

Rice, Risotto, Donburi (Bowls) and Steamed Dishes

MICOM RICE COOKER & WARMER

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Conversions and Measurements

1 Cup = 8 oz. (240 ml)

Except for when measuring rice, 1 Cup(Rice Measuring Cup) = 180 ml

1 Tbsp. = 15 ml

1 tsp. = 5 ml

Tips for cooking with ingredients and seasonings

Adding Ingredients:

Cut ingredients in small pieces, add on top of rice and do not mix.

For better cooking results, limit the additional ingredients to 80% of the weight of rice for Risotto, and 30-50% for Mixed Rice. Adding too much ingredients may result in unsatisfactory cooking.

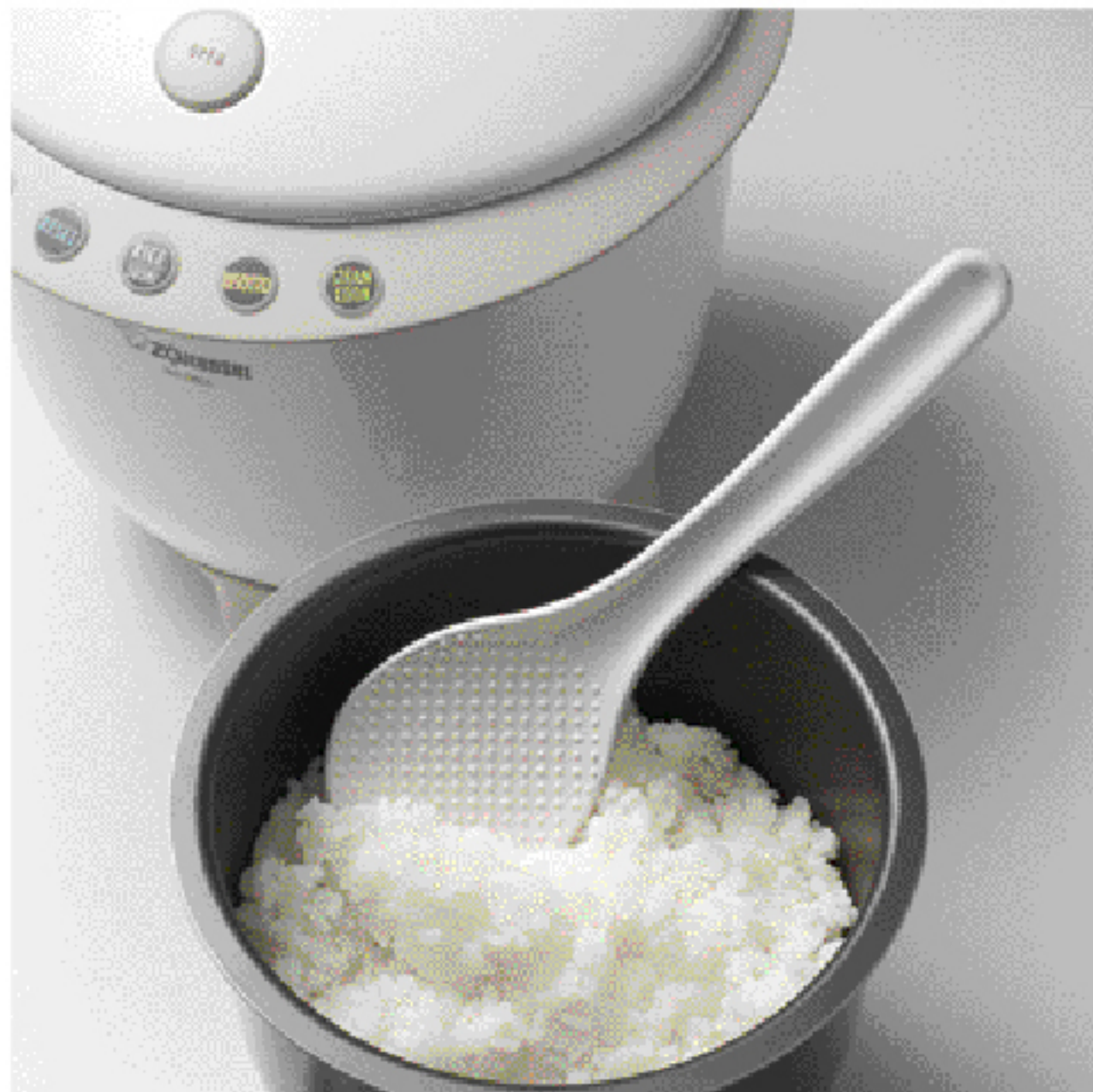
Precook ingredients that need additional cooking (heating).

Adding Seasonings:

Mix thoroughly after adding raw rice, seasonings and water to the Inner Cooking Pan.

Adding both Ingredients and Seasonings:

Add seasonings to raw rice and then fill water to the appropriate water level. Mix thoroughly. Level the surface of the rice and place ingredients on top without mixing them up.





SUSHI (NIGIRI)

Ingredients (2-3 servings)

Rice	(Rice Measuring Cup) 2 cups
Mixed vinegar	
White wine vinegar	2 $\frac{2}{3}$ Tbsp.
Sugar	2 tsp.
Salt	1 tsp.
Toppings (of your choice)	
Sashimi (sashimi-quality raw tuna, squid, prawn, salmon, etc.), fresh water eel and rolled egg (to taste)	
Nori (seaweed), wasabi, soy sauce and pickled red ginger (to taste)	

How to cook

- 1 Rinse rice and place the Inner Cooking Pan in the rice cooker. Fill water to level 2 for SUSHI RICE, close the lid and press the RICE button to start.
- 2 When cooking completes and the rice cooker switches to Keep Warm mode, remove the rice and place in a wooden container (pre-wiped with a clean wet cloth). Pour the mixed vinegar over rice and mix thoroughly while cooling with a fan.
- 3 Take a portion of the rice in your hand and lightly shape it into an oval. Put a dab of wasabi on top and place a slice of your choice of topping and press lightly with your fingers.



HAND-ROLLED SUSHI (TEMAKI)

Ingredients (2-3 servings)

Rice	(Rice Measuring Cup) 2 cups
Mixed vinegar	
White wine vinegar	2 $\frac{2}{3}$ Tbsp.
Sugar	2 tsp.
Salt	1 tsp.
Fillings (of your choice)	
Sashimi (sashimi-quality raw tuna, squid, prawn, salmon, etc.), avocado, ham, cucumber and rolled egg (to taste)	
Nori (seaweed), wasabi, soy sauce and pickled red ginger (to taste)	

How to cook

- 1 Rinse rice and place the Inner Cooking Pan in the rice cooker. Fill water to level 2 for SUSHI RICE, close the lid and press the RICE button to start.
 - 2 When cooking completes and the rice cooker switches to Keep Warm mode, remove the rice and place in a wooden container (pre-wiped with a clean wet cloth). Sprinkle the mixed vinegar over rice and mix thoroughly while cooling it with a fan.
- Hand-rolled sushi is simple and quick, wrapping your favorite Sashimi, Ingredients and Sushi Rice with Nori (seaweed). You can also use a green leaf to wrap your hand-roll sushi.



Fillings "A" and "C" are often used for Chumaki, and "D" is used for Salmon Rolls. Boil prawn and remove the shell. Cut the basil vertically in half. Cut the cucumber vertically in 3 strips. Slice tuna, avocado and salmon into thicker strips.

4 Mix "B" and "E" and cook to make a thick omelet.

5 Mix chili sauce and mayonnaise to make the sauce. Adjust the amount of chili sauce to your preference.

6 Put a Nori (seaweed) sheet on a bamboo mat and spread sushi rice from "2". (The bamboo mat can be replaced with a plastic wrap.)

7 Place the filling "A" or "C" lengthwise on the center of the rice from "6" and top with the sauce.

8 Roll up the bamboo mat tightly and make a cylinder shape.

9 Cover the sushi roll with a kitchen cloth, closed side of the seaweed down, and let it rest for a while.

10 Make Salmon Rolls using the filling "D". Place a plastic wrap on the bamboo mat and spread the sushi rice from "2" to make an inside-out roll.

11 Cut the Nori sheet in half and place it on the sushi rice. Place filling "D" on top of the seaweed and top with the sauce. Roll it up following procedures "8" and "9".

12 Cut the sushi roll into bite-sized pieces (about 1 inch width). Wipe off the knife with a damp cloth every time for a clean cut.

How to cook

1 Rinse rice and place the Inner Cooking Pan in the rice cooker. Fill water to level 2 for SUSHI RICE, close the lid and press the RICE button to start.

2 When cooking completes and the rice cooker switches to the Keep Warm mode, remove the rice and place it in a wooden container (pre-wiped with a clean wet cloth). Sprinkle the mixed vinegar over rice and mix thoroughly while cooling it with a fan.

ROLLED SUSHI (CHUMAKI)

Ingredients (2-3 servings)

Rice	(Rice Measuring Cup) 2 cups
Mixed vinegar	
White wine vinegar	2 $\frac{2}{3}$ Tbsp.
Sugar	2 tsp.
Salt	1 tsp.
Nori (seaweed)	2 $\frac{1}{2}$ sheets
Fillings (of your choice)	
A Prawn (2 pieces), Imitation crab (3 strips), Basil (2 leaves)	
Cucumber ($\frac{1}{3}$ piece) [B/1 Egg, Salt (to taste)]	

C Raw tuna (3 oz., approx. 70g), Avocado ($\frac{1}{4}$ piece),	
Cucumber ($\frac{1}{3}$ piece)	
D Raw salmon (3 oz., approx. 70g), Cucumber ($\frac{1}{3}$ piece)	
[E/1 Egg, Salt (to taste)]	

Sauce	
Chili Sauce	3 Tbsp.
Mayonnaise	6 Tbsp.

RISOTTO ALLA MILANESE (SAFFRON RISOTTO)

Ingredients (2-3 servings)

Rice	1.5 cups
Onion (medium size, finely chopped)	1½ (100g)
Olive oil	1½ Tbsp.
White wine	¼ cup
Chicken broth	2 cups
Saffron (powder)	0.1g (small pack)
Salt & Pepper (to taste)	
Butter	1 Tbsp.
Parmigiano Reggiano (grated) or Parmesan Cheese	1 tsp.

How to cook

Add 1 Tbsp. of olive oil in preheated frying pan. Heat over medium heat. Stir-fry the onion until they become soft, then set aside.

●Be sure to remove all ingredients from the frying pan to prevent the rice from burning.

Put ½ Tbsp. of olive oil into frying pan. Add rice without rinsing. Cook until rice becomes warm (about 30 seconds to 1 minute). Put the rice into the Inner Cooking Pan and place in the rice cooker.

Add white wine to the Inner Cooking Pan and warm chicken broth to the water level for RISOTTO and mix.

Place cooked onion from "1" on top of rice. Add saffron (as small amount of saffron could color rice beautifully, adjust the amount you add).

Close the lid and press the RISOTTO button to start.

When rice is finished cooking, it will automatically switch to the Keep Warm mode. Press the RESET button. Add salt, pepper and butter to taste. Serve immediately in a bowl and top with grated Parmigiano Reggiano to taste.



PRAWN AND TOMATO RISOTTO

Ingredients (2-3 servings)

Rice	1.5 cups
Onion (medium size, finely chopped)	¼ (50g)
Cabbage (shredded)	35g (approx. ½ leaf)
Tomato (remove seeds and dice into ½ inch)	1 (75g)
Prawn	4 pieces
Cured Olive (chopped)	8 pieces
Olive oil	2½ Tbsp.
White wine	¼ cup
Chicken broth	2 cups
Salt & Pepper (to taste)	
Parmigiano Reggiano (grated) or Parmesan Cheese	1 tsp.

How to cook

Remove head and shell of prawn. Clean and cut into bite-sized pieces.

Add 2 Tbsp. of olive oil in preheated frying pan. Heat over medium heat. Stir-fry onion until soft.

Add cabbage to "2" and cook for another 5 minutes over medium heat.
●Avoid burning the onion by continuing to cook over medium heat.

Add prawns to "3" and stir-fry until the prawns become red. Add tomato and cook until warm. Set all ingredients aside.

●Be sure to remove all ingredients from the frying pan to prevent the rice from burning.

Put ½ Tbsp. of olive oil into frying pan. Add rice without rinsing. Cook until it is warm (about 30 seconds to 1 minute). Put the rice into the Inner Cooking Pan and place in rice cooker.

Add white wine to the Inner Cooking Pan and then add warm chicken broth to the water level for RISOTTO and mix.



Place ingredients from "4" on top of the rice from "6", close the lid and press the RISOTTO button to start.

When rice is finished cooking it will automatically switch to Keep Warm mode. Press the RESET button, add the olives, and salt and pepper to taste. Serve immediately in a bowl and top with grated Parmigiano Reggiano to taste.

Tips for Cooking Risotto

●Serve risotto immediately when the rice cooker finishes cooking. If not, the rice will lose its al dente consistency.

●Adding 1 Tbsp. of butter will add more flavor to the risotto.

●Using freshly grated cheese will add more flavor and fragrance to the risotto.

●If the texture of the risotto is too hard, leave it in the rice cooker for a while after cooking to steam, or cook the rice longer in step "5".



AVOCADO & TUNA BOWL (AVOCADO TEKKA DONBURI)

Ingredients (2-3 servings)

Rice	(Rice Measuring Cup) 2 cups
Raw tuna	300g (approx. 1 1/2 lb.)
Avocado	1
A Soy sauce	3 Tbsp.
Wasabi	1 tsp.
Wasabi	to taste
Soy sauce	to taste

How to cook

1 Rinse rice and put in the Inner Cooking Pan. Add water to water level 2 for WHITE RICE, place the Inner Cooking Pan in the rice cooker and press the RICE button to start.

2 Slice the avocado in 1/4 inch thickness and the raw tuna in 1/2 inch thickness, marinate in "A".

3 When the rice is finished cooking it will automatically switch to Keep Warm mode. Place rice in a bowl and top with the marinated tuna and avocado.

4 Serve with additional wasabi and sprinkle soy sauce to taste.

VEAL CUTLET BOWL (COTOLETTA DONBURI)

Ingredients (2-3 servings)

Rice	(Rice Measuring Cup) 2 cups
Veal (block)	450g (approx. 1 lb.)
Salt & Pepper (to taste)	
Breadcrumb mix [Flour-Egg-Breadcrumb]	as needed
Oil (for frying)	as needed
Tomato	1 1/2
Basil (or Italian parsley)	3 leaves
Freshly squeezed lemon juice	1 Tbsp.

How to cook

1 Rinse rice and put it in the Inner Cooking Pan. Add water to water level 2 for WHITE RICE, place the Inner Cooking Pan in the rice cooker and press the RICE button to start.

2 Slice the veal in 1/2 inch thickness and flatten it with a meat tenderizer or the back of a kitchen knife. Season with salt and pepper.

3 Cut tomato into 8 pieces.

4 Put flour on the sliced veal. Dip them into beaten egg, then coat them with breadcrumbs. Pour oil into a frying pan about 1/2 inch in depth and fry the veal until most of its surface turns golden brown and the meat is fully cooked.

5 When rice is finished cooking it will automatically switch to Keep Warm mode. Place rice in a bowl, top with sliced veal cut into bite-sized pieces and decorate with cut tomatoes.

6 Sprinkle basil around the tomatoes and sliced veal and squeeze lemon juice on top. Salt and pepper to taste.

STEAMED DISHES

How to cook

- 1 Add water to the water level for STEAM.
- 2 Put the Inner Cooking Pan into the Main Body. Place the Steaming Plate in the Inner Cooking Pan, and place the ingredients on the plate.
- 3 Close the Outer Lid and press the STEAM COOK button to start.
- 4 When cooking ends, press the RESET button.

●Steaming Vegetables

Ingredients

Carrots (cut into bite-sized pieces)	1½ (100g)
Pumpkin (cut into bite-sized pieces)	60g
Potato	1 (150g)

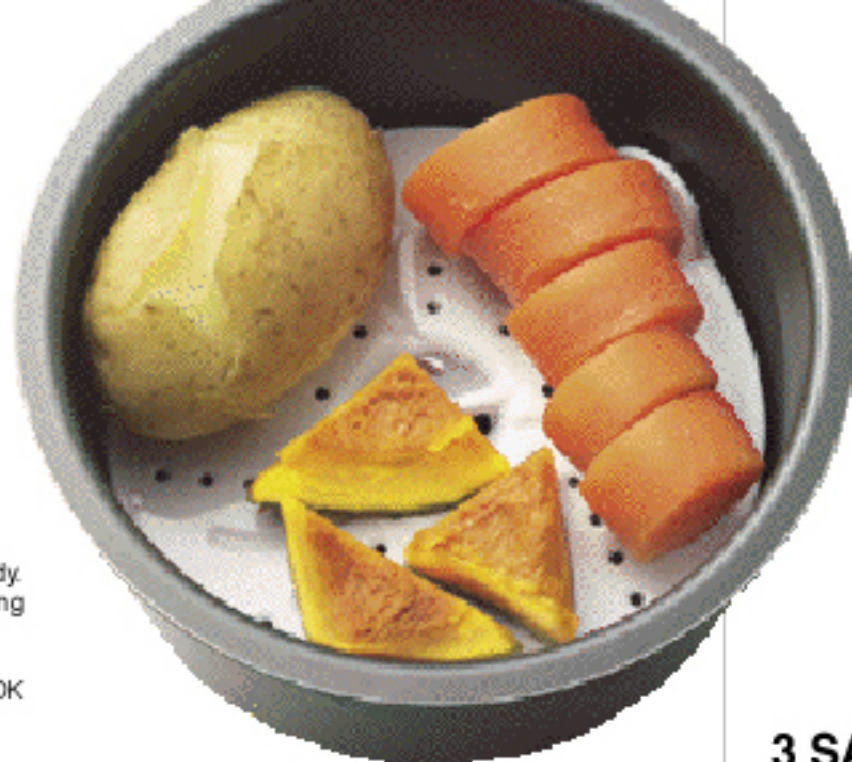
Follow the procedures for "How to cook".

●Steaming fish

Ingredients

Sea bream, (cut)	150g
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Cut sea bream thinner than 1 inch thick. Wrap with aluminum foil, and follow the procedures for "How to cook".



●Steaming chicken

Ingredients

Chicken (breast)	1 piece (300g)
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Follow the procedures for "How to cook".

●If the suggested steaming time is not sufficient, extend as needed.

●Fish and meat tend to harden when overcooked. Cutting them into thinner slices may help. Adding spices and seasonings may also help.



3 SAUCES FOR STEAMED DISHES

A Ingredients

Pancetta bacon	1 oz (approx. 30g)
Onion (finely chopped)	2 Tbsp.
Pecorino cheese (grated)	2 oz (approx. 50g)
Olive oil	1 Tbsp.
Parsley (finely chopped)	1 Tbsp.
Basil (finely chopped)	1 leaf

- 1 Cut Pancetta bacon into thin strips and cook until crispy.
- 2 Add onion to "1" and stir-fry well.
- 3 Add all other ingredients to "2" and mix them while they are still warm.

B Ingredients

Fresh (heavy) cream	½ cup (approx. 100ml)
Ketchup	½ cup (approx. 100ml)
Chili sauce	1 Tbsp.
Balsamic vinegar	1 Tbsp.

- 1 Mix all ingredients together.

C Ingredients

Olive oil	5 Tbsp.
Wine vinegar	2 Tbsp.
Pickles (chopped, or relish)	1 tsp.
Caper	1 Tbsp.
Dried tomato	1 Tbsp.

- 1 Soak dried tomato in water until soft. Cut into thin strips.
- 2 Mix all ingredients together.

Explanation on Rice

Rice are roughly group into the following 3 types:

- Japonica Rice (short grain): grown in Japan, Korean peninsula, parts of northern China, Italy and the U.S.
- Indica Rice (long grain): grown in India, China, the U.S. and many Asian countries
- Javanica Rice (medium grain): grown only in Java and Indonesian islands.



Japonica Rice (short grain)

White rice / Sushi rice

Among the Japonica Rice types, the shorter grain is best suited for cooking Japanese rice dishes.



Indica Rice (long grain)

This is the most common type of rice and consists of 80% of the rice produced in the world.



Japonica Rice (short grain)

Risotto

Among the Japonica Rice types, the larger sized grain is suitable for cooking risotto. For example, "Superfino" is ideal for cooking Italian dishes.

