

FARBERWARE® MILLENNIUM®



USE & CARE INSTRUCTIONS
**NUTRISTEAM™ RICE COOKER/
FOOD STEAMER FRA500**

IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed, including the following:

1. **READ ALL INSTRUCTIONS BEFORE USE.**
2. Do not touch hot surfaces. Use handles or knobs.
3. To protect against electrical shock, do not immerse cord, plug, or the Main Housing in water or other liquid.
4. Never put liquid into the Main Housing, only into the Inner Pot.
5. Lift and open Cover carefully to avoid scalding, and allow water to drip into the Rice Cooker.
6. Never plug in the Cooker without the Inner Pot inside the Main Housing.
7. Unplug from outlet when not in use. Unplug and allow to cool before putting on or taking off parts, and before cleaning.
8. Extreme caution must be used when moving an appliance containing hot food, water, hot oil, or other hot liquids.
9. Close supervision is necessary when any appliance is used near children. This appliance is not for use by children.
10. The use of accessory attachments not recommended by **FARBERWARE®** may cause injuries.
11. Do not use outdoors.
12. Do not let cord hang over edge of table or counter, or touch hot surfaces.
13. Do not use appliance for other than intended household use.
14. Do not place on or near a hot gas or electric burner, or in a heated oven.
15. To disconnect, raise Selector Lever to **ON/WARM**, then remove the plug from wall outlet.
16. Do not operate any appliance with a damaged cord or plug, or after the appliance malfunctions, or has been dropped or damaged in any manner. Contact Consumer Service.

SAVE THESE INSTRUCTIONS
THIS APPLIANCE IS FOR HOUSEHOLD USE ONLY.

ADDITIONAL IMPORTANT SAFEGUARDS

1. **CAUTION:** This appliance generates heat and escaping steam during use. Proper precautions must be taken to prevent the risk of burns, fires or other damage to persons or property.
2. All users of this appliance must read and understand this Owner's Manual before operating or cleaning this appliance.
3. The cord to this appliance should be plugged into a 110V/120V AC electrical outlet only.
4. Do not leave this appliance unattended during use.
5. If this appliance begins to malfunction during use, immediately unplug the cord. Do not use or attempt to repair the malfunctioning appliance! Do not use the Inner Pot or Cover if cracked or damaged.
6. Do not use the **WARM** Mode to reheat cold rice or other foods.
7. Use the NutriSteam™ Rice Cooker/Food Steamer on a hard, flat surface. Don't place it near a flame or heat or on a soft surface (such as carpet). Avoid placing it where it may tip over during use. Dropping the Rice Cooker/Food Steamer could cause it to malfunction.
8. Avoid electric shock by unplugging the Rice Cooker/Food Steamer before washing or adding water.
9. To avoid burns, stay clear of the Steam Vent during cooking. Also, wait for the Rice Cooker/Food Steamer to cool down completely before touching or cleaning the Main Housing and Cover.
10. Never use the Inner Pot on a gas or electric cooktop or on an open flame.
11. Do not leave the plastic Ladle or **FARBERWARE®** Measuring Cup in the Inner Pot while on and in use.
12. Lift off Lid carefully to avoid scalding, and allow water to drip into Rice Cooker/Food Steamer.
13. To reduce the risk of electric shock, cook only in the removable container (Inner Pot). Do not pour liquid directly into the Main Housing.
14. **THIS APPLIANCE IS FOR HOUSEHOLD USE ONLY.**

POLARIZED PLUG

This appliance has a **polarized plug** (one blade is wider than the other): To reduce the risk of electric shock, this plug is intended to fit into a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to modify the plug in any way.

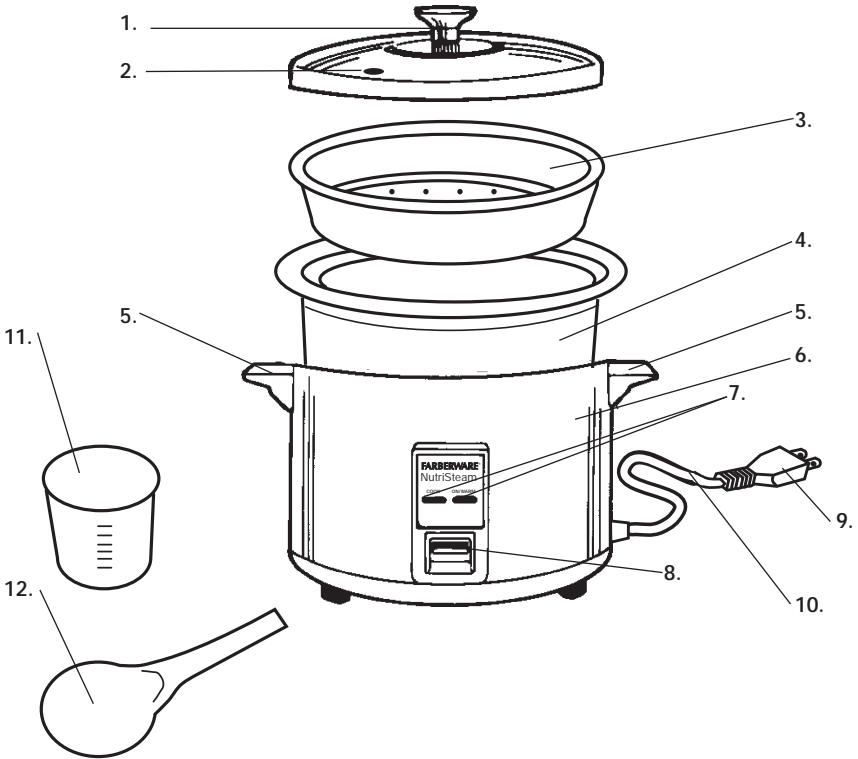
SHORT CORD INSTRUCTIONS

A short power-supply cord is provided to reduce risks resulting from becoming entangled in or tripping over a longer cord.

Longer detachable power-supply or extension cords are available and may be used if care is exercised in their use.

If a longer detachable power-supply cord or extension cord is used, (1) the marked electrical rating of the cord set or extension cord should be at least as great as the electrical rating of the appliance, and (2) the longer cord should be arranged so that it will not drape over the counter top or table top where it can be pulled on by children or tripped over unintentionally.

GETTING TO KNOW YOUR FARBERWARE® NUTRISTEAM™ RICE COOKER/FOOD STEAMER



1. Cool-Touch Knob
2. Cover with Steam Vent (P/N 21184)
3. Steamer Insert (P/N 21185)
4. Inner Pot (marked levels inside) (P/N 21186)
5. Stay-Cool Handles
6. Main Housing
7. **COOK** and **ON/WARM** Indicator Lights
8. Selector Lever
9. Polarized Plug
10. Power Supply Cord
11. **FARBERWARE**® Measuring Cup (P/N 20655)
12. Rice Paddle (P/N 20656)

IMPORTANT INFORMATION

READ BEFORE USING YOUR FARBERWARE® NUTRISTEAM™ RICE COOKER/FOOD STEAMER FOR THE FIRST TIME.

- Read all instructions.
- Wash Inner Pot, Steamer Insert, Cover, **FARBERWARE®** Measuring Cup and Rice Paddle in warm, soapy water. Rinse and dry well.
- Never immerse Main Housing in water.
- Never place liquid in the Main Housing. Place it only in the Inner Pot.
- Never try to force the Selector Lever to stay in the **COOK** Mode after it has moved up to the **ON/WARM** Mode.
- Never plug in the Cooker without first placing the Inner Pot inside the Main Housing.
- Always be sure Inner Pot contains liquid, or be ready to add oil, butter or margarine immediately to the Inner Pot when you plug in the Cooker.
- **Remember that the FARBERWARE® Measuring Cup is not a standard measuring cup. When filled, it measures 3/4 cup.**
- Never wash any removable parts of the Cooker in the dishwasher.
- Save these instructions and refer to them often.
- If the outside of the Inner Pot is wet when placed into the Cooker, this may cause a cracking noise while the unit heats up. Also, this may cause damage to the inner working of the appliance, so always wipe the outside of the Inner Pot completely dry before use.

PREPARING FOOD

Your new **FARBERWARE®** NutriSteam™ Rice Cooker/Food Steamer is very versatile and can do much more than steam vegetables and cook rice. Of course, it steams fresh and frozen vegetables perfectly and cooks long-grain white rice and brown rice just right. But it also cooks legumes and grains for vegetarian main dishes, makes rich and hearty soups and cooks meat, poultry, fish and seafood into delicious dishes.

Choose from many tasty, easy-to-prepare healthful main-dish recipes created especially for use with the **FARBERWARE®** NutriSteam™ Rice Cooker/Food Steamer. Use these recipes as a guide to adapt your own favorite recipes calling for similar ingredients and to follow when using this multi-purpose appliance.

TYPES OF COOKING

Choose among several methods of cooking with your **FARBERWARE®** NutriSteam™ Rice Cooker/Food Steamer.

- Steaming: Food is cooked in the Steamer Insert above a boiling liquid like water or broth for a prescribed amount of time.
- Boiling/Simmering: Food is cooked in water or broth for a prescribed amount of time using HIGH (**COOK**) Mode or LOW (**ON/WARM**) Mode.
- Sautéing: Food is cooked quickly in oil, melted butter or margarine and stirred occasionally until browned.
- Braising: Food is lightly browned as in sautéing, and then a liquid is added and Cover is used.

INSTRUCTIONS FOR USE

STEAMING FOOD

GENERAL INFORMATION

Keep the Cover on while cooking or steaming food, unless the recipe or chart specially calls for removing it. By removing the Cover unnecessarily, you lose steam and valuable time. If you must remove it to stir or to add an ingredient, have the Rice Paddle or ingredient ready, add it, stir quickly and just as quickly replace the Cover.

STEAMING INSTRUCTIONS

Measure appropriate amount of water or broth into the Inner Pot. Place food to be steamed directly into the Steamer Insert and place it in the Inner Pot. Some recipes, especially those for cooking fish or other fragile items, call for lining the Steamer Insert with lettuce or spinach leaves. This method of cooking also helps keep food from sticking to the Steamer Insert.

Place the Inner Pot with the Steamer Insert into the Main Housing, place the Cover over the Steamer Insert, and then plug into electrical wall outlet.

Push Lever down to begin **COOK** Mode.

Since the times in the following vegetable steaming charts are approximate, use them as a guide only. The size and shape of vegetables as well as personal taste may call for adjustments. If you want softer vegetables, add more water and steam for additional time. Do not allow the liquid in the Inner Pot to boil dry.

FRESH VEGETABLE STEAMING CHART

Vegetable	Amount	Water	Cook Time
Artichoke, Whole	2 medium	2-1/2 cups	44-46 min.
Asparagus	3/4 lb. (15 spears)	1-1/2 cups	12-14 min.
Broccoli	1/2 lb. (2" florets, 1" stems)	1-1/2 cups	13-16 min.
Brussels Sprouts	12 oz.	2-1/2 cups	17-19 min.
Cabbage	2 lb. (quartered)	2-1/2 cups	29-31 min.
Carrots	3 medium (1/2" slices)	1-1/2 cups	14-16 min.
Cauliflower	3/4 lb. (3" florets)	1-1/2 cups	17-19 min.
Corn-On-The-Cob	3 small ears	1-1/2 cups	15-17 min.
Green Beans, Whole	1/2 lb. (tips removed)	1-1/2 cups	13-15 min.
Peas	1/2 lb. (3/4 cup)	1-1/2 cups	8-10 min.
Potatoes: All-Purpose	4 (5 to 6 oz. each)	2-1/2 cups	40-42 min.
New	6 (4 oz.)	3 cups	33-36 min.
Sweet Potato	4 (6 oz. each)	2-1/2 cups	36-38 min.
Spinach	1/2 lb. leaves & stems	1-1/2 cups	10-12 min.

FROZEN VEGETABLE STEAMING CHART

Vegetable	Amount	Water	Cook Time
Asparagus	1 package (10 oz.)	3/4 cup	12-14 min.
Broccoli (Spears)	1 package (10 oz.)	3/4 cup	12-14 min.
Brussels Sprouts	1 package (10 oz.)	3/4 cup	14-16 min.
Carrots, Sliced	1 package (10 oz.)	3/4 cup	11-13 min.
Cauliflower	1 package (10 oz.)	3/4 cup	13-14 min.
Corn, Whole Kernels	1 package (10 oz.)	3/4 cup	7 - 9 min.
Green Beans:			
Whole	1 package (10 oz.)	3/4 cup	9-11 min.
French-Cut	1 package (10 oz.)	3/4 cup	8-10 min.
Green Peas	1 package (10 oz.)	3/4 cup	7-9 min.
Lima Beans	1 package (10 oz.)	3/4 cup	11-13 min.
Spinach, Whole Leaf	1 package (10 oz.)	3/4 cup	10-12 min.

COOKING RICE

GENERAL INFORMATION

Rice is grown on marshy land that floods easily. It does not need to be milled or ground; only the outer husks must be removed, leaving behind what is known as brown or whole rice, the most nutritious of rices.

Information has recently been published about more healthful ways to eat, by consuming less fat, less protein and more complex carbohydrates in our diets. Because brown rice is about 8% protein, 87% carbohydrates and almost no fat, it is a perfect ingredient in a healthful diet.

Because rice is a valuable source of carbohydrates, it is starchy by nature. To obtain fluffier, less starchy rice, you can rinse the rice before cooking. But by rinsing or soaking the rice, you lose some of the vitamins, which are water soluble. Therefore, rinsing or soaking rice is not recommended because of the nutrient loss.

TYPES OF RICE

Brown Rice - Contains more vitamin B complex, iron and calcium and takes longer to cook (about 50 minutes) than white rice. Its flavor is nutty and its texture is chewy. (See cooking chart on page 10.)

White Rice - Includes several kinds of white rice, most of which can be prepared in your **FARBERWARE®** NutriSteam™ Rice Cooker/Food Steamer. (See cooking chart on page 10.)

Long-Grain Rice - Less starchy than short-grain rice, so it separates into individual grains more than short-grain rice.

Short-Grain Rice - More moist and tender than long-grain rice. It has a softer texture and starchier flavor.

White rice will take about 20-25 minutes to cook, (brown rice approximately 50 minutes). When rice is done, the **FARBERWARE®** NutriSteam™ Rice Cooker/Food Steamer will automatically go into the **WARM** Mode and the AMBER **ON/WARM** Light will go on. Allow rice to stand on **WARM** for 10 to 15 minutes to ensure fluffy rice. You can keep cooked rice on the **WARM** setting for several hours without the taste of the rice being affected. Do not remove Cover until ready to serve. **The Inner Pot remains very hot after cooking or keeping warm. Use a pot holder when handling.**

LONG GRAIN BROWN RICE COOKING CHART

Allow about 50 minutes to cook brown rice. The **FARBERWARE®** NutriSteam™ Rice Cooker/Food Steamer automatically switches from **COOK** Mode (RED Light) to **WARM** Mode (AMBER Light) when all the liquid evaporates from the Inner Pot. However, for fluffy rice, allow rice to stand for approximately 10 minutes, covered, on **WARM** before serving.

Note: Always place rice in Inner Pot before adding water.

Amount of Raw Rice	Water Level*	Approx. Number of 1/2 cup servings
2 FARBERWARE® Cups	to 4-cup line	8
3 FARBERWARE® Cups	to 5-cup line	12

*You may adjust the amount of water to your personal taste.

LONG-GRAIN WHITE RICE COOKING CHART

Allow about 25 minutes to cook white rice. The **FARBERWARE®** NutriSteam™ Rice Cooker/Food Steamer automatically switches from **COOK** Mode (RED Light) to **WARM** Mode (AMBER Light) when all the liquid evaporates from the Inner Pot. However, for fluffy rice, allow rice to stand for approximately 15 minutes, covered, on **WARM** before serving.

Amount of Raw Rice	Water Level	Approx. Number of 1/2 cup servings
2 FARBERWARE® Cups	to 2-cup line	8
3 FARBERWARE® Cups	to 3-cup line	12
4 FARBERWARE® Cups	to 4-cup line	16
5 FARBERWARE® Cups	to 5-cup line	20

COOKING LEGUMES AND GRAINS

GENERAL INFORMATION

High-protein, high-fiber meatless dishes of legumes and grains can be very satisfying and very delicious.

COOKING INSTRUCTIONS

Measure legumes or grain with the **FARBERWARE®** NutriSteam™ Rice Cooker/Food Steamer Measuring Cup, and pour into the Inner Pot. Fill Inner Pot with water to desired cup line and place into the Main Housing. Cover. Plug Cord into electrical wall outlet. The **AMBER ON/WARM** Light will go on. Push Lever down to begin **COOK** Mode. The **RED COOK** Light will illuminate. Legumes and grains tend to foam while cooking. To help minimize foaming, stir after cooking one hour. If any liquid remains at the end of the recommended cooking time, switch to **WARM** Mode and let stand until liquid is absorbed. For added flavor, substitute broth for water. Do not allow the liquid in the Inner Pot to boil dry.

LEGUMES AND GRAINS COOKING CHART

Legume/Grain	Amount	Water	Cook Time
Kasha	1 FARBERWARE® cup	to 2-cup line	10-12 min.
Lentils	1 FARBERWARE® cup	to 5-cup line	50-60 min.
Split Peas	1 FARBERWARE® cup	to 5-cup line	50-60 min.

CARE AND MAINTENANCE

USER MAINTENANCE INFORMATION

This appliance contains no user serviceable parts. Do not try to repair it yourself. Any servicing requiring disassembly other than cleaning must be performed by a qualified electrician. Refer it to the place of purchase or contact our Consumer Service Department.

Always remember to unplug the unit from the wall outlet when not in use and before cleaning.

CLEANING INSTRUCTIONS

- **PLEASE NOTE:** It is normal to have a brown 'rice crust' coating the bottom layer of the Inner Pot when the rice has finished cooking and steaming.
- This appliance should be cleaned after every use. Unplug the unit from the wall outlet. NEVER immerse Main Housing or Cord in water. Allow the unit to cool before cleaning.
- Cleaning the Inner Pot after cooking is easy because of its non-stick finish. Let it cool. Fill Inner Pot with warm water and let it sit for a while, and then wash in warm, soapy water with a sponge and dry thoroughly with a cloth.
- **Avoid using hot water to clean or rinse the Inner Pot.**
- The Steamer Insert, Cover, **FARBERWARE®** Measuring Cup and Rice Paddle may also be washed in warm, soapy water.
- Do not wash Inner Pot or Steamer Insert in dishwasher.
- The Main Housing can be wiped clean with a soft, slightly damp cloth or sponge.
- **NEVER POUR LIQUID INTO THE MAIN HOUSING OR IMMERSE IT IN WATER.**

CARE AND MAINTENANCE *(Continued)*

OTHER SUGGESTIONS FOR USE AND CARE

- Be careful not to dent the Inner Pot, especially the bottom of it. To work properly and produce the best cooking results, the Inner Pot must fit snugly on top of the thermostat.
- Don't let loose rice or other food particles fall into the bottom of the Main Housing because they might prevent the thermostat from fitting tightly against the bottom of the Inner Pot.
- Use the plastic Rice Paddle or a wooden spoon to stir and remove food from the Inner Pot. Don't use any metal utensils that might scratch the non-stick finish.
- Never use abrasive cleansers or scouring pads because they can damage the finish of both the Inner Pot and Main Housing.

STORING INSTRUCTIONS

Unplug the unit from the wall outlet and clean all parts. Be sure all parts are dry before storing. Store appliance in its box or in a clean, dry place. Never store it while it is hot, wet or still plugged in. Never wrap Cord around the appliance.

If storing Steamer Insert, Cord, **FARBERWARE**® Measuring Cup and/or Rice Paddle inside the Inner Pot, wrap them first in a soft cloth to avoid scratching the Inner Pot's non-stick surface. To avoid damage to the Inner Pot or Cover, wrap a soft cloth around the Cover and store it upside down over the Inner Pot.

RECIPES

For best results, marinate the fish for at least two hours before cooking.

Steamed Salmon Dijon

Marinade:

- 1/4 cup olive oil
- 1 tablespoon white wine
- 1 tablespoon lemon juice
- 1 tablespoon Dijon mustard
- 1 teaspoon honey
- 1 tablespoon fresh chopped parsley
- 1 tablespoon fresh chopped chives
- 1 small clove garlic, crushed
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

- 3 small (5 oz.) salmon steaks, cut 1-inch thick
- Lettuce leaves
- 2 cups water

Combine marinade ingredients and pour over fish. Cover and marinate in the refrigerator for at least two hours.

Line Steamer Insert with lettuce leaves. Place fish into Steamer Insert. Spoon excess marinade over steaks and cover with more lettuce leaves.

Pour water into Inner Pot. Place Steamer Insert in Inner Pot. Cover and press Lever down to begin **COOK** Mode. Cook for 15 to 20 minutes or until fish flakes easily with a fork.

Serve immediately.

Makes 3 servings

Ingredients can be arranged in Steamer Insert early in the day or the night before serving. Place Steamer Insert on flat plate and refrigerate until ready to cook.

Steamed Chicken and Vegetables, Caesar-Style

Marinade:

1/3 cup olive oil

1 tablespoon balsamic vinegar

1 teaspoon lemon juice

1 teaspoon Dijon mustard

1 teaspoon Worcestershire sauce

1 tablespoon Parmesan cheese

1 clove garlic, crushed

1 shallot, minced

1/4 teaspoon black pepper

1 whole skinless-boneless chicken breast (1/2 pound), cut in half

1/4 pound green beans, left whole, tips removed

2 small carrots, cut in 1/8-inch slices

2 new potatoes (4 oz. ea.) unpeeled, sliced 1" thick

Lettuce leaves

1-1/2 cups chicken broth

Combine marinade ingredients. Place vegetables and chicken in a deep dish, and pour marinade over all. Turn to coat well.

Line the Steamer Insert with lettuce leaves and arrange chicken and vegetables in it. Top with more lettuce leaves.

Pour broth into Inner Pot. Place Steamer Insert in Cooker. Cover. Press Lever down to begin **COOK** Mode.

Check after 15 minutes to make sure chicken is completely cooked (no pink); if necessary, continue cooking until chicken is done and vegetables are fork-tender.

Serve immediately.

Makes 2 servings

Serve this hearty, delicious dish with rice, a crisp green salad and lots of crusty bread.

Hungarian Goulash

- 1/4 cup flour
- 2 to 3 tablespoons paprika
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 2 tablespoons olive oil
- 1 tablespoon butter or margarine
- 1 pound lean top round, cut into 1/2" cubes
- 1 large onion, sliced
- 3 cups beef broth

Combine flour, paprika, garlic powder, salt and pepper in a sturdy plastic bag. Place meat in bag and shake well to coat.

Press Lever down to begin **COOK** Mode. Immediately add oil to Inner Pot and allow to heat for 1 minute. Sauté onions until lightly browned, about 7 minutes. Remove and reserve.

Remove meat from bag, shaking off any excess flour. Reserve excess flour for later use. Add additional oil if needed, and sauté meat until it begins to brown.

Return onions to Pot, along with remaining ingredients and reserved excess flour. Stir well to combine. Cover and cook for 1 hour.

Serve immediately, or stir well and switch to **WARM** for later use.

Makes 4 servings

Use your favorite German wursts in this recipe. Serve with steins of chilled German beer and pumpernickel bread.

German Sauerkraut and Wurst Boiled Dinner

- 1 tablespoon vegetable oil
- 1 small onion, chopped
- 1 can (1 pound) sauerkraut with liquid
- 1 can (12 ounces) beer
- 1/2 teaspoon Worcestershire sauce
- 1/2 teaspoon caraway seeds
- 1/2 teaspoon garlic powder
- 2 fully cooked bratwursts
- 2 knockwursts

Press Lever down to begin **COOK** Mode. Immediately add oil to the Inner Pot and allow it to heat for 1 minute.

Sauté onions for 2 minutes. Add sauerkraut, beer, Worcestershire sauce, caraway seeds and garlic powder, and cook uncovered for 10 minutes. Add wursts. Cover and cook for 20 minutes.

Serve immediately or switch to **WARM** Mode until ready to serve.

Makes 4 servings

This creamy and rich rice and pasta combination is a great accompaniment to poultry or meat; or serve with vegetables as a delicious vegetarian meal.

Risotto

- 2 tablespoons olive oil
- 3 scallions, chopped
- 1 clove garlic, crushed
- 3-1/2 cups chicken broth
- 1 **FARBERWARE**® Measuring Cup long-grain rice
- 1/2 **FARBERWARE**® Measuring Cup orzo pasta
- 2 tablespoons grated Parmesan cheese
- 1 tablespoon freshly chopped parsley

Press Lever down to begin **COOK** Mode. Immediately add oil to the Inner Pot and allow it to heat for 1 minute.

Sauté scallions and garlic for 2 minutes. Add remaining ingredients, stirring well to combine. Cover and cook just until Control switches to **WARM** Mode.

Stir and serve immediately.

Makes 3 cups

Using a box of yellow rice mix in this paella taste-alike offers you an affordable alternative to saffron, the world's most expensive spice.

Seafood Valencia

- 2 tablespoons olive oil
- 1 garlic clove, crushed
- 1 medium onion, chopped
- 1/2 cup chopped red pepper
- 1 box (7.5 ounces) yellow rice mix
- 3 cups water
- 1/2 dozen cherrystone clams, scrubbed
- 1/2 dozen mussels, scrubbed
- 6 - 8 large shrimp, left in shell
- 1/2 package (10 ounces) frozen peas, unthawed

Press Lever down to begin **COOK** Mode. Immediately add oil to the Inner Pot and allow it to heat for 1 minute.

Sauté garlic and onion for 2 minutes. Add peppers and sauté 2 more minutes. Add rice, water and contents of the flavor packet to the Cooker, and stir well to combine.

Cover and cook for 10 minutes. Remove Cover; stir well, and place seafood and peas on top of the rice. Cover and cook for 7 minutes. About 3/4 cup of liquid should be left at the end of the cook time. Do not cook dry.

Serve immediately.

Makes 3 servings

Wild rice is very expensive and strong-flavored. This recipe uses a packaged mix that combines wild and white rice with herbs and spices.

The affordable combination of rices and the addition of dried fruits make this recipe a perfect low-priced accompaniment for your favorite pork or poultry dishes.

Fruity Long-Grain and Wild Rice

- 2 tablespoons butter or margarine
- 1 package (6 oz.) long-grain and wild rice mix
- 1 tablespoon blanched slivered almonds
- 3 cups water
- 2 tablespoons raisins
- 6 dried apricots, diced
- 3 pitted prunes, diced

Press Lever down to begin **COOK** Mode. Immediately add butter or margarine to the Inner Pot and heat until it is melted.

Sauté rices and almonds for 2 minutes. Add the contents of the flavor packet and remaining ingredients, stirring well to combine. Cover and cook for only 30 minutes; **DO NOT WAIT** until Control switches to **WARM** Mode.

Stir well and serve immediately.

Makes approximately 3 cups

A browned crust will form on the bottom of the Cooker. Stirring this "fried" rice into the mixture gives the dish a nutty flavor.

Garden Medley Rice

- 2 tablespoons olive oil
- 3 scallions, white part and 1 inch green, chopped
- 1 clove garlic, crushed
- 1 **FARBERWARE**® Measuring Cup long-grain rice
- 1 cup chicken or vegetable broth
- 1 cup chopped fresh broccoli
- 1 small carrot, chopped
- 1/4 cup fresh peas
- 1 tablespoon butter or margarine

Press Lever down to begin **COOK** Mode. Immediately add oil to the Inner Pot and allow it to heat for 1 minute.

Sauté scallions and garlic for 2 minutes. Add remaining ingredients, stirring well to combine. Cover and cook for 17 minutes. If Control has not switched to **WARM** Mode, do it manually.

Allow to stand on **WARM** for 5 minutes.

Stir browned layer into the remaining rice and serve immediately.

Makes 3 cups

Soy sauce, sesame oil, ginger and the browned layer that forms on the bottom transform ordinary white rice into Oriental rice.

Oriental Rice

- 1 **FARBERWARE**® Measuring Cup long-grain rice
- 2 cups chicken or vegetable broth
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon sesame oil
- 1 clove garlic, crushed
- 3 scallions, chopped
- 1/4 cup slivered almonds
- 1/4 teaspoon powdered ginger

Press Lever down to begin **COOK** Mode. Immediately add oil to the Inner Pot and allow it to heat for 1 minute.

Sauté garlic, scallions and almonds for 1 minute. Add remaining ingredients, stirring well to combine. Cover and cook until Control switches to **WARM** Mode.

Allow to stand on **WARM** for 5 minutes.

Stir browned layer into the remaining rice and serve immediately.

Makes 3 cups

Kasha or buckwheat is high in fiber and has a wonderful nutty flavor and creamy texture.

Kasha

- 3 tablespoons butter or margarine
- 1 small onion, chopped
- 1 **FARBERWARE**® Measuring Cup whole kasha
- 1/2 teaspoon garlic powder
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 2 cups chicken, vegetable or beef broth

Press Lever down to begin **COOK** Mode. Immediately add 2 tablespoons butter or margarine to the Inner Pot and heat for 1 minute.

Sauté onions for 2 minutes. Add kasha, garlic powder, salt and pepper and sauté 1 minute. Add broth, stirring well to combine. Cover and cook for 10 minutes.

Top with remaining butter or margarine and stir well.

Serve immediately.

Makes 4 cups

For a change of pace, try this Pearl Barley Side Dish. It is a perfect accompaniment to any meat or poultry dish.

Pearl Barley Side Dish

- 2 tablespoons olive oil
- 1 clove garlic, crushed
- 1 small onion, chopped
- 1 small carrot, chopped
- 1 stalk celery, chopped
- 3-1/2 cups chicken broth
- 1 **FARBERWARE**® Measuring Cup pearl barley
- 1 teaspoon salt
- 1 teaspoon dried parsley
- 1/4 teaspoon black pepper

Press Lever down to begin **COOK** Mode. Immediately add oil to the Inner Pot and allow it to heat for 1 minute.

Sauté garlic, onion, carrot and celery for 5 minutes. Add remaining ingredients, stirring well to combine. Cover and cook for 18 minutes. If Control has not switched to **WARM**, do it manually.

Allow to simmer on **WARM** for 50 minutes. At the end of this time, if there is still liquid in the Cooker, switch the Control back to **COOK**. Cook for 5 minutes or until the liquid is gone.

Serve immediately.

Makes 3-3/4 cups

This bounty of vegetables is both healthful and delicious.

Chunky Garden Vegetable Soup

- 1 tablespoon olive oil
- 1 small onion, chopped
- 1 clove garlic, crushed
- 1 carrot, cut in 1/4-inch slices
- 1/4 pound fresh peas
- 1 small zucchini, sliced
- 1/2 can (1/2 pound) white kidney beans
- 1/2 can (1/2 pound) stewed tomatoes
- 1/2 cup water
- 1 cup chicken, vegetable or beef broth
- 1/4 cup acini di pepe pasta
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Press Lever down to begin **COOK** Mode. Immediately add oil to the Inner Pot and allow it to heat for 1 minute.

Sauté onion and garlic for 2 minutes. Add remaining ingredients, stirring well to combine. Cover and cook for 1/2 hour.

Serve immediately or switch to **WARM** until ready to serve.

Makes 4 cups

This hearty soup tastes as if it has been cooking for hours, but all you really need is 10 minutes of preparation and 1 hour to cook. Try it several times, using a different broth as a base each time. You will be surprised at how different each version tastes.

Mushroom Barley Soup

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 1 clove garlic, crushed
- 1 carrot, cut into 1/4-inch slices
- 1/4 - 1/2 pound mushrooms, cut into quarters
- 4 to 5 cups chicken, beef or vegetable broth
- 1/2 tablespoon ketchup
- 1/2 teaspoon salt
- 1/8 teaspoon black pepper
- 1/2 **FARBERWARE**® Measuring Cup uncooked pearl barley

Press Lever down to begin **COOK** Mode. Immediately add oil to the Inner Pot and allow it to heat for 1 minute.

Sauté onion and garlic for 2 minutes. Add remaining ingredients, stirring well to combine. Cover and cook for 1 hour.

Soup will be very thick if you use 4 cups of broth. If thinner soup is desired, add 5 cups of broth at the beginning of cooking.

Makes 4 cups

FARBERWARE®

ONE-YEAR LIMITED WARRANTY

This FARBERWARE® product warranty extends to the original consumer purchaser of the product.

Warranty Duration: This product is warranted to the original consumer purchaser for a period of one (1) year from the original purchase date.

Warranty Coverage: This product is warranted against defective materials or workmanship. This warranty is void if the product has been damaged by accident, in shipment, unreasonable use, misuse, neglect, improper service, commercial use, repairs by unauthorized personnel or other causes not arising out of defects in materials or workmanship. This warranty is effective only if the product is purchased and operated in the USA, and does not extend to any units which have been used in violation of written instructions furnished by FARBERWARE®, or to units which have been altered or modified or to damage to products or parts thereof which have had the serial number removed, altered, defaced or rendered illegible.

Warranty Disclaimers: This warranty is in lieu of all warranties expressed or implied and no representative or person is authorized to assume for FARBERWARE® any other liability in connection with the sale of our products. There shall be no claims for defects or failure of performance or product failure under any theory of tort, contract or commercial law including, but not limited to, negligence, gross negligence, strict liability, breach of warranty and breach of contract. Some states do not allow the exclusion or limitations of implied warranties or consequential damages, so the above limitations or exclusions may not apply to you.

FARBERWARE® is not responsible or liable for indirect, special or consequential damages arising out of or in connections with the use or performance of the product or other damages with respect to loss of property, or loss of revenues or profit.

Legal Remedies: This warranty gives you specific legal rights, and you may also have other rights that vary from state to state.

Warranty Performance: During the above one-year warranty period, a product with a defect will be either repaired or replaced with a reconditioned comparable unit (at FARBERWARE®'s option) when the product is returned to the FARBERWARE® facility listed below. The repaired or replacement product will be in warranty for the balance of the one-year warranty period and an additional one-month period. No charge will be made for such repair or replacement.

Service and Repair

If service is required, you should first call toll-free 1-800-233-9054 **between the hours of 8:00 am and 5:00 pm Central Standard Time** and ask for **CONSUMER SERVICE**. Please refer to Model FRA500 when you call.

In-Warranty Service for a product covered under the warranty period, no charge is made for service and return postage. Please return the product insured, packaged with sufficient protection, and postage and insurance prepaid to the address listed below. Call for return authorization.

Out-of-Warranty Service: There will be charges rendered for repairs made to the product after the expiration of the aforesaid one (1) year warranty period, after purchaser is advised appropriately. Include \$10.00 (U.S.) for return shipping and handling.

FARBERWARE® cannot assume responsibility for loss or damage during incoming shipment. For your protection, carefully package the product for shipment and insure it with the carrier. Be sure to enclose the following items with your unit: any accessories related to your problem; your full return address and daytime phone number; a note describing the problem you experienced; **a copy of your sales receipt or other proof of purchase to determine warranty status.** C.O.D. shipments cannot be accepted.

Return the appliance to: ATTN: Repair Department, FARBERWARE®
708 South Missouri St. Macon, MO 63552

Any questions or comments can be directed to Salton, Inc. at the above address or by calling or E-Mailing the following:

TOLL FREE: 1-800-233-9054, Mon. - Fri., 7:30 a.m. - 6:00 p.m. CST

E-mail: farberware-electric@saltonusa.com

Please refer to Model FRA500 when you call, write or E-Mail.

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