



CARB-REDUCING RICE COOKER **USER GUIDE**

IMPORTANT SAFEGUARDS

Basic safety precautions should always be followed when using electrical appliances, including the following:

1. **IMPORTANT:** Read all instructions carefully before first use.
2. Do not touch hot surfaces.
3. Use only on a level, dry and heat-resistant surface.
4. To protect against fire, electric shock and injury to persons, do not immerse cord, plug or the appliance in water or any other liquid.
5. Close supervision is necessary when the appliance is used by or near children.
6. Unplug from outlet when not in use and before cleaning. Allow unit to cool before putting on or taking off parts and before cleaning the appliance.
7. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or has been damaged in any manner. Return appliance to the nearest authorized service facility for examination, repair or adjustment.
8. The use of accessory attachments not recommended by appliance manufacturer may result in fire, electrical shock or injury.
9. Do not use outdoors.
10. Do not let cord touch hot surfaces or hang over the edge of a counter or table.
11. Do not place on or near a hot gas or electric burner or in a heated oven.
12. Do not use the appliance for other than its intended use.
13. Extreme caution must be used when moving the appliance containing rice, hot oil or other liquids.
14. Do not touch, cover or obstruct the steam vent on the top of the rice cooker as it is extremely hot and may cause scalding.
15. Use only with a 120V AC power outlet.
16. Always unplug from the base of the wall outlet. Never pull on the cord.
17. The rice cooker should be operated on a separate electrical circuit from other operating appliances. If the electrical circuit is overloaded with other appliances, the appliance may not operate properly.
18. Always make sure the outside of the inner cooking pot is dry prior to use. If the inner pot is returned to the cooker when wet, it may damage or cause the product to malfunction.
19. Use extreme caution when opening the lid during or after cooking. Hot steam will escape and may cause scalding.

20. Rice should be left in the inner cooking pot, with the Keep-Warm function on for no more than 3 hours.
21. To prevent damage or deformation, do not use the inner cooking pot on a stovetop or burner.
22. Always attach plug to appliance first, then plug cord into the wall outlet. To disconnect, turn any control to "off", then remove plug from wall outlet.
23. To reduce the risk of electrical shock, cook only in the removable inner cooking pot provided.
24. Do not wrap or tie cord around appliance.
25. Intended for countertop use only.
26. **WARNING:** Spilled food can cause serious burns. Keep appliance and cord away from children. Never drape cord over edge of counter and never use outlet below counter.
27. Do not use for deep frying.

SHORT CORD INSTRUCTIONS

A short power supply cord is provided to reduce the hazards resulting from becoming entangled in or tripping over a longer cord. Longer extension cords may be used if care is exercised. If a long extension cord is used, the marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance, and the longer cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or animals or tripped over. If the appliance is of the grounded type, the extension cord should be a grounding 3-wire cord.

GROUNDING INSTRUCTIONS

This appliance must be grounded while in use to protect the operator from electrical shock. The appliance is equipped with a 3-conductor cord and a 3-prong grounding type plug to fit the proper grounding-type receptacle.

SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

HEALTHY COOKING STARTS WITH GREENPAN

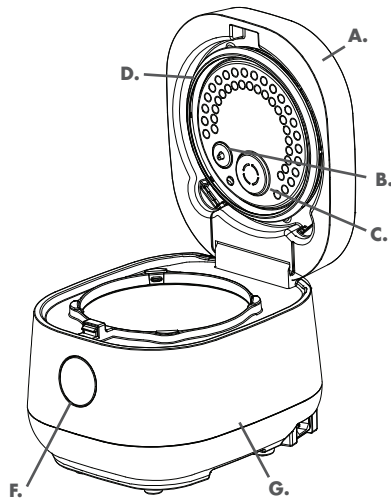
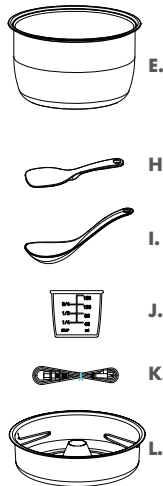
Since inventing healthy ceramic nonstick in 2007, we've dedicated ourselves to unique advances that make cooking better for everyone. From healthy ceramic nonstick cookware to revolutionary home appliances, our groundbreaking designs deliver remarkable performance so you can focus on the flavor. Enjoy!

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PARTS

- A.** Lid
- B.** Top Temperature Sensor
- C.** Steam Valve
- D.** Inner Cover (Removable)
- E.** Inner Pot (Removable)
- F.** Button (Push to Open)
- G.** Body
- H.** Rice Spatula
- I.** Soup Ladle
- J.** Measuring Cup
- K.** 3 Pin Power Cord
- L.** Stainless Steel Carb Reducing Insert



BEFORE FIRST USE

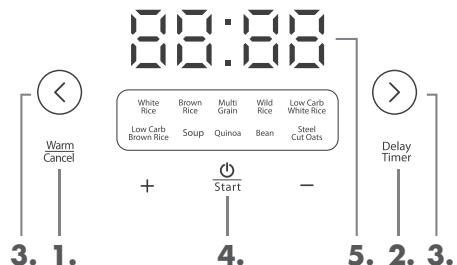
1. Read all instructions and important safeguards.
2. Remove all packaging materials and check that all items have been received in good condition.
3. Tear up all plastic bags and dispose of properly as they can pose a suffocation or choking risk to children.
4. Wash all accessories in warm, soapy water. Rinse and dry thoroughly.
5. Remove the inner pot from rice cooker and clean with warm, soapy water. Rinse and dry thoroughly before returning to cooker.
6. Wipe unit clean with a damp cloth.

NOTE: Do not use harsh abrasive cleaners, scouring pads or products that are not considered safe to use on nonstick coatings.

If washing pieces in the dishwasher, a slight discoloration to the inner pot and accessories may occur. This is cosmetic only and will not affect performance.

CONTROL PANEL

- Cooking times will vary depending on the type of rice, room temperature, water temperature, water amount, etc.
- Keep warm should be used for a maximum of 3 hours to prevent rice from burning.



1. Warm/Cancel

- a. Press and hold 1 second to enter Keep Warm mode.
- b. Press and hold for 1 second to stop after cooking is completed if you don't want to keep your rice warm.

2. Delay Timer

Press Delay Timer to delay the start of your cooking cycle. The unit will only start to cook after the countdown is complete. Use + or - to increase or decrease the desired start time, in increments of 30 minutes. Delay can be set between 1-24 hours.

Option One

1. After plugging the unit in, press Delay Timer.
2. Press + or - to adjust the desired time.
3. Press < or > to select the desired function.
4. Press Start.

Option Two

1. After plugging the unit in, press < or > to select the desired function.
2. Press Delay Timer.
3. Press + or - to adjust to the desired time.
4. Press Start.

3. < and >

Press < or > to scroll through preset functions, White Rice, Brown Rice, Quinoa, Bean, Steel Cut Oats, Low Carb Brown Rice, Low Carb White Rice, Soup, Multi Grain, or Wild Rice. The function will flash to show which function is selected. Press Start if cooking time is okay. Use + and - if you want to adjust time.

4. Start/Power

- a. After plugging in the unit, press start to activate control panel.
- b. After selecting the function, press and hold start for 1 second to start cooking.

5. Timer

- a. Press + or - to adjust cooking time.
- b. After pressing Delay Timer, use the + or - to set the desired start time. Delay can be set between 1-24 hours.

Note: Delay Timer is not an options for Soup Mode.

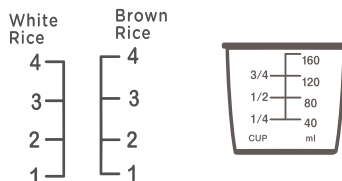
OPERATION

Rice

MEASURE THE RICE WITH LEVEL SCOOPS.
DON'T OVERFILL.



Use the provided Measuring Cup or your own measuring cup for dry ingredients (white rice, brown rice, steel cut oats and quinoa). Use the measuring line on the removable pot for maximum water level. (Measurements are based on Measuring Cup provided. Ok to use your own).



1. Use the provided measuring cup to add the desired amount of the rice to the inner pot.
2. Rinse rice or grain to remove excess starch and drain.
3. Fill Removable Inner Pot with water to the line matching the number of cups of rice being cooked, or the amount specified on the diagram on page 7.
4. Place the Inner Pot into the Carb-Reducing Rice Cooker.
5. Close the Lid.
6. Plug the Carb-Reducing Rice Cooker into an available 120V AC outlet.
7. Press < or > to select White Rice or Brown Rice, depending upon the type of rice being cooked.
8. Press Start, Carb-Reducing Rice Cooker will begin cooking and the LED display will begin to countdown.
9. To Cancel or Stop any operation, press and hold the blinking Cancel/ Keep Warm Button for 1 sec.
10. Once cooking is finished, the Carb-Reducing Rice Cooker will automatically switch to Keep Warm.
11. When finished, press Stop and unplug the Power Cord.

Note

- Brown rice requires a longer cooking cycle than other rice varieties due to the extra bran layers on the grains. The Brown rice function allows extra time and adjusted heat settings in order to cook the rice properly. If it appears the Carb-Reducing Rice Cooker is not heating up immediately when cooking brown rice, this is due to a low-heat soak cycle that precedes the cooking cycle to produce better brown rice results.
- Before placing the Inner Pot into Carb-Reducing Rice Cooker, check that the outside is dry and free of debris. Adding the Inner Pot when wet may damage the Carb-Reducing Rice Cooker.

- Cooking times are approximate. Altitude, humidity and outside temperature will change cooking times.
- Opening the Lid during the cooking cycle causes a loss of heat and steam. Cooking time may be prolonged if the Lid is opened before the rice is finished.

LOW CARB MODES

1. Use the provided measuring cup to add the desired amount of the rice to the inner pot. The max cups of rice for white and brown rice is 1 1/2 cups.
2. Rinse rice or grain to remove excess starch and drain. (Optional)
3. Fill Removable Inner Pot with water to the line for Low Carb. (Ref 1. Below)
4. Place the Inner Pot into the Carb-Reducing Rice Cooker.
5. Add the Stainless Steel Carb Reducing Insert to the top of the bowl and ensure that the Stainless Steel Carb Reducing Insert is facing upward. The handles should be visible and top of the funnel should be pointed towards lid. (Ref 2. Below)
6. Close the Lid.
7. Press < or > to select Low Carb White Rice or Low Carb Brown Rice and time for desired denseness.
8. Once the Low Carb cooking cycle completes there will be excess water and starch in the Stainless Steel Carb Reducing Insert.
Caution: Use a pair of oven mitts or heat resistant gloves to remove tray from the bowl. Discard of the excess water and starch in the Stainless Steel Carb Reducing Insert.

Ref 1.

Ref 2.

Low Carb
— 1 1/2



SOAKED BEANS MODE

1. Sort and wash dry beans. Pick through the beans and discard any shriveled beans or debris you find.
2. Soak the dry beans in water (this should be about double the volume of the beans themselves, for example if the bowl is 1/4 filled with beans this should at minimum be a half full bowl once water has been added). See bean packaging for suggested soak time.
3. After soaking is complete drain the beans from soaking liquid and then rinse them with fresh water.
4. Add Beans to the rice cooker in either 1 or 2 cup increments Reference the water marks of White Rice as the standard ratio of soaked beans and water.
5. Use suggested cooking times below, cooking time will slightly vary by bean type.
6. Cook to desired taste or texture. Less Time will result in firmer beans while more time will result in softer beans

Type of Bean	Suggested Cooking Time
Red Beans	60-120 Minutes
Black Beans	60-120 Minutes
Pinto Beans	60-120 Minutes
Black Eyed Peas	60-120 Minutes
Kidney Beans	60-120 Minutes
Other Beans	Use suggested times on packaging

NOTE

For firmer beans use less cooking times for softer textured beans add more cooking time.

Use measuring cup provided and white rice cooking line for easy measurement.

Function	Rice/Grain Amount	Water Amount	Default Time	Cooking Time
White Rice	1 Cup 2 Cups 3 Cups 4 Cups	Use Line 1 Line 2 Line 3 Line 4 of White Rice	40 Minutes	25-60 Minutes
Brown Rice	1 Cup 2 Cups 3 Cups 4 Cups	Use Line 1 Line 2 Line 3 Line 4 of Brown Rice	70 Minutes	50-90 Minutes
Quinoa	1 Cup 2 Cups	1-1/2 Cups 3 Cups	30 Minutes	20-40 Minutes
Steel Cut Oats	1/2 Cup 1 Cup 2 Cups	1 1/4 Cups 2 1/2 Cups 5 Cups	30 Minutes	20-40 Minutes
Low Carb White Rice	1-1/2 Cups	Use Line 1-1/2 of Low Carb	45 Minutes	30-50 Minutes
Low Carb Brown Rice	1-1/2 Cups	Use Line 1-1/2 of Low Carb	80 Minutes	60-85 Minutes
Soaked Beans	2 Cups	Line 2 of White Rice	60 Minutes	50-150 Minutes
Soup	N/A	4 Cups Max	60 Minutes	30-180 Minutes
Multi Grain	1 Cup 2 Cups	Use Line 1 Line 2 of Brown Rice	60 Minutes	50-90 Minutes
Wild Rice	1 Cup 2 Cups	1-1/2 Cups 3 Cups	60 Minutes	50-80 Minutes

QUICK TIPS

- 1 measuring cup is about 2/3 U.S. cup. (Note Measuring Cup is included with unit.)
- This chart is only a general measuring guide. As there are many types of rice available, rice/water measurements may vary.
- Rinse rice prior to cooking to remove excess bran and starch. This will help reduce browning.
- To get perfect brown rice without the wait use the Delay Timer. Add rice and water in the morning and set the Delay Timer for when rice will be needed that night.
- For quinoa and steel cut oats, use caution to avoid escaping steam, open the Lid and stir occasionally with a long-handled wooden spoon.

- Default time is the preset function time, adjust as per your preference using + or -. Please refer to cooking time in chart.
- For better taste and textured oats, let oats sit for 5-10 minutes after cooking.
- If Rice or Grains are slightly underdone after your cooking function is completed. Let this sit on keep warm until desired texture is reached

STORAGE

Ensure the Carb-Reducing Rice Cooker is cool and dry before storing. Secure power cord with twist tie.

CLEANING & MAINTENANCE

- 1. Detach the Inner Cover and Steam Valve from Lid by gently pulling it outward.
- 2. Inner Pot, Inner Cover, and all Accessories are top-rack dishwasher safe.
- 3. Wipe Body, Base, and Lid clean with a damp cloth.
- 4. Thoroughly dry Body and Accessories. Reassemble for next use.

Part	Dish Washer Safe Top Rack Only Or Hand Wash Safe	Wipe with Damp Cloth
Inner Pot	X	
Inner Cover	X	
Rice Spatula	X	
Stainless Steel Carb Reducing Insert	X	
Measuring Cup	X	
Soup Ladle	Hand Wash	
Body		X
Base		X
Lid		X

- DO NOT use harsh abrasive cleaners, scouring pads, or products that are not considered safe to use on nonstick coatings.
- If using the dishwasher, a slight discoloration to the Inner Pot and Accessories may occur. This is cosmetic only and will not affect performance.

BEFORE RETURNING YOUR GREENPAN PRODUCT

If you are experiencing problems with your GreenPan Product, please call GreenPan customer service at 914-372-7777 before returning the product. A representative can confirm whether the product is under warranty and advise on next steps.

LOW CARB RICE TESTING

Objective
To test for the reduction of starch in rice varieties when using the Low Carb Modes of the Rice Cooker.

Samples
5 separate Rice types were used including Long Grain White, Long Grain Brown, Thai Rice, Japanese Rice and Short Grain White Rice.

A total of 2 GreenPan Rice and Grain Cooker with Carb Reducing Technology were used in the testing.

- Quantity = 2, 8 Cup Capacity Machines

Laboratory
Testing was conducted by:
STC Guangdong Company Limited No.68, Fumin South Road, Dalang, Dongguan, Guangdong, China

Procedure
Samples of rice were cooked by the traditional method using the White Rice and Brown Rice modes and compared to samples of rice cooked with the stainless-steel carb reducing insert using the Low Carb White Rice and Low Carb Brown Rice modes.

All tests used tap water unless otherwise specified.

Cooked rice samples are analyzed for their resistant starch by "Official Methods of Analysis of AOAC International (2005), 18th Ed., AOAC International, Gaithersburg, Maryland, USA, Official Method 2002.02" and digestible starch by "Official Methods of Analysis of AOAC International (2005), 18th ED, AOAC International, Gaithersburg, MD, USA, Official Method 996.11 (mod.)"

Results in percent reduction of digestible starches are provided.

Conclusion
Using the Low Carb cooking method can reduce the carbs in cooked rice by up to 37%.

TROUBLESHOOTING

Issue	Cause	Solution
Rice Cooker does not start after selecting menu option	Incorrect Operation	Make sure to hold down Start for at least 1 second to start cooking.
Rice Cooker does not turn on	Improper Electrical Connection	Check whether the power plug is connected to a functional, grounded electrical outlet and power cord is connected to base of unit. If issue is not resolved after changing outlets and ensuring that power plug is properly plugged into base of unit, contact customer service for replacement.
Rice or grains are overcooked	Timing needs to be adjusted	If Rice is overcooked ensure that correct amount of water is being added and adjust time setting to your desired doneness, less time will result in firmer rice and grains. Please also ensure that you are using the rice measuring cup provided for volume of grains. If lost, please contact customer service for replacement cup or use standard US measuring cup. A Rice/Grains measurement is 2/3 of a US cup.
Rice or grains are undercooked	Timing needs to be adjusted	If Rice is undercooked ensure that correct amount of water is being added. Adjust time setting to your desired doneness, more time will result in softer rice and grains. Please also ensure that you are using the rice measuring cup provided for volume of grains. If lost, please contact customer service for replacement cup or use standard US measuring cup. A Rice/Grains measurement is 2/3 of a US cup.
E0	Bottom Sensor Over Temperature	Turn the unit off and wait for unit to cool then turn product on again. If this error still occurs please contact Customer Service. for replacement.
E1	Internal Error	Contact Customer Service.
E2	Internal Error	Contact Customer Service.
E3	Internal Error	Turn off the unit and unplug the power cord. Wait for 1 hour until the rice cooker completely cools down. Check for any debris or excess water between bowl and inner housing. Follow C&U to restart the unit. If issue persists, contact customer service.
E4	Internal Error	Contact Customer Service.
E5	Internal Error	Contact Customer Service.

LIMITED WARRANTY

GreenPan Electrics are covered by a limited warranty against defects in materials and workmanship, beginning on the date of purchase and lasting for two years. If your GreenPan Electrics product has a defect during the warranty period, The Cookware Company (USA), LLC will either repair or replace the product. Further information on the warranty claim process, exclusions from warranty coverage, and other terms can be found in the complete limited warranty for this product, available online at greenpan.us/warranty.

TERMS OF SALE; ARBITRATION

The terms on which The Cookware Company (USA), LLC sells GreenPan Electrics are available online at greenpan.us/pages/terms-of-sale (the "Terms"). The Terms contain very important information regarding your rights and obligations, as well as conditions, limitations, and exclusions that may apply to you. Please read them carefully.

In particular, the Terms provide that, by your purchase of this product, you and The Cookware Company (USA), LLC are agreeing to give up any rights to litigate in a court or before a jury, or to participate in a class action or representative action with respect to a claim. Other rights that you would have if you went to court may also be unavailable or limited in arbitration. Any claim, dispute, or controversy between you and The Cookware Company (USA), LLC arising from or relating in any way to your purchase of products or services will be resolved exclusively and finally by binding arbitration.

The arbitration will be administered by the American Arbitration Association ("AAA") in accordance with the Consumer Arbitration Rules (the "AAA Rules") then in effect, except as modified hereby. (The AAA Rules are available at adr.org or by calling the AAA at 1-800-778-7879.) The Federal Arbitration Act will govern the interpretation and enforcement of this arbitration and waiver provision.

The Cookware Company (USA), LLC will be responsible for the AAA filing fee of any such proceeding. Other than your right to pursue a claim in small claims court, as described in the Terms, the arbitrator will have exclusive authority to resolve any dispute relating to arbitrability and/or enforceability of this arbitration provision, including any unconscionability challenge or any other challenge that the arbitration provision or these Terms are void, voidable or otherwise invalid. The arbitrator will be empowered to grant whatever relief would be available in court under law or in equity. Any award of the arbitrator(s) will be final and binding on each of the parties and may be entered as a judgment in any court of competent jurisdiction. Attorney fee shifting in this case is governed by the Terms. You agree to an arbitration on an individual basis. In any dispute, **NEITHER YOU NOR THE COOKWARE COMPANY (USA), LLC WILL BE ENTITLED TO JOIN OR CONSOLIDATE CLAIMS BY OR AGAINST OTHER CUSTOMERS IN COURT OR IN ARBITRATION OR OTHERWISE PARTICIPATE IN ANY CLAIM AS A CLASS REPRESENTATIVE, CLASS MEMBER OR IN A PRIVATE ATTORNEY GENERAL CAPACITY.** The arbitral tribunal may not consolidate more than one person's claims and may not otherwise preside over any form of a representative or class proceeding. The arbitral tribunal has no power to consider the enforceability of this class arbitration waiver and any challenge to the class arbitration waiver may only be raised in a court of competent jurisdiction.

If any provision of the arbitration agreement described herein and in the Terms is found unenforceable, the unenforceable provision will be severed and the remaining arbitration terms will be enforced.

NOTES

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