

## Microwave Cooking Ware

Q. The instruction manual says that when heating oily food with a microwave, please remove the lid. What is meant by oily food?

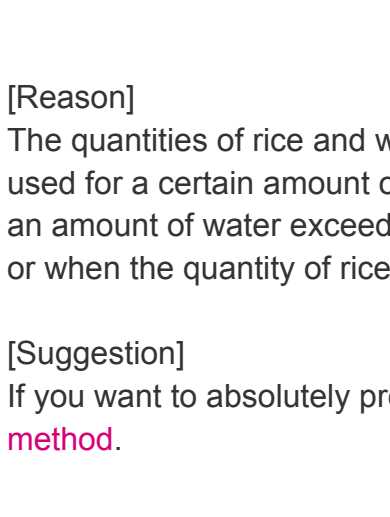
A. It means food that was cooked using a lot of oil, e.g., fried food, Chinese food, curry, etc. When you fill a container with this kind of food and heat it in a microwave, the lid may melt. This is because the temperature of the oil attached to the lid exceeds the highest temperature that the lid can withstand.

When you heat this kind of food in a microwave, fill the container not up to 80%, or remove the lid.

Finish

Q. What should I do to prevent rice from boiling over?

A. Due to the characteristics of your microwave or the type of rice you cook, you may not be able to prevent it. We cooked rice by following our recipe with using our XRC-100 (please see the photo) and confirmed that boiling over happened about 30% of the time. The probability may increase due to the following:



XRC-100

[Reason]

The quantities of rice and water don't match. When a lot of water is used for a certain amount of rice, the rice is likely to boil over. When an amount of water exceeding the recommended water line is used or when the quantity of rice is too small, the probability increases.

[Suggestion]

If you want to absolutely prevent it, please try a "heating twice" method.

Q. When I cook, the rice is only half done. How can I improve it?

A. There are two possible reasons.

[Reason 1]

Rice isn't soaked in water long enough. As water does not permeate to the center of the rice, it becomes half done even if you follow the recipe. We recommend that you soak rice in water for more than 30 minutes in summer and more than 60 minutes in winter.

[Reason 2]

The rice is not heated long enough or allowed to sit after heating long enough. Depending on the characteristics of your microwave or the kind of rice, you may need to heat rice longer or let it sit longer after heating.

[Suggestion]

Sprinkle a tablespoonful of water (15 cc) over rice immediately after it is cooked and mix it thoroughly. Replace the lid and heat it for about one minute with the wattage level you used to cook it first. Again, mix it thoroughly, put the lid on, and let it sit for about 5 minutes.

\*For wash-free rice, soak it in water 30 minutes longer.

Q. The cooked rice is hard. How can I make it softer?

A. There are two possible reasons.

[Reason 1]

Insufficient water If the water level is 1-2 mm lower than the "water line" (a shortage of 15-30 ml, one or two tablespoons), you will find the cooked rice very hard.

[Reason 2]

Overheating Even if you accurately follow the water quantity and the heating time length, you may find the cooked rice hard due to overheating. This, again, depends on the characteristics of your microwave or the kind of rice you use.

[Suggestion]

Cook rice as usual, shortening the heating time by 1-2 minutes. If you still find the cooked rice hard, try the above suggestions.

How to cook rice

Q. How to "cook rice twice".

A. Please refer to the following:

Wash rice and cook it without soaking it in water beforehand.

1. Microwave it. When you see the rice begin to boil, stop cooking.

[Time guidelines]

For 500w microwave : About 4-6 minutes

For 600w microwave : About 3.5-5.5 minutes

For 700w microwave : About 3-5 minutes

2. Leave it within the microwave for about ten minutes.

3. Resume microwaving it.

[Time guidelines]

For 500w microwave : About 7 minutes

For 600w microwave : About 6 minutes

For 700w microwave : About 5 minutes

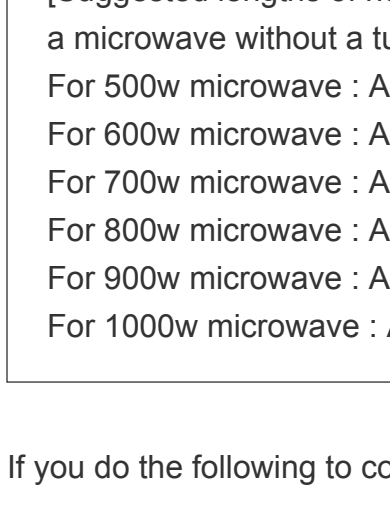
4. Let it sit for five minutes. It's done.

\*If your microwave has a maximum heating capacity of over 800w, please set the control to the heating mode below 600w.

\*When you use wash-free rice, put in water up to slightly above the "water line" (by 1 mm, about one tablespoonful) and lengthen the second heating time by 1-2 minutes vis-à-vis the recommended lengths of heating time.

Q. Can I cook rice using a microwave of over 700w?

A. Due to the characteristics of your microwave or the type of rice you cook, you may not be able to prevent boiling over when you use our heatproof glass pot for microwave (XRC-100, please see the photo). A higher wattage level increases the probability of boiling over. Still, you can cook rice with it. Please be very careful not to get burned and try the following guidelines regarding lengths of heating time.



XRC-100

[Guidelines regarding lengths of heating time]

For 700w microwave : About 8 minutes

For 800w microwave : About 7 minutes

For 900w microwave : About 6 minutes

For 1000w microwave : About 5 minutes

\*When you use a microwave without a turntable, please shorten the cooking time by 1-2 minutes.

\*A higher wattage means a speedy cooking mode of a usual rice cooker. In other words, rice cooked with a high wattage is not as good for storage. The more time passes, the more water and flavor are lost.

Q. Please let me know how to cook rice deliciously by using a microwave without a turntable.

A. Shorten the cooking time by 1-2 minutes vis-à-vis the above guidelines. Please refer to the following:

[Suggested lengths of heating time when using a microwave without a turntable.]

For 500w microwave : About 10 minutes

For 600w microwave : About 8 minutes

For 700w microwave : About 6 minutes

For 800w microwave : About 6 minutes

For 900w microwave : About 5 minutes

For 1000w microwave : About 5 minutes

If you do the following to cooked rice, you can make it more delicious.

1. Sprinkle a tablespoonful of water (15 cc) over cooked rice and mix it thoroughly.

2. Replace the lid and microwave it for 1.5 minutes with the same wattage level.

3. Again, mix the rice thoroughly.

4. Put the lid on and let it sit for ten minutes.

Recipe

Q. Your recipe booklet has a recipe for Chinese rice porridge. Can I make a Japanese white rice porridge with it?

A. Please try the following recipe.

1. Wash rice.

Put 60 grams of rice (rice up to the rice gruel line of the attached measuring cup x 2) into the glass container, pour in water, and wash the rice.\*Please measure rice accurately.

2. Soak

Put 210 ml of water (two cups from the attached measuring cup + water up to the rice gruel line) into the glass container and soak rice in it for 30 minutes to one hour.

3. Microwave

Remove the lid and microwave the rice following the list of time lengths below. Time length varies depending on the characteristics of your microwave.\*Shorten the cooking time by one minute if your microwave does not have a turntable.

[Time guidelines]

For 500w microwave : About 9 minutes

For 600w microwave : About 8 minutes

For 700w microwave : About 7 minutes

4. Let it sit with the lid on

Mix the rice thoroughly, put the lid back on, and let it sit for five minutes.

5. Microwave

Add water (one full cup from the attached measuring cup), mix it, remove the lid, and resume microwaving with the same wattage level based on the following list of cooking time lengths. Time length varies depending on the characteristics of your microwave.

\*Shorten the cooking time by one minute if your microwave does not have a turntable.

[Time guidelines]

For 500w microwave : About 9 minutes

For 600w microwave : About 8 minutes

For 700w microwave : About 6 minutes

6. Let it sit with the lid on

Take the container out of your microwave, put the lid back on, and let it sit for five minutes.

\*Depending on how long you let it sit, the water quantity of the porridge changes. If you let it sit for a long time, the water vapors, making the porridge thicker. Please control the time according to your preference.