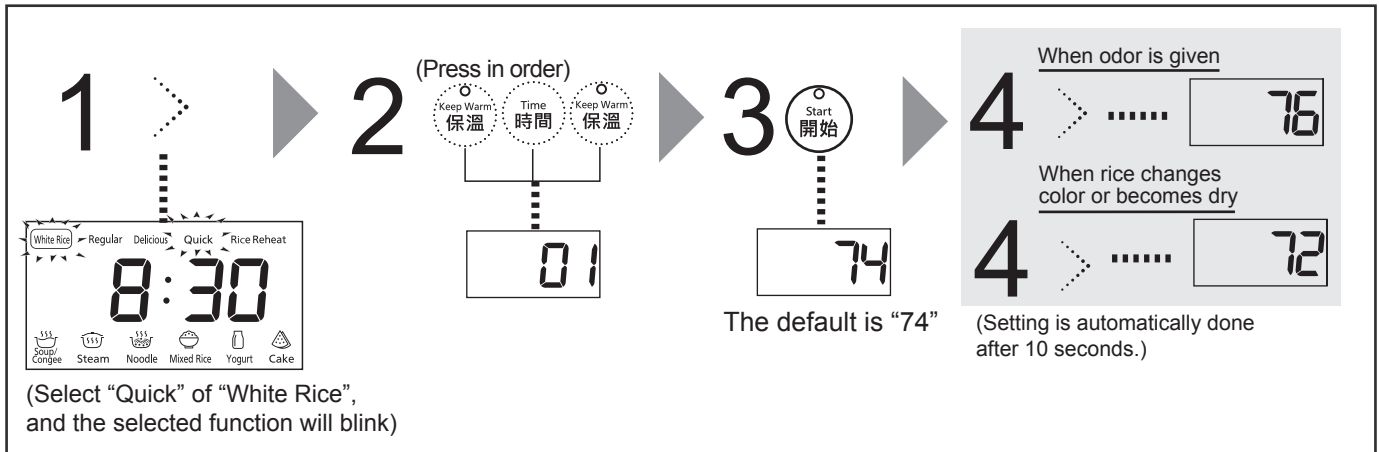
Please check before requesting a repair.

Error display	Please check	Ref. page
	<ul style="list-style-type: none"> <li>Has the pan being set? →Press the [Off/Cancel] key until the error display disappears. Put the dedicated pan in, and perform the operation again.</li> </ul>	—
	<ul style="list-style-type: none"> <li>Is any foreign object attached to the bottom of the pan or the bottom sensor? →Please remove foreign objects and dirt, and then press the [Off/Cancel] key.</li> <li>Is water too much? →Press the [Off/Cancel] key. (For continuous cooking, you can slightly reduce the amount of water)</li> </ul>	5 —
	<ul style="list-style-type: none"> <li>Keep warm duration over 96 hours? →Please press [Off/Cancel] key.</li> </ul>	10
	<ul style="list-style-type: none"> <li>Is the outer lid open?</li> <li>Are there any foreign matters or oil inside the taste catcher of the inner lid? →Wash it thoroughly before it is installed.</li> </ul>	— 16
	<ul style="list-style-type: none"> <li>Has any dust or other foreign object clogged the intake port and the exhaust port at the bottom of the warm jar? →Remove dust according to the following steps.               <ol style="list-style-type: none"> <li>Press the [Off/Cancel] key, and then unplug the power plug.</li> <li>Remove the pan until the warm jar cools down.</li> <li>Clear the dust in the intake port/exhaust port at the bottom of the warm jar. (  P17)</li> </ol> </li> <li>Is the warm jar used on the carpet? →Do not use the warm jar where the bottom of the warm jar may be clogged.</li> </ul>	— 5
If the warm jar is still not back to normal after the above is confirmed, go to the Panasonic authorized service center for repair.		
	<ul style="list-style-type: none"> <li>Try to unplug the power plug and plug it in again. If “H※※” still appears, then there is a fault. →Please consult the Panasonic authorized service center, and inform the error code (two digits after “H”).</li> </ul>	—

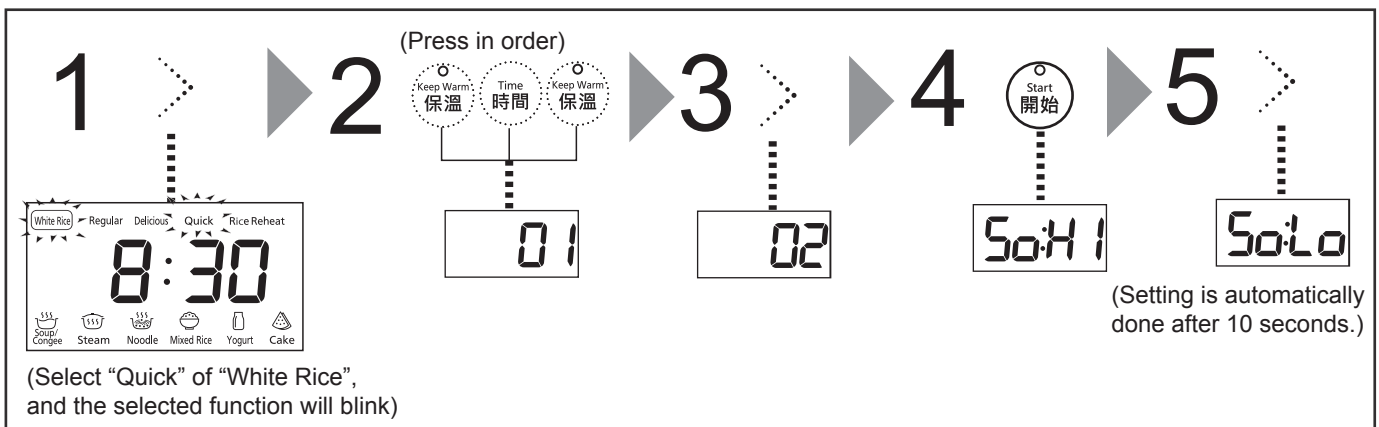
# When you want to improve (optimize)

## ■ To change the temperature of keep warm ( default temperature is 74 )

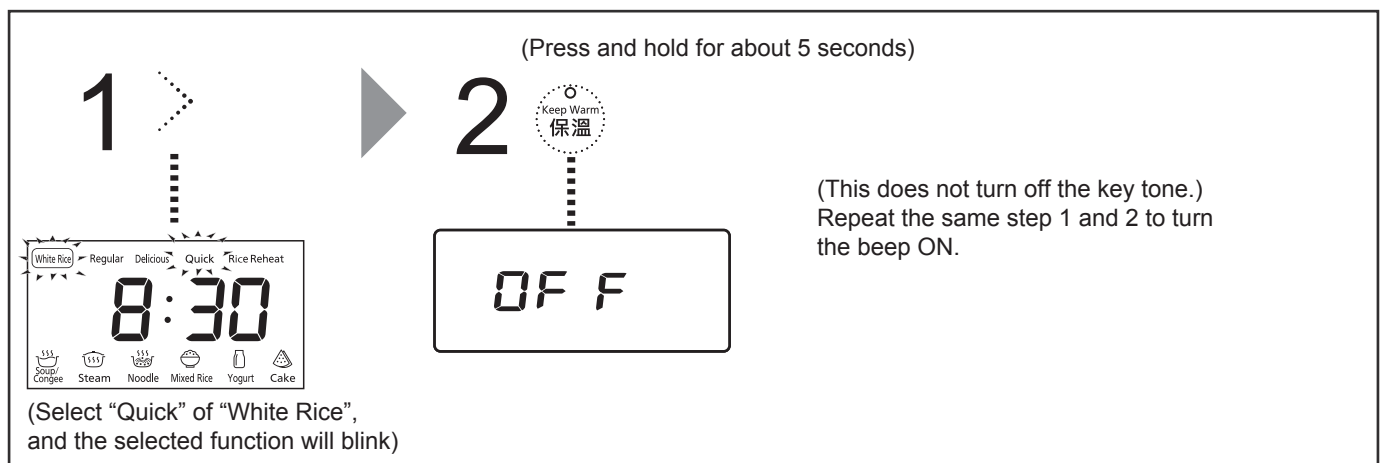
- When the rice keeping warm has odor, please change to “76”; when it changes color or is drying, change to “72”.  
(74→76→72)
- Operation in each step shall be completed within 15 seconds, otherwise, it will exit the setting mode.



## ■ To improve scorched rice



## ■ To eliminate the beep during cooking, reheat (end the beep)



# Specifications

Model No.		SR-AC07T
Power supply/Rated frequency		120 V ∼ 60 Hz
Rated power		700 W
Cooking quantity (Rice) L	Regular	0.09 ∼ 0.72 [ 1/2 ∼ 4 cups ]
	Delicious	0.09 ∼ 0.72 [ 1/2 ∼ 4 cups ]
	Quick	0.09 ∼ 0.72 [ 1/2 ∼ 4 cups ]
	Mixed Rice	0.18 ∼ 0.36 [ 1 ∼ 2 cups ]
Congee cooking volume (rice quantity) L		0.045 ∼ 0.135 [ 1/4 ∼ 3/4 cups ]
Maximum cooking volume (ingredients + water) for soup L		1.0※ <sup>1</sup>
Maximum cooking volume (ingredients + water) for noodle L		
Maximum weight (Approx.) of cake batter (g)		360
Power cord length (Approx.) m		1.0
Weight (Approx.) kg		4.1
Size (Approx.) cm	Width	25.0
	Depth	30.8
	Height	20.0 ( 42.9※ <sup>2</sup> )

- ( ※<sup>1</sup> ) Indicates the cooking capacity at the “3” waterline of “White Rice”.
- ( ※<sup>2</sup> ) It indicates the product height when opening the outer lid.
- The power consumption is about 1.7 W in the standby mode. (When connecting power plug)

## 使用說明書

家庭用 IH 微型電腦飯煲

型號 0.7 L SR-AC07T

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困  
惑  
時



非常感謝您購買Panasonic產品。

- 此產品僅供家庭使用。
- 請仔細閱讀本使用說明書，以確保正確安全使用本產品。使用前請務必閱讀【安全注意事項】(第26~28頁)。
- 請確保保修卡上註明有購買日期和經銷商號等信息。
- 將保修卡和使用說明書一同小心收妥。

保留備用

保修卡另附

# 安全注意事項

請確保遵循以下注意事項！

為防止造成人身傷害、財產損失，請務必遵守以下安全注意事項。

■因錯誤操作所產生的危害及損害程度，如下區分說明。



**警告：**表示如不避免，則可能導致死亡或嚴重傷害的某種潛在危害情況。



**注意：**表示如不避免，則可能導致輕微或中度傷害的某種潛在危害情況。

■希望遵守的內容分類，用如下圖標來區分說明。



此圖標表示不能進行，“禁止”的內容。



此圖標表示務必執行，“強制”的內容。



## 警告



●如電源線或電源插頭已損壞或電源插座與電源插頭的接口鬆脫，請勿使用產品。

( 以免導致觸電或因短路導致火災。 )

→如果電源線損壞，必須用從製造廠或維修部買到的專用元件來更換。

●請勿損壞電源線或電源插頭。

・絕對禁止進行以下操作：

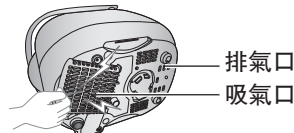
損壞、加工、使其接觸或靠近高溫部、強行彎曲、扭轉、拉拔、掛在角上、在其上放置重物、紮成束、夾入、拉動電源線移動飯煲。

( 以免因電源線和電源插頭破損而觸電，或因短路導致火災。 )

●請勿在吸氣口、排氣口或縫隙間插入任何物件。

・特別是金屬物，如針或電線。

( 以免造成觸電或故障。 )



●請勿將水或其它液體濺到本體插頭上。

( 以免導致觸電或因短路導致火災。 )

●請勿將本產品浸在水中或淋水。

( 以免造成短路或觸電。 )

→如果本產品進水，請諮詢Panasonic授權的服務中心。



●請勿自行改裝、拆解或修理產品。

( 以免導致火災、觸電或受傷。 )

→如需修理，請諮詢Panasonic授權的服務中心。

●使用中或剛使用後，請勿將臉或手靠近蒸氣口處，特別要注意不要讓嬰幼兒靠近。

( 以免導致燙傷。 )

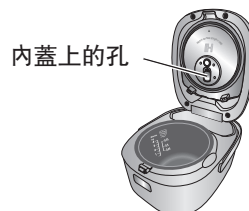


●請勿將可能堵塞內蓋上的孔的物品放入內鍋。

( 以免因蒸氣洩漏或烹調物噴出而導致燙傷或受傷。 )

<禁止的烹調方法>

・將配料和調味料放入塑膠袋中等進行加熱的烹調方法。





## 警告



- 請勿用濕手插入或拔出電源插頭。

( 以免導致觸電或受傷。 )

- 請勿讓任何人舔本體插頭。

( 以免導致觸電或受傷。 )

• 特別要留意嬰幼兒。

- 請勿在烹調時打開外蓋。

( 以免因蒸氣洩漏或烹調物噴出而導致燙傷或受傷。 )

- 請勿將產品用於使用說明書記載以外的任何用途。

( 以免導致火災、燒傷、受傷或觸電。 )



- 本產品不適合以下人士（包括孩童）使用，如：身體感官或心智能力退化者，或缺乏經驗及知識的人，除非負責其安全的人在場監督或指導。應監督孩童，以確保他們不會把產品當作玩具。

( 以免造成火災或導致受傷。 )

- 請務必單獨使用額定值為AC 120 V/10 A的電源。

( 以免因與其他電器並用而過熱，從而引起火災。 )

• 務必使用額定值至少為10 A的電源接線板。

- 請務必將電源插頭和本體插頭妥善連接。

( 以免因發熱導致觸電或火災。 )

- 請務必定期清除電源插頭上的灰塵。

( 以免電源插頭上積聚灰塵，因濕氣導致絕緣故障，從而引起火災。 )

→ 拔下電源插頭，用乾布擦拭。

- 請務必將產品放置於兒童觸碰不到的位置。

( 以免導致燙傷、受傷或觸電。 )

- 發生異常或故障時，請立即停止使用，並拔下電源插頭。

( 以免導致冒煙、火災、觸電、燒傷或受傷。 )

異常或故障例子

- 電源插頭及電源線異常發熱。
- 電源線已損壞或碰到電源線後發生間歇性斷電。
- 本體變形或異常發熱。
- 本體冒煙或發出焦味。
- 本體破裂、鬆動或發出異響。
- 烹調時底部風扇不旋轉。

→ 請立即與Panasonic授權的服務中心聯絡，諮詢檢查及修理事宜。

# 安全注意事項

請確保遵循以下注意事項！



## 注意



- 請勿使用非專用內鍋或變形後的內鍋。

( 以免因過熱或故障導致燙傷或受傷。 )

- 請勿在以下地方使用本產品。

- 靠近熱源或高濕環境中。  
( 以免導致觸電、漏電或火災。 )
- 不平穩的檯面或不耐熱的墊子上。  
( 以免導致受傷、燙傷或火災。 )
- 靠近牆壁或傢俱等處。  
( 以免開蓋時碰到，或導致傢俱等變色、變形及破損。 )
- 鋁板或電子墊子上。  
( 鋁質材料可能會產生熱量並引致冒煙或火災。 )

- 使用中請勿移動本體。

( 以免碰到開蓋按鈕，使外蓋打開，從而導致燙傷。 )

- 使用中或烹調剛結束時，請勿觸摸高溫部。

- 本體溫度很高。特別是外蓋蒸氣口附近的玻璃面板及內蓋、內鍋等金屬部。  
( 以免導致燙傷。 )



- 禁止使用非本產品附上的電源線，或將本電源線用作其他用途。

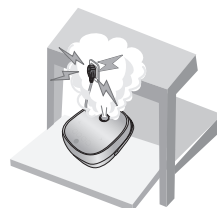
如有損壞，必須用從製造廠或維修部買到的專用組件來更換。

( 以免發生故障或漏電時有觸電的危險。 )

- 請勿使電源插頭接觸蒸氣。

( 以免導致觸電或因短路導致火災。 )

→使用含有滑台的櫃子時，在電源插頭不會接觸到蒸氣的地方使用本產品。



- 請勿空燒。

( 以免導致燙傷。 )



- 請務必保證產品周圍有8 厘米以上的空間。

( 以免電源線的本體插頭處與其他物品過近，而損傷電源線。 )

- 拔插頭時，務必握住電源插頭或本體插頭。禁止拉扯電源線。

( 以免因電源線損傷而引起短路，從而導致起火、觸電。 )

- 取出內鍋或不使用時，切記關閉電源並拔下電源插頭。

( 以免導致燙傷、受傷或因絕緣老化而引起觸電、漏電、火災。 )

- 請等到本體充分冷卻後再進行清洗。

( 以免導致燙傷。 )

- 在櫥櫃等封閉空間使用時，請確保蒸氣能向外散發。

( 以免導致櫥櫃等變色或變形。 )

- 如您裝有植入式心臟起搏器，使用本產品前請向醫生諮詢。

( 本產品在工作時可能會對心臟起搏器有影響。 )

## 在使用過程中發生停電時

包括在中途拔掉電源插頭，跳閘等情況。

- 發生瞬間停電時，會返回停電前的狀態。

- 如果停電時間很長，則重新通電後會出現以下情況。

烹調中：繼續烹調。

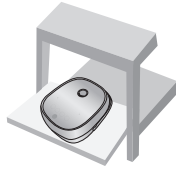
保溫中：繼續保溫。

可能會影響烹調效果。

# 使用注意事項

## 關於本體

- 放在含有滑台的櫃子上時，請務必確認桌子的負荷重量在8 公斤以上。（以免產品掉落。）

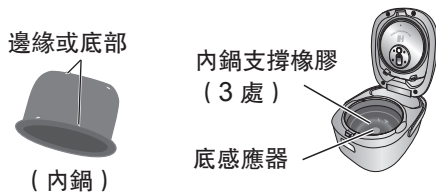


- 使用中請勿將布或其他物品蓋在外蓋上。（以免蒸氣無法釋放，導致外蓋變形、變色或發生故障。）



- 定期檢查飯煲底部的吸氣口及排氣口，並清除灰塵。（參照第41 頁 清潔保養）

- 請及時清理黏在本體上（底感應器、內鍋底部、內鍋支撐橡膠）的飯粒等異物。（以免出現錯誤顯示，或有飯焦、飯燒不熟等情況。）



- 請勿將產品放在容易受電磁干擾的裝置附近。
  - 無線電、電視、助聽器等。（以免產生噪音或減低音量。）
  - IC卡、銀行卡（以免損壞磁性。）

- 請勿將磁鐵放在產品附近。（以免導致動作異常。）

- 請勿在電磁爐上使用產品。（以免損壞電磁爐或導致本產品動作異常。）

- 請勿在戶外使用產品。（不穩定的電源可能會導致產品發生故障。）

- 請勿在陽光直射下使用。（以免導致變色。）

- 請勿在可能會堵塞產品底部（吸氣口及排氣口）的物料上使用飯煲。例如：地毯、塑膠袋、鋁箔及布料等的上面。（以免損壞產品。）

使用前

## 關於內鍋

- 請勿在飯煲以外的地方使用內鍋。



- 請勿在煤氣灶或電磁爐及微波爐內使用。



- 請勿將內鍋與硬物件撞擊。



- （以免導致外層表面刮傷或產生凹痕。）



- 留意以下情況以避免削去或刮傷內鍋塗層。

### 準備烹調時



- 請勿讓金屬洗米容器等物件接觸內鍋塗層。



### 烹調結束後



- 請勿將醋放入內鍋中的米飯。（製作壽司等食物）
- 請勿使用金屬勺子。（烹調粥等食物）
- 請勿輕觸或擊打內鍋。（盛飯時）

### 提示

以下情況不會影響產品性能或人身健康。  
[外層表面]淺的刮痕、細小凹痕或碰撞。  
[內層表面]內鍋塗層剝落。  
→如內鍋變形或您擔心其狀況，請購買新的內鍋。

### 清潔保養時(第40 頁)

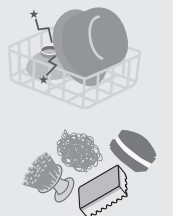


- 請勿將內鍋用作洗碗容器。
- 請勿將湯匙或其他餐具放入內鍋中。



- 使用調味烹調後，請勿將食物留在內鍋中。  
→烹調什錦飯等後，請儘快清除內鍋中的食物然後進行清洗。
- 請勿使用乾碗機或洗碗機/烘乾機進行清洗。
- 請勿在清洗後將內鍋放在其他餐具上晾乾。

- 請勿使用研磨粉或金屬刷、尼龍刷（含有研磨料）、百潔布等清洗或擦洗內鍋。  
→使用軟海綿進行清洗。



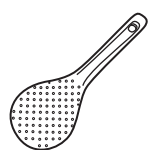
# 零件名稱

首次使用時，務必取出內鍋與底感應器之間的防鏽紙，並清洗內鍋、附件、內蓋、美味芯球。(☞ 第40-41 頁)

## 本體



## 附件



飯勺 (1 個)



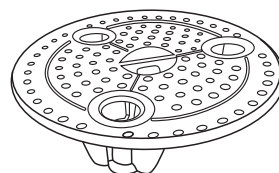
粥(湯)勺 (1 個)



飯勺筒(1 個)



量杯 (1 個)  
(約180 毫升)



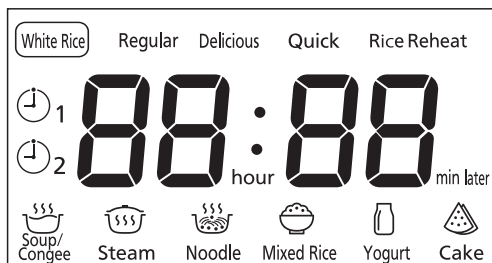
蒸盤 (1 個)

# 零件名稱

## 操作面板

### < 和 > 按鍵

- 要選擇功能時使用。
- 調整當前時間、設置預約時間和烹調時間時使用。
- 長按按鍵則時間可快速前進或後退。

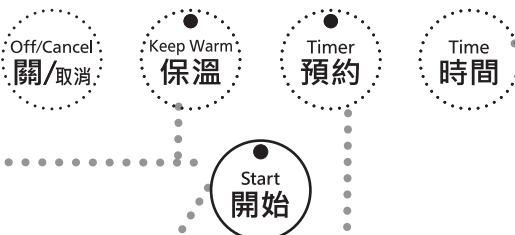


### 關/取消 按鍵

- 可取消不正確的操作，或關閉保溫。

### 保溫 按鍵

- 要保溫時，按此按鍵。



### 開始 按鍵

- 開始烹調或預約時間設置結束時按此按鍵。

### 時間 按鍵

- 要在預約狀態下查看烹調時間時，按此按鍵。
- 要設置烹調時間時，需先按此按鍵。
- 要調整時鐘時，需長按此按鍵3秒。

### 預約 按鍵

- 要預約時，按此按鍵。

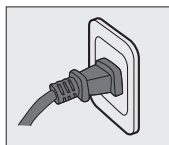
## 提示

產品在工作狀態下，對「關/取消」按鍵的操作需要更長的時間，這屬於正常現象。

## 調整時鐘

例：要將上午7:00調到上午8:30 時

① 插好電源插頭。



7:00

② 按住「時間」按鍵，保持3秒鐘以上。  
(當聽到蜂鳴器發出“嗶”的聲音時，放開按鍵)  
液晶顯示屏上“min”位數字閃爍，再按一下「時間」按鍵，則“hour”位數字閃爍。  
※只能調整閃爍的數字。



③ 按「<」或「>」按鍵調整時間。  
每按一次「<」或「>」按鍵，“min”位時間便以1分鐘為單位，“hour”位數字以1小時為單位增加或減少。  
(時間調整好後，數字閃爍幾下自動停止，則時間調整完成。)

8:30

※工作狀態下無法調整時間。

※長按「<」或「>」按鍵，則時間可快速前進或後退。

※時鐘為24小時制，24:00以0:00表示。

※時間顯示有誤差時，則預約烹調的時間和烹調結束時間均會出現誤差，敬請及時調準時間。

# 準備 洗米、加水

## 初次使用前

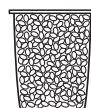
請先燒開一鍋水，再倒掉。

- ①加水至“White Rice”(白米)的3刻度線，閉合外蓋。
  - ②選擇“Steam”(蒸餾)功能，烹調時間設定為15分鐘。
  - ③蜂鳴器響後，取出內鍋，倒掉裡面的水。
- 注意：此時內鍋非常燙，請用毛巾等包裹後取出內鍋，以免燙傷。

## 1 用附屬的量杯量米

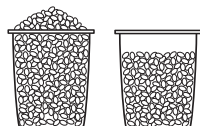
- 一次可煮的最大米量，請參閱尾頁“規格”。

○ 正確



約180 毫升  
(約150 克)

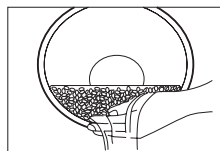
✗ 不正確



## 2 將米洗至水清

- ①加入充分的水，快速搓洗後立即倒掉水。
  - ②重複數次洗米→倒掉水，將米洗至水清為止。
- 為避免擦傷內鍋表面的不黏塗層，避免直接使用內鍋洗米。
  - 請把米洗乾淨。否則會有產生飯焦的可能，而且殘留的米糠會影響米飯的味道。

①



②



## 3 將洗好的米放入內鍋

根據需要加水至相應的刻度線（請參閱第33頁），並擦乾內鍋外側。

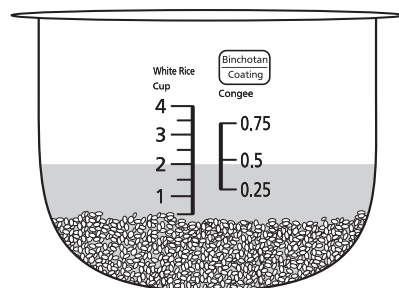
- 放在平坦的檯面上加水，並撫平米的表面。
- （確認左右的刻度，加水至相同的高度）
- 烹煮湯時，食材加水的容量不能超過“Congee”(粥)的最大刻度線。
- 煮什錦飯和糯米飯時，請按表1加水。

表1

米量 (量杯)	水量(量杯)	
	什錦飯	糯米飯
1	“White Rice”(白米)	1
2	刻度線	2

※以上水量可根據個人喜好適當增減。  
(水加的過多時，烹調時可能會沸騰溢出。)

例) 烹調2杯白米時，加水至“White Rice”(白米)的刻度線“2”處。



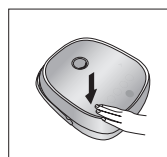
## 4 將內鍋放入本體內，閉合外蓋

- 關閉外蓋時，請確認發出“喀嗒”的閉合聲，若未正確安裝內蓋，則外蓋無法閉合。
- (請參閱第40頁內蓋)

①



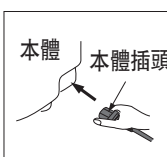
②



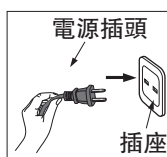
## 5 插入插頭

- 請先插入本體插頭，再插電源插頭，並確保兩者均已連接穩妥。

①



②



# 準備

## 功能的選擇/烹調時間的設定/煮出美味米飯的秘訣

### ■ 功能的選擇

表2

烹調類別	功能選擇	刻度線	*1烹調時間 (約)	*2保溫 (自動)	*3預約時間的可設定範圍
烹調白米	Regular(標準)	White Rice(白米)	37 分鐘	○	50 分鐘以上
	Delicious(精煮)		47 分鐘	○	60 分鐘以上
	Quick(快速)		27 分鐘	○	40 分鐘以上
加熱冷飯	Rice Reheat(冷飯加熱)	-	15 分鐘	○	×
烹調粥	Soup/Congee(湯/粥)	Congee(粥)	表3	×	烹調時間+1分鐘以上
烹煮湯	Soup/Congee(湯/粥)	“Congee”(粥)的最大刻度線	表3	×	烹調時間+1分鐘以上
蒸饅	Steam(蒸饅)	蒸饅40分鐘以上時請加2 量杯水	表3	×	×
烹調即食麵	Noodle(即食麵)	最大至“White Rice”(白米)3 刻度線	表3	×	×
烹調什錦飯	Mixed Rice(什錦飯)	White Rice(白米)	47分鐘	×	×
製作乳酪	Yogurt(乳酪)	500 毫升水	表3	×	×
烘焗蛋糕	Cake(蛋糕)	-	表3	×	×
*1 • 在電壓為120 V，室溫20℃，水溫20℃，米量為中間量（2 量杯）時，烹調所需的參考時間。 • 烹調的實際時間會根據米量、水量、電壓、室溫、水溫、米質的不同而變化。 • 什錦飯、糯米飯的烹調時間會根據使用的食材而變化。					
*2 • 所有功能在烹調結束後都將自動轉為保溫。 但是，打“×”的功能不建議保溫，烹調結束後請儘快按「關/取消」按鍵。					
*3 • 冷飯加熱、蒸饅、烹調即食麵、什錦飯、乳酪、蛋糕功能不能預約。湯不建議預約，以免食材變質。 • 烹調糯米飯時，請勿使用預約功能，以免影響性能。 • 當設定的預約時間少於烹調時間時，將直接進行烹調。 • 夏季等高溫天氣下，預約時間請勿超過8 小時，以免米粒等變質。					

### ■ 烹調時間的設定

表3

烹調類別	功能選擇	烹調時間 設定範圍	設定單位	初期值	調理時間的顯示	調理時間 的記憶
烹調粥	Soup/Congee(湯/粥)	40 分鐘-3 小時	10 分鐘	1 小時	到3 小時後又回到40 分鐘	○
烹煮湯						
蒸饅	Steam(蒸饅)	1-60 分鐘	1 分鐘	5 分鐘	到60 分鐘後又回到1 分鐘	○
烹調即食麵	Noodle(即食麵)	1-20 分鐘	1 分鐘	5 分鐘	到20 分鐘後又回到1 分鐘	○
製作乳酪	Yogurt(乳酪)	4-12 小時	30 分鐘	6 小時	到12 小時後又回到4 小時	○
烘焗蛋糕	Cake(蛋糕)	40-60 分鐘	1 分鐘	60 分鐘	到60 分鐘後又回到40 分鐘	○

※用“Noodle”(即食麵)功能煮水餃時，烹調時間請務必設定在10 分鐘以上，以免水餃煮不熟。

(請根據水餃的種類及個人喜好，自行調整烹調時間。)

※用“Soup/Congee”(湯/粥)功能烹調粥時，烹調時間建議設定為40 分鐘-2 小時，以免粥太糊。

### ★ 煮出美味米飯的秘訣

- ① ● 正確量水及量米。
- ② ● 輕柔並快速地洗米。  
● 勿將米放置在洗米籬內。  
(以免米粒碎裂或米飯黏鍋。)
- ③ ● 在平坦的檯面加水。  
● 勿用熱水及pH9以上的鹼性水。  
(以免米飯黏鍋或變黃。)



# 關於各功能 白米(標準・精煮・快速)、什錦飯、保溫



## ■溫馨提示

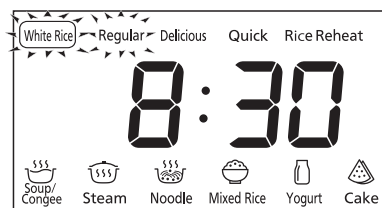
- 煮糯米飯時，請勿選擇“Quick”(快速)功能。(水量請參閱第32頁表1)
- 用“Quick”(快速)煮飯時，因時間縮短，米飯會稍硬或有飯焦產生。→預先將米浸泡在水中，則可以使煮好的米飯變軟。
- 用“Delicious”(精煮)功能會使米飯更鬆軟可口。

※用“White Rice”(白米)的“Regular”(標準)功能煮飯時

## 1 按◀或▶，選擇“White Rice”(白米)的“Regular”(標準)。

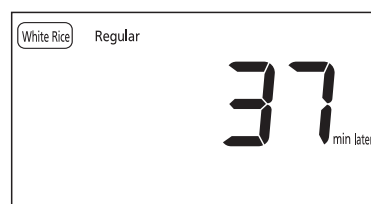
- 閃爍的為所選擇的功能。
- “開始”指示燈閃爍。
- 能記憶上一次使用的白米功能。

通常的情況下請使用“Regular”(標準)。  
除“Regular”(標準)以外，還可以選擇“Delicious”(精煮)、“Quick”(快速)



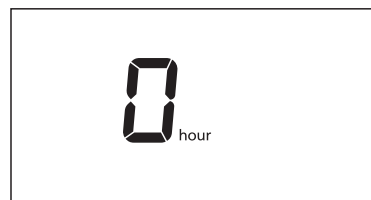
## 2 按Start 開始烹調開始。

- “開始”指示燈點亮。



## 3 烹調結束，翻鬆米飯。

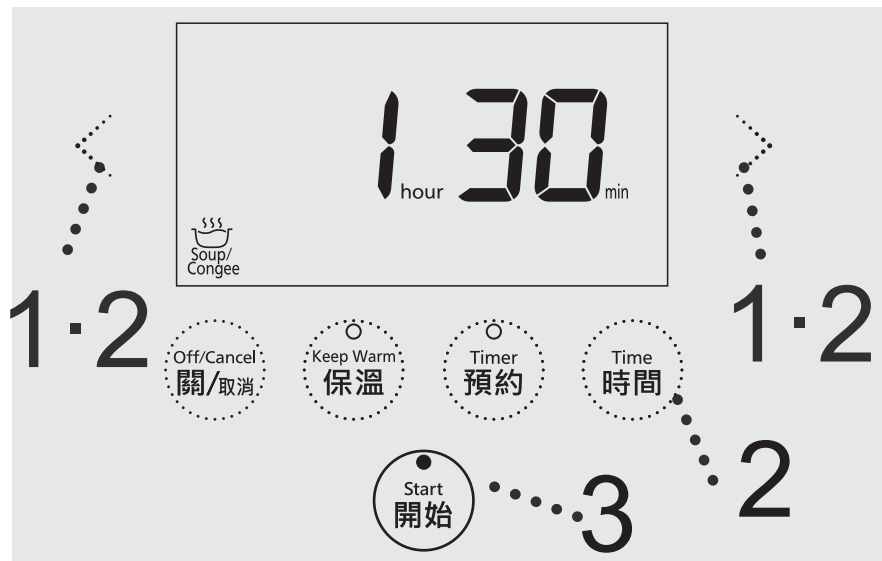
- 蜂鳴器響後，烹調結束，自動轉入保溫狀態。為防止米飯黏在一起，請儘快翻鬆米飯。
- 什錦飯、糯米飯，請儘快按「關/取消」按鍵，以免影響口感。



## 保溫

- 保溫時間顯示從0到23共24小時，超過24小時後，會顯示當前時間但仍然繼續保溫。
- 1小時以內時，顯示0小時。
- 保溫超過96小時，保溫將自動停止，顯示屏顯示“U14”，請按「關/取消」按鍵，取消錯誤顯示。
- 米飯以在保溫5小時以內食用為佳，以免米飯變色或變味。
- 保溫時，內鍋的邊緣部有時會出現少量水珠。
- 保溫時內鍋中如放有飯勺等盛飯用具則會影響米飯的味道。

# 關於各功能 湯/粥



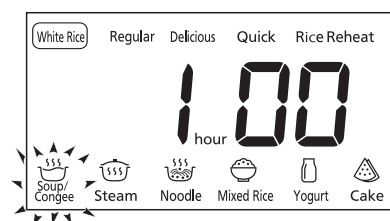
## ■溫馨提示

- 烹調中打開外蓋，會增加結露量。
- 水量、米量不正確，可能會導致米水從蒸氣口中溢出。
- 如保溫時間過長，粥將會變稠。
- 烹煮湯時，如超過“Congee”（粥）的最大刻度線，可能會造成溢出。  
( 尾頁規格)
- 每次使用完畢後，應取下內蓋，沖洗美味芯球，以免產生異味。

※用1.5 小時烹調粥時

## 1 按 或 ，選擇“Soup/Congee” (湯/粥)。

- 閃爍的為所選擇的功能。
- “開始”指示燈閃爍。



## 2 按 ，再按 或 ，設定烹調時間。

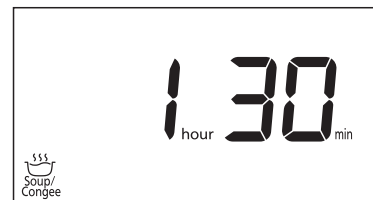
- 每按一次「<」或「>」按鍵，烹調時間便會以 10 分鐘為單位增加或減少。
- 長按「<」或「>」按鍵，時間可快速前進或後退。
- 能記憶上一次的烹調時間。

※烹調時間的可設定範圍 第33 頁表3。



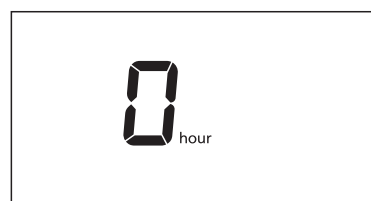
## 3 按 ，烹調開始。

- “開始”指示燈點亮。
- 剩餘時間以 1 分鐘為單位遞減。



## 4 蜂鳴器響後，烹調結束，自動轉入保溫狀態。

- 為避免因保溫而影響口感，請儘快按「關/取消」按鍵。



# 關於各功能 蒸餸、即食麵

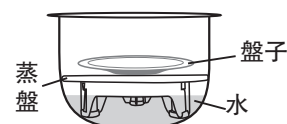


## ■溫馨提示

- “Steam” (蒸餸) 功能的加水量，請參閱第33頁表2。
- “Noodle” (即食麵) 功能可用於烹調即食麵或水餃等。具體請參閱第43頁食譜。
- 顯示屏內顯示的時間為內鍋中的水沸騰後的剩餘時間。

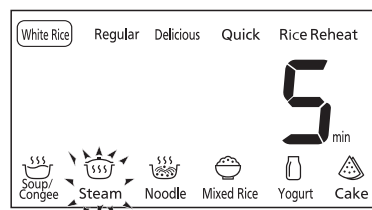
※要蒸餸10分鐘時

**準備** ①向鍋內放入適量的水。 ③放入需蒸餸的食物。  
②放入蒸盤。 ④閉合外蓋。



**1** 按◀或▶，選擇“Steam”(蒸餸)。

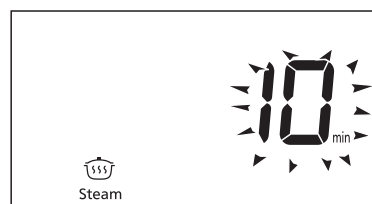
- 閃爍的為所選擇的功能。
- “開始”指示燈閃爍。



**2** 按Time時間，再按◀或▶，設定烹調時間。

- 每按一次「<」或「>」按鍵，烹調時間便會以1分鐘為單位增加或減少。
- 長按「<」或「>」按鍵，時間可快速前進或後退。
- 能記憶上一次的烹調時間。

※烹調時間的可設定範圍參閱第33頁表3。



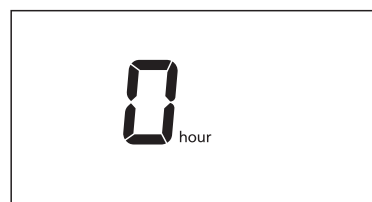
**3** 按Start開始烹調開始。

- “開始”指示燈點亮。
- 水沸騰後，剩餘時間以1分鐘為單位遞減。



**4** 蜂鳴器響後，烹調結束，自動轉入保溫狀態。

- 為避免因保溫而影響口感，請儘快按「關/取消」按鍵。
- 此時，蒸盤和盤子變的非常燙，取出時請務必當心燙手。



# 關於各功能 乳酪、蛋糕



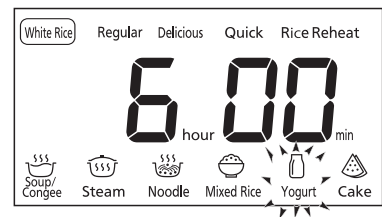
## ■溫馨提示

- 蛋糕糊不能超過360 克。  
(蛋糕粉、牛奶、雞蛋等的總重量)，  
以免導致蛋糕未能完全烘熟。
- 除了第43 頁食譜（芝士蛋糕）的  
方法以外，還能用蛋糕粉做蛋糕，  
具體參照蛋糕粉的使用說明。
- 烘焗最大量的蛋糕糊時，烹調時間  
請設定為60 分鐘，以免蛋糕不熟。

※用“Yogurt”(乳酪)功能製作乳酪（6.5 小時）時

**準備** ※準備工作請參閱第43 頁食譜（乳酪）的1~4。

- 1** 按 或 ，選擇“Yogurt”(乳酪)。
- 閃爍的為所選擇的功能。
  - “開始”指示燈閃爍。



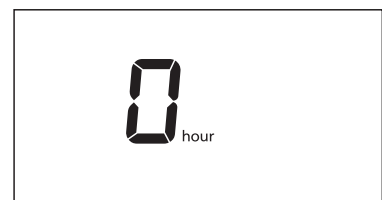
- 2** 按 ，再按 或 ，設定烹調時間。
- 每按一次「<」或「>」按鍵，烹調時間便會以30 分鐘為單位增加或減少。
  - 長按「<」或「>」按鍵，時間可快速前進或後退。
  - 能記憶上一次的烹調時間。
- ※烹調時間的可設定範圍參閱第33 頁表3。



- 3** 按 ，烹調開始。
- “開始”指示燈點亮。
  - 剩餘時間以1 分鐘為單位遞減。



- 4** 蜂鳴器響後，烹調結束，
- 為避免因保溫而影響口感，請儘快按「關/取消」按鍵並取出乳酪。
  - 冷卻後，請放入雪櫃進行保存。



# 關於各功能

## 冷飯加熱



### ■ 溫馨提示

- 加入冷飯時，請不要超出最大冷飯量(如表4所示)。
- 建議冷飯加熱的次數為一次，以免影響米飯的口感。
- 請不要加熱什錦飯和糯米飯，以免影響口感。

### ※ 冷飯加熱時

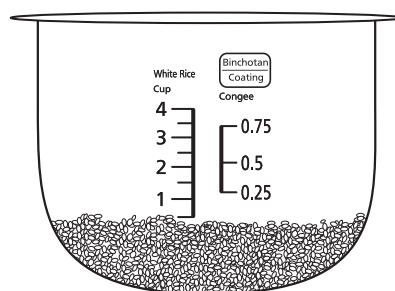
#### 準備

- 請將鍋內的冷飯攪拌均勻，使之平整。
- 冷飯加熱時，請參照下記水量表的標準加水。

表4

冷飯量(刻度線)	水量(量杯)
1	---
2	1/2

■ 冷飯加熱的最大量:2刻度線



# 1

按 或 ，選擇“Rice Reheat”(冷飯加熱)。

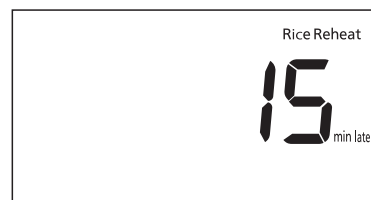
- 閃爍的為所選擇的功能。
- “開始”指示燈閃爍。



# 2

按 ，烹調開始。

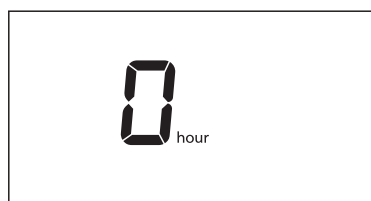
- “開始”指示燈點亮。
- 不管冷飯量多少，加熱時間都約15 分鐘。
- 剩餘時間以1 分鐘為單位遞減。



# 3

蜂鳴器響後，烹調結束，自動轉入保溫狀態。

- 請儘快翻鬆米飯，米飯將更美味。



# 預約功能



## ■溫馨提示

- “Rice Reheat” (冷飯加熱)、“Steam” (蒸餛飩)、“Noodle” (即食麵)、“Mixed Rice” (什錦飯)、“Yogurt” (乳酪)、“Cake” (蛋糕) 不能使用預約功能。
- 烹調糯米飯時，請勿使用預約功能，以免食材變質或影響性能。
- 夏季等高溫天氣下，預約時間請勿超過8小時，以免米粒等變質。
- 預約功能設定的時間為烹調結束的時間。
- 能記憶上一次的預約時間及烹調時間。

※想用“⌚<sub>1</sub>”功能在11:30完成“White Rice”(白米)的“Delicious”(精煮)時

首先確認當前時間是否正確。  
如果不正確，請調整到正確時間。(👉 第31頁)

**1** 按第34–35頁的方法選擇功能。  
●閃爍的為所選擇的功能。



**2** 按 ，選擇“⌚<sub>1</sub>”。

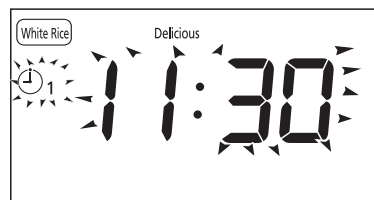
- 預約煮粥時，需先按第35頁步驟2設定烹調時間，再按「預約」按鍵。如先按了「預約」按鍵，則可按「時間」按鍵返回烹調時間的設定模式。
- 本產品可以設定兩個不同的預約時間（如早飯和晚飯），每按一次「預約」按鍵，  
⌚<sub>1</sub> → ⌚<sub>2</sub> → ⌚<sub>1</sub> 將交替顯示。



**3** 按 或 ，設定預約時間。

- 每按一次「<」或「>」按鍵，預約時間便會以10分鐘為單位增加或減少。
- 長按「<」或「>」按鍵，時間可快速前進或後退。
- 當設定的預約時間少於烹調時間時，將直接進行烹調。

※可以預約的功能和時間範圍👉 第33頁表2。



**4** 按 ，預約烹調開始。

- “開始”指示燈熄滅，“預約”指示燈點亮，預約設定完成。
- 想要在預約狀態下確認煮粥時間時，請按「時間」按鍵。
- 預約狀態下，按「預約」按鍵可顯示當前時間。



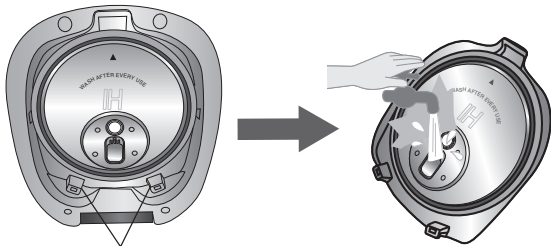
# 清潔和保養

## 注意

- 清潔前，務必拔掉電源插頭，等本體冷卻後再進行清潔。
- 清潔時，切勿將本體浸入水中，不要使用天拿水、汽油、酒精、去污粉，硬質刷等物質擦拭。
- 請勿使用洗碗機或烘乾機。

### 內蓋/美味芯球

使用廚房專用中性清洗劑清洗。



卡扣部

#### ■拆卸方法

拿住兩側的卡扣部，朝面前拉出。

#### ■安裝方法

- ①把▲上面的凸起部分安裝上，再從下方斜向插入外蓋上面的孔中。
- ②把卡扣部（兩側）壓入外蓋，直至發出“喀噠”的聲音。

#### 提示

- 每次使用完畢後，均應取下內蓋進行沖洗（包括背面的美味芯球），以免產生異味。
- 使用調味料後（什錦飯等），請及時清洗。（否則可能產生異味、變質或銹蝕。）

### 外蓋內表面/墊圈

用擰乾的濕毛巾擦拭。

- 請勿拉扯墊圈。

### 底感應器

用擰乾的濕毛巾擦拭。

- 如污垢很難清除，用少量廚房專用中性洗滌劑，再用尼龍刷輕輕擦拭。

#### 提示

- 如果不擦乾淨底感應器，則米飯可能會被燒焦，煮不好。

### 上框/內鍋支撐橡膠（3處）

用擰乾的濕毛巾擦拭。

#### 提示

- 請勿將水倒入進行清洗。

### 內鍋

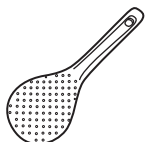
- 用稀釋後的餐具清洗劑和海綿及水清洗。擦乾內鍋外側表面的水分。
- 請勿將內鍋作為清洗容器。
- 氟素塗層可能會出現變色或斑紋現象，但不影響健康及使用。



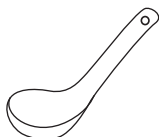
# 清潔和保養

## 附件

用稀釋後的餐具清洗劑和海綿清洗



飯勺



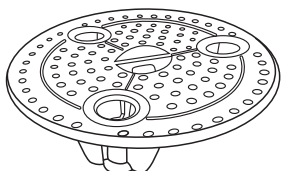
粥(湯)勺



飯勺筒



量杯

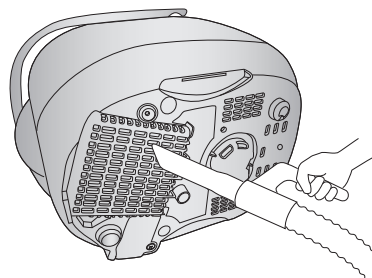


蒸盤

## 定期檢查

●大約每月檢查一次，如有污垢請及時清洗。

飯煲底部  
(吸氣口/排氣口)



用吸塵器吸除垃圾及異物等。

## 食譜 (注意事項 第42 頁)

### 什錦飯

食材：

白米	1 杯
鮮香菇	4 個，切絲
雞肉絲	20 克
芹菜碎	15 克

調味料：

香油	3 毫升
豉油	10 毫升
白糖	3 克
鹽	2 克
粟粉	4 克
黑胡椒粉	適量

做法：

- 1) 將米洗淨後倒入內鍋，加水至“White Rice”(白米)的“1”刻度線，並浸泡約15 分鐘。
- 2) 將所有調味料充分混合後，加入香菇絲、雞肉絲拌勻，然後均勻地鋪在1) 的米上並閉合外蓋。
- 3) 按「<」或「>」按鍵，選擇“Mixed Rice”(什錦飯)，再按下「開始」按鍵。
- 4) 煮飯完成後，按「關/取消」按鍵。
- 5) 打開外蓋，拌入芹菜碎，閉合外蓋，利用餘溫燜5 分鐘後，再用飯勺輕輕拌勻即可。

※ 1杯米所加的食材量請勿超過75 克，以免影響烹調效果。

# 食譜

注意：• 根據加入米飯內的不同食材，飯的底部可能有燒焦的現象。  
• 煮紅豆粥時，紅豆的皮可能會堵塞美味芯球，從而使外蓋自動彈開，請格外注意！  
• 烹煮湯時，請使用“Soup/Congee”(湯/粥)功能，最大烹調量至“Congee”(粥)的最大刻度線，以免溢出。

※1杯(量杯): 約150 克

## 養生粥

食材：				調味料：	
大米	15 克	黑米	10 克	白糖	適量
糯米	10 克	紅豆	15 克		
小米	10 克	綠豆	15 克		

做法：

- 1) 將所有食材洗淨後，放入內鍋。
- 2) 加水至“Congee”(粥)刻度線“0.5”處，並閉合外蓋。
- 3) 按「<」或「>」按鍵，選擇“Soup/Congee”(湯/粥)，烹調時間設定為2 小時，再按下「開始」按鍵。
- 4) 蜂鳴器響後，烹調結束。（可根據個人口味加入適量白糖）

注：請勿烹調較難煮熟的食材（例如，薏米、黑豆、花生、粟米、腰豆等），以免影響烹調效果。

## 雜菌湯

食材：			調味料：	
白玉菇	100 克		紹酒	適量
蟹味菇	100 克		鹽	適量
杏鮑菇	100 克			

做法：

- 1) 三種菇在加了適量鹽的淡鹽水中浸泡10 分鐘。
- 2) 把三種菇洗淨，切去根部，杏鮑菇切小根。
- 3) 將雜菌放入內鍋，加入適量紹酒，加水至“Congee”(粥)的最高刻度線，並閉合外蓋。
- 4) 按「<」或「>」按鍵，選擇“Soup/Congee”(湯/粥)，烹調時間設定為2 小時，再按下「開始」按鍵。
- 5) 烹飪結束後，打開外蓋，加入適量鹽調味即可。

注：雜菌可選用自己喜歡的種類。

## 珍珠糯米丸

食材：			調味料：	
糯米	100 克		生抽	5 毫升
肉碎	50 克		鹽	少許
蛋液	少許		芝麻油	少許
薑碎	少許		白胡椒粉	少許
蔥碎	少許			

做法：

- 1) 將糯米用水泡2 小時後瀝幹備用。
- 2) 將肉碎、薑碎、蔥碎放入一個大碗中，加入蛋液，芝麻油、生抽、白胡椒粉、食鹽，順一個方向攪動至均勻。
- 3) 將和好的肉餡捏成大小適中的丸子，然後均勻地沾上1) 的糯米。
- 4) 在內鍋中放入蒸盤，加入1杯水，將肉丸裝盤後放在蒸盤上，然後閉合外蓋。
- 5) 按「<」或「>」按鍵，選擇“Steam”(蒸餸)，烹調時間設定為20 分鐘，再按下「開始」按鍵。

## 即食麵

即食麵：

即食麵	1 袋
水	500 毫升

做法：

- 1) 將即食麵、調味料和冷水一起放入內鍋後閉合外蓋。
- 2) 按「<」或「>」按鍵，選擇“Noodle”(即食麵)，烹調時間設定為3分鐘，再按下「開始」按鍵。

- ※・請勿保溫，內鍋使用後請及時清洗。
- ・請根據即食麵的種類及份量的多少自行調整時間。

## 乳酪

食材：

乳酪	25 毫升
牛奶	125 毫升
砂糖	10 克

做法：

- 1) 將玻璃杯、勺子用熱水消毒\* (\*：用95℃以上的熱水泡5分鐘)。
- 2) 將乳酪、牛奶、白糖放入冷卻後的玻璃杯，並用勺子充分攪拌。
- 3) 用保鮮膜將玻璃杯口密封。
- 4) 向內鍋放入500毫升水，再放入3)的杯子，並閉合外蓋。
- 5) 按「<」或「>」按鍵，選擇“Yogurt”(乳酪)，烹調時間設定為6小時，再按下「開始」按鍵。

- ※・乳酪的黏稠度可通過調整乳酪和牛奶的比例，或烹調時間來調整。
- 另，白糖的量也可根據各人喜好調整。
- ・冷卻後，請放入雪櫃進行保存。

## 芝士蛋糕

食材：

芝士	80 克	檸檬汁	5 毫升
砂糖	30 克		
雞蛋	1 個		
低筋粉	12 克		
鮮忌廉	60 毫升		

做法：

- 1) 將芝士放入耐熱容器融化至糊狀。在芝士中加入砂糖，攪拌至均勻無顆粒，在芝士糊中加入檸檬汁攪拌。
- 2) 將雞蛋的蛋白和蛋黃分開到兩個盆中(無水無油)，將蛋黃打散。
- 3) 用打蛋器將蛋白打發至打蛋器可以直立在蛋白上不倒，將蛋黃加入到蛋白中，左右攪拌均勻。
- 4) 將3)的蛋糕糊倒入1)的芝士糊中，加入過篩的低筋麵粉，攪拌均勻至順滑無顆粒。
- 5) 將鮮忌廉倒入4)的蛋糕糊中，攪拌均勻後，再倒入內鍋(內壁事先塗好牛油)，並閉合外蓋。
- 6) 按「<」或「>」按鍵，選擇“Cake”(蛋糕)，烹調時間設定為60分鐘，然後按下「開始」按鍵。
- 7) 烹飪結束後，不要立即倒出蛋糕，待其冷卻後，倒出，放入雪櫃冷藏後更加美味。

# 是否真的發生了故障？

在委託維修之前請先進行檢查。

現 象	請檢查	參考 頁碼
一開始預約就開始烹調	<ul style="list-style-type: none"> <li>● 時鐘是否正確？（24 小時制顯示）</li> <li>● 預約時間是否在“預約時間的可設定範圍”之外。</li> </ul>	31 33
不在預約時間烹調	<ul style="list-style-type: none"> <li>● 當前時間顯示是否正確？（24 小時制顯示）</li> <li>● 是否已按了「開始」按鍵？</li> </ul>	31 39
烹調時間長	<ul style="list-style-type: none"> <li>● 如果連續烹調，則烹調時間將會變長。（最多可能會延長30 分鐘左右）</li> <li>● 因米飯量和水量不同，在烹調中途，可能會停止剩餘時間顯示並進行調整。</li> <li>● 是否顯示“U12”或“U15”？</li> </ul>	— — 46
烹調時間短	<ul style="list-style-type: none"> <li>● 可能會因米飯量和水量不同，在烹調途中自動調整剩餘時間顯示。</li> </ul>	—
發出聲音	<ul style="list-style-type: none"> <li>● “卟—”音…是風扇驅散熱量的轉動聲音。</li> <li>● “噠—”音…是IH（電磁加熱）的通電聲音。 保溫中有時會聽到這樣的聲音。</li> <li>● “咻—”音…是蒸氣噴出的聲音。</li> </ul>	— — —
蒸氣從蒸氣口以外的部位漏出	<ul style="list-style-type: none"> <li>● 內蓋的鍋墊圈和內鍋的鍋邊上是否附有米飯，或內鍋是否已變形？</li> <li>● 內蓋是否每次使用後都進行清洗，並正確安裝？</li> </ul>	— 40
不能進行按鍵操作	<ul style="list-style-type: none"> <li>● 按鍵的指示燈是否點亮著？ →烹調、預約、保溫中途，無法進行按鍵操作。 請按「關/取消」按鍵後再進行操作。</li> <li>● 是否帶著手套或手指上貼有膠布等物進行操作。</li> </ul>	— —
在烹調中發生停電時	<ul style="list-style-type: none"> <li>● 烹調結束的時間可能會延遲。</li> <li>● 根據停電時間長短的不同，有時可能會煮不出美味可口的米飯。</li> </ul>	— —
從電源插頭冒出火花	<ul style="list-style-type: none"> <li>● 在插、拔電源插頭時，有時可能會冒出小火花。 這是IH（電磁加熱）方式固有的特點，不是故障。</li> </ul>	—
當顯示消失	<ul style="list-style-type: none"> <li>● 插入電源插頭時，是否顯示“8：30”？ [顯 示]鋰電池已耗盡。 只要插入電源插頭就可以進行烹調及保溫操作，但想要預約烹調時，每次必須進行時鐘的核對。此時請更換新電池。 電池固定于本體內部，客戶自己無法進行更換。 [不顯示]电路板發生故障。 →電池的更換或故障的修理，請委託Panasonic授權的服務中心進行。</li> </ul>	—

## 須 知

- 不小心誤將水和大米直接倒入未放置內鍋的本體時，請向Panasonic授權的服務中心諮詢。

# 出現問題時

並非故障，在委託維修之前請先進行檢查。

現象	原因
過黏（較軟）	<ul style="list-style-type: none"><li>● 米量和水量是否正確？</li><li>● 是否混入較多碎米？</li><li>● 是否長時間浸泡水中？（預約時間太長等） →使用預約功能烹調時，需少放些水。</li><li>● 是否使用熱水洗米？</li><li>● 煮好後，是否立即將米飯翻鬆？</li><li>● 新米是否放入較多水進行烹調？</li></ul>
過乾（較硬）	<ul style="list-style-type: none"><li>● 米量和水量是否正確？</li><li>● 是否用“Quick”（快速）功能進行烹調？</li></ul>
粥變糊狀	<ul style="list-style-type: none"><li>● 預約定時烹調時，是否讓米長時間浸泡於水中？</li><li>● 是否對粥進行了保溫？</li><li>● 是否碎米太多？</li></ul>
飯燒焦	<ul style="list-style-type: none"><li>● 洗米是否充分？</li><li>● 內鍋底部、底感應器及本體內部是否附有異物？</li><li>● 是否進行了預約定時烹調？</li><li>● 是否混入較多碎米？</li><li>● 是否放入調味料進行烹調？（什錦飯等）</li><li>● 鍋底形成的淡黃色的糊焦，不是故障。</li></ul> <p>→確認上述內容後仍未改善，請參考“如要改善飯焦”（👉第47頁）。</p>
凝結成水珠 有氣味 帶黃色	<ul style="list-style-type: none"><li>● 煮好後，是否立即將米飯翻鬆？</li><li>● 是否保溫超過5小時？</li><li>● 是否把冷飯添加到內鍋裏並進行了保溫？</li><li>● 洗米是否充分？</li><li>● 是否在放入飯勺的狀態下進行了保溫？</li><li>● 因米的種類或所用水質的不同，煮熟的飯可能會帶黃色。</li><li>● 在放入調味料烹調什錦飯等後，可能有氣味。</li></ul> <p>→請仔細清洗內鍋、內蓋及美味芯球。</p>
米飯乾燥	<ul style="list-style-type: none"><li>● 是否保溫超過5小時？</li><li>● 是否反覆加熱冷飯？</li><li>● 內蓋的鍋墊圈部和內鍋的鍋沿上是否附有米飯，或內鍋是否已變形？</li></ul>
米飯黏在內鍋上	<ul style="list-style-type: none"><li>● 因大米品種不同，柔軟的米飯和黏性好的米飯可能會容易黏鍋。</li></ul>
形成一層薄膜	<ul style="list-style-type: none"><li>● 是否殘留著糠皮？</li></ul> <p>糯米紙狀的薄膜是由於澱粉溶解後乾燥所生成的，對人體無害，米沒有洗乾淨則容易生成這種薄膜。</p>

# 當出現這樣的顯示時

在委託維修之前請先進行檢查。

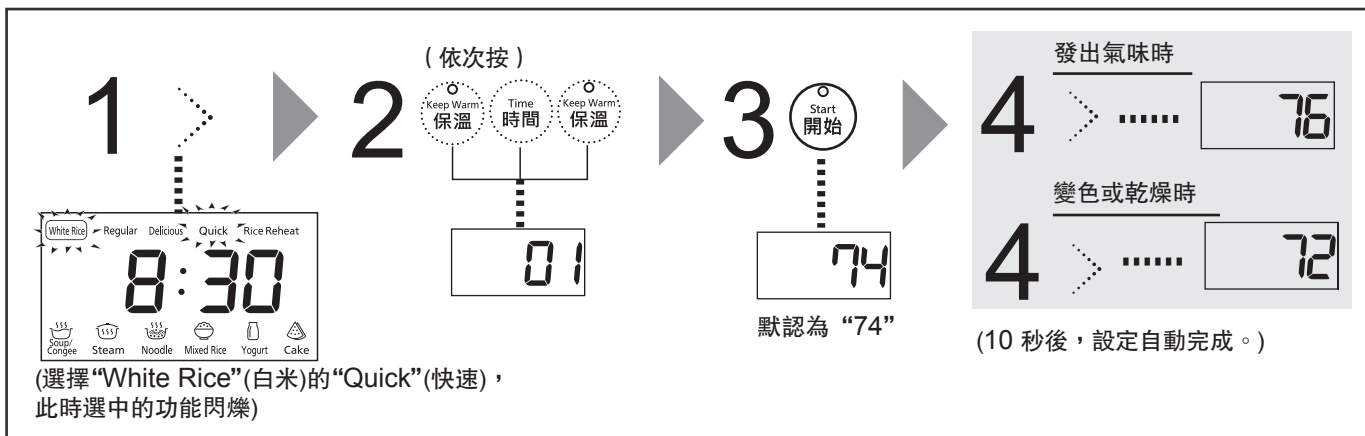
錯誤顯示	請檢查	參考頁碼
	<ul style="list-style-type: none"> <li>● 是否已將內鍋放入？ →請按「關/取消」按鍵，待錯誤顯示消失後，放入專用的內鍋，再次進行操作。</li> </ul>	—
	<ul style="list-style-type: none"> <li>● 鍋底或底感應器上是否附有異物？ →請清除異物及污漬，然後按「關/取消」按鍵。</li> <li>● 水量是否太多？ →請按「關/取消」按鍵。 (連續烹調時，可稍微減少一些水)</li> </ul>	29
	<ul style="list-style-type: none"> <li>● 保溫時間是否在96 小時以上？ →請按「關/取消」按鍵。</li> </ul>	34
	<ul style="list-style-type: none"> <li>● 外蓋是否開著？</li> <li>● 內蓋上的“美味芯球”內是否有異物或油污？ →請徹底洗淨後再安裝好。</li> </ul>	— 40
	<ul style="list-style-type: none"> <li>● 飯煲底部的吸氣口及排氣口是否有灰塵等異物阻塞？ →請按下記步驟清除灰塵。 ①按「關/取消」按鍵，然後拔掉電源插頭。 ②待飯煲冷卻後，取出內鍋。 ③清除飯煲底部的吸氣口/排氣口中的灰塵。( 第41 頁 )</li> <li>● 飯煲是否有在地毯等物品上使用？ →請勿在可能會堵塞飯煲底部的地方使用飯煲。</li> </ul>	— 29
	<ul style="list-style-type: none"> <li>● 嘗試拔下電源插頭，再重新插入。 如仍出現“H※※”，則表示存在故障。 →請諮詢Panasonic授權的服務中心，並告知錯誤代碼(“H”後的兩位數字)。</li> </ul>	—

當進行了上述處理後仍不能恢復正常時，請委託Panasonic授權的服務中心修理。

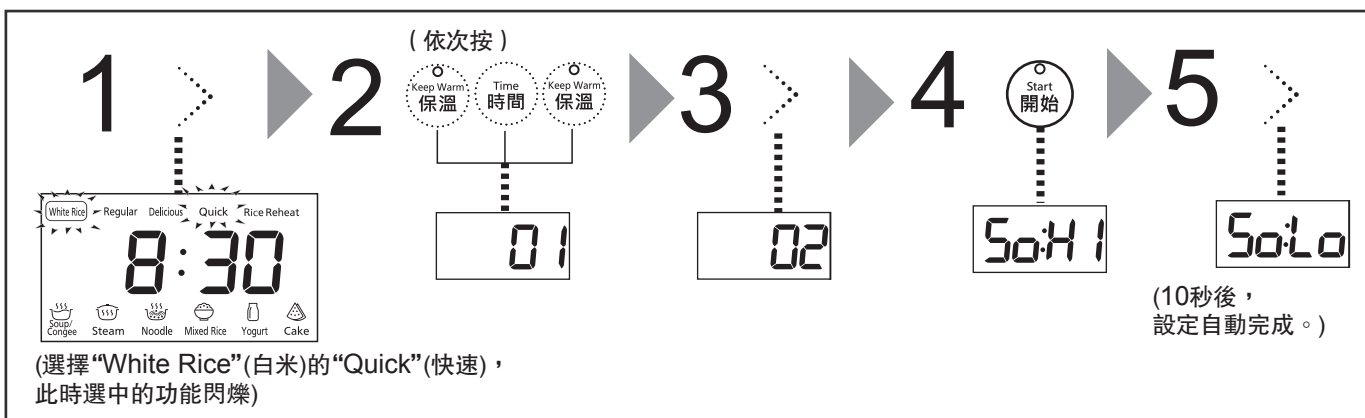
## 想要改善時（優化功能）

## ■ 如要更改保溫溫度 (預設的保溫溫度為74)

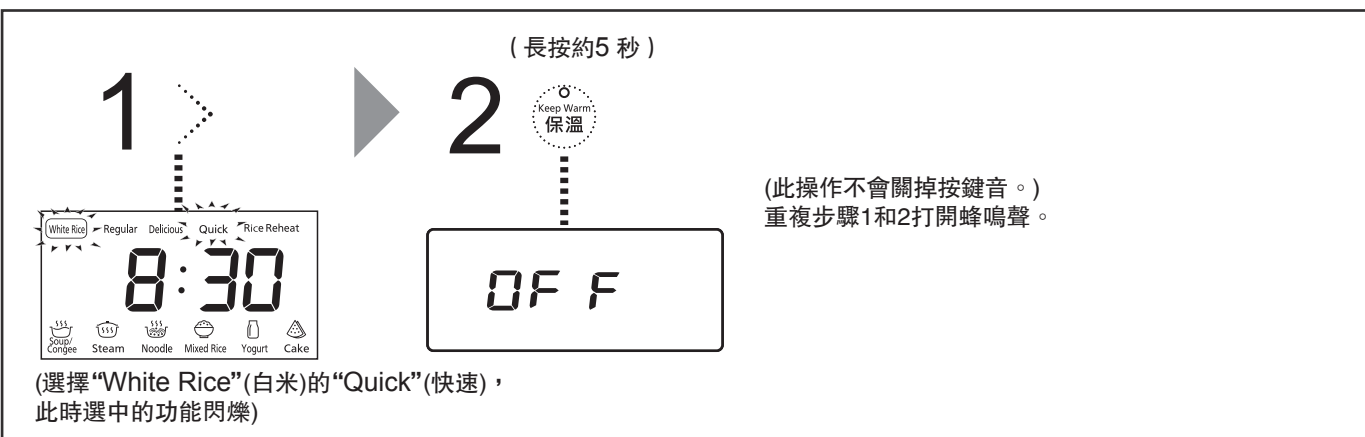
- 當保溫的米飯發出氣味時請更改為“76”，變色或乾燥時請更改為“72”。(74→76→72)
- 各步驟之間的操作，請務必在15秒之內完成，超過15秒將會退出設定模式。



## ■如要改善飯焦



■如要在烹調、再加熱時消除蜂鳴聲(結束提示音)



# 規格

型 號		SR-AC07T
電壓/額定頻率		120 V ～ 60 Hz
額定功率		700 W
煮飯容量 (米量)升[杯]	Regular(標準)	0.09 ～ 0.72[½ ～ 4 杯]
	Delicious(精煮)	0.09 ～ 0.72[½ ～ 4 杯]
	Quick(快速)	0.09 ～ 0.72[½ ～ 4 杯]
	Mixed Rice(什錦飯)	0.18 ～ 0.36[1 ～ 2 杯]
煮粥容量(米量)升[杯]		0.045 ～ 0.135[¼ ～ ¾ 杯]
烹煮湯的最大烹調容量(食材+水)升		1.0※1
即食麵的最大烹調容量(食材+水)升		
蛋糕糊的最大量(約)克		360
電源線長度(約)米		1.0
產品重量(約)公斤		4.1
外形尺寸 (約)厘米	寬	25.0
	深	30.8
	高	20.0 ( 42.9 ※2 )

- ( ※ 1 ) 為到“White Rice”(白米)的3刻度線的烹調容量。
- ( ※ 2 ) 為打開外蓋時的高度。
- 在待機狀態下，待機功率約為1.7 瓦。( 連接上電源插頭時 )

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

Web site:<http://www.panasonic.hk>

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