ZOJIRUSHI

INDUCTION HEATING SYSTEM RICE COOKER & WARMER

OPERATING INSTRUCTIONS

NP-HBQ10 / NP-HBQ18
NP-HBH10C / NP-HBH18C

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

INDEX

BEFORE USE

IMPORTANT SAFEGUARDS ····· 2
PARTS NAMES AND FUNCTIONS ····· 4
EXPLANATION OF RICE ····· 6
ACTIVATED BROWN RICE (GABA BROWN) ··· 6
TIPS TO COOKING GREAT-TASTING RICE (PREPARATION & KEEP WARM) ··· 7

HOW TO USE

HOW TO COOK RICE:
BASIC COOKING STEPS ····· 8
TIPS TO COOKING GREAT-TASTING RICE BY MENUS ··· 10
USING THE TIMER ····· 11
REGULAR KEEP WARM & EXTENDED KEEP WARM ····· 13
HOW TO SET THE CLOCK ····· 14
SOUND SIGNALS & HOW TO CHANGE THEM ··· 15

RECIPES

MIXED RICE ····· 16
RICE PORRIDGE WITH SEVEN HERBS ··· 16
SWEET RICE COOKED WITH ADZUKI BEANS ··· 17
MIXED BROWN RICE ····· 17

CLEANING AND MAINTENANCE

CLEANING AND MAINTENANCE ····· 18
CLEANING AND MAINTENANCE / REPLACEMENT PARTS ····· 19

CHECK HERE BEFORE CALLING FOR SERVICE

TROUBLESHOOTING GUIDE ····· 20
ERROR DISPLAYS AND THEIR MEANINGS ··· 22
SPECIFICATIONS ····· 23

ZOJIRUSHI CORPORATION

ⓀⒿ

IMPORTANT SAFEGUARDS

Be sure to follow the instructions.

● These WARNINGS and CAUTIONS are intended to protect you and others from personal injury and household damage. To ensure safe operation, please follow carefully.

⚠WARNINGS Indicates risk of serious injury. ※1

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

※1 Serious injury includes loss of eyesight, burns (high and low temperature), electric shock, bone fractures, toxic reactions as well as other injuries severe enough to require medical care or extended hospitalization.

※2 Injury indicates physical damage, burns or electric shock not severe enough to require medical care or extended hospitalization.

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

PROHIBITED — ⃠ Indicates a prohibited operation. A specific prohibited operation is indicated inside or near the circle by sentences or illustrations.

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

※3 Property damage indicates material damage towards a home, furniture, or pets and animals.

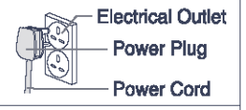
⚠WARNINGS

Do not modify the Rice Cooker. Only a repair technician may disassemble or repair this unit.
Attempting to do so may cause fire, electric shock or injury. Make any repair inquiries to the store you purchased the Rice Cooker.

Do not plug or unplug the Power Cord if your hands are wet.
Doing so may cause an electric shock or injury.

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

Do not use the Rice Cooker if the Power Plug or Power Cord is damaged or if the Power Plug is loosely inserted into the electrical outlet.
Doing so may cause electric shock, short circuit or fire.



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

Do not use a power source other than 220–230V (NP-HBQ10/18) or 220V (NP-HBH10C/18C) AC.
Use of any other power supply voltage may cause fire or electric shock.

Insert the Power Plug completely and securely into the electrical outlet.
A loosely inserted Power Plug may cause electric shock, short circuit, smoke or fire.

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

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

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

Do not drop metal objects such as pins or wires into the bottom holes of the Rice Cooker.
Doing so may cause electric shock or malfunction, resulting in injury.

Bottom view of the product

Do not damage the Power Cord. Do not bend, pull, twist, fold, or attempt to modify the Power Cord. Do not place it on or near high temperature surfaces or appliances, under heavy items or between objects.
A damaged Power Cord can cause fire or electric shock.

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

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

● The illustrations used in this Operating Instructions may vary from the actual product you have purchased.

⚠CAUTIONS

Do not touch hot surfaces during or immediately after use. Be careful of steam when opening the Outer Lid. Be careful not to touch the Inner Cooking Pan when loosening rice.
Touching hot surfaces may cause burns.
Be especially careful with metal parts such as the Inner Lid and the Inner Cooking Pan.

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

Do not use the Rice Cooker near walls, furniture or beneath shelving.
Steam or heat may damage, discolor or deform walls, furniture or shelving.

Please allow the Rice Cooker to cool down before cleaning.
The Inner Lid and the Inner Cooking Pan may cause burns when hot.

Do not attempt to disassemble or repair the Power Cord by yourself when damaged.
Please check the Model Number of your product and consult with the store where you purchased it.

Individuals using a pacemaker should consult with a physician before using the Rice Cooker.
Using the Rice Cooker may affect a pacemaker.

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

Do not use cookware other than the provided Inner Cooking Pan and never place other objects inside it while cooking.
May cause the Inner Cooking Pan to overheat or the Rice Cooker to malfunction.

Do not use the Rice Cooker where it may come into contact with water or near heat sources.
May cause electric shock, short circuit, and can damage the Rice Cooker.

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

Always unplug the Rice Cooker by holding the Power Plug, not by pulling the Power Cord.
Pulling the Power Cord to unplug the Rice Cooker may cause electric shock, short circuit or fire.

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.

IMPORTANT

■ **Do not place electronics or objects that are susceptible to magnets in close range of the Rice Cooker.**
May cause interference with a TV, radio, computer, etc. May also erase magnetically recorded data (credit card, train pass, audio tapes, etc.).

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

■ **Do not use the Rice Cooker on a surface where the Air Intake Duct or Exhaust Duct can get blocked or covered (such as on a carpet, plastic bag or aluminum foil).**
May cause breakdown or malfunction.

■ **Do not use the Rice Cooker where its steam may come into contact with other electrical appliances.**
The steam may cause fire, malfunction, discoloration or deformation to other electrical appliances.

■ **Do not splash the Rice Cooker with water or place something containing water on it.**
May cause electric shock or breakdown.

■ **Do not operate the Rice Cooker if rice or foreign matters are adhered to the heating plate or the outside surface of the Inner Cooking Pan.**
May cause irregular operation or imperfect cooking.

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

■ **Do not place any objects inside the Inner Cooking Pan that may cause damage.**
A damaged Inner Cooking Pan may not cook rice properly.

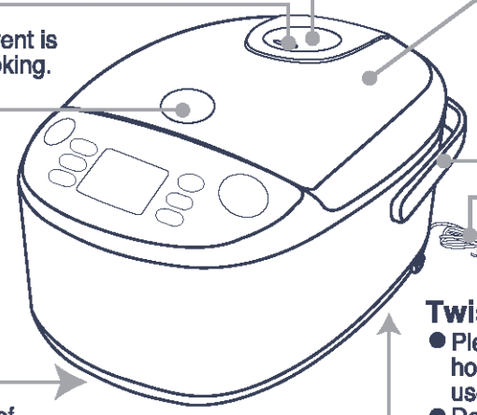
■ **This appliance is intended for household use and similar applications listed below:**
- Staff (employee) kitchen areas in shops, offices and other working environments.

※ This appliance is not intended for use by many unspecified people for a long period of time.

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

PARTS NAMES AND FUNCTIONS

MAIN BODY



Steam Vent Set

Steam Vent
- Steam arising from the vent is very hot while rice is cooking. Please exercise care.

Outer Lid

Handle
- Use the Handle for carrying

Open Button
- Press the Open Button to open the Outer Lid

Power Cord

Power Plug

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

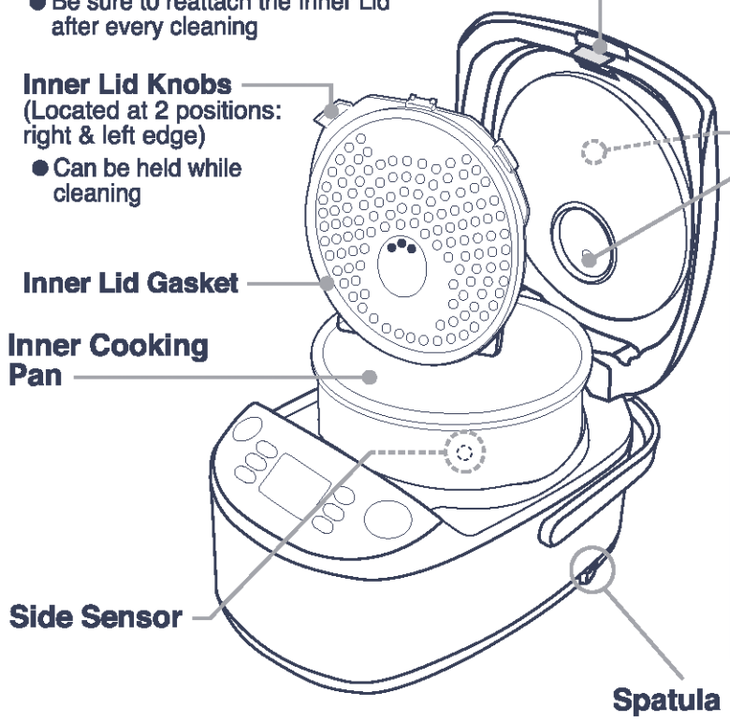
Air Intake Duct
- On the bottom surface of the Main Body

Exhaust Duct
- On the back surface of the Main Body

Inner Lid Set (Inner Lid)

Inner Lid Holder
Use this knob for detaching and attaching the Inner Lid
- Be sure to reattach the Inner Lid after every cleaning

Inner Lid Knobs
(Located at 2 positions: right & left edge)
- Can be held while cleaning



Inner Lid Sensor

Steam Vent

Inner Lid Gasket

Inner Cooking Pan

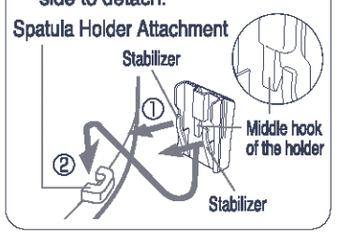
Side Sensor

Spatula Holder Attachment
(Located at 2 positions: right & left edge)

For NP-HBH10C/18C

How to attach the Spatula Holder:
- Press the two stabilizers against the body of the Rice Cooker ① while pulling the middle hook of the holder into the slot ②.

How to detach the Spatula Holder:
- Twist the Spatula Holder to one side to detach.



CONTROL PANEL

- Press buttons down firmly.
- The raised dot and dash (●, ▬) in the center of the COOKING and RESET buttons and the Sound Signals are provided for individuals with visual impairment.

Display
The illustration below shows all possible displays and is for reference only. This display will not appear during actual use.

REGULAR KEEP WARM button
Use this button for selecting the Regular Keep Warm mode.
→ pg.13

MENU button
Use this button for setting the type of rice you will be using.

TIMER button
Use this button for setting the Timer function (to program the Rice Cooker to complete cooking by a desired time).
→ pg.11, 12

COOKING button
Use this button to initiate the cooking process.

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

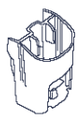
EXTENDED KEEP WARM button
Use this button for selecting the Extended Keep Warm mode.
→ pg.13

TIME SETTING button
Use these buttons for setting the Timer (time of cooking completion) or the clock.
→ pg.11,12 & 14

ACCESSORIES

Spatula

Spatula Holder



Measuring Cup (180mL)

■WARNING - THIS APPLIANCE MUST BE EARTHED

IMPORTANT

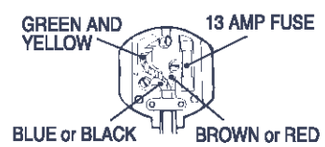
The wires in this mains lead are coloured in accordance with the following code:
Green-and-yellow: Earth Brown or Red: Live Blue or Black: Neutral

If the colours of the wires in the mains lead of this appliance do not correspond with the coloured markings identifying the terminals in your plug, proceed as follows.

The wide coloured green-and-yellow must be connected to the terminal in the plug which is marked with the letter E or by the earth symbol or coloured green or green-and-yellow. The wire coloured blue must be connected to the terminal which is marked with the letter N or coloured BLACK.

The wire which is coloured brown must be connected to the terminal which is marked with the letter L or coloured RED.

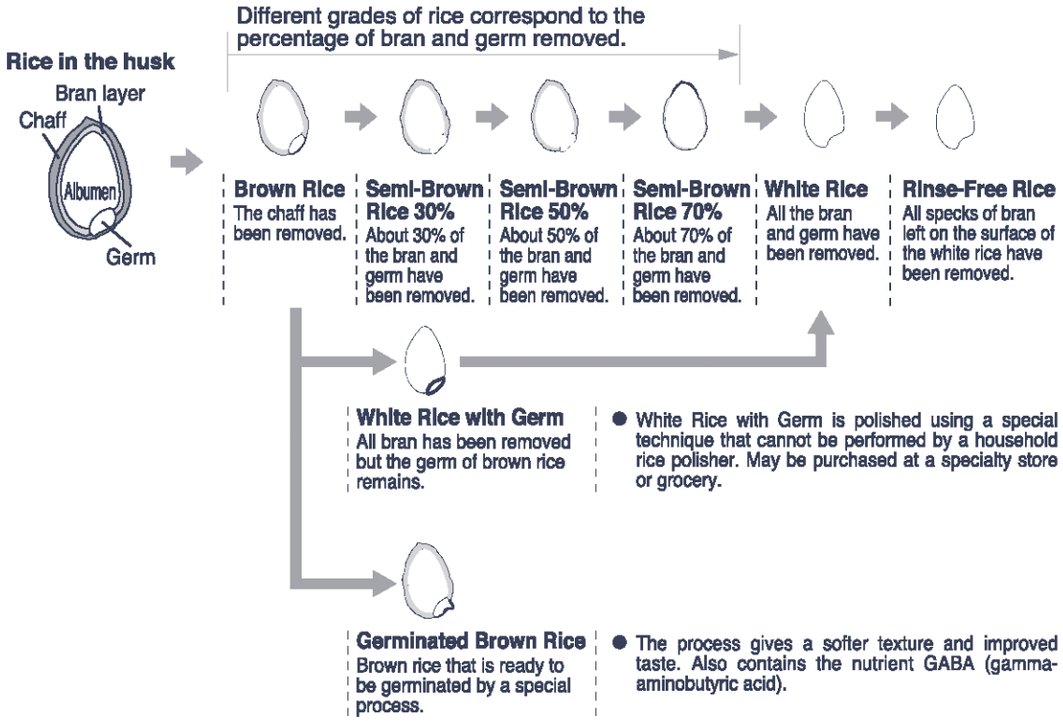
This appliance must be protected by a 13A fuse if a 13A (BS1363) plug is used or, if any other type of plug is used, by a 10A fuse either in the plug or adaptor or at the distribution board.



EXPLANATION OF RICE

TYPES OF RICE

- Names and types of rice varies according to how the grain has been polished and/or processed.



- White Rice with Germ is polished using a special technique that cannot be performed by a household rice polisher. May be purchased at a specialty store or grocery.
- The process gives a softer texture and improved taste. Also contains the nutrient GABA (gamma-aminobutyric acid).

ACTIVATED BROWN RICE (GABA BROWN)

- The Rice Cooker has two settings for cooking brown rice. The GABA BROWN setting on the menu activates brown rice for increased nutritional value.

GABA BROWN SETTING:

- When GABA BROWN is selected on the menu, the Rice Cooker will begin activating the brown rice, after which it will start cooking automatically. During the brown rice activation process, the temperature in the Inner Cooking Pan is kept at about 40°C for 2 hours. Cooking may take 3 hours and 10 minutes to 3 hours and 15 minutes till completion. By activating brown rice, GABA (gamma-aminobutyric acid), a naturally occurring nutrient in brown rice, increases to 150% of the amount contained in non-activated brown rice. This process also makes brown rice softer, thus making it readily edible.
  ※What is GABA?
  GABA (gamma-aminobutyric acid) is a type of amino acid said to lower blood pressure and relieve stress.

TIPS TO COOKING GREAT-TASTING RICE (PREPARATION & KEEP WARM)

HOW TO COOK GREAT-TASTING RICE

Measure rice accurately

Be sure to use the Measuring Cup provided, as other measuring cups may differ. Level the rice off at the top of the cup to maintain accuracy.

Rinse rice quickly

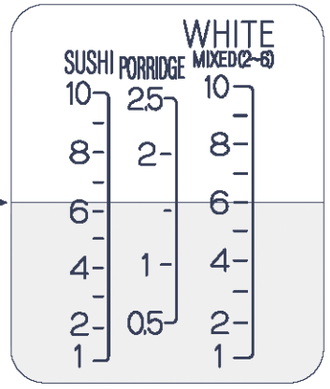
The first rinse should be done quickly, swishing and stirring the rice by hand with plenty of water. Drain the water immediately afterwards. Then rinse the rice 4-5 times with fresh water to clean out the bran.

Adjust the amount of water accordingly

Type of Rice	Water Adjustment
Softer rice White rice with germ	Normal scale level
New crop	Reduce water slightly from the normal level
Old crop Harder rice	Add a little water to the normal scale level

※To avoid boil-over, use the SOFTER menu setting when adding water above the normal scale level.

e.g.: When Cooking 6 Cups of White Rice



Add water to water level 6 for WHITE.

- This illustration shows the Inner Cooking Pan of 1.8L model.

Do not use strong alkaline ionic water

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

Stir and loosen rice immediately after cooking has completed

Excessive moisture is released, resulting in rice that is perfectly cooked with a fluffy texture.

HOW TO USE THE KEEP WARM MODE

When keeping rice in the Inner Cooking Pan for later consumption, use the Keep Warm mode. Otherwise, the rice may develop a foul odor or spoil.

Do not use the Keep Warm mode for the following:

- ·Adding rice.
- ·Reheating cold rice.
- ·Keeping rice warm when it contains additional ingredients and seasonings (mixed rice or sweet rice).
- ·Keeping food other than rice warm such as croquette or miso soup.
- ·Keeping rice warm for more than 12 hours (24 hours for Extended Keep Warm mode).
- ·Keeping rice warm when the Spatula has been left inside the Rice Cooker.
- ·Leaving the Rice Cooker unplugged or Keep Warm mode cancelled while still having rice in the Inner Cooking Pan.

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

Select the Extended Keep Warm mode for keeping rice warm for more than 12 hours.

HOW TO COOK RICE

BASIC COOKING STEPS

1 Measure the rice with the provided Measuring Cup.

One leveled cup of rice in the provided Measuring Cup is approx. 180mL.

2 Rinse the rice and adjust the amount of water.

Place the Inner Cooking Pan on a flat surface. Add water to the water level according to the menu setting you have chosen (see pg. 10 "TIPS TO COOKING GREAT-TASTING RICE BY MENUS"). For an accurate measurement, level the surface of the rice.

- The rice may be cooked immediately after rinsing, as soaking is not required. Soaking the rice will soften the texture of the rice.

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

Always take precautions to wipe the outer surface of the Inner Cooking Pan clean, especially of moisture, before placing it securely into the Main Body. Be sure the Inner Lid is attached before closing.

- If you press the COOKING button without inserting the Inner Cooking Pan, a beep will sound and the Display will show the error message "H04."

4 Select the desired Menu setting by pressing the (MENU) button.

Each press of the button changes the position of the "▲." Press the button to your desired menu setting.

- Press and hold the button to quickly cycle through the selections. (It will stop when it reaches REGULAR.)
- Menu settings such as WHITE RICE (REGULAR/SOFTER/HARDER), BROWN and GABA BROWN will remain selected until you change the setting.
- QUICK COOKING setting: Choose this setting when you need to cook white rice in a hurry. Please note that the rice texture may be slightly harder.

5 Press the (COOKING) button.

The COOKING light will turn on and the melody/beep to start cooking will sound. When the Rice Cooker reaches the steaming process, the Display shows the remaining time till completion.

The remaining time till completion in minutes.

6 When the melody or beep to indicate the cooking completion sounds, stir and loosen the rice immediately to give the rice a deliciously fluffy texture.

The Rice Cooker automatically switches to the Keep Warm mode after cooking has completed and the REGULAR KEEP WARM light turns on. The Display will show the elapsed Keep Warm time in hour(s). Stir the rice and loosen it immediately to release excessive moisture for fluffy rice.

Elapsed time of the Keep Warm mode.

- When keeping rice in the Rice Cooker, be sure to use the Keep Warm mode; otherwise the rice may produce an odor. → Please see pg. 7 "HOW TO USE THE KEEP WARM MODE" or pg. 13 "REGULAR KEEP WARM & EXTENDED KEEP WARM."
- To see the current time display during the Keep Warm mode, press the (▲) or (▼) button. Then press the (▲) or (▼) button to return to the Keep Warm display mode. Please note that this display will not automatically return to the Keep Warm display mode and must be done manually. Displays can only be changed during the Keep Warm mode.
- If you cancel the Keep Warm mode and press the REGULAR or the EXTENDED KEEP WARM button again, the Display shows 0 hours.
- The sound setting can also be changed (see pg. 15 "SOUND SIGNALS & HOW TO CHANGE THEM" for details).

7 After use, press the (RESET) button, then unplug the Power Cord.

Estimated cooking time from start to completion:

		Length of Cooking Time	
		1.0L size	1.8L size
White Rice	Regular	approx. 45 minutes—1 hour	
	Softer	approx. 50 minutes—1 hour	
	Harder	approx. 35—45 minutes	
Quick Cooking		approx. 23—37 minutes	approx. 24—40 minutes
Mixed Rice		approx. 1 hour—1 hour 15 minutes	
Sushi Rice		approx. 35—50 minutes	
Porridge		approx. 1 hour—1 hour 15 minutes	
Sweet Rice		approx. 40—50 minutes	
Brown Rice		approx. 1 hour 25 minutes—1 hour 35 minutes	
GABA Brown Rice		approx. 3 hours 10 minutes—3 hours 15 minutes	
Germinated Brown Rice		approx. 50 minutes—1 hour	

・The above table is based on the testing conditions of 230V (NP-HBQ10/18) or 220V (NP-HBH10C/18C), a room temperature of 20°C, and water at a starting temperature of 18°C.
・The above lengths of time are counted from Cooking till the Keep Warm process. Actual times may vary depending on the voltage, room temperature, season, and the amount of water used.
・Mixed Rice menu setting requires a longer cooking time to allow the rice to absorb seasonings. (Takes about 30 minutes for preheating.)

Please Follow:

- Do not open the Outer Lid during cooking to prevent imperfect cooking results.
- When cooking more than one pot of rice consecutively, allow the Main Body and the Outer Lid to cool down to body temperature; otherwise it will not cook well.
- To prevent breakdown, do not press the COOKING button when the Inner Cooking Pan is empty.
- Depending on cooking conditions, the bottom portion of the rice may become slightly browned.
- The surface of the cooked rice may appear concaved in the center due to the surround-heating cooking mechanism.

HOW TO COOK RICE

TIPS TO COOKING GREAT-TASTING RICE BY MENUS

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

MIXED RICE:	
Rice:	Limit the amount of rice to be cooked to 0.5-4 cups for the 1.0L model, or 2-6 cups for the 1.8L model; otherwise it may not cook well.
Water Level:	Use the water level for WHITE.
Menu Selection:	Select the MIXED menu setting.
Ingredients:	The recommended amount of ingredients should be about 30-50% of the rice volume (weight). Excessive amount of rice may not cook properly. (1 cup of rice is about 150g) Chop ingredients into small pieces and place on top of the rice (do not mix into the rice).
Remarks:	Seasonings should be mixed with soup stock or water and then added to the rice. After adjusting the amount of water, stir thoroughly. If the seasonings are added directly to the rice or if not mixed properly, scorching or imperfect cooking may occur.

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

WHITE RICE WITH GERM:	
Water Level:	Use the water level for WHITE.
Menu Selection:	Select the REGULAR or SOFTER menu setting.
Remarks:	Because the germ can easily be washed off, rinse rice gently.

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

GABA BROWN RICE:	
Rice:	Use brown rice when cooking.
Water Level:	Use the water level for BROWN.
Menu Selection:	Select the GABA BROWN menu setting.

SWEET RICE:	
Rice:	Wash and place in a bamboo basket for about 30 minutes to drain the water.
Water Level:	Use the water level for SWEET. • **When cooking only sweet rice...** Use the exact water level scale for SWEET. • **When cooking sweet rice mixed with white rice...** Use slightly above the water level scale for SWEET.
Menu Selection:	Select the SWEET menu setting.
Ingredients:	Place ingredients on top of rice after adjusting the water.

• **Mixed glutinous rice cooked with adzuki beans....** Bring adzuki beans to a boil, separate the beans from the hot water, cool to room temperature before using. Water used to boil the beans should also be used for cooking rice.

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

GERMINATED BROWN RICE:	
Rice:	Limit the amount of rice to be cooked to 0.5-4 cups for the 1.0L model, or 2-8 cups for the 1.8L model. Use germinated brown rice only or mix it with white rice when cooking.
Water Level:	Use the water level for WHITE.
Menu Selection:	Select the SOFTER menu setting.
Remarks:	Your cooking results may vary and may not always be satisfactory. Certain types of germinated brown rice may cause the Rice Cooker to boil over. Do not use the Timer function when cooking germinated brown rice or soak in water for more than 30 minutes as it will absorb too much water.

USING THE TIMER

- This function sets the Rice Cooker to automatically finish cooking by a specific time. Once set, the timer settings are stored in "Timer 1 ◴1" and "Timer 2 ◴2."

e.g.: When you want your rice to complete cooking at 7:30.

- Be sure to check if the current time is correct before setting the Timer function. → pg.14

1 Press the (TIMER) button to select "Timer 1."

The Display shows the preset time of 6:00 and the displayed time and the COOKING light will blink.

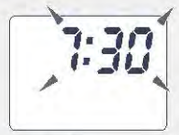
- Press the button again and "Timer 2" preset at "18:00" will appear.

2 Press the (MENU) button to select the desired Menu.

- The Timer function is not available in the Quick Cooking, Mixed Rice and Sweet Rice menu settings.

3 Press the (▲) or (▼) button to set a specific time to finish cooking.

(▲) button: Each press advances the time in 10-minute increments.
(▼) button: Each press reverses the time in 10-minute increments.



- Press and hold the button to quickly forward the time in 10-minute increments.

4 Press the (COOKING) button.

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

- **The COOKING button must be pressed to set the TIMER.**

The time you wish to complete cooking.

NOTE:

- To cancel the Timer setting, press the RESET button.
- To check the current time while in the Timer mode, press the (▲) or (▼) button for the time setting.
- Do not use the Timer function if you are adding ingredients and/or seasonings to the rice. Ingredients may spoil or seasonings may settle to the bottom of the Inner Cooking Pan and your results may not be satisfactory.

USING THE TIMER (cont.)

To use the stored Timer settings

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

e.g. : When the Timer is preset at 7:30 for "Timer 1" and 18:30 for "Timer 2."

1 Press the (TIMER) button to select either "Timer 1" or "Timer 2."

The Display shows that Timer 1 is set for 7:30 in the Timer menu, along with the actual time, and the COOKING light will begin to blink.

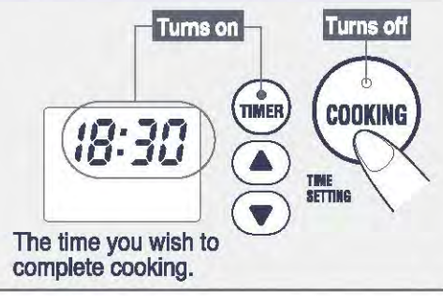
- Press the button again and the "Timer 2" presetting of "18:30" will appear.

2 Press the (MENU) button to select the desired Menu setting.

3 Press the (COOKING) button.

- The TIMER setting is activated.

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



The time you wish to complete cooking.

Suggested lengths for the Timer setting:

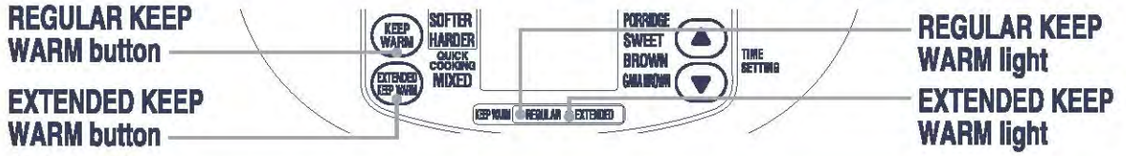
Menu Selections		Timer Settings	Menu Selections	Timer Settings
White Rice	Regular	1 hour—13 hours	Sushi Rice	50 minutes—13 hours
	Softer	1 hour—13 hours	Porridge	1 hour 15 minutes—13 hours
	Harder	45 minutes—13 hours	Brown Rice	1 hour 35 minutes—13 hours
			GABA Brown Rice	3 hour 15 minutes—13 hours

NOTE:

- The rice may be softer in texture when cooking with the Timer function.
- The remaining time till cooking completion will not be displayed when the Timer is set.
- If the Timer is set for less than the above-suggested settings, a beep will sound and the rice will start cooking immediately.
- Be sure to set the Timer for less than 13 hours, especially during summer, to prevent the soaked rice from spoiling due to the higher room temperature.
- Do not use the Timer when cooking Germinated Brown Rice as it tends to absorb too much water and your results may not be satisfactory.

REGULAR KEEP WARM & EXTENDED KEEP WARM

Press the REGULAR KEEP WARM button or the EXTENDED KEEP WARM button to choose Regular Keep Warm or Extended Keep Warm.



REGULAR KEEP WARM

When cooking completes, the Rice Cooker automatically switches to Keep Warm and the REGULAR KEEP WARM light turns on.

- To start the Keep Warm mode from the reset status, press the REGULAR KEEP WARM button.

EXTENDED KEEP WARM

This function can be activated during the Keep Warm process.

Use this function when keeping rice warm for a longer period of time. Drying and yellowing of rice will be reduced by maintaining the temperature slightly lower at 60°C.

7 Check to make sure the REGULAR KEEP WARM light is on.

2 Press the (EXTENDED KEEP WARM) button once. The EXTENDED KEEP WARM light will turn on.

The EXTENDED KEEP WARM mode is not available during the following:

- Mixed Rice, Porridge, Sweet Rice, Brown Rice and GABA Brown Rice menu settings.
- If 12 hours of Regular Keep Warm has already elapsed.
- If the temperature of the Inner Cooking Pan is low.

- If 24 hours elapses from the time of cooking completion, the Rice Cooker returns to Regular Keep Warm.
- Refrain from frequent opening and closing of the Outer Lid during Extended Keep Warm as a lower temperature of rice may cause odors or spoiling.

How to change from Extended Keep Warm to Regular Keep Warm:

Press the (KEEP WARM) button once.

The setting will return to Regular Keep Warm and the REGULAR KEEP WARM light will turn on.

- When it returns to Regular Keep Warm, a fan will start adjusting the temperature.

NOTE:

- To see the current time display during Keep Warm, press the (▲) or (▼) button. Then press the (▲) or (▼) button to return to the Keep Warm display mode. Please note that this display will not automatically return to the Keep Warm display mode and must be done manually. Displays can only be changed during the Keep Warm mode.
- Do not use the Extended Keep Warm mode for Germinated Brown Rice.
- Be sure to use the Keep Warm mode when storing cooked rice in the Inner Cooking Pan. → See pg. 7 "HOW TO USE THE KEEP WARM MODE."

HOW TO SET THE CLOCK

It is important to set the clock first before cooking rice with the Timer. Although the clock is set before shipment from the factory, certain conditions may cause it to display an inaccurate time. If the clock is inaccurate, set the correct time as shown below.

- The clock cannot be adjusted during Cooking, Regular Keep Warm, Extended Keep Warm and Timer Cooking settings.

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

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

2 Press the ▲ button to initiate the Time Setting and adjust the clock to the current time.

The time display will start to blink.

▲ button: Each press advances the time in 1-minute increments.
▼ button: Each press moves the clock in reverse by 1 minute.

- Press and hold either button to quickly adjust in 10-minute increments.

3 The time display will stop blinking after 3 seconds, indicating the Time Setting is completed.

If the time display still does not show the current time, repeat Step 2 to readjust the time.

SOUND SIGNALS & HOW TO CHANGE THEM

This product is equipped with a Sound Signal function, which will inform you when the Rice Cooker begins cooking, when the Timer is set, or when cooking has completed.

You can choose the Sound Signals from the following.

Types of Sound Signals:

※The Silent setting disables the Sound Signal function notifying you when cooking has completed; however, a beep will sound when a button on the control panel is pressed.

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

HOW TO CHANGE THE SOUND SIGNAL:

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

2 **Hold the TIMER button for more than 3 seconds.**

3 **The setting is completed when the desired Sound Signal is heard.**

- You cannot change the Sound Signal during Cooking or Keep Warm.
- If you find it difficult to change/select the Sound Signal, please start over from Step 1.

WHEN CHANGING THE SOUND SIGNAL:

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

① **Melody:** It will play "Amaryllis" when the sound setting is completed.
→ ② **Beep:** It will beep 3 times when the sound setting is completed.
→ ③ **Silent:※** It will beep 1 time when the sound setting is completed.
→ back to ①

- The selected Sound Signal is stored and will remain even if the Rice Cooker is unplugged.

RECIPES

The measurements used in these Recipes:	● Be sure to measure the rice with the Measuring Cup provided. (1 Cup = approx. 180mL) ● 1 Tablespoon = 15mL ● 1 teaspoon = 5mL

MIXED RICE

Menu Selection : Select the MIXED menu setting.

Ingredients (4~5 servings)

- Rice ····· 3 cups
- Chicken (or dried young sardines) ····· 50g
- *Age* (fried tofu) ····· 1/2 slice
- Carrots ····· 35g
- *Konnyaku* ····· 35g
- *Gobo* ····· 35g
- Dried Shiitake mushroom ····· 2-3 slices
- A
  - Light soy sauce ··· 1-1/2 Tbsp.
  - *Mirin* (sweet sake) ··· 1-1/2 Tbsp.
  - Salt ····· 1/2 tsp.
  - *Dashinomoto* ····· 1/2 tsp.
  - Soup taken from soaking dried Shiitake ····· To taste
  - String beans (boiled) or stone parsley ····· To taste

How to cook

1. Slice chicken into 1cm cubes and *Age* into strips. Place *Age* in a strainer and pour hot water over it; gently squeeze to drain excess oil.
   Soak chicken and *Age* in soup stock A for 5 minutes (do not discard this soup stock).
2. Slice carrots and *Konnyaku* into small strips, soak in hot water and drain. Shred *Gobo*, soak in water until soft, then drain.
   Soak the dried Shiitake in water to soften, remove hard tips and then cut into small strips.
3. Add the soup stock from Step 1 to the water used to soak the dried Shiitake, and mix them well.
4. Rinse rice and add the mixture from Step 3. Fill the Inner Cooking Pan with water to water level 3 for WHITE, and mix well from the bottom of the pan.
5. Place the ingredients from Steps 1 and 2 on top of the rice from Step 4 and spread evenly across the top.
6. Press the MENU button, select MIXED and press the COOKING button to start cooking.
7. When the Rice Cooker switches to the Keep Warm mode, mix the rice to loosen it.
8. Serve rice in a bowl and sprinkle string beans or stone parsley on top.

RICE PORRIDGE WITH SEVEN HERBS

Menu Selection : Select the PORRIDGE menu setting.

Ingredients (4~5 servings)

- Rice ····· 1 cup
- Green vegetables (the seven herbs of spring, if available, or other green vegetables as substitutes) ····· 75g
- Salt ····· A dash

How to cook

1. Wash and boil the vegetables. Then soak in cold water, squeeze off the excess water, and cut into small pieces.
2. Rinse rice well, add water to water level 1 for PORRIDGE.
3. Press the MENU button, select PORRIDGE and press the COOKING button to start cooking.
4. When the Rice Cooker switches to the Keep Warm mode, open the Outer Lid, add ingredients from Step 1 with a dash of salt and stir well.

●When cooking porridge:

①Be sure to select the PORRIDGE menu.

②When cooking porridge with green leaves such as seven herbs, boil the green leaves in advance and add them after the porridge has completed cooking.

Be sure to follow the above 2 points; otherwise, it may cause boil-over or clogging of the Steam Vent, which can be dangerous.

Seven herbs of spring:

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

SWEET RICE COOKED WITH ADZUKI BEANS

Menu Selection : Select the SWEET menu setting.

Ingredients (4~5 servings)

- Sweet rice ····· 3 cups
- Adzuki beans ····· 50g
- Salt with parched sesame ····· To taste

When adding regular white rice, add water to slightly above the water level for SWEET.

How to cook

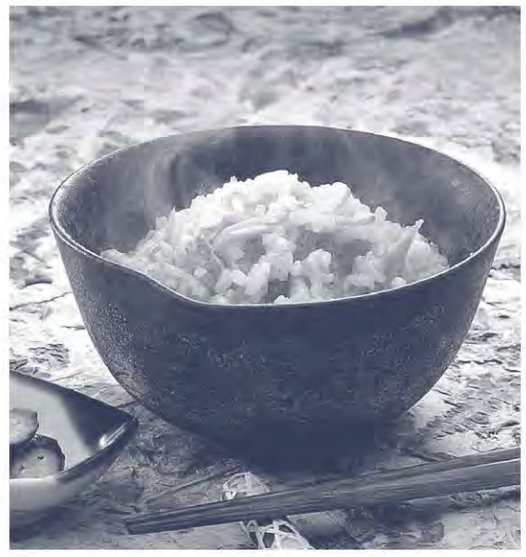
1. Rinse rice and drain in a strainer for more than 30 minutes.
2. Rinse the adzuki beans, put into a saucepan with 2 cups of water and boil for 2 minutes. Then add 3 cups of water and boil for 20 minutes until the beans become soft enough to break by pressing with your fingertip. Drain the beans but keep the soup stock.
3. Put the rice from Step 1 into the Inner Cooking Pan, add the soup stock from Step 2, and pour water to water level 3 for SWEET. Mix the ingredients well, stirring from the bottom of the pan, place the adzuki beans from Step 2 on top and level the surface.
4. Press the MENU button and select the SWEET menu setting. Then press the COOKING button.
5. When the Rice Cooker switches to the Keep Warm mode, loosen the rice. Serve in a bowl and sprinkle the salt with parched sesame on top.

MIXED BROWN RICE

Menu Selection : Select the BROWN menu setting.

Ingredients (4~5 servings)

- Brown rice ····· 3 cups
- Chicken breast ····· 80g
- *Age* (fried tofu) ····· 1 piece
- Carrots, *Konnyaku* and *Gobo* ····· 35g each
- A
  - Light soy sauce ····· 3 Tbsp.
  - *Mirin* (sweet sake) ····· 1/2 Tbsp.



How to cook

1. Cut chicken into 1cm cubes and *Age* into small strips.
2. Cut carrots and *Konnyaku* into strips, pour hot water over *Konnyaku* and drain. Shred *Gobo*, soak in water until soft, then drain.
3. Rinse rice and put A together in the Inner Cooking Pan, add water to water level 3 for BROWN and mix well, stirring from the bottom of the pan.
4. Place ingredients of Steps 1 and 2 on top of rice from Step 3.
5. Press the MENU button and choose the BROWN menu setting, then press the COOKING button.
6. When the Rice Cooker switches to the Keep Warm mode, loosen the rice.

- Rinse brown rice lightly to remove husks.
- When cooking rice with ingredients, limit the amount of rice to be cooked to 1-4 cups for the 1.0L model and 2-6 cups for 1.8L model.

CLEANING AND MAINTENANCE

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

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

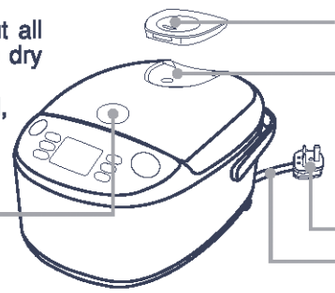
HOW TO CLEAN THE EXTERIOR

Main Body:
Soak a cloth in mild detergent, wring out all excess moisture, and wipe clean. Use a dry soft cloth to wipe the control button area.

- If using a cloth that is chemically treated, use sparingly to avoid transferring the chemical smell and do not scrub the Rice Cooker forcefully.

Open Button
If the Open Button becomes clogged with rice or other matter, remove with a toothpick or chopstick.

- Otherwise the Outer Lid may not open.



Steam Vent Set

Outer Lid
Remove the Steam Vent Set, wash with a sponge and wipe off excess moisture.

Power Plug
Power Cord
Wipe with a dry damp cloth.

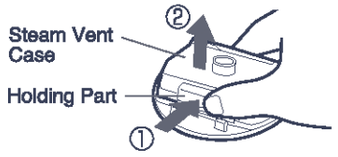
HOW TO CLEAN THE STEAM VENT SET

- Please allow the Rice Cooker to cool down before cleaning.

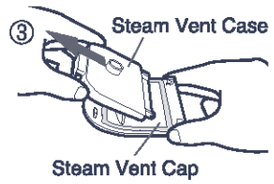
Wash the inside and outside of the Steam Vent Set with running water.

● How to disassemble the Steam Vent Set

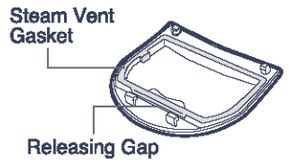
1. Press in the Holding Part ① and pull upward ② to open.



2. Release the Steam Vent Case at an upper oblique angle ③.

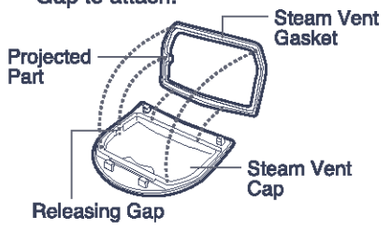


3. Remove the Steam Vent Gasket from the gap provided.

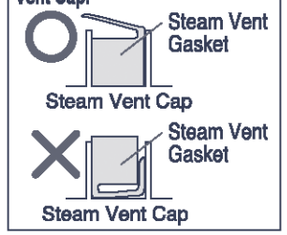


● How to assemble the Steam Vent Set

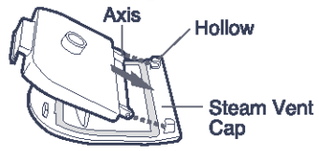
1. Set the projected part of the Steam Vent Gasket with the Releasing Gap to attach.



The illustration of the Steam Vent Gasket when set with the Steam Vent Cap.



2. Insert the Axis of the Steam Vent Case (2 parts) into the Hollows of the Steam Vent Cap (2 parts). Then close the case until you hear the click sound from the Holding Part.



HOW TO CLEAN THE SPATULA, SPATULA HOLDER AND THE INNER COOKING PAN

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

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

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

REMARKS:

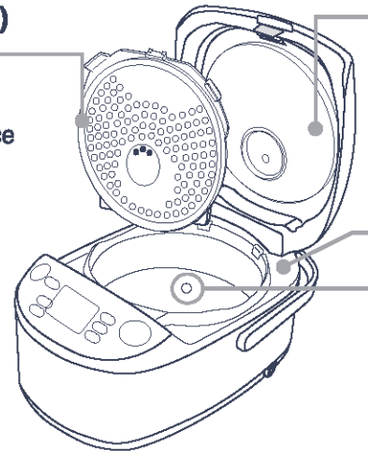
The nonstick coating may wear out with use.
The nonstick coating may eventually discolor or peel off. This will not affect its performance or sanitary properties, and is harmless to your health.

CLEANING AND MAINTENANCE / REPLACEMENT PARTS

HOW TO CLEAN THE INTERIOR

Inner Lid Set (Inner Lid)
Inner Lid Gasket
Soak the Inner Lid in warm or cold water and wash with a sponge. If it is clogged with rice or foreign matters, remove using a bamboo spatula or a chopstick.

- Inner Lid Gasket cannot be removed.
- Be sure to clean the Inner Lid after every use; otherwise, the lid may rust or become discolored.



Outer Lid and Steam Vent
Hold the Outer Lid securely and wipe with a well-wrung cloth.
Remove any rice or residue on the inside of the Outer Lid.

Main Body

Side Sensor
Wipe with a well-wrung cloth.
If it becomes clogged with rice or other matter, remove with a bamboo stick or chopstick.

HOW TO DETACH AND ATTACH THE INNER LID

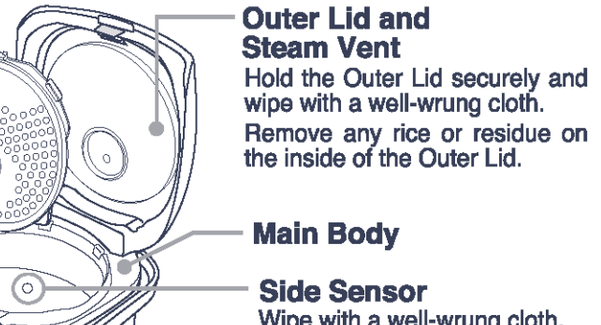
● How to detach the Inner Lid:

Hold the Inner Lid Handle ① and push up the Inner Lid Holder ② to detach.

- Do not pull the Inner Lid Knobs toward you without pressing the Inner Lid Holder. (May cause the Inner Lid and Outer Lid to break.)

● How to attach the Inner Lid:

Insert the fixtures found at the bottom sides of the Inner Lid into the Outer Lid and push it toward the Outer Lid until you hear it click into place.



REPLACEMENT PARTS

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

Parts Names	Parts Number
Inner Lid Set (1.0L size)	C110
Inner Lid Set (1.8L size)	C111
Inner Cooking Pan (1.0L size)	HBQ :B263 HBH-C:B265
Inner Cooking Pan (1.8L size)	HBQ :B264 HBH-C:B266
Spatula	SHAKN
Spatula Holder	61-8112
Measuring Cup	61-5784

CHECK HERE BEFORE CALLING FOR SERVICE

TROUBLESHOOTING GUIDE

● Please check the following points before calling for service.

Problems		● Cause (Points to check)
COOKING RICE	**Rice cooks too hard or too soft:**	●If the Rice Cooker is positioned on an uneven or tilted surface, the texture of the cooked rice may be too hard or too soft as the amount of water becomes inconsistent. ●The texture of rice varies depending on the brand of the rice, where it was harvested, and how long it was stored (new crop or old crop). ●The texture of rice varies depending on the room and water temperatures. ●Using the Timer may result in softer rice. ●Using the Quick Cooking menu setting may result in harder rice. ●Make sure the Inner Cooking Pan has not deformed.
	Rice is scorched:	●Foreign matter such as rice may be stuck to the bottom of the Inner Cooking Pan or on the Side Sensor. ●Rice may not have been rinsed sufficiently, allowing too much bran to be left on the rice grain. ●Make sure the Inner Cooking Pan has not deformed.
	Boils over while cooking:	●Has another menu setting other than PORRIDGE been selected when cooking porridge? ●Make sure the Steam Vent Set is attached. ●Rice may not have been rinsed sufficiently, allowing too much bran to be left on the rice grain. ●Make sure the Inner Cooking Pan has not deformed.
	Unable to start cooking or the buttons do not respond:	●Make sure the Power Plug is plugged in securely. ●Does the Display show "E01" or "E02"? → Go to pg. 22. ●Was the Inner Cooking Pan correctly inserted? → Set the Inner Cooking Pan correctly. ●Is the REGULAR KEEP WARM or EXTENDED KEEP WARM light on? → Press the RESET button and press the COOKING button.
	A noise is heard during Cooking / Keep Warm:	●The microprocessor (MICOM) makes a sound while adjusting the heat power of the Rice Cooker.
	A rotary noise can be heard during Cooking / Keep Warm:	●The internal fan is operating to release heat through the air vents.
	Steam comes out from the gap between the Outer Lid and the Main Body:	●Please check if the Inner Lid has deformed or the Inner Lid Gasket is damaged. ●Has the Inner Lid Gasket become soiled? → Clean the gasket.

Problems		● Cause (Points to check)
KEEP WARM	**During Keep Warm, rice has an odor, becomes yellow, or there is excessive condensation:**	●Was the Regular Keep Warm mode used for more than 12 hours? ●Was a small amount of rice kept warm? ●Was the rice kept warm with the spatula left in the pan? ●Was cold rice reheated? ●Did you loosen the rice after cooking was completed? → Loosen the rice immediately after cooking is completed. ●Rice may not have been rinsed sufficiently and too much bran may be left. ●The type of rice and water used may make the rice appear yellow. ●Some odor may remain after cooking Mixed Rice. → Clean the Inner Cooking Pan thoroughly. ●The Keep Warm mode may not have been used for keeping rice warm. Leaving rice in the Inner Cooking Pan without using the Keep Warm mode may cause unwanted odor. → See "HOW TO USE THE KEEP WARM MODE" on pg. 7.
	Extended Keep Warm is not accepted:	●Did you select a menu setting for which the Extended Keep Warm mode is not available? → See pg. 13 "REGULAR KEEP WARM & EXTENDED KEEP WARM." ●Was the Regular Keep Warm mode used for more than 12 hours? → If the Keep Warm mode is used for more than 12 hours, the Extended Keep Warm mode will not be accepted. ●Is the rice in the Inner Cooking Pan cold? → If the temperature of the Inner Cooking Pan is low, the Extended Keep Warm mode will not be accepted.
	The Display does not show the elapsed Keep Warm time:	●Does the Display show the current time? → Press the buttons for Time Setting to change the display. See pg. 13 "NOTE."
TIMER COOKING	**The Rice Cooker starts cooking immediately after the Timer is set:**	●Is the current time set correctly? → The clock is displayed in 24 hours (military time). Please check and set it again. ●If the Timer is set at a shorter time than suggested, it will begin cooking immediately.
	The rice is not ready at the set time:	●Is the current time set correctly? → The clock is displayed in 24 hours (military time). Please check and set it again.
	The Timer cannot be set:	●Did you press the COOKING button after setting the time? → You need to press the COOKING button to complete setting the Timer. ●Is the "7:00" blinking on the Display? → Unless the current time is set, the Timer function will not be accepted. See pg.14 "HOW TO SET THE CLOCK."
OTHER	**When power failure occurs:**	●If too many appliances are used simultaneously, overload may occur and the breaker will cut off the electricity. → If another appliance is plugged in the same outlet as the Rice Cooker, unplug it before resetting the breaker. If the electric supply recovers within 10 minutes, the Rice Cooker will resume cooking automatically.

ERROR DISPLAYS AND THEIR MEANINGS

Panel Display	● Cause (Points to check)
Error Display: E01 E02 E07	● Indicates malfunction. → Please contact the store where you purchased the Rice Cooker.
E06	● In case of voltage abnormality, the unit automatically stops to prevent a breakdown. → Recheck the rated voltage of the outlet to see if it complies with the Rice Cooker. If not, use another outlet.
H04	● The Inner Cooking Pan is not inserted. → Set the Inner Cooking Pan securely.
H01 H02	● The temperature of the Lid Sensor or the Side Sensor is too high. → Press the RESET button and open the Outer Lid for about 15 minutes and allow the interior to cool down. (Be careful not to burn yourself.)
Blank Display: / 7:00 **is blinking:**	● The stored Lithium Battery is out. If the Power Cord is unplugged, the Display and the stored memories (current time, menu and Keep Warm setting) will be erased. If the clock is set to the correct time, the Rice Cooker will function normally. To change the Lithium Battery, please contact the store you purchased this Rice Cooker for a replacement (with additional charge).
Odd Display:	● Unplug the Power Cord and plug it in again. → The Display will show a blinking 7:00. Please reset the time following the instructions on pg. 14.

SPECIFICATIONS

Model No.		NP-HBQ10	NP-HBQ18	NP-HBH10C	NP-HBH18C
Cooking Capacity [cups]	White Rice	0.09~1.0L [0.5~5.5]	0.18~1.8L [1~10]	0.09~1.0L [0.5~5.5]	0.18~1.8L [1~10]
	Quick Cooking	0.09~1.0L [0.5~5.5]	0.18~1.8L [1~10]	0.09~1.0L [0.5~5.5]	0.18~1.8L [1~10]
	Mixed Rice	0.09~0.72L [0.5~4]	0.36~1.08L [2~6]	0.09~0.72L [0.5~4]	0.36~1.08L [2~6]
	Sushi Rice	0.18~1.0L [1~5.5]	0.18~1.8L [1~10]	0.18~1.0L [1~5.5]	0.18~1.8L [1~10]
	Porridge	0.09~0.27L [0.5~1.5]	0.09~0.45L [0.5~2.5]	0.09~0.27L [0.5~1.5]	0.09~0.45L [0.5~2.5]
	Sweet Rice	0.18~0.72L [1~4]	0.36~1.08L [2~6]	0.18~0.72L [1~4]	0.36~1.08L [2~6]
	Brown Rice	0.18~0.72L [1~4]	0.36~1.44L [2~8]	0.18~0.72L [1~4]	0.36~1.44L [2~8]
	GABA Brown Rice	0.18~0.72L [1~4]	0.36~1.44L [2~8]	0.18~0.72L [1~4]	0.36~1.44L [2~8]
	Germinated Brown Rice	0.09~0.72L [0.5~4]	0.36~1.44L [2~8]	0.09~0.72L [0.5~4]	0.36~1.44L [2~8]
Rating		AC 220-230V 1010-1030W 50/60Hz	AC 220-230V 1220-1240W 50/60Hz	AC 220V 1030W 50Hz	AC 220V 1240W 50Hz
Average Power Consumption during Keep Warm		32W	40W	32W	40W
Rice Cooking System		IH (Induction Heating System)			
Length of the Power Cord		1.0m		1.8m	
External Dimensions (approx. cm)		25(W)x36(D)x20(H)	27.5(W)x39.5(D)x23.5(H)	25(W)x36(D)x20(H)	27.5(W)x39.5(D)x23.5(H)
Weight		approx. 4.4kg	approx. 5.0kg	approx. 4.4kg	approx. 5.0kg
Thermal efficiency*		—	—	78%	78%
Standby Power*		—	—	2.0W	2.0W
Heat preservation power*		—	—	78W·h	78W·h
Energy efficiency grade*		—	—	Grade 4	Grade 4

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

Memo Please use as notations.

ZOJIRUSHI

IH电饭煲
使用说明书

NP-HBH10C/NP-HBH18C
NP-HBQ10/NP-HBQ18

●感谢您购买本产品。

●请在使用前详读使用说明书，以便正确使用，并请妥善保管本说明书。

目录

使用前

安全注意事项 …… 2
各部分名称和使用方法 …… 4
有关米的小知识 …… 6
有关糙米活性化 …… 6
美味炊煮、可口保温 …… 7

使用方法

煮饭方法
　基本的煮饭方法 …… 8
　高明的煮饭方法 …… 10
定时预约煮饭 …… 11
标准保温、休眠保温 …… 13
时钟的调整方法 …… 14
报知音的种类及切换方法 …… 15

食谱

什锦饭 …… 16
七草粥 …… 16
糯米红豆饭 …… 17
糙米什锦饭 …… 17

清理

清理 …… 18
关于零件更换 …… 19

困惑时

认为故障时 …… 20
出现此现象时 …… 22
规格 …… 23

ZOJIRUSHI CORPORATION

ⓀⒿ

安全注意事项　务请遵守

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

⚠警告　表示如果操作有误，可能会造成重伤※1的内容。

⚠注意　表示如果操作有误，可能会受到伤害※2或物品损害※3的内容。

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

※2　伤害是指不需住院、不需长期通院治疗的受伤及烫伤、触电等之伤。

△ 符号表示警告、注意内容的标记。图中或附近标注有具体的注意内容。

⃠ 符号表示禁止事项。图中或附近标注有具体的注意内容。

● 符号表示强制或指示事项的内容。图中或附近标注有具体的指示内容。

※3　物品损害是指对住房、家财以及家畜、宠物等之损害。

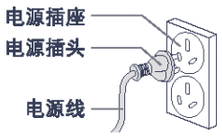
⚠警　告

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

不得用湿手插拔插头。
否则，会有造成触电、受伤的危险。

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

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



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

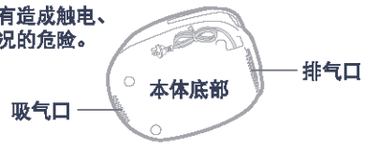
不得使用交流220V（NP-HBH10C/18C），220−230V（NP-HBQ10/18）以外的电源。
否则，有引起火灾、触电的危险，电脑板烧坏的危险。

将插头完全插入插座。
否则，会有造成触电、短路、冒烟、起火的危险。

不得浸泡于水中、不得溅水、本体内部不得进水。
否则，有可能造成短路、触电。

不得触摸蒸汽口。
会造成烫伤。
尤其应防止幼儿触摸。

请勿将别针、铁丝等金属物，以及其他异物放入吸・排气口和缝隙处
否则，有造成触电、异常情况的危险。



请勿在煮饭中打开外盖或移动本体。
否则，有造成烫伤的危险。

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

插头前端及插脚安装面有灰尘沾附时，应仔细擦拭。
否则，有引起火灾的危险。

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

●您所购买的商品与本说明书插图可能会有不符之处。

⚠注　意

请不要在煮饭中或刚煮好饭时碰触本体高温部。
打开外盖时，小心蒸汽。搅拌米饭时，注意手不要碰触到锅体。
否则，有可能造成烫伤的危险。

不得在溅水的地方或火源附近使用。
否则，会有造成触电、漏电或变形的危险。

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

待本体冷却后再进行清理。
否则，碰触到高温部会造成烫伤。

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

移动本体时不要碰触到上盖按钮。
否则，一旦外盖突然开启会造成烫伤和受伤。

请勿使用专用内锅以外的容器。
否则，易造成内锅过热而发生故障。

请勿在不稳定的地方或不耐热的垫子上使用。
否则，会有造成火灾的危险。

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

装有人工心脏者在使用本产品前请洽询主治医生。
使用本产品，有可能会影响人工心脏。

如果电源软线损坏，为避免危险，必须由制造厂或其维修部或类似的专职人员来更换。

敬请注意

■请勿靠近对磁性敏感的物品。
电视、收音机等（有可造成杂音的可能）。提款卡、悠游卡、录音带等（有可能会造成消磁）。

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

■请勿放入会损伤内锅的器具。
一旦内锅刮伤会造成煮饭不良。

■请勿在蒸汽会喷到其他电器的地方使用。
否则，会因蒸汽喷出导致电器的火灾、故障、变色及变形。

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

■请勿溅水或放置在潮湿物品上面。
否则，会造成触电和故障。

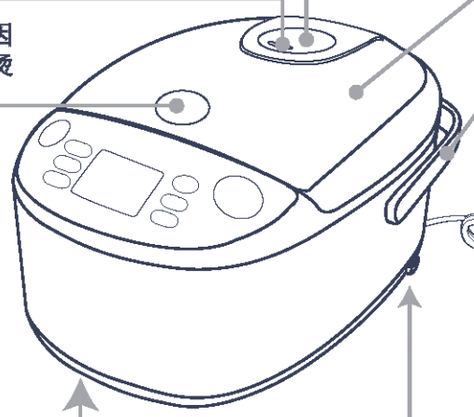
■请勿在本体内侧及内锅外侧沾附异物（饭粒、米粒等）的状态下使用。
否则，会造成煮饭不良。

■请不要用于蒸物等、以及煮饭和保温以外的用途。
否则，会造成蒸汽口堵塞。

■请勿在容易堵住吸、排气口的地方（地毯、塑料袋、铝箔等上面）使用。
否则，会造成故障。

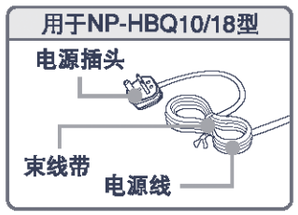
各部分名称和使用方法

本体



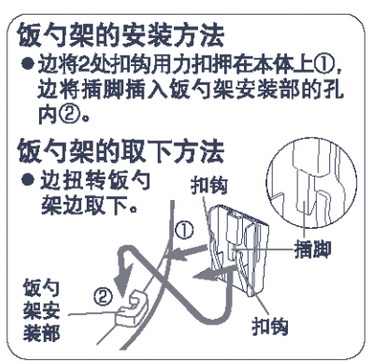
蒸汽口套件
蒸汽口
●煮饭时蒸汽冒出，因处于高温，请小心烫伤。
上盖按钮
打开外盖时按压
外盖
把手
搬运时使用
电源线
电源插头
束线带
●使用时，请将捆绑电源线的束线带取下。
●电源线请勿捆绑使用。（否则电源线发热会导致故障）
吸气口（本体底部）
排气口（本体侧面）

内盖套件（内盖）
内盖固定钩
内盖的安装和取下时用
●清理后，务必安装内盖。参阅P19



用于NP-HBQ10/18型
电源插头
束线带
电源线

内盖把手（左右两处）
移动内盖时用
上盖传感器
内盖垫圈
蒸汽口
内锅
侧面传感器
饭勺架安装部（左右两处）



饭勺架的安装方法
●边将2处扣钩用力扣押在本体上①，边将插脚插入饭勺架安装部的孔内②。
饭勺架的取下方法
●边扭转饭勺架边取下。
扣钩
①
插脚
饭勺架安装部
②
扣钩

操作面板

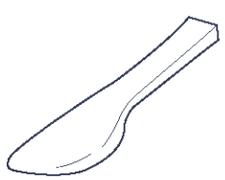
●请确实按下操作键。
●报知音的变化以及“煮饭”键和“取消”键的中央的（●、—），是为视力障碍者而设计的。

液晶显示屏
（显示全部内容，但在使用过程中不会出现这些显示。）
“保温”键
选择“标准保温”时使用。
参阅P13
“菜单”键
进行选择时使用。
“预约”键
到了希望食用时间，能自动将饭煮好，定时预约煮饭时使用。
参阅P11~12

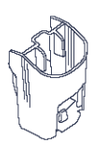
“煮饭”键
煮饭时使用。
“休眠保温”键
选择“休眠保温”时使用。
参阅P13
“调整时间”键
时间预约和调整现在时间时使用。
参阅P11～12、P14
“取消”键
取消操作设定和中止正在运作的功能时使用。
HOURS=小时
MINUTES=分钟

附件

饭勺



饭勺架

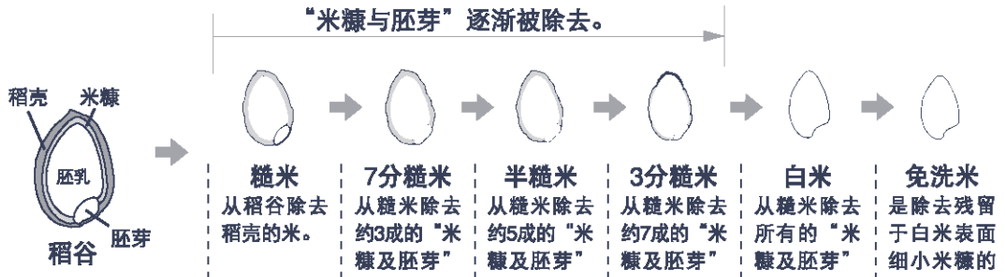


量米杯
（180mL）

有关米的小知识

米的名称

米因碾米及加工方法的不同其名称也有所不同。



糙米
从稻谷除去稻壳的米。

7分糙米
从糙米除去约3成的“米糠及胚芽”的米。

半糙米
从糙米除去约5成的“米糠及胚芽”的米。

3分糙米
从糙米除去约7成的“米糠及胚芽”的米。

白米
从糙米除去所有的“米糠及胚芽”的米。

免洗米
是除去残留于白米表面细小米糠的米。

胚芽米
是留下糙米的胚芽，除去米糠的米。

- 胚芽米是经特殊碾米技术而碾的米。家庭用碾米机不能碾，请到米店购买。

发芽米
是加工糙米，使胚芽部分鼓起，临近发芽的米。

- 与普通的糙米相比要柔软的多，容易入口。另外，营养成分之一的γ-氨基丁酸的含量较多。

有关糙米活性化

- 本产品可以煮糙米。
  此外，使糙米活性化，提高营养价值的煮饭方法是选择“活性糙米”功能。

关于活性糙米功能选择

选择“活性糙米”功能烹煮糙米饭时，首先进入糙米活性化程序，然后会自动进入通常的糙米煮饭程序。由于在糙米活性化过程中，须将锅内的温度维持在约40℃达2小时，所以将饭煮熟需要用3小时10分钟至3小时15分钟。通过糙米活性化，营养成分之一※γ-氨基丁酸的含量将增加到糙米原有含量的约1.5倍。此外，与通常的糙米饭相比要柔软得多，容易入口。

※γ-氨基丁酸
γ-氨基丁酸是氨基酸的一种，具有降低血压，镇定神经的效果。

美味炊煮、可口保温

美味炊煮

正确量米

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

快速淘米

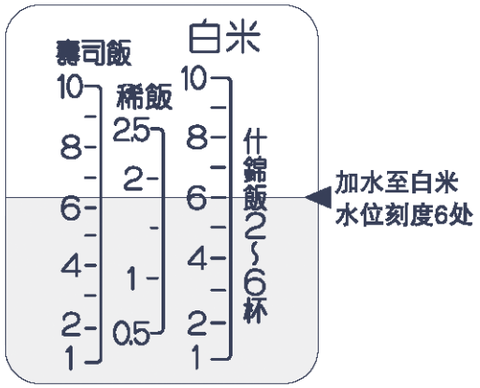
第一次多放些水，快速淘洗后立即将水倒掉。之后换4—5次水，将米糠冲洗干净。

正确增减水量

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

※加入水量“比水位刻度稍微增加些”煮饭时，为防治溢出，请选择用“稍软”进行煮饭。

例：煮6杯米量的白米时



- 这是规格为1.8L的内锅水位刻度。

不要使用碱性强的水煮饭

否则米饭会变黄、或发粘。

煮饭结束后请马上搅拌

使多余的水分蒸发，米饭松软可口。

可口保温

将米饭保存在内锅中时，请务必使用保温功能。
如不使用保温功能将米饭保存在内锅中，会导致米饭产生异味。

为防止米饭的干燥、变味、变色，不要进行下述之保温。

- 加入剩饭
- 从冷饭开始保温
- 加入配料及调味料烹煮的什锦饭、糯米饭等米饭
- 炸薯饼、酱汤等米饭以外的食品
- 保温12小时（休眠保温24小时）以上
- 饭勺放在锅内
- 插头处于拔出状态，或保温处于取消状态，米饭放置锅中

少量米饭保温时，将米饭堆在内锅中央。
保温时间为12小时以上时，使用“休眠保温”。

煮饭方法

基本的煮饭方法

1 使用附属的量米杯进行量米

以量米杯（180mL）平口盛满1杯为标准进行量米。

2 淘米、增减水量

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

- 米不需浸泡可立即煮饭。将米浸泡后煮出的饭会稍软。

3 将内锅放入本体中，关闭外盖，并连接上电源插头和本体插头

擦去内锅外侧和本体内侧沾附的水分和异物，放入内锅。
务必安装内盖。

- 如未放入内锅按“煮饭”键时，蜂鸣器鸣响，显示“H04”的错误提示。

4 用（菜单）键选择烹煮项目

每按一次键，“▲”位置移动。

- 持续按键则可快速移动。（返回“普通”时移动停止）
- “白米（普通、稍软、稍硬）”、“糙米饭”、“活性糙米”一经选择煮饭后，到下次再选择为止，将被自动记忆。
- 白米快速：想要快速烹煮白米饭时选择白米快速。
  但有可能煮出的饭会稍硬。

5 按（煮饭）键

亮灯

煮饭灯（煮饭）亮灯，开始煮饭的提示音（蜂鸣器）鸣响。

进入焖饭状态时，将显示至饭煮好的剩余时间。

到饭煮好的剩余时间

6 煮饭结束的提示音（蜂鸣器）鸣响，自动进入保温后，请立刻搅拌米饭

保温经过时间

亮灯

保温 ◉标准 ○休眠 亮灯，

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

- 将米饭保存在内锅中时，请务必使用保温功能。
  如不使用保温功能将米饭保存在内锅中，会导致米饭产生异味。
  参阅P7“可口保温”、参阅P13“标准保温、休眠保温”
- 在保温中想知道当前时间时，请按“调整时间”键的▲或▼键。并请再次按“调整时间”键，返回到保温经过时间。否则下次煮饭时将不显示保温经过时间，该切换只能在保温中进行。
- 若将保温一度取消后，再次进行保温时，显示会返回到“0 HOURS”。
- 煮饭结束时的报知音可以进行切换。参阅P15“报知音的种类及切换方法”

7 使用结束后按（取消）键，拔下电源插头

煮饭所需的大约时间

		时间	
		1.0L规格	1.8L规格
白米	普通	约45分钟～1小时	
	稍软	约50分钟～1小时	
	稍硬	约35～45分钟	
白米快速		约23～37分钟	约24～40分钟
什锦饭		约1小时～1小时15分钟	
寿司饭		约35～50分钟	
粥		约1小时～1小时15分钟	
糯米饭		约40～50分钟	
糙米饭		约1小时25分钟～1小时35分钟	
活性糙米		约3小时10分钟～3小时15分钟	
发芽米		约50分钟～1小时	

为电压220V（NP-HBH10C/18C）、230V（NP-HBQ10/18）室温20℃，水温18℃的场合。

- 时间是从煮饭开始到进入保温状态时的时间。并因电压、室温、季节、水量等而异。
- 什锦饭由于在米中加入了配料等，为了使其美味可口，煮饭时间要比白米延长一些（预热时间大约需要30分钟）。

提示和注意

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

煮饭方法 续

高明的煮饭方法

●使用附属的量米杯，平口盛满进行量米。

什锦饭

米	电饭锅为1.0L规格、请在0.5杯～4杯以内烹煮；为1.8L规格、请在2杯～6杯以内烹煮。超出此量煮饭时，有时会造成溢出或影响煮饭效果。
水量	按照 白米 的水位刻度。
菜单键	选择 什锦饭 。
配料	加入配料的量约占米量的30%～50%为宜。加入配料过量时会影响煮饭效果（1杯米约150g）。请将配料切成小块放在米上，不要搅拌进行烹煮。

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

麦片饭

水量	比 白米 的水位刻度稍微多加些水。
菜单键	选择 稍软 。

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

胚芽米

水量	按照 白米 的水位刻度。
菜单键	选择 普通 或 稍软 。

由于胚芽容易脱落，所以请用手轻轻地淘洗米。

糙米饭

水量	按照 糙米 的水位刻度。
菜单键	选择 糙米饭 。

活性糙米饭

米	使用糙米。
水量	按照 糙米 的水位刻度。
菜单键	选择 活性糙米 。

糯米饭

米	使用洗净并沥水30分钟以上的米。
水量	按照 糯米饭 的水位刻度。 ●仅为糯米时 按照 糯米饭 的水位刻度。 ●糯米和粳米混合时 比 糯米饭 水位刻度稍微多加些水。
菜单键	选择 糯米饭 。
配料	加好水后，放在米上。

●糯米红豆饭时…
先煮红豆，然后将红豆与豆汤分开，冷却至常温后使用。
煮饭时请用豆汤代替水进行烹煮。

粥

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

发芽米

米	电饭锅为1.0L规格、请煮在0.5杯～4杯以内烹煮；为1.8L规格、请在2杯～8杯以内烹煮。 仅烹煮发芽米、或与白米混合烹煮。
水量	按照 白米 的水位刻度。
菜单键	选择 稍软 。

根据发芽米种类的不同，有时会造成溢出，或影响烹煮效果。
请不要用定时预约煮饭，或将米浸泡30分钟以上。
由于发芽米容易吸收水分，有时会影响烹煮效果。

定时预约煮饭

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

例：希望上午7:30能煮好

1 ●在定时预约之前，请先确认当前时间是否准确。参阅P14

按 定时 键，选择“预约1”

“预约1”显示为设定时间“6:00”，
此时显示时间和煮饭灯闪烁。

●再按一次“预约”键，“预约2”显示为“18:00”。

2

按 菜单 键，选择需要的功能

●“白米快速”、“什锦饭”、“糯米饭”不能使用预约定时。

3

按 ▲ 键或 ▼ 键，设定希望食用时间

按 ▲ 键：以10分钟为单位递进
按 ▼ 键：以10分钟为单位递减

●持续按键则以10分钟为单位快速递进。

4

按 煮饭 键

煮饭灯灭灯，希望煮好时间“7:30”和预约灯亮灯。
提示音（蜂鸣器）鸣响

●不按“煮饭”键，则定时器预约没有完成。

提示

- 取消定时预约煮饭时，请按“取消”键。
- 在定时预约中想知道当前时间时，请按“调整时间”键的▲或▼键。
- 在加入配料和调味料的状态下，请不要用定时预约煮饭。有时会因配料变质或调味料沉淀而影响煮饭效果。

定时预约煮饭 续

用被记忆的时间煮饭

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

例：预约1的记忆时间是7:30，预约2的记忆时间是18:30时

1 按 定时 键，选择“预约1”或“预约2”

“预约1”显示为设定时间“7:30”，
此时显示时间和煮饭灯闪烁。

● 再按一次“预约”键，
“预约2”显示为“18:30”。

2 按 菜单 键，选择需要的功能

3 按 煮饭 键

● 完成预约。

例：“预约2”为“18:30”，
完成预约时

定时预约煮饭的参考时间

项　目		时　间
白米	普通	1小时～13小时
	稍软	1小时～13小时
	稍硬	45分钟～13小时
寿司饭		50分钟～13小时
粥		1小时15分钟～13小时
糙米饭		1小时35分钟～13小时
活性糙米		3小时15分钟～13小时

提示

- 使用定时预约煮饭时、煮出的饭稍软。
- 定时预约煮饭时，不显示到饭煮好的剩余时间。
- 当设定时间不足于定时器的参考时间时，蜂鸣器鸣响，立即开始煮饭。
- 夏季等室温较高时，为防止白米过度浸泡而引起变质，请尽量设定在13小时以内。
- 请不要用定时预约来烹煮发芽米。由于发芽米容易吸收水分，有时会影响烹煮效果。

标准保温、休眠保温

请按“保温”键或“休眠保温”键，选择保温方式。

标准保温

饭煮好后自动进入“标准保温”状态，保温灯亮灯

● 在取消状态下进行“标准保温”时，请按“保温”键

休眠保温

在“标准保温”状态下使用。

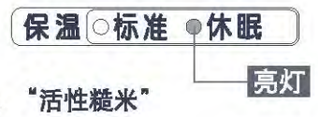
长时间保温时，由于是在较低温度（约60度）保温，可有效防止米饭变干、变色、变味等。

1 确认保温灯处于亮灯状态

2 按 休眠保温 键　休眠保温灯亮灯

下列情形时，即使按“休眠保温”键，也无法进入“休眠保温”状态。

- 烹煮项目为“什锦饭”、“粥”、“糯米饭”、“糙米饭”、“活性糙米”
- “标准保温”超过12小时
- 内锅的温度过低



- 饭煮好后超过24小时，将回复“标准保温”状态。
- “休眠保温”状态下请勿频繁开关外盖，以避免米饭温度过度下降导致变味。

从“休眠保温”返回“标准保温”时…

按 保温 键　返回“标准保温”，保温灯亮灯

- 返回“标准保温”，为调整温度风扇将运转。

注意事项

- 保温中想知道当前时间时，请按“调整时间”键的▲或▼键。
并请再次按“调整时间”键，返回到保温经过时间。否则下次煮饭时将不显示保温经过时间。该切换只能在保温中进行。
- 发芽米请勿进行“休眠保温”。
- 在锅内保存米饭时，请务必使用保温功能。
参阅P7“可口保温”

时钟的调整方法

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

- 当时间出现偏差时，则不能在预定时间完成煮饭。
- 煮饭、保温、休眠保温、定时预约煮饭中不能进行时间调整。

例：现在时间是15:01，而显示时间为14:58时

1 放入内锅，插入电源插头

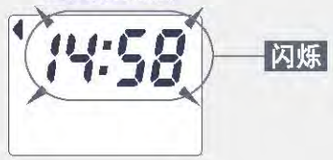
2 按“调整时间”键的▲键，将时间显示调整为现在时间

时间显示闪烁

按▲键：以1分钟为单位递进
按▼键：以1分钟为单位递减

- 持续按键则以10分钟为单位快速递进。

正在调整时间



3 闪烁变为亮灯后，即时间调整完成

现在时间被调整后，经过3秒钟，闪烁将变为亮灯。

时间调整完成时

报知音的种类及切换方法

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

可从以下选择报知音。

报知种类和时刻

※所谓无音报知…就是将煮饭结束时的报知音设定为不鸣响。但，各键的接受音均为蜂鸣音。

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

切换方法

1 放入内锅，将电源插头插入插座

2 按定时三秒以上

3 希望切换的报知设定完成音鸣响后即切换完成

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

报知的切换及设定完成音

- 按“预约”键3秒以上的同时，报知以①→②→③进行切换。

①提示音报知
“弧挺花”鸣响，即完成设定。

→

②蜂鸣器报知
“哔”鸣响3次，即完成设定。

→

③无音报知※
“哔”鸣响1次，即完成设定。

- 切换后的报知音，即使拔下插头，仍被记忆。

食谱

有关计量单位	●请使用附属的量米杯进行量米（1杯=180mL） ●1大匙=15mL　●1小匙=5mL

什锦饭

菜单键：选择 什锦饭

材料(4～5人份)
白米……3杯
鸡肉(或是沙丁鱼干)……50g
油炸豆腐……1/2片
胡萝卜……35g
蒟蒻……35g
牛蒡……35g
干燥香菇……2～3片
A［淡色酱油・甜料酒(味醂)……各1 1/2大匙；盐……1/2小匙；日式汤汁的原料……1/2小匙；浸泡香菇的水・豆荚或是鸭儿芹(煮熟过)……适量］

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

七草粥

菜单键：选择 粥

材料(4～5人份)
白米……1杯
青菜类(可能的话使用春季七草※，没有的话使用其它的蔬菜)……75g
盐……少许

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

●烹煮粥时…
①请务必选择 粥 项目。
②烹煮“七草粥”之类加青菜的粥时、请事先烫好青菜、等粥煮熟后再加进去。
如不遵守以上事项，会造成汁液溢出或蒸汽口堵塞。

※春季七草：水芹、荠菜、鼠曲草、繁缕、宝盖草、芜菁、萝卜等7种。

糯米红豆饭

菜单键：选择 糯米饭

材料（4～5人份）
糯米……3杯
红豆……50g
芝麻盐……适量

烹调法
1 糯米洗好后放入筛网中30分钟以上，以沥干水分。
2 红豆洗好后倒进其他锅里，加2杯水后煮开沸腾约2分钟。其后把汤汁倒掉，重新加3杯水煮开后炖煮约20分钟，到红豆可以用手指捏扁但不要爆开。最后把红豆、汤汁分开。
3 把1的糯米倒进锅里，加入2的汤汁，并加水至 糯米饭 的水位刻度3。请从锅底进行充分搅拌均匀后，再把2的红豆均匀倒在糯米上。
4 按 菜单 键选择 糯米饭 后，再继续按 煮饭 键。
5 切换成保温时，打开锅盖将红豆与糯米饭拌匀拌松。其后再把饭盛入碗中，依据个人喜好洒上芝麻盐。

●如在糯米中混入粳米烹煮时，请将加入水量稍多于刻度水量。

糙米什锦饭

菜单键：选择 糙米饭

材料（4～5人份）
糙米……3杯
鸡肉……80g
油炸豆腐皮……1片
胡萝卜、魔芋、牛蒡……各35g
A［浅色酱油……3大匙；甜料酒……1/2大匙］

烹调法
1 把鸡肉切成1cm大小，油炸豆腐皮沥去油（用热水烫过）后切成小条。
2 把胡萝卜、魔芋切成小条。并将魔芋用热水烫过后沥干水分。把牛蒡削成薄片浸水除腥后沥干水分。
3 糙米洗净后加入A，然后加水至 糙米 的水位刻度3，并从锅底充分搅拌。
4 再在3上面铺上1和2的配料。
5 按 菜单 键选择 糙米饭 后，再继续按 煮饭 键。
6 切换成保温时，搅拌打松。

●糙米的淘洗方法：请淘洗糙米以去除米糠等。
●按上述食谱煮饭，如果用1.0L规格，请选择烹煮1～4杯的量。
如果用1.8 L规格、请选择烹煮2～6杯的量。

清理

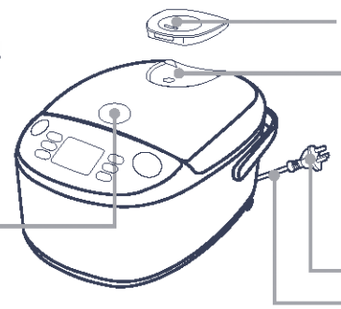
- 请务必拔下电源插头，待本体和内锅冷却后在进行。
- 请不要使用锌钠水、汽油、去污粉、去污刷（尼龙、金属制等）、漂白剂等。

本体外侧的清理

本体外侧

用软布沾上肥皂水，拧干后擦拭。但操作面板只能用干软布擦拭。

- 使用魔布擦拭外盖外侧、本体外侧时，请不要用力擦拭和长时间的接触。



蒸汽口套件

蒸汽口套件的安装部位

将蒸汽口套件往上拉出，用拧干水分的软布擦拭本体。

上盖按钮

请去除掉落在上盖按钮周围的米饭粒。

- 否则有可能会造成无法开盖。

电源插头

电源线

用软干布擦拭。

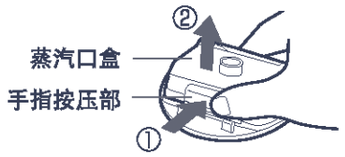
蒸汽口套件的清理

待本体冷却后再进行清理。

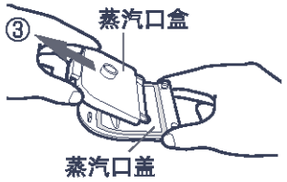
用水冲洗蒸汽口套件的外侧和内侧。

蒸汽口套件的拆卸方法

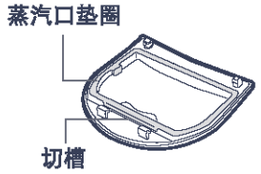
1. 按着蒸汽口盒的手指按压部(①)，向上打开(②)



2. 倾斜(③)取下蒸汽口盒

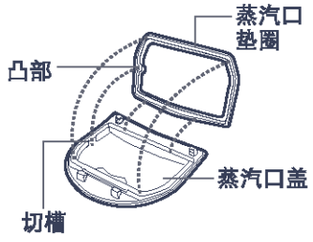


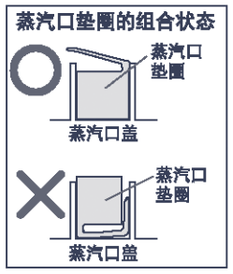
3. 将蒸汽口垫圈从切槽中取出



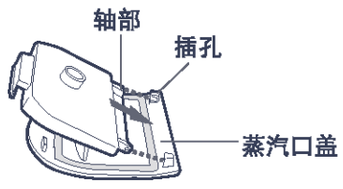
蒸汽口套件的安装方法

1. 将蒸汽口垫圈的凸部对准并嵌入蒸汽口的切槽





2.将蒸汽口盒的轴部（2处）插入蒸汽口盖的插孔（2处），直到手指按压部发出“卡嚓”声为止。



饭勺、饭勺架、内锅的清理

用海绵块等软物清洗

对较脏部位，使用中性洗涤剂（餐具洗涤剂）清洗

敬请注意

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

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

告知

内锅的防粘涂膜层因使用而消耗。

- 有时会出现色斑或剥落，但不影响卫生和性能，对人体无害。

清理　关于零件更换

本体内侧的清理

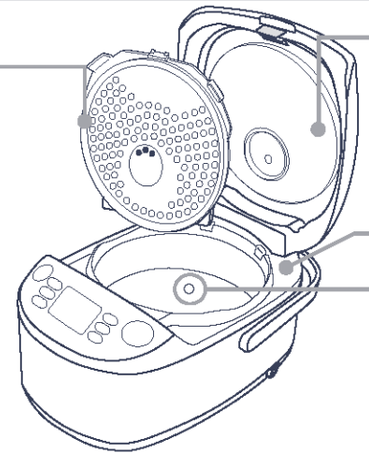
内盖套件(内盖)

内盖垫圈

将整个内盖用热水或水浸泡后，用海棉块清洗。

如有饭粒等异物沾附时，请用竹签或牙签剔除。

- 不能取下内盖垫圈。
- 使用后，请务必清洗内盖。如放置不予清洗，会造成变色及生锈。



外盖、蒸汽口

紧握外盖，用拧干水分的抹布擦拭。

将外盖内侧沾附的饭米汤及饭粒擦拭干净。

本　体

侧面传感器

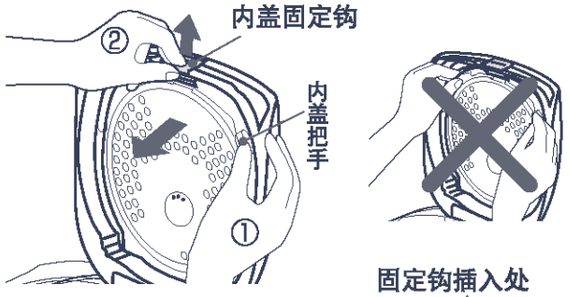
用拧干水分的抹布擦拭。
如有米粒及异物嵌入时，请用竹签或筷子剔除。

内盖的取下、安装方法

取下方法

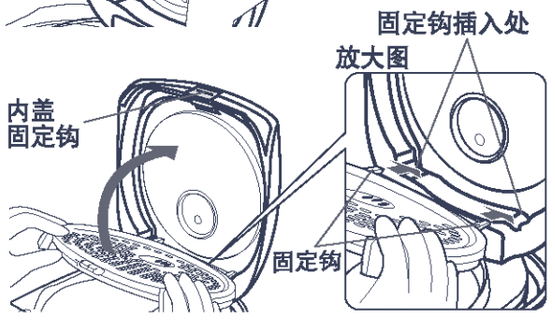
用单手按着内盖把手(①)，同时按压上推内盖固定钩(②)取下。

- 在没有按压内盖固定钩时，请不要拉扯内盖把手。（会造成内盖或外盖故障）



安装方法

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



关于零件更换

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

零件名称	零件号码
内盖套件（1.0L规格）	C110
内盖套件（1.8L规格）	C111
内锅（1.0L规格）	HBH-C:B265 HBQ:B263
内锅（1.8L规格）	HBH-C:B266 HBQ:B264
饭勺	SHAKN
饭勺架	61-8112
量米杯	61-5784

认为故障时

●委托修理前，请检查以下项目。

现　象	● 需检查项目
煮饭	
米饭过硬或过软	●在倾斜的场所增减水量时，易造成水量过多或过少，导致米饭的软硬度变化。 ●因品种、产地、保存日期（新米和旧米）等不同，米饭的软硬度会有变化。 ●因室温、水温等不同，米饭的软硬度会有变化。 ●用定时器预约煮饭时，米饭有时会变得稍软。 ●用白米快速煮饭时，米饭会变得稍硬。 ●内锅是否变形?
米饭过于焦糊	●是内锅底部及侧面传感器沾附饭粒和米粒等异物所致。 ●是否淘米不够充分使之米糠残留? ●内锅是否变形?
煮饭中汁液溢出	●炊煮粥时，是否使用粥以外的炊煮项目? ●是否忘了安装蒸汽口套件? ●是否淘米不够充分使之米糠残留? ●内锅是否变形?
不能煮饭 操作键失灵	●是否将电源插头完全插入插座? ●是否在液晶显示屏上显示有“E01”、“E02”等?→参阅P22 ●内锅是否放入?→请放入内锅。 ●保温灯及休眠保温灯是否亮灯?→请按“取消”键后再次按“煮饭”键。
煮饭或保温时， 发出“吱”的声音	●是微电脑起动，调节火力的声音。
煮饭或保温时， 发出“噗”的声音	●是内部热量向外散热时风扇运转的声音。
蒸汽从外盖与 本体之间泄漏	●请检查内盖是否变形、内盖垫圈是否断裂? ●请检查内盖垫圈有无脏污，脏污时请清理干净。

现　象	● 需检查项目
保温	
在保温中: 米饭有异味 变色 变得干巴巴 有大量水珠	●是否经过了12小时以上的“标准保温”? ●是否对少量米饭进行保温? ●是否将饭勺放在锅内进行保温? ●是否将冷饭重新加热进行保温? ●是否将煮好的饭进行了充分搅拌?→请在饭煮好后充分搅拌。 ●是否淘米不够充分使之米糠残留? ●因米及水的种类不同，有时煮好后的饭看上去发黄。 ●烹煮什锦饭后，有时会留有异味。→清仔细清洗内锅。 ●将米饭保存在内锅中时，是否没有使用保温功能?如不使用保温功能，将米饭放置于内锅中，会导致米饭产生异味。→参阅P7“可口保温”
无法进行休眠保温	●是否选择了无法进行“休眠保温”的项目?→参阅P13“标准保温”、“休眠保温” ●保温经过时间是否超过了12小时?→保温经过时间超过12小时以上，将无法进行“休眠保温”。 ●是否将冷饭重新加热进行保温?→内锅温度过低时，将无法进行“休眠保温”。
不显示保温经过时间	●是否显示当前时间?→请按下“调整时间”键，切换显示时间。参阅P13“注意事项”
预约	
预约后 立即开始煮饭	●现在时间是否与时钟一致?→时钟以24小时表示。 请再次核对调整。 ●当设定时间不足于定时器的参考时间时，则立即开始煮饭。
到了预约时间 饭没煮好	●现在时间是否与时钟一致?→时钟以24小时表示。 请再次核对调整。
不能预约	●在操作定时器预约的最后，是否按了“煮饭”键? →不按“煮饭”键，则定时器预约没有完成。 ●“7:00”是否闪烁?→不先调整时间则将无法接受预约。参阅P14“时钟的调整方法”
其他	
发生停电时	●边煮饭，边使用电热水瓶烧水、或使用微波炉时，有时会超过额定电流，导致电闸断开发生停电。 →电饭锅请单独使用电源插座。恢复电闸通电后，如停电时间未满10分钟则开始继续煮饭。

出现此现象时

现　象		● 需检查项目
错误显示 E01 / E02 / E07		●是故障。→请与经销店或服务店联系。
错误显示 E06		●电压异常时，为防止发生故障，将停止动作。 →仔细检查插座的额定电压，请使用正确的电压，或使用另外的插座。
错误显示 H04		●没有放入内锅。→请将内锅确实放入底部。
错误显示 H01 / H02		●上盖传感器、侧面传感器处于高温。 →请按“取消”键，并打开外盖，冷却15分钟。（小心烫伤）
错误显示	显示消失	●内藏的锂电池用尽。 ●拔下插头，显示和记忆（现在时间、菜单、保温状态）消失，将插头插入插座后，重新调整时间，仍可正常使用。 更换时，请与本公司指定的服务店联系。收费更换新的锂电池。
错误显示 7:00	闪烁	
显示异常		●请拔下插头，重新再次插入插座。→因时间闪烁为“7:00”，故请重新调整时间。

规格

型　号		NP-HBH10C	NP-HBH18C	NP-HBQ10	NP-HBQ18
煮饭容量（约L）〔〕内为杯数	白米	0.09～1.0 [0.5～5.5]	0.18～1.8 [1～10]	0.09～1.0 [0.5～5.5]	0.18～1.8 [1～10]
	白米快速	0.09～1.0 [0.5～5.5]	0.18～1.8 [1～10]	0.09～1.0 [0.5～5.5]	0.18～1.8 [1～10]
	什锦饭	0.09～0.72 [0.5～4]	0.36～1.08 [2～6]	0.09～0.72 [0.5～4]	0.36～1.08 [2～6]
	寿司饭	0.18～1.0 [1～5.5]	0.18～1.8 [1～10]	0.18～1.0 [1～5.5]	0.18～1.8 [1～10]
	粥	0.09～0.27 [0.5～1.5]	0.09～0.45 [0.5～2.5]	0.09～0.27 [0.5～1.5]	0.09～0.45 [0.5～2.5]
	糯米饭	0.18～0.72 [1～4]	0.36～1.08 [2～6]	0.18～0.72 [1～4]	0.36～1.08 [2～6]
	糙米饭	0.18～0.72 [1～4]	0.36～1.44 [2～8]	0.18～0.72 [1～4]	0.36～1.44 [2～8]
	活性糙米	0.18～0.72 [1～4]	0.36～1.44 [2～8]	0.18～0.72 [1～4]	0.36～1.44 [2～8]
	发芽米	0.09～0.72 [0.5～4]	0.36～1.44 [2～8]	0.09～0.72 [0.5～4]	0.36～1.44 [2～8]
额定		交流 220V 1030W 50Hz	交流 220V 1240W 50Hz	交流 220-230V 1010~1030W 50/60Hz	交流 220-230V 1220~1240W 50/60Hz
保温时平均耗电量		32W	40W	32W	40W
煮饭方式		IH（电磁加热）方式			
电源线长度		1.8m		1.0m	
外形尺寸（约cm）		宽25×深36×高20	宽27.5×深39.5×高23.5	宽25×深36×高20	宽27.5×深39.5×高23.5
重量		约4.4kg	约5.0kg	约4.4kg	约5.0kg
热效率值*		78%	78%	—	—
待机功率*		2.0W	2.0W	—	—
保温能耗*		78W · h	78W · h	—	—
等级*		4级	4级	—	—
颜色		不锈钢（XA）			

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

产品中有害物质的名称及含量

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

本表格依据SJ/T 11364的规定编制。
○：表示该有害物质在该部件所有均质材料中的含量均在GB/T 26572规定的限量要求以下。
×：表示该有害物质至少在该部件的某一均质材料中的含量超出GB/T 26572规定的限量要求。
注：表中标有“×”的所有部件都符合欧盟RoHS指令，因全球技术发展水平限制而无法实现有害物质的替代。

NP-HBH10C/18C
执行标准：GB4706.1　GB4706.19　GB4343.1　GB17625.1
销售商：上海象印家用电器有限公司　中国（上海）自由贸易试验区富特北路225号第三层D13部位
日本制造

备注　请按注解使用。

●食品接触材料一览

产品名称	IH电饭煲
型　　号	NP-HBH10C / NP-HBH18C / NP-HCH10C / NP-HCH18C

食品接触用				
部位名		材料名	执行标准	使用注意事项
外盖	外盖	聚丙烯（丙烯均聚物）	GB4806.7-2016	——
	外盖蒸气口垫圈(外侧•内侧)	硅胶	GB4806.11-2016	
蒸气口套件	蒸气口盖	丙烯与乙烯的聚合物 (其中丙烯占最大质量分数)	GB4806.7-2016	——
	蒸气口盒	聚丙烯（丙烯均聚物）		
	蒸气垫圈	硅胶	GB4806.11-2016	
内盖套件	内盖	不锈钢（019Cr18CuNb）	GB4806.9-2016	——
	内盖垫圈	硅胶	GB4806.11-2016	
内锅	基材	铝合金 (3003) 和不锈钢 (022Cr18Ti) 的复合材料	GB4806.10-2016	使用时禁止破坏表面涂层
	涂层 (内锅涂层和水位刻度涂层)	1,1,1,2,2,3,3- 七氟 -3-[(三氟乙烯基) 氧] 丙烷与四氟乙烯的聚合物		
附件	饭勺•量米杯	丙烯与乙烯的聚合物 (其中丙烯占最大质量分数)	GB4806.7-2016	——

本表格依据 GB4806.1-2016 的规定编制。

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

生产日期：请参照产品本体

Ⓐ