

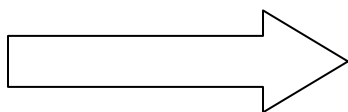
Using Your Rice Cooker

Step 1: Rinse grains/lentils/split peas. Grains, lentils and split peas should be rinsed to remove dust and other particles. Grains can also be soaked overnight to ease digestion.

Step 2: Measure your grains/lentils/split peas:



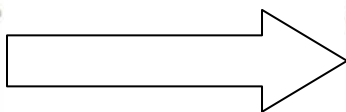
One "rice cooker cup" of grains/lentils/split peas



Two "rice cooker cups" of water



Two "rice cooker cups" of grains/lentils/split peas



Four "rice cooker cups" of water

General rule: Two cups of water for every one cup of grains/lentils/split peas.

Step 3: Press down "on" button. Button will "click" up to "warm" position when the grains/lentils/split peas are done.

Step 4. Unplug once on "warm". You may keep the grains/lentils/split peas warm until you eat them (within an hour or so).

Note that grains/lentils/split peas expand when cooked to 1-3 times their size when dry.

Why a rice cooker will make your life easier:

- No standing around at the stove
- Bowl never heats up too much (causing grains/lentils/split peas to burn)
- Requires about 5 minutes of active cooking time