

Lustro

SQprofessional®

INSTRUCTION MANUAL

RICE COOKER 1.8L



BEFORE OPERATING THIS UNIT, PLEASE CAREFULLY READ THE FOLLOWING INSTRUCTIONS.

SQIM 1140 01-04-19 V2

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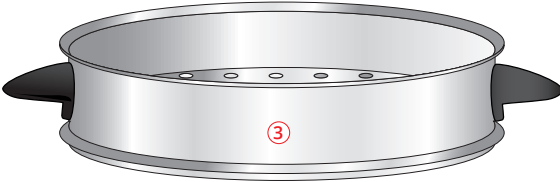
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IMPORTANT!

Due to hot parts and potential hazards this appliance is not suitable for the use of children under 8 years old. Even when off please keep the appliance and cord out of the reach of children. Children over 8 must be supervised by an adult at all times when using or cleaning the appliance. This is not a toy!

The appliance can be used by persons with reduced physical, sensory or mental capabilities if they have been given supervision and instruction and understand the use and hazards involved. Always disconnect the appliance from the socket if it is left unattended and before assembling, disassembling or cleaning.

If the mains cable is damaged, it must be replaced by qualified persons in order to avoid any hazards.



FEATURES

- 1 Tempered glass lid
- 2 Steam vent
- 3 Steamer
- 4 Non-stick removable bowl
- 5 Rice cooker base
- 6 Control panel
- 7 **COOK** indicator
- 8 **KEEP WARM** indicator
- 9 One-touch operation switch
- 10 Rice scoop
- 11 Measuring cup 160ml
- 12 Heating element (inside)

SPECIFICATIONS

Rated Voltage: 220-240V
 Frequency: 50Hz
 Rated Power 700W



HOT SURFACE!



**READ THE INSTRUCTIONS AND KEEP THEM SAFE.
 REMOVE ALL PACKAGING BEFORE USE.**

⚠ IMPORTANT SAFEGUARDS

WHEN USING ANY ELECTRICAL APPLIANCE, BASIC SAFETY PRECAUTIONS SHOULD ALWAYS BE FOLLOWED, INCLUDING THE FOLLOWING:

- 1 Read all instructions carefully before using the appliance.
- 2 **This appliance is intended for household use only. It is not suitable for commercial use such as kitchen areas and other working environments.**
- 3 Ensure that the appliance and mains cable are always placed on a firm and flat surface, away from the edge of the worktop and out of reach of children. **Do not place the appliance onto a metal tray or metal surface whilst in use. Do not place the appliance on, or near, hot gas or electric burner or in a heated oven. Do not operate the appliance with wet hands or barefoot.**
- 4 Route the mains cable so it does not overhang, and cannot be tripped over or caught.
- 5 Do not let the mains cable run across an open space, such as between a low socket and a table, or across any hot area, such as cooker, the heat may damage it.
- 6 The connections on both sides of the mains cable (the appliance and socket) should never be strained. If the mains cable is damaged it must be replaced by a qualified person or service to avoid any hazards.
- 7 **Do not use the appliance in a bathroom, near water, or outdoors. Do not immerse any of the parts (appliance, mains cable, plug) in water or other liquids to protect against fire, electric shock and personal injury.**
- 8 **Do not use the appliance if it is damaged or is malfunctioning. Do not leave the appliance unattended whilst in use. Use and store it out of reach of children.**
- 9 This appliance must not be operated by an external timer or a remote control system.
- 10 SQ Professional Ltd may not be held liable for eventual damages to persons, animals or objects caused by incorrect installation or deriving from improper, erroneous or unreasonable use.
- 11 **To reduce the risk of electric shock ensure that the removable bowl ④ is completely dry before you place it into the rice cooker base ⑤ and connect the appliance to a power supply.**
- 12 Turn the removable bowl ④ left and right to ensure that it is properly fitted onto the heating element ⑫.
- 13 Never use the removable bowl ④ on top of the stove or in an oven at high heat will deform its shape.
- 14 Always fully defrost frozen meat or poultry before cooking or steaming. Ensure that the meat is thoroughly cooked.
- 15 **Do not move the rice cooker when it is switched on.**
- 16 Do not move the rice cooker with the full removable bowl ④ inside it as it might be heavy and the mains cable may catch on something as you move.
- 17 Do not switch the rice cooker on unless there is at least a minimum amount of water or ingredients in the removable bowl ④. Avoid filling the removable bowl ④ up above the **MAX** mark. Remove the removable bowl ④ from the rice cooker base ⑤ before filling it with water.
- 18 During the cooking process, steam may escape from the steam vent ② on the lid ①. This is normal. **Never cover, touch or obstruct the steam vent.**
- 19 Avoid using the rice cooker near or below curtains, shelves, cupboards or anything that might be damaged or deformed by hot steam.
- 20 **Use extreme caution when opening the lid ① during or after cooking. Hot steam will escape and may cause burns.**
- 21 **Do not touch metal parts. Use plastic handles or the knob. When lifting the removable bowl ④ from the rice cooker base ⑤ ensure that it has cooled down sufficiently or use oven gloves to prevent burns.**
- 22 After the cooking cycle is completed the operation switch ⑨ will automatically switch to **KEEP WARM** position ⑧. **To completely switch off the rice cooker unplug the mains cable from the socket.** The operation switch ⑨ must never be held in the **COOK** position ⑦ as this may cause damage to the switch-off mechanism.
- 23 Before removing the steamer ③ or removable bowl ④ always unplug the rice cooker base ⑤.
- 24 **Always unplug the rice cooker when not in use.**
- 25 Before emptying the removable bowl ④ remove it from the rice cooker base ⑤ to avoid spilling the contents onto the heating element ⑫ which can cause damage to the rice cooker.
- 26 Unplug the rice cooker from the socket after every use, especially before cleaning or removing the removable bowl. Ensure that the rice cooker base ⑤, removable bowl ④ and steamer ③ are completely cooled down before cleaning and storing away.
- 27 Keep the rice cooker base ⑤, removable bowl ④, steamer ③, mains cable, and plug away from sources of heat. Store in a dry place.
- 28 **Do not use the rice cooker for any purpose other than intended use.**
- 29 Use the rice cooker base ⑤ only with the removable bowl ④ and steamer ③ supplied (and vice versa) and do not tamper with it in any way.

**SAVE THESE INSTRUCTIONS
FOR FUTURE REFERENCE!**

BEFORE FIRST USE

ALWAYS MAKE SURE THAT THE REMOVABLE BOWL IS COMPLETELY DRY, INSIDE AND OUT, BEFORE PLACING IT INTO THE RICE COOKER BASE.

Wash the steamer (3), removable bowl (4), measuring cup (11) and rice scoop (10) with warm, soapy water. Rinse and dry thoroughly with a soft cloth.

RICE COOKING GUIDE

ALWAYS TAKE CARE TO AVOID THE EXPULSION OF STEAM WHEN REMOVING THE LID.

- 1 Measure the desired amount of rice using the measuring cup (11) provided. One cup of rice will provide approximately two cups of cooked rice.
- 2 Rinse the rice in the removable bowl (4) until the water becomes relatively clear and dispose of the water.
- 3 Use the water measurement lines inside the removable bowl (4) to add an appropriate amount of water. For softer rice, allow rice to soak for 10-20 minutes prior to cooking.
- 4 Close the lid (1) and plug mains cable into a socket.
- 5 Press the operation switch (9) down to cook mode. The **COOK** indicator (7) will light up.
- 6 For best results leave the lid (1) on for first 10-15 minutes of cooking.
- 7 To check on the rice, carefully open the lid (1) and keep clear of the escaping steam to avoid burns.
- 8 When cooking is complete, the rice cooker will automatically switch to 'keep warm' mode and the **KEEP WARM** indicator (8) will light up.
- 9 After cooking, allow rice to stand for 5-10 minutes without removing the lid (1). This will ensure that rice is thoroughly cooked.
- 10 Disconnect the rice cooker from the power supply, then lift the removable bowl (4) from the rice cooker base (5) using the oven gloves. Place it on a heatproof surface and use the provided rice scoop (10) to fluff the rice.

DO NOT KEEP THE FOOD IN 'KEEP WARM' MODE LONGER THAN 5-10 MINUTES AS IT WILL START TO DRY AND LOSE FLAVOUR.

HELPFUL HINTS

Rinsing the rice before cooking will remove excess bran and starch as well as nutrients and will result in loose rice with easily separated grains. Unwashed rice is sticky and more suitable for dishes like sushi or riceballs.

Some types of rice may stick to the bottom of the removable bowl. To prevent sticking add a little vegetable oil before adding the rice.

Raisins and dried fruits will absorb as much water as rice, so put them into the measuring cup along with the rice.

STEAMING GUIDE

ALWAYS MAKE SURE THAT THE WATER HAS NOT COMPLETELY EVAPORATED FROM THE REMOVABLE BOWL CAUSING IT TO BOIL DRY.

- 1 Add the desired amount of water into the removable bowl (4).
- 2 Place the steamer (3) on top of the removable bowl.
- 3 Place the food into the steamer (3) and cover with the lid (1). Plug the mains cable into the socket. Press the operation switch (9) down to cook mode. The **COOK** indicator (7) will light up.
- 4 When the steaming process is complete the rice cooker will automatically switch to 'keep warm' mode and the **KEEP WARM** indicator (8) will light up.

DO NOT KEEP THE STEAMED FOOD IN THE 'KEEP WARM' MODE FOR LONGER THAN 5-10 MINUTES AS IT MAY BECOME OVERCOOKED OR TURN SOGGY.

HELPFUL HINTS

Since most vegetables only absorb a small amount of water, there is no need to increase the amount of water for larger servings of vegetables. For more even cooking cut all pieces of food into the same size.

Keep the lid closed during the entire steaming process. Opening the lid will cause a loss of heat and steam, resulting in longer cooking time

If you find it necessary to open the lid, use extreme caution. You may want to add a small amount of water to restore the cooking time. Altitude, humidity and room temperature may affect cooking times.

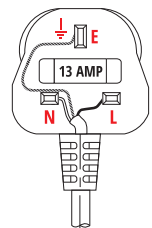
CLEANING

ALWAYS UNPLUG THE RICE COOKER AND ALLOW IT TO COMPLETELY COOL DOWN BEFORE CLEANING AND STORING AWAY.

- 1 Remove the removable bowl (4). Wash it with warm, soapy water using a sponge or dishcloth. Rinse and dry thoroughly with a soft cloth.
- 2 The lid (1), steamer (3), rice scoop (10) and measuring cup (11) can be washed by hand or in a dishwasher. **Removable bowl (4) is not dishwasher safe.**
- 3 Wipe the rice cooker base (5) clean with a damp cloth and dry thoroughly.
- 4 Do not use harsh scourers, metal brushes, or abrasive detergents as they may damage the surface.

WIRING

The product must be earthed. This appliance is fitted with a 13A BS1362 fuse in a 13A BS 1363 plug. To replace the plug, fit the green-yellow wire to (⊥) or E, blue wire to N and the brown wire to L. Fit the cord grip. If in doubt, call a qualified electrician. If you remove the plug, dispose of it.



RICE / WATER MEASUREMENT TABLE

- As a general guide use one cup of water for each cup of rice.
- Add slightly more water for softer rice or slightly less for firmer rice. When cooking brown or wild rice, add an additional 3/4 cup of water.
- This is only a general measuring guide. As there are many different kinds of rice available, rice/water measurement may vary.

ALL MEASUREMENTS ARE APPROXIMATE.

RICE TYPE	GRAIN TYPE	RAW RICE VOLUME	WATER VOLUME	SERVINGS (c/a 250g)
WHITE	LONG	190g	400ml	1.5 - 2
	MEDIUM	195g	350ml	2 - 2.5
	SHORT PARBOILED	200g	300ml	2.5 - 3
BROWN	LONG	190g	500ml	1.5 - 2
BASMATI, JASMINE, INDIAN STYLE RICE		180g	180-250ml	2

STEAMING TIMES

These times are for a single layer of food. You will need to experiment to find the times which suit your favourite foods and food combinations.

- Leaf vegetables need very little cooking to keep them green and crisp. To stop the cooking process put the vegetables into iced water.
- If mussels are open prior to cooking do not use them. Steam until the shells open fully, and discard any that remain closed after cooking.
- Meat, poultry, and derivatives (mince, burgers, etc.) should be cooked until the juices run clear.
- Fish must be cooked until the flesh is opaque throughout.

FOOD	QTY	TIME (MIN)
ASPARAGUS	400g	15-18
GREEN BEANS	200g	20
BROCCOLI	200g	18
BRUSSELS SPROUTS	200g	20
CABBAGE (quarter)	1/4	25-30
CARROTS (sliced)	200g	15-20
CAULIFLOWER	200g	15
CORN COBS	2	24-35
COURGETTE (sliced)	200g	10-12
POTATOES (quartered)	400g	25-30
SPINACH	200g	5-8
CHICKEN (boneless)	400g	6-8
FISH FILLETS	400g	8-10
FISH STEAKS	2	20-30
PRAWNS	250g	10-12
LOBSTER TAIL (frozen)	1	12-15
MUSSELS	250g	15

ENVIRONMENTAL PROTECTION

To avoid environmental and health problems due to hazardous substances in electrical and electronic goods, appliances marked with this symbol must not be disposed of with unsorted municipal waste, but recovered, reused or recycled.

**SERVICE**

The product is not user-serviceable. If it is not working, read the instructions, check the plug fuse and main fuse/circuit breaker. If it is still not working, consult your retailer. If that does not solve the problem ring Customer Service – they may be able to offer technical advice. Please have the **Model Number** to hand, as they will not be able to help you without it.

If you are advised to return the product, pack it carefully, include a note with your name, address, day phone number, and description of the problem.

If under a warranty, say where and when it was purchased and include a valid VAT receipt. Send it to SQ Professional Ltd.

WARRANTY

THE WARRANTY FOR THIS PRODUCT IS COVERED BY SQ PROFESSIONAL LIMITED. ANY FAULTS WITH THIS PRODUCT ARISING THROUGH A MANUFACTURER DEFECT WILL BE COVERED FOR 1 YEAR FROM THE DATE OF PURCHASE, SUBJECT TO A VALID VAT RECEIPT BEING PRESENTED. THIS DOES NOT INCLUDE FAULTS OR DAMAGE CAUSED BY MISUSE OF GENERAL WEAR AND TEAR. PLEASE CONTACT CUSTOMER SERVICES ON **01992 716 070** OR SEND AN E-MAIL TO **INFO@SQPROFESSIONAL.COM**, MONDAY TO FRIDAY FROM 09:30 - 17:30. THIS DOES NOT AFFECT YOUR STATUTORY RIGHTS.

**RICE TYPES**

Rice is a valuable source of low fat, complex carbohydrates and is abundant in thiamin (B₁), niacin (B₃) and iron. It is an essential ingredient for a healthy diet. There are many different varieties of rice available in the market. Your rice cooker can cook any type perfectly every time. The following are the commonly available varieties of rice and their characteristics:

**LONG GRAIN RICE**

Typically this rice (Basmati rice) is not starchy and sticky. After cooking the grains are firm and loose.

**BROWN RICE**

Brown rice is considered to be the healthiest variety. Rice grains are covered with bran layers and contain more B-complex vitamins, iron, calcium and fibre than polished (white) rice. The brown rice with long grains and chewy texture is the most popular variety.

**SHORT GRAIN RICE**

Often called "Pearl Rice" due to its round shape it is characteristically soft, sticky and chewy. It is usually used for sushi, rice balls and rice puddings.

**WILD RICE**

Wild rice comes in many delicious varieties. It is often mixed with long grain rice for its firmer texture and rich brown to black color. Wild rice makes wonderful stuffing for poultry, tasty broths and can be mixed with your favorite dried fruits.



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WWW.SQPROFESSIONAL.COM

Voltage Business Centre, Units 1 - 3
6 Mollison Avenue, Enfield, EN3 7XQ
T: 01992 716 070 | F: 01992 700 538
E: info@sqprofessional.com