

HARIO GIS-200

HARIO GIS-200 See Through Lid Rice Pot Instruction Manual

Model: GIS-200

1. INTRODUCTION

Thank you for choosing the HARIO GIS-200 See Through Lid Rice Pot. This versatile pot is designed for efficient cooking of rice and other dishes, compatible with both gas and Induction Heating (IH) cooktops. Its heat-resistant glass lid allows for easy monitoring of the cooking process, while its multi-layered construction ensures even heat distribution for optimal results.

2. SAFETY INFORMATION

- **General Safety:** Always handle the pot with care, especially when hot. Use oven mitts or pot holders to prevent burns.
- **Heat Sources:** This pot is suitable for use on gas stoves and IH cooktops. Ensure the pot is centered on the heat source.
- **Lid Handling:** The lid is made of heat-resistant glass. Avoid sudden temperature changes, such as placing a hot lid under cold water, as this may cause breakage.
- **Proposition 65 Warning:** This product may contain chemicals known to the State of California to cause cancer and birth defects or other reproductive harm. For more information, visit www.P65Warnings.ca.gov.

3. PRODUCT OVERVIEW



Image 1: The HARIO GIS-200 See Through Lid Rice Pot, showcasing its transparent lid and stainless steel body.

4層構造+フッ素コート

フッ素加工

アルミ

ステンレス

アルミ

ステンレス

ステンレスとアルミの4層構造の鍋身は熱をまんべんなく伝え、ご飯を美味しく炊き上げます。

Image 2: Diagram illustrating the pot's 4-layer construction (stainless steel, aluminum, stainless steel, aluminum) and fluorine coating for even heat distribution and non-stick properties.

Components and Materials:

- **Pot Body:** Multi-layered stainless steel and aluminum with fluorine coating.
- **Lid:** Heat-resistant glass with polypropylene and silicone components.
- **Handles:** Integrated stainless steel.

Specifications:

Model Number	GIS-200
Brand	HARIO
Material	Stainless Steel, Aluminum, Heat-Resistant Glass, Polypropylene, Silicone
Color	Transparent (Lid), Stainless Steel (Pot)
Product Dimensions	10.63"L x 9.06"W (27cm x 23cm)
Item Weight	1.4 Kilograms

Heat Source Compatibility	Gas, Induction Heating (IH)
Dishwasher Safe	No
Microwaveable	Yes (Pot only, without lid)

4. SETUP

1. **Unpacking:** Carefully remove all packaging materials and inspect the pot and lid for any damage.
2. **Initial Cleaning:** Before first use, wash the pot and lid thoroughly with warm soapy water. Rinse completely and dry with a soft cloth.
3. **Placement:** Place the pot on a stable, level cooking surface. Ensure the heat source size is appropriate for the pot's base.

5. OPERATING INSTRUCTIONS

5.1. Cooking Rice

The HARIO GIS-200 is designed to cook rice efficiently and prevent boil-overs. Adjust water ratios and cooking times based on your rice type and desired consistency.



内面がフッ素コートなのでご飯がこびりつきにくい、
IH対応のご飯釜です。

Image 3: Freshly cooked rice in the pot, ready to be served. The fluorine coating helps prevent sticking.



Image 4: The rice pot with its transparent lid, suitable for direct serving at the table.

1. **Measure Rice:** Use the appropriate measuring cup for your desired amount of rice (e.g., 1 cup of rice).
2. **Rinse Rice:** Rinse the rice under cold running water until the water runs clear. This removes excess starch.
3. **Add Water:** For most white rice, a common ratio is 1 cup of rice to 1.25-1.5 cups of water. For brown rice or other grains, consult specific cooking instructions. Adjust water for desired stickiness; less water for firmer rice, more for stickier.
4. **Soak (Optional):** Soaking rice for 30 minutes can improve texture and reduce cooking time.
5. **Cook:** Place the pot with rice and water on your gas or IH cooktop. Bring to a boil over medium-high heat with the lid on. The transparent lid allows you to observe the boiling process without lifting it.
6. **Simmer:** Once boiling, reduce heat to low and simmer for 10-15 minutes (for white rice) or until all water is absorbed. Do not lift the lid during this time.
7. **Rest:** Remove the pot from heat and let it rest, covered, for another 10 minutes. This allows the rice to steam and become fluffy.
8. **Fluff and Serve:** Gently fluff the rice with a paddle or fork before serving.

5.2. Cooking Other Dishes

The multi-layered construction and even heat distribution make this pot suitable for various cooking tasks beyond rice.



ご飯以外に、煮込み料理にもお使いいただけます。

Image 5: The pot being used to prepare a stew with meatballs, broccoli, and potatoes.



Image 6: A savory rice dish with shrimp and mushrooms prepared in the pot.



Image 7: A hearty stew with various vegetables and meat simmering in the pot.

- **Stewed Dishes:** The pot can be used for simmering stews, soups, and other one-pot meals. Its even heating helps prevent scorching.
- **Heating Food:** It is suitable for reheating pre-cooked meals or preparing packaged foods that require stovetop heating.
- **Microwave Use:** The pot body (without the lid) is microwaveable. Ensure no metal parts of the lid are used in the microwave.

6. MAINTENANCE AND CLEANING

- **Hand Washing Recommended:** This pot is **not dishwasher safe**. Hand wash with warm soapy water and a soft sponge.
- **Avoid Abrasives:** Do not use abrasive cleaners, scouring pads, or metal utensils, as these can damage the fluorine coating and the pot's surface.
- **Stubborn Food:** For stuck-on food, soak the pot in warm soapy water for a period before cleaning.
- **Drying:** Dry thoroughly after washing to prevent water spots and maintain the pot's appearance.
- **Lid Care:** Clean the glass lid gently. Ensure all food residue is removed from the silicone and

polypropylene components.

7. TROUBLESHOOTING

- **Rice is Raw or Hard in the Center:** This usually indicates insufficient water or cooking time. Try increasing the water slightly or extending the simmering/resting time. Ensure the lid remains on during simmering and resting.
- **Rice is Too Sticky/Mushy:** This suggests too much water or overcooking. Reduce the water amount slightly for future batches.
- **Food Sticking to the Pot:** Ensure you are using appropriate cooking fats or liquids. While the pot has a fluorine coating, extreme heat or lack of lubrication can still cause sticking. Avoid using metal utensils that can scratch the coating.
- **Lid Damage:** If the lid is broken or damaged, discontinue use. Contact HARIO customer support for replacement options.

8. WARRANTY AND SUPPORT

For warranty information, product support, or to inquire about replacement parts, please contact HARIO customer service directly. Refer to the official HARIO website or your purchase documentation for contact details.

HARIO Official Website: www.hario.jp