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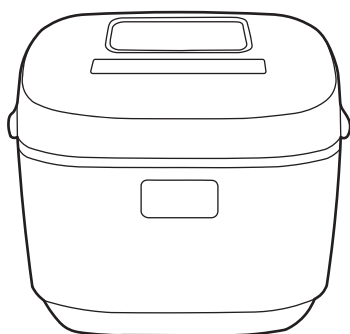
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Panasonic[®]

Operating Instructions

Household Use IH Electronic Rice Cooker

Model No. SR-HFS153



The pictures in this Operating Instructions are for reference only, please refer to the actual product.

中文请参考第19页-封底

Thank you for purchasing this Panasonic product.

- This appliance is intended to be used in household and similar applications.
- Please read these Operating Instructions carefully for safe and proper use of this product.
- **Be sure to read the "Safety Precautions" (page 2-3) before use.**
- Due to product updates and upgrades, physical objects and pictures may differ slightly without prior notice.

Keep for future use



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Before use

Usage

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Safety Precautions

Be sure to observe the following precautions

To prevent personal injury, injury to others and property damage, the following instructions must be followed.

■ The following symbols show the damage or harm level caused by incorrect operation.

 **WARNING:** Indicates a potential hazard which could result in death or serious injury.

 **CAUTION:** Indicates a potential hazard which could result in injury or damage to property.

■ Classification and description of symbols are as follows.

 This symbol indicates an action that is prohibited.

 This symbol indicates an action that must be followed.

WARNING

-  ● This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Children should be supervised to ensure that they do not play with the appliance.
(To avoid causing burns, injury or electric shock.)
- If the power cord is damaged, it must be replaced by a special cord or assembly available from the manufacturer or its service agent.
(To avoid causing an electric shock, or a fire due to a short circuit.)

 - Do not use the appliance if the power cord or power plug is damaged or the power plug is loosely connected to the power outlet.
-  ● Do not immerse the appliance in water or splash it with water.
(To avoid causing an electric shock, or a fire due to a short circuit.)

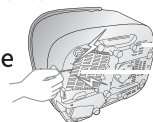
→ Please contact a Panasonic authorized service center if water gets inside the appliance.
- Do not spill water or other liquids on the instrument plug.
(To avoid causing an electric shock, or fire due to a short circuit.)
- Do not touch the hot surfaces while the appliance is in use or after cooking.
The main body has a high temperature. In particular, the metal parts such as the inner lid or the pan.
(To avoid causing a burn.)
-  ● This appliance is intended to be used in household and similar applications such as:

 - staff kitchen areas in shops, offices and other working environments;
 - farm houses;
 - by clients in hotels, motels and other residential type environments;
 - bed and breakfast type environments.
- Wait for the main body to cool down sufficiently before cleaning. (P10-11)
(To avoid causing burns.)
-  ● Do not use this appliance for any purpose other than those described in the Operating Instructions.
(To avoid causing a fire, burn, injury or electric shock.)

 - Panasonic shall not assume any responsibility for improper use or failure to follow the operating instructions.
- Do not damage the power cord or power plug.
The following actions are strictly prohibited:
Damaging, processing, making contact with or near high-temperature surfaces or heating elements, forcibly bending, twisting, pulling, hanging/pulling over sharp corners, placing heavy objects on it, tying into bundles, sandwiching, pulling the power cord to move.
(So as to avoid electric shock due to damaged power cord and power plug or avoid fire due to short circuit.)
- Do not connect or disconnect the power plug with wet hands.
Make sure your hands are dry before touching the power plug or the product.
(To avoid causing an electric shock or injury.)
- Do not let anyone lick the instrument plug.
(To avoid causing an electric shock or injury.)

 - Pay extra attention to children and infants.
- Do not modify, disassemble, or repair this appliance.
(To avoid causing a fire, electric shock or injury.)

→ For repair, please contact a Panasonic authorized service center.
- Do not insert anything into intake port, exhaust port or gap.
Especially pins or other metal objects.
(To avoid causing an electric shock or abnormal operation.)
- When in use or after cooking, do not put your face or hands near the steam vent. Special attention must be paid to children and infants.
(To avoid causing a burn.)



Exhaust port
Intake port



Steam vent

⚠ WARNING

- **Do not place items which may clog the hole on the inner lid into the pan.**

(So as to avoid burns or injuries resulting from steam or cooked food blowing out.)

<Cooking cases prohibited>

- Cooking method in which ingredients and seasonings are placed into a plastic bag to heat.

- **Do not open the lid or move the main body during cooking.**

→ Please be careful if you need to open the lid halfway.
(So as to avoid burns or injuries resulting from steam or cooked food blowing out.)



- **Be sure to use a separate AC power outlet with the rated values as listed in the specification table (P17).**

(Using the unit together with other equipment on the same outlet can cause overheating and fire.)

- Only use a power strip rated at least 10 amperes.

- **Always fully insert the power plug or instrument plug, and ensure the power plug and power outlet are firmly connected.**

(To avoid causing smoke, fire or electric shock.)

- **Keep the appliance out of reach of small children.**

(To avoid causing burns, injury or electric shock.)



- **Single-phase bipolar grounded power outlets should be used for this appliance to ensure reliable grounding. If a grounding device is not installed, electrostatic induction of other metal parts such as housing may occur.**

(To avoid causing the risk of electric shock due to failure or electric leakage.)

- **Clean the power plug regularly.**

(To avoid causing a fire due to poor insulation of the power plug due to accumulation of moisture and foreign matter.)

→ Disconnect the power plug and wipe it with a dry cloth.

- **If an abnormality or malfunction occurs, stop using the appliance immediately and unplug the power plug.**

(To avoid causing smoke, fire or electric shock.)

Abnormalities · Malfunction Cases:

- The power plug and cord become abnormally hot.
- The power cord is damaged or there are intermittent power outages when being touched.
- The main body is deformed or abnormally hot.
- The main body emits smoke or a burning smell.
- The main body is broken, loose or makes abnormal noise.

→ Please contact a Panasonic authorized service center for inspection and repair immediately.

Before use

⚠ CAUTION



- **Do not use a non-dedicated pan or a deformed pan.**
(To avoid causing burns or injury due to overheating or malfunction.)

- **Do not use the appliance in the following places:**

- Near flammable and explosive materials or in similar environment.
(To avoid causing injury or fire.)
- Near heat or in high humidity environments.
(To avoid causing electric shock, electric leakage or fire.)
- On uneven surfaces or a mat which is not heat-resistant.
(To avoid causing injury, burns or fire.)
- In places close to walls or furniture, etc.
(To avoid bumping into them when opening the outer lid, or causing discoloration, deformation and breakage of the furniture.)
- On an aluminum plate or an electronic mat.
(Aluminum material may generate heat and cause smoke or fire.)

- **Do not touch the hook button when moving the product.**

(So as not to cause injury due to the opening of the outer lid.)

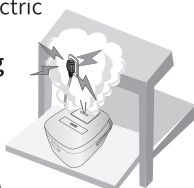
- **Do not use the power cord not specified for use with this appliance or using the power cord provided with this appliance for any other device.**

(So as to avoid malfunctions or electric shock, electric leakage or fire.)

- **Do not expose the power plug to the steam.**

(To avoid causing an electric shock, or fire due to a short circuit.)

→ When using a cabinet with sliding table, use the appliance where the power plug cannot be exposed to steam.



- **Do not let the appliance operate in an empty state.**

(To avoid causing burns.)

- **When unplugging the power plug or instrument plug, be sure to hold the plug itself and do not pull the power cord.**

(To avoid causing an electric shock, or fire caused by a short circuit.)

- **When taking out the pan or when the pan is not in use, remember to turn off the power and unplug the power plug.**

(To avoid causing burns, injury, or an electric shock, leakage, fire due to insulation aging.)

- **When used within a cupboard or other enclosed spaces, make sure that the steam can emit outward.**

(To avoid causing discoloration or deformation of the cupboard.)

- **If you have an implantable medical pacemaker in your body, please consult a physician before using this appliance.**

(This appliance may have an impact on a pacemaker when it is operated.)

When a power outage occurs during use

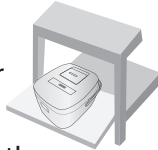
Including situations such as unplugging the power plug midway, circuit tripping, etc.

- After power is restored, the appliance will return to standby mode.

Instructions for Use

About the Main Body

- If the product is on a cabinet with sliding table, make sure that the load capacity of the table is greater than 12 kg.
(To avoid dropping the product.)



- Do not cover the outer lid with a cloth or other objects when the product is in use.

(To avoid causing the steam from being blocked, resulting in deformation, discoloration of the outer lid and malfunction of the product.)



- Periodically check the intake port and the exhaust port at the bottom of the rice cooker, and remove dust.

(Refer to "Cleaning and Maintenance" on P11)

- Please clean rice and other foreign objects that become stuck on the main body (bottom sensor and the bottom of the pan, rubber bushing).

(In order to avoid error displays, scorched rice, half-cooked rice, etc.)

Edge or bottom



(Pan)

Rubber bushing
(3 points)

Bottom sensor



- Do not place the product near a device susceptible to electromagnetic interference.

- Radio, television and hearing aids, etc.
(So as to avoid noise or reduce the volume.)
- IC cards, bank cards
(So as not to damage the magnetic.)

- Do not place magnets near the product.
(So as to avoid abnormal operation.)

- Do not use the product on an induction cooker.
(So as not to damage the induction cooker or cause abnormal operation of the product.)

- Do not use the product outdoors.
(Unstable power supply may result in a product failure.)

- Avoid using the product under direct sunlight.
(So as to avoid color change/discoloration.)

- Do not use the rice cooker where the bottom of the product (the intake port and the exhaust port) may be clogged.

For example: on carpet, plastic bag, aluminum foil or fabric, etc.

(So as not to damage the product.)

- Please make sure to use this product in areas under 2000 meters above sea level.
(To avoid affecting cooking performance.)

About the Pan

- Do not use the pan in places other than the rice cooker.



- Do not use it on a gas stove or induction cooker or in a microwave.



- Avoid hitting the pan against hard objects.



(Doing so may cause scratches or dents on the outer surface.)



Daily use

- Avoid heating an empty pan or storing highly acidic/alkaline foods in the pan for extended period.
- This appliance features a stainless-steel pan. White scale deposits or slight discoloration may occur due to water quality or high temperature, but this does not affect safety or cooking performance.

After cooking



- Do not touch or strike the pan.
(While filling a bowl with rice)

During cleaning and maintenance (P10)

- Do not use the pan as a washing container.



- After cooking with seasoning, do not leave food inside the pan.
→ Please clean out the food in the pan as soon as possible and then clean the pan.

- Do not put the pan onto other utensils to dry after washing.



- For stubborn stains, soak in hot water first, then clean with detergent. A scouring pad may be used if needed. After cleaning, wipe dry with a cloth.



Notes

The following will not affect product performance or personal health.

[Outer surface] superficial scratches, small dents or collisions.

[Inner surface] white scale deposits or slight discoloration.

→ If the pan is deformed or if you are worried about its condition, please purchase a new pan.

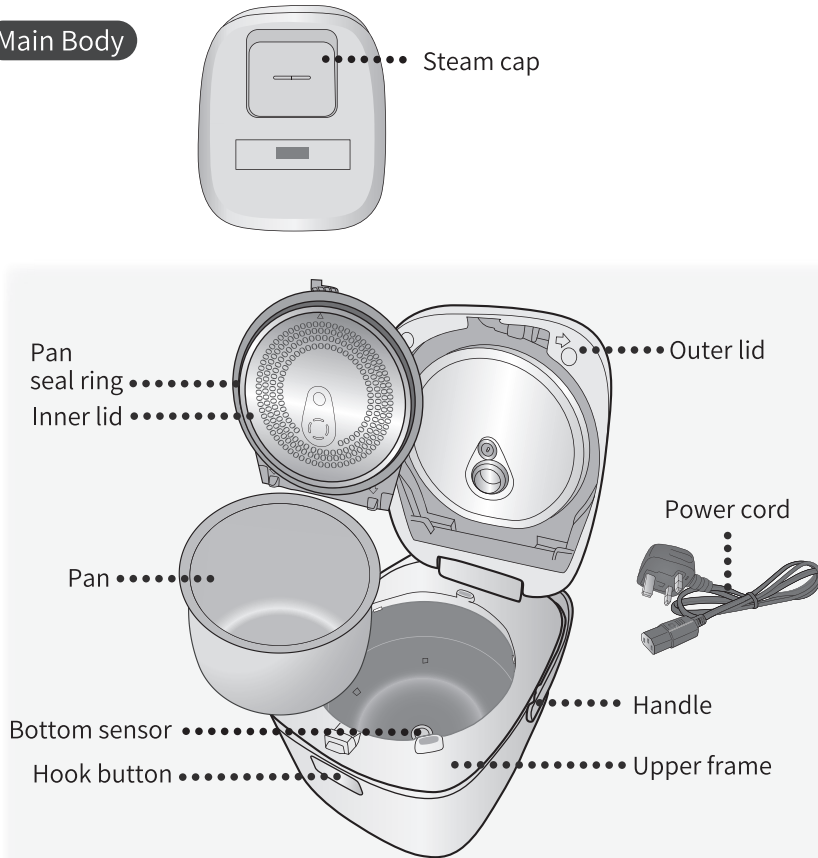
Tips for preventing sticking

- Adding a small amount of cooking oil to the pan before cooking can effectively reduce sticking.
- Adding the proper amount of rice and water according to the waterline on the pan helps minimize sticking.
- After cooking, consume the rice promptly, as prolonged keeping warm, reheating, or letting rice cool down may cause sticking.

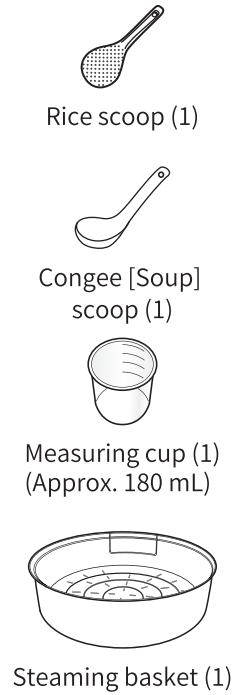
Parts Identification

For the first use, clean the pan, inner lid, steam cap, accessories. (P10 - 11)

Main Body

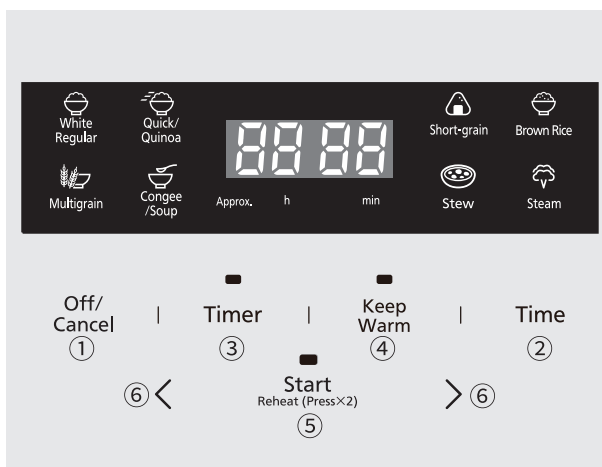


Accessories



Before use

Control Panel



- ① [Off/Cancel]:
● Press this key to cancel incorrect operation, or turn off keep warm.
- ② [Time]:
● To set the cooking time, you must first press this key.
- ③ [Timer]:
● Press this key to use timer.
- ④ [Keep Warm]:
● Press this key to keep food warm.
- ⑤ [Start/Reheat]:
● Press this key to start cooking, end the setting of the preset time or reheat the rice.
- ⑥ [<] and [>]:
● It is used to select the function.
● It is used to set preset time and cooking time.
● Press and hold the key to quickly add or subtract time.

Notes

- When the product is working, it is normal to take longer to respond when pressing the [Off/Cancel] key. If there is no operation for 30 seconds, the product will enter sleep mode, and you can wake up it by pressing any key. In this case, the key operation may take a longer time.
- When pressing the key, please press in the middle of the key.

Preparation Wash rice and add water

Before use for the first time

Boil a pan of water, then drain it.

① Add water to the waterline 4 of "Short-grain", and close the outer lid.

② Select "Steam" function, and set the cooking time to 15 minutes.

③ When you hear the buzzer, remove the pan, and pour away the water inside it.

1

Measure rice with the measuring cup provided

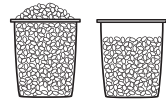
- Check the maximum quantity of rice that can be cooked at once, (P17) "Specifications" on P17.

○ Correct



About 180 mL
(about 150 g)

× Incorrect

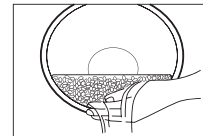


2

Wash the rice until the water turns relatively clear

- ① Wash the rice quickly with plenty of water, changing the water as you go.
- ② Repeat several time of rice washing→rinse with water, till the water turns relatively clear.
- Wash the rice thoroughly. Otherwise, rice crust may appear and the residual rice bran may affect the taste of the rice.

①



②



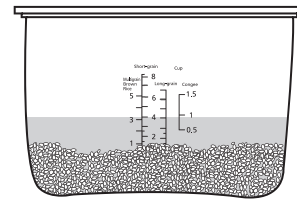
3

Place the washed rice into the pan

Add water up to the corresponding waterline (P7) and dry the outside of the pan.

- When cooking rice, please select the appropriate waterline according to the rice type.
"Long-grain": For elongated long-grain rice with a grain length of more than 5 mm. (Example: Jasmine Rice)
"Short-grain": For short and round short-grain rice with a grain length of less than 5 mm. (Example: Japanese Rice)
- When adding water, place the pan on a flat surface and flatten the surface of the rice.
 (Confirm that the right amount of water is added based on the correct scale.)
- The above water quantities can be increased or decreased according to personal preference.
 (When too much water is added, it may overflow when cooking.)

Example: when cooking 4 cups of short grain rice, add water to the "4" waterline of the "Short-grain".

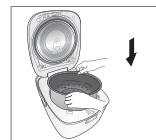


4

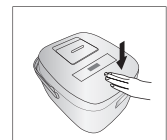
Put the pan into the body and close the outer lid

- When closing the outer lid, make sure that the sound "click" is heard. If the inner lid is not properly installed, the outer lid can not be closed. (P10 Inner lid)
- Make sure that the "Steam cap" is mounted in place. (P11 Steam cap)

①



②

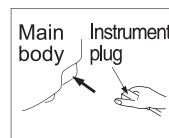


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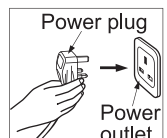
Connect the plugs

- Please plug in the instrument plug, then plug the power plug, and make sure both are connected securely.

①



②



Attention

When cooking with the steaming basket, the maximum cooking capacity of white rice is 4 cups.

Preparation

Function selecting/Setting cooking time/ Tips to cook delicious rice

■Function selecting

Table 1

Categories of food to cook	Menu select	Waterline	¹ Cooking time (Approx.)	² Keep warm (auto)	³ Time range to preset
White Rice	White Regular	Long-grain	43 minutes	○	50 minutes or more
	Quick		27 minutes	○	50 minutes or more
Quinoa	Quinoa	*4	27 minutes	×	50 minutes or more
Short Grain	Short Grain	Short-grain	47 minutes	○	60 minutes or more
Brown Rice	Brown Rice	Brown Rice	90 minutes	×	2 hours or more
Multigrain	Multigrain	Multigrain	90 minutes	×	2 hours or more
Congee	Congee/Soup	Congee	Table 2	×	Cooking time - 24 hours
Soup		To the maximum waterline for "Congee"		×	×
Stew		To the maximum waterline for "Congee"		×	×
Steam	Steam	Water for a steam of more than 40 minutes: 4 measuring cups		×	Cooking time +20 minutes (Round up) - 24 hours
Reheat	Reheat	Table 3 on P8	15 minutes	○	-

- *1 · This is the reference cooking time at the room temperature of 20 °C and the water temperature of 20 °C, and with the medium quantity of rice (4 cups) and the rated voltage as listed in the specification table.
 · The actual cooking time will vary according to the amount of rice, water, voltage, temperature, water temperature and rice quality.
- *2 · All functions at the end of the cooking will be automatically set to keep warm. Items marked with "×" are not recommended to keep warm, and please press the [Off/Cancel] key as soon as possible after the end of the cooking.
- *3 · Reheat do not have timer.
 · When the preset time is less than the cooking time, cook will start directly.
 · In summer when temperature is high, the preset time should not be greater than 8 hours to avoid rice deterioration.
- *4 · Quinoa can only be cooked one cup at a time, requires 1.5 cups of water (Approx 270 mL).

■Setting cooking time

Table 2

Categories of food to cook	Menu select	Setting cooking time range	Setting increments	Initial value	Time display	Time memory
Congee	Congee/Soup	40 minutes- 2 hours	10 minutes	1 hour	Back to 40 minutes after 2 hours	○
Soup						
Stew	Stew	1 hour - 4 hours	10 minutes	1 hour	Back to 1 hour after 4 hours	○
Steam	Steam	1 minute- 60 minutes	1 minute	5 minutes	Back to 1 minute after 60 minutes	

*: After power is cut off, the cooking time will be reset, and the last set cooking time will no longer be saved.

★Tips to cook delicious rice

- ① ●Measure water and rice correctly.



- ② ●Wash rice gently and quickly.
 ●Do not place rice in a sieve.
 (To avoid rice fragmentation or rice sticking to the pan.)



- ③ ●Add water to the pan on a flat countertop.
 ●Do not use hot water or alkaline water of more than pH9.
 (So as to avoid rice from sticking to the pan or becoming burned.)



Menu Functions Cook Rice · Keep Warm · Rice Reheat

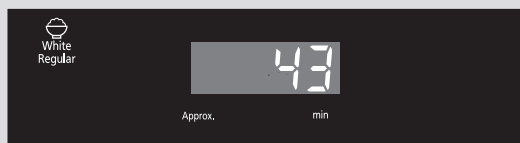
※When cooking with the "White Regular" function

1 Press or key to select "White Regular".

- The selected function menu flashes.
- The "Start" indicator flashes.

2 Press key to start cooking.

- The "Start" indicator lights up.
- The remaining time decreases in units of 1 minute, and the remaining time starts to show about 6 minutes before the end of cooking when running the "Quick/Quinoa" function.
- After entering the cooking stage, the remaining cooking time displayed will be automatically adjusted depending on the rice volume. For example, it may sometimes drop from "18 min" to "13 min", rather than decreasing in units of 1 minute.



3 When cooking is over, loosen the rice.

- After the buzzer rings, cooking finishes. The function will automatically turn to keep warm status. To prevent the rice from sticking together, please loosen the rice after cooking.

■Kind reminder

- "Quick/Quinoa" can be used for cooking rice. As the cooking time is shortened, the rice may be harder or there may be rice crust.
→Soak the rice in water in advance, and you can make the cooked rice become soft.
- Do not mix brown rice with white rice (short grain and long grain), so as not to affect the cooking result.

Keep warm

- Keep warm time displays from to of total 24 hours. After more than 24 hours, return to standby mode. If it is within 1 hour, hour will be displayed.
- Cooked rice should be consumed within 5 hours of keeping warm to avoid discoloration or becoming stale.
- When in keep warm function, there may be some droplets at the edge of the pan.
- The rice taste may be affected if the rice scoop is left in the pan when the rice is in keep warm function.

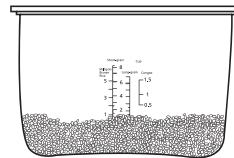
※When reheating the cooled rice

- Preparation
- Stir the cooled rice in the pan to make it even.
 - Please refer to the following table of the amount of water to be added.

Table 3

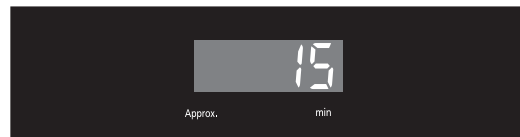
Cooled rice quantity (Waterline)	Water volume (measuring cup)
0.5	-
1	-
2	1/2
3	1/2
4	1/2

- The maximum amount of cooled rice to reheat: Short grain/Long grain waterline "4"



1 Press twice to start cooking.

- The "Start" indicator lights up.
- No matter how much cooled rice to reheat, the heating time is about 15 minutes.



2 After the buzzer rings, cooking finishes, the function will automatically turn to keep warm status.

- Please loosen the rice as soon as possible, as it will be more delicious.

■Kind reminder

- When adding cooled rice, do not exceed the maximum amount of cooled rice (as shown in Table 3).
- It is recommended to reheat cooled rice for only once so as not to affect the taste of rice.
- Do not reheat brown rice, quinoa rice, multigrain, so as not to affect the taste.

Menu Functions Congee/Soup · Stew · Steam · Timer

※When cooking porridge for 1.5 hours

1 Press or key to select "Congee/Soup".

- The selected function menu flashes.
- The "Start" indicator flashes.

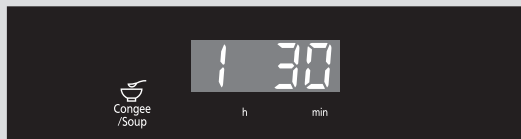
2 Press **Time** key, then press or key to set the cooking time.

- Press and hold the [] or [] key to quickly add or subtract time.

※ For the cooking time which can be set,
 Table 2 on P7.

3 Press key to start cooking.

- The "Start" indicator lights up.
- Remaining time is shown in 1 minute decrements.



4 After the buzzer rings, cooking has finished, and the function will automatically change to keep warm status.

- Keep warm function will affect taste, press [Off/Cancel] key as soon as possible.

■Please note

- Opening the lid while cooking will increase the amount of condensation.
- Incorrect water quantity or rice quantity may lead to overflow of rice water from steam vent.
- When the porridge is kept in keep warm function for an excessively long time, it will get thicker.
- Soup may overflow if exceeding the "Congee" max water level. ("Specifications" on P17)
- After use each time, remove the inner lid and rinse so as to avoid any odor.
- For longer steaming time (over 40 minutes), add 3 cups of water to avoid dry heating.
- When the steam function is in use, the time shown on the display is the remaining time after the water in the pan boils.

※When you want to use the "Timer" function to complete the "White Regular" after 4 hours.

1 Select a function according to the method described on P8.

- The selected function menu flashes.
- The "Start" indicator flashes.

2 Press **Timer** .

- When presetting congee, first press [Time] key to set the cooking time, then press [Timer].

3 Press or to set preset time.

- Long press [] or [] to quickly forward or backward the time.
- If the set preset time is less than the minimum available preset time, the cooking will proceed.

※The functions and time range available for timer are listed in Table 1 on P7.

4 Press , Timer cooking starts.

- "Start" indicator turns off, and "Timer" indicator turns on, and Timer setting is completed.



■Please note

- In summer time if the temperature is high, the preset time should not be greater than 8 hours to avoid deterioration of rice grains and ingredients.
- The time set in timer is the time when cooking ends.

Cleaning and Maintenance

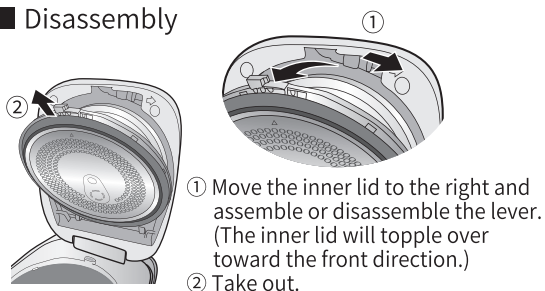
Attention

- Before cleaning, please pull out the power plug first. Do not clean the main body until it cools down.
- When cleaning the main body, do not immerse it into water, or clean it with lacquer thinner, gasoline, alcohol, cleaning powder or hard brush, etc.

Inner lid / Pan seal ring

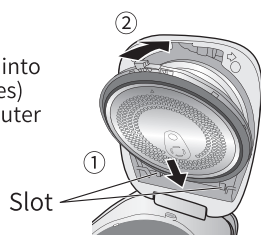
Clean with a neutral cleaning agent specifically designed for the kitchen.

Disassembly



Installation

- ① Insert the inner lid into the slot. (Both sides)
- ② Press toward the outer lid until you hear a "click" sound.



Notes

- Do not pull the seal ring of the pan.
- After each cooking, the inner lid should be removed and rinsed. (So as to avoid any odor.)
- Please wash promptly after using seasonings. (So as to avoid odor, deterioration or corrosion.)

Upper frame/ Rubber bushing (3 places)

Wipe with a damp towel.

Notes

- Do not pour water in to wash.

Bottom sensor

Wipe with a damp towel.

- If the dirt is difficult to remove, clean with a little kitchen dedicated neutral detergent, and then gently wipe with a nylon brush.

Notes

- If you do not clean the bottom sensor, boiling may be affected and rice may be burned.

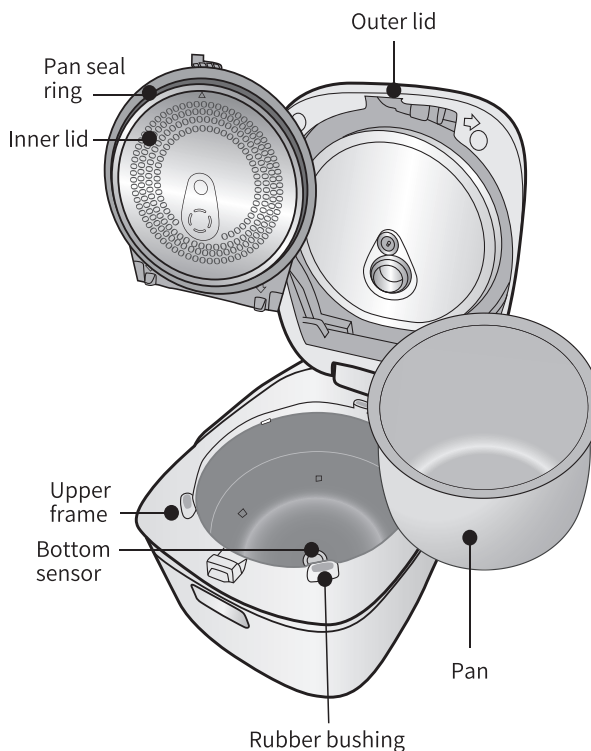
The inner surface of the outer lid

Wipe with a damp towel.

- Please remove the steam cap and wipe the inner surface of the outer lid and the installation area of the steam cap.

Pan

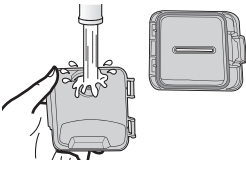
- For stubborn stains, soak in hot water first and then clean with detergent. A scouring pad may be used to assist with cleaning. After cleaning, wipe dry with a dry cloth.
- If white spots or yellowing appear on the inner wall of the Pan, wipe with a small amount of vinegar or lemon slices; if rainbow-colored stains appear, wipe with vinegar or cola. Rinse thoroughly and dry after wiping.



Cleaning and Maintenance

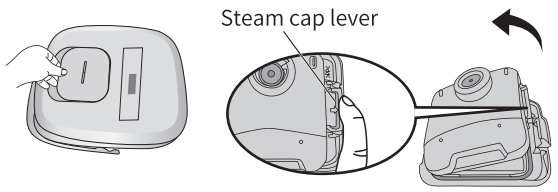
Steam cap

Remove and rinse.
Soups or oil residues are likely to remain in the steam cap, so wash it with water after each use.
(otherwise odor or deterioration may be caused.)



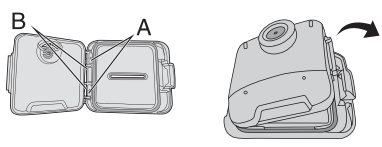
■ Disassembly

1. Pull out from the outer lid.
2. Push aside the steam cap lever and disassemble the steam cap.

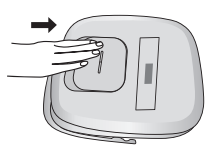


■ Installation (in the reverse order of removal)

1. Insert A into B, close the steam cap, and pull back the steam cap lever until a "click" sound is heard.

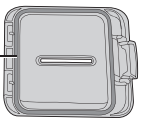


2. Press into the outer lid.



Notes

- Do not remove the seal ring for the steam cap. (otherwise steam leak may be resulted in.)
- If the seal ring for the steam cap falls off, install it along the groove.

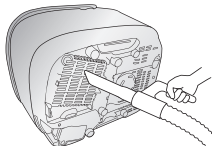




Steam cap

Periodic inspection

- Inspect about once a month, and wash immediately if there is dirt.



The bottom of the rice cooker (Intake port/exhaust port)

Suck debris and other foreign objects with a vacuum cleaner.

Accessories

Clean with diluted detergent and soft sponge.



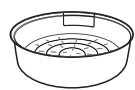
Rice scoop (1)



Congee [Soup] scoop (1)



Measuring cup (1)



Steaming basket (1)

Recipes

Attentions: · Because of the different ingredients added into the rice, there may be scorched rice at the bottom.
· While cooking white fungus soup which may become thick, please use the "Congee/Soup" function, and the maximum cooking volume should not exceed the "Congee" maximum waterline so as not to overflow.
※1 cup (measuring cup): about 150 g

Spicy Curry Beef Ribs

Ingredients:	Carrot	150 g	Seasonings:	Oil	15 g	A {	Commercially available curry blocks (spicy)	90 g
	Potato	300 g		Water	200-300 mL		Satay sauce	20 mL
	Onion	350 g					Dark soy sauce	30 mL
	Beef ribs	800 g					Peanut butter	30 mL
							Light soy sauce	30 mL

- Steps: 1) Wash all ingredients, cut carrots, onions and potatoes into chunks, and dry the surface of the beef ribs with kitchen paper.
2) Pour oil into a hot pot, and when the oil is hot, turn the heat down and pour in the beef ribs, fry until the beef ribs are lightly browned on both sides, then pour in the onions, and stir fry them.
3) Stir fry until onions become soft, then pour in seasonings of A. Stir fry until there is a nice flavor, then add appropriate amount of water and cook until the water boils.
4) Pour the food from the pot into the pan, add potatoes and carrots, and add water until the water is slightly over the ingredients.
5) Select the "Congee/Soup" function, and set the cooking time to 2 hours.
6) After cooking, serve and enjoy.

Pumpkin Porridge

Ingredients:	Pumpkin	70 g
	Long-grain rice	1 measuring cup

- Steps: 1) Wash and peel the pumpkin, then break it into pieces with a food processor.
2) Wash one cup of long grain rice, pour the rice and pumpkin to the pan and add water to the "1" waterline for "Congee".
3) Select the "Congee/Soup" function, and set the cooking time to 1 hour 30 minutes.
4) After cooking, press the [Off/Cancel] key.

Troubleshooting

Please check before requesting a repair.

Scenario	Please check	Ref. page
Start cooking as soon as a timer is set	●Is the preset time not within "Time range to preset"?	7
Do not cook during preset time	●Is the [Start] key pressed?	9
Cooking time is long	●If cooking is repeated continuously, the cooking time will be longer. (May be extended up to 30 minutes) ●Due to the different amounts of rice and water, the remaining time display may be stopped for adjustment in the middle of cooking.	— —
Cooking time is short	●Due to the different amounts of rice and water, the remaining time display may be adjusted in the middle of cooking.	8
Appliance is noisy	●The "pu" sound is the sound given by fan to dissipate the heat during rotation. ●The "grumble" sound is the sound given by IH (induction heating) during energizing. Sometimes you may hear these sounds during keep warm. ●"xiu" sound is the sound of the steam ejection.	— — —
Steam vapor leaks from a place other than the steam vent	●Is there a foreign object attached to the pan seal ring of the inner lid and along the pan, or is the pan deformed? ●Is the inner lid cleaned after each use, and properly installed? ●Seal ring of steam cap is removed. ●There's a foreign object between the steam cap and the seal ring of the outer lid.	— 10 11 —
Key operation can not be performed	●Are the indicator of the keys on? →Key operation can not be performed during cooking, timer or keep warm. Press the [Off/Cancel] key before operation.	—
Power outage occurs during cooking	●End of cooking time may be delayed. ●Depending on different outage duration, rice taste and texture may be affected.	— —
Sparks occur from the power plug	●When plugging or pulling the power plug, small sparks may sometimes occur. This is the inherent characteristics of IH (induction heating) mode, and is not a malfunction.	—
There is a plastic smell	●There may be plastic smell at the beginning of use. It will be eliminated after several more uses. It is not abnormal.	—

To be known

- In case water and rice is added into the main body without the pan, please consult a Panasonic authorized service center.

Usage

Troubleshooting

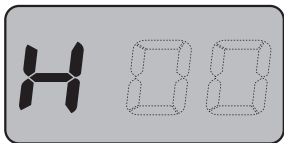
Troubleshooting

Please check before requesting a repair.

Scenario	Possible Cause
Rice is glutinous (soft)	● Rice quantity and water volume may be incorrect. ● There may be broken rice mixed in. ● The rice may have been immersed in water for a long time. (e.g. preset time is too long, etc.) → When using the timer function to cook, you need to put less water. ● Hot water was used to wash the rice. ● The rice was not loosened immediately after cooking. ● Too much water was added into new rice for cooking.
Rice is hard	● Rice quantity and water volume may be incorrect. ● Was "Quick/Quinoa" function used to cook?
Congee is mushy	● Was rice soaked in water for a long time when timer cooking is set? ● Was congee kept warm? ● Was there too much broken rice?
Rice is scorched	● Rice was not washed adequately. ● Was there any foreign object at the bottom of the pan, on the bottom sensor and inside the main body? ● The cooking timer hasn't been set. ● Broken rice was mixed in. ● Spices have been added for cooking. ● Yellowish paste formed on the bottom of the pan is not a malfunction. → If it is not improved after the above has been confirmed, refer to "To improve scorched rice". (P16)
There is condensation There is odor Rice is yellow	● Rice was not loosened immediately after cooking. ● The "Keep Warm" function has been used for longer than 5 hours. ● Cooled rice has been added into the pan and the "Keep Warm" function was used. ● Rice was not washed adequately. ● The rice scoop was left in the pan while using the "Keep Warm" function. ● Different types of rice or water quality may cause cooked rice to be yellowish in colour. ● If seasonings are used during cooking, you may notice a smell. → Carefully clean the pan, inner lid and steam cap after use.
Rice is dry	● The "Keep Warm" function was used for longer than 5 hours. ● Rice was reheated several times. ● Was the steam cap installed properly? ● Was there any rice attached to the pan seal ring of the inner lid and along the pan, or is the pan deformed?
Rice sticks onto the pan	● Due to the different varieties of rice, soft rice might easily stick to the pan.
A thin film is formed	● Is there bran remaining? A paper-like film is the result of dry starch dissolution, and it is harmless. If rice is not washed sufficiently prior to cooking, such a film may form.
Cooked rice has bumpy surface	● Did you make the surface of rice smooth before cooking? ● The powerful firepower of IH (induction heating) caused this. This is not an anomaly. Under the following circumstances, rice tends to have uneven surface. · When rice has not been sufficiently washed. · When a lot of broken rice is mixed in. · When rice has been broken due to excessive force used to wash it.

Error Codes Indication

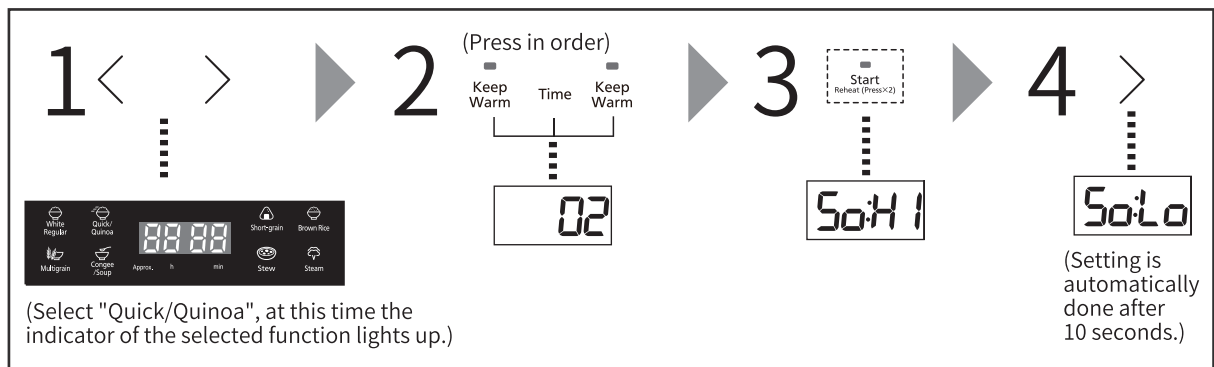
Please check before requesting a repair.

Error display	Please check	Ref. page
	● Has the pan been set? → Press the [Off/Cancel] key until the error display disappears. Put the dedicated pan in, and perform the operation Again. (If you don't press the [Off/Cancel] key, the error display will disappear automatically after a moment.)	—
	● Has any debris or other foreign object clogged the intake port and the exhaust port at the bottom of the rice cooker? → Remove debris according to the following steps. ① Press the [Off/Cancel] key, and then unplug the power plug. ② Remove the pan until the rice cooker cools down. ③ Clear the debris in the intake port/exhaust port at the bottom of the rice cooker. (P11) ● Is the rice cooker used on the carpet? → Do not use the rice cooker where the bottom of the rice cooker may be clogged.	— 4
	● Unplug the power plug, wait for more than 3 seconds and plug it in again. If "H※※" still appears, then there is a fault. → Please consult a Panasonic authorized service center, and advise what the error code says (two digits after "H")	—

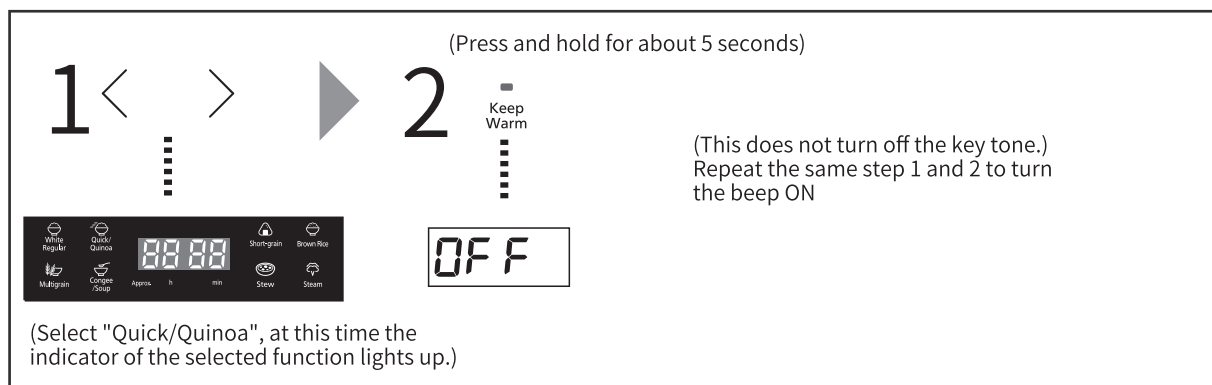
If the appliance is still not back to normal after the above is confirmed, go to the Panasonic authorized service center for repair.

When you want to improve (optimize)

■ To improve scorched rice



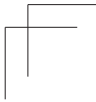
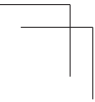
■ To eliminate the beep during cooking, reheat (end the beep)



Specifications

Model No.		SR-HFS153
Rated voltage		230 V ~
Rated frequency		50 Hz
Rated power input		1180 W
Nominal volume of the pan L		4.0
Cooking Volume (Approx.) L		1.5
Cooking quantity (RICE) L [Cup]	Long-grain	White Regular
		Quick
	Quinoa	
	Short Grain	
	Brown Rice · Multigrain	
Congee cooking volume (rice quantity) L [Cup]		0.18-1.26 [1-7]
Maximum cooking volume (ingredients + water) (Approx.) L		0.18 [1], add 1.5 cups of water
Power cord length (Approx.) m		0.18-1.49 [1-8.3]
Weight (Approx.) kg		0.18-0.9 [1-5]
Size (Approx.) mm	Congee cooking volume (rice quantity) L [Cup]	
	Maximum cooking volume (ingredients + water) (Approx.) L	
	Power cord length (Approx.) m	
Weight (Approx.) kg		0.09-0.27 [0.5-1.5]
Size (Approx.) mm	Width	
	Depth	
	Height	
Congee cooking volume (rice quantity) L [Cup]		0.09-0.27 [0.5-1.5]
Maximum cooking volume (ingredients + water) (Approx.) L		1.9※1
Power cord length (Approx.) m		0.9
Weight (Approx.) kg		4.7
Size (Approx.) mm	Width	
	Depth	
	Height	
Congee cooking volume (rice quantity) L [Cup]		229 (464※2)

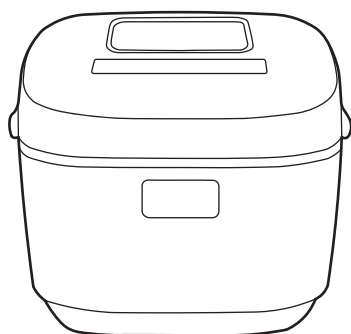
- (※1) Indicates the cooking capacity at the Maximum waterline of "Congee".
- (※2) Indicates the product height when opening the outer lid.



使用说明书

家庭用 IH 电磁加热电饭煲

型号 SR-HFS153



本使用说明书中的图片仅为示意图，
请以实物为准。

非常感谢您购买Panasonic的产品。

- 本产品只限于家庭使用。
- 使用产品前，请仔细阅读本使用说明书，
以确保正确安全使用本产品。
- **特别要留意【安全注意事项】(第20-21页)。**
- 由于产品的更新与升级，实物与图片可能略有
差异，恕不另行通知。

保留备用

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安全注意事项

请务必遵守!

为防止造成人身伤害、财产损失，请务必遵守以下安全注意事项。

■以下图标表示错误操作可能导致的危害及伤害程度。

 **警告**：表示如不可避免，则可能导致死亡或严重伤害的某种潜在危害情况。

 **注意**：表示如不可避免，则可能导致轻微或中度伤害的某种潜在危害情况。

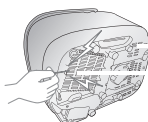
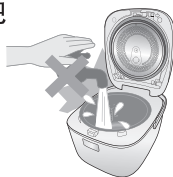
■符号的分类及解释如下。

 此符号表示不能进行，即“禁止”的内容。

 此符号表示务必执行，即“强制”的内容。

警告

-  器具不打算由存在肢体、感官或精神能力缺陷或缺少使用经验和知识的人（包括儿童）使用，除非有负责他们安全的人对他们进行与器具使用有关的监督或指导。应照看好儿童确保他们不玩耍本器具。（以免导致烧伤、受伤或触电。）
- 如果电源软线损坏，必须用从制造商或其服务机构处获取的专用软线或专用组件来更换。（以免导致触电或因短路导致火灾。）
 - 如电源线已损坏或电源插座与电源插头的接口松脱，请勿使用产品。
-  请勿淋水、直接用水清洗或把产品浸在水中。（以免导致触电或因短路导致火灾。）
 - 如水进入产品内，请联系 Panasonic 授权的服务中心。
- 请勿将水或其它液体溅到本体插头上。（以免导致触电或因短路导致火灾。）
- 使用中或烹调刚结束时，请勿触摸高温部。
 - 本体温度很高。特别是内盖、内锅等金属部。（以免导致烫伤。）
-  本产品用于家用和类似用途，例如：
 - 商店、办公室或其他工作环境下的员工厨房区域；
 - 农场住所；
 - 在酒店、旅馆和其他住宅类型的环境中，供顾客使用；
 - 仅提供床位和早餐的类似环境。
- 请等到本体充分冷却后再进行清洗。（P28-29）（以免导致烫伤。）
-  请勿将产品用于使用说明书记载以外的任何用途。（否则可能会导致火灾、烧伤、受伤或触电。）
 - 对于使用不当或未能遵守使用说明书而导致的情况，Panasonic 将不承担任何责任。
- 请勿损坏电源线或电源插头。
 - 绝对禁止进行以下操作：损伤、加工、使其接触或靠近高温部、强行弯曲、扭转、拉拔、挂在角上、在其上放置重物、扎成束、夹入、拉动电源线移动。（以免因电线和电源插头破损而触电，或因短路导致火灾。）
- 请勿以湿手插入或拔掉电源插头。
 - 接触电源插头或产品前请务必确保手是干燥的。（以免导致触电或受伤。）
- 请勿让任何人舔本体插头。（以免导致触电或受伤。）
 - 特别要留意婴幼儿。
- 请勿自行更改、拆解或修理产品。（以免导致火灾、触电或受伤。）
 - 如需修理，请与 Panasonic 授权的服务中心联系咨询。
- 请勿在吸气口、排气口或缝隙间插入任何物件。
 - 特别是针及其他金属物件。（以免导致触电或异常动作。）
- 使用中或刚使用后，请勿将脸或手靠近蒸汽口处，对小孩要格外注意。（以免导致烫伤。）



排气口
吸气口



蒸汽口

警告

- 请勿将可能堵塞内盖上的孔的物品放入内锅。
(以免因蒸汽泄漏或烹调物喷出而导致烫伤或受伤。)

内盖上的孔



<禁止的烹调例>

- 将配料和调味料放入塑料袋中等进行加热的烹调方法。
- 请勿在烹调时打开外盖或移动本体。
→ 如需中途开盖，请务必小心。
(以免因蒸汽泄漏或烹调物喷出而导致烫伤或受伤。)



- 务必要单独使用规格表中 (P35) 记载的额定值的交流电的电源插座。
(以免与其他电器并用，因发热而引起火灾。)
· 务必使用规格至少为10 A 的接线板。
- 请务必将电源插头、本体插头完全插入，并保持电源插头与电源插座接触良好。
(以免导致冒烟、火灾或触电。)
- 请务必将产品放置于孩童触碰不到的位置。
(以免导致烫伤、受伤或触电。)

- 本产品应使用单向两极带接地的电源插座，并保证其可靠接地。未安装接地装置，可能会引起箱体等其他金属部件带有感应静电。
(以免发生故障或漏电时有触电的危险。)

- 定期清洁电源插头。
(以免电源插头因湿气及外物积聚而导致绝缘不良，从而引起火灾。)
→ 拔掉电源插头然后使用干布擦拭。
- 发生异常或故障时，请立即停止使用并拔掉电源插头。
(以免导致冒烟、火灾或触电。)
异常・故障例
· 电源插头及电源线异常发热。
· 电源线已损坏或碰到电源线后发生间歇性断电。
· 本体变形或异常发热。
· 本体冒烟或发出焦味。
· 本体破裂、松动或发出异响。
→ 请立即与Panasonic授权的服务中心联系，咨询检查及修理事宜。

使用前

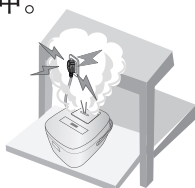
注意



- 请勿使用非专用内锅或变形后的内锅。
(以免因过热或故障导致烫伤或受伤。)
- 请勿在下记地方使用本产品。
 - 易燃易爆物品附近或类似环境。
(以免导致受伤或火灾。)
 - 靠近热源或高湿环境中。
(以免导致触电、漏电或火灾。)
 - 不平稳的台面或不耐热的垫子上。
(以免导致受伤、烫伤或火灾。)
 - 靠近墙壁或家具等处。
(以免开盖时碰到，或导致家具等变色、变形及破损。)
 - 铝板或电子垫子上。
(铝质材料可能会产生热量并导致冒烟或火灾。)
- 搬运本体时，请勿触碰开盖按钮。
(以免使外盖打开，从而导致受伤。)
- 禁止使用非本产品自带的电源线，并禁止把本电源线转用到其他地方。
(以免发生故障或导致触电、漏电或火灾。)

- 请勿将电源插头暴露在蒸汽中。
(以免导致触电或因短路导致火灾。)

→ 使用有拉桌的橱柜时，请在电源插头不会接触到蒸汽的地方使用产品。



- 请勿空烧。
(以免导致烫伤。)
- 拔掉电源插头或本体插头时，请确保握住插头本身，不应在电源线施加拉力。
(以免导致触电，或因短路引起火灾。)
- 取出内锅或不使用时，切记关闭电源并拔下电源插头。
(以免导致烫伤、受伤或因绝缘老化而引起触电、漏电、火灾。)
- 在橱柜等封闭空间使用时，请确保蒸汽能向外散发。
(以免导致橱柜等变色或变形。)
- 如您装有植入式医疗起搏器，使用本产品前请向医生咨询。
(本产品在工作时可能会对医疗起搏器有影响。)

在使用过程中发生停电时

包括在中途拔掉电源插头，跳闸等情况。

- 重新通电后返回待机状态。

使用注意事项

关于本体

- 放在滑动式拉桌上时，请务必确认桌子的负荷强度在12 kg以上。
(以免产品掉落。)



- 使用中请勿将布或其他物品盖在外盖上。
(以免蒸汽无法释放，导致外盖变形、变色或发生故障。)

- 定期检查电饭煲底部的吸气口及排气口，并清除灰尘。
(参照P29清洁保养)



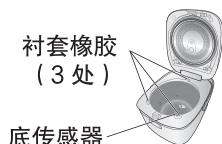
- 请及时清理粘在本体上(底传感器、内锅底部、衬套橡胶)的饭粒等异物。
(以免出现错误显示，或有饭焦、饭烧不熟等情况。)

边缘或底部



(内锅)

衬套橡胶
(3处)



底传感器

- 请勿将产品放在容易受电磁干扰的装置附近。
 - 无线电、电视、助听器等。
(以免产生噪音或减低音量。)
 - IC卡、银行卡
(以免损坏磁性。)

- 请勿将磁铁放在产品附近。
(以免导致动作异常。)

- 请勿在电磁炉上使用产品。
(以免损坏电磁炉或导致本产品动作异常。)

- 请勿在户外使用产品。
(不稳定的电源可能会导致产品发生故障。)

- 请勿在阳光直射下使用。
(以免导致变色。)

- 请勿在可能会堵塞产品底部(吸气口及排气口)的地方使用电饭煲。
例如：地毯、塑料袋、铝箔及布料等的上面。
(以免损坏产品。)

- 请务必在海拔2000米以下的地区使用本产品。
(以免影响煮饭性能。)

关于内锅

- 请勿在电饭煲以外的地方使用内锅。



- 请勿在煤气灶或电磁炉及微波炉内使用。



- 请勿将内锅与硬物撞击。



- (以免导致外层表面刮伤或产生凹痕。)



日常使用

- 避免空锅干烧或者长时间放置酸碱性强度的食物。
- 本产品使用不锈钢内锅，使用过程中会因为水质、高温等情况使内锅表面产生水垢白斑、轻微变色等现象，但不影响健康及使用。

烹调结束后



- 请勿轻触或击打内锅。(盛饭时)

清洁保养时(P28)

- 请勿将内锅作为洗碗容器。



- 使用调味料烹调后，请勿将食物留在内锅中。
→ 烹调后，请尽快清除内锅中的食物然后进行清洗。

- 请勿在清洗后将内锅放在其他餐具上晾干。



- 针对顽固污渍，热水浸泡后再用清洁剂清洗，可使用百洁布辅助清洗，清洗干净后，用干布擦干。



提示

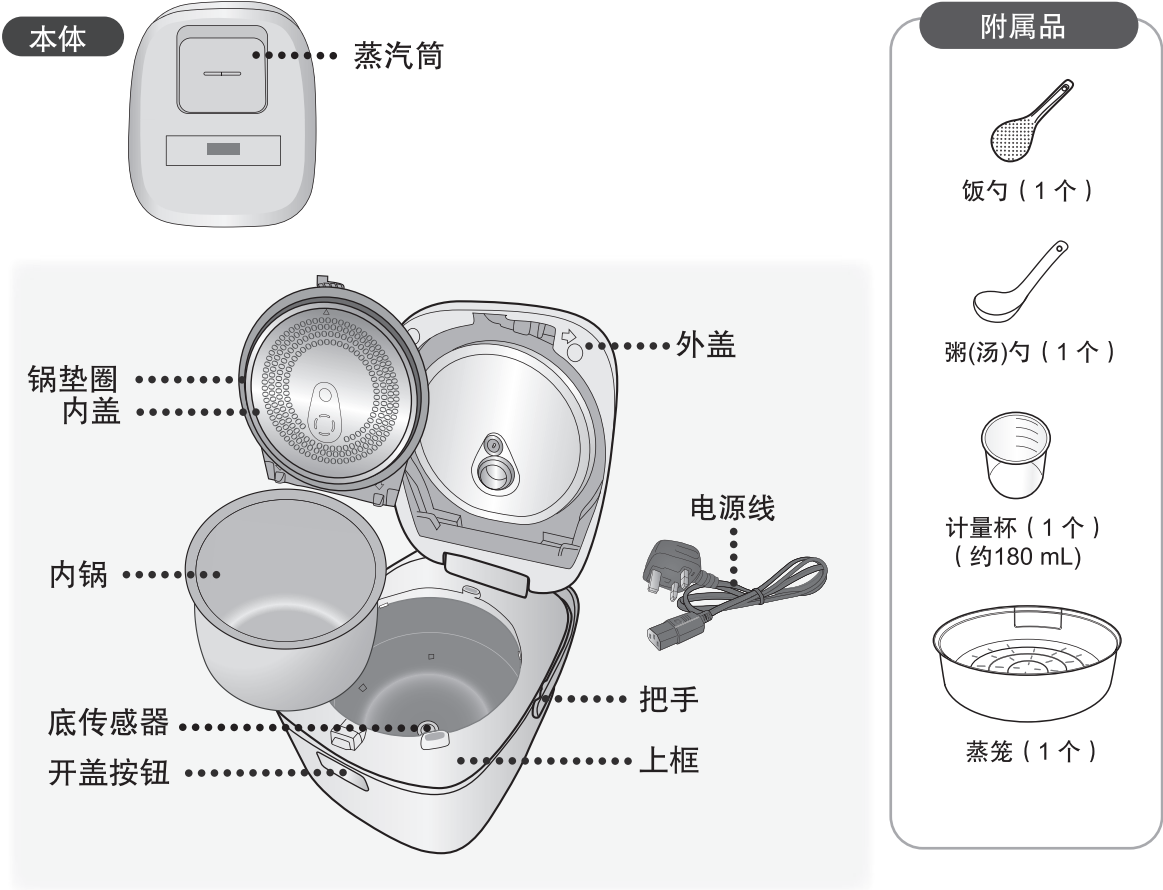
以下情况不会影响产品性能或人身健康。
[外层表面] 浅的刮痕、细小凹痕或碰撞。
[内层表面] 产生水垢白斑或轻微变色等现象。
→ 如内锅变形或您担心其状况，请购买新的内锅。

不粘锅小提示

- 烹调前，在内锅中加入少量食用油，可以有效减少粘锅现象。
- 根据内锅上的水位线添加米和水，可以有效减少粘锅现象。
- 米饭烹调完成后，尽快食用，长时间保温、二次加热、米饭变凉容易引起粘锅。

零件名称

首次使用时，请清洗内锅、内盖、蒸汽筒、附属品。(P28-29)



使用前

操作面板



- ①「Off/Cancel」(关/取消)：●可取消不正确的操作，或关闭保温。
- ②「Time」(时间)：●设置烹调时间时，先按此按键。
- ③「Timer」(预约)：●要预约时，按此按键。
- ④「Keep Warm」(保温)：●要保温时，按此按键。
- ⑤「Start/Reheat」(开/冷饭加热)：●开始烹调或预约时间设置结束、冷饭加热时按此按键。
- ⑥「<」和「>」：●要选择功能时使用。●调整设置预约时间和烹调时间。●长按按键则可快速前进或后退。

提示 · 产品在工作状态下，对「Off/Cancel」(关/取消)按键的操作需要更长的时间，这属于正常现象。30秒无操作，产品进入休眠模式，可按任意键唤醒，此时按键操作需要更长的时间。
· 按键时，请按在按键中间位置。

准备 洗米、加水

初次使用前

请先烧开一锅水，再倒掉。

- ①加水至“Short-grain”（短粒米）的水位线“4”处，闭合外盖。
- ②选择“Steam”（蒸煮）功能，烹调时间设定为15分钟。
- ③蜂鸣器响后，取出内锅，倒掉里面的水。

1 用附属的计量杯量米

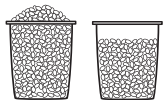
- 一次可煮的米量，☞ P35 “规格”。

○正确



约180 mL
(约150 g)

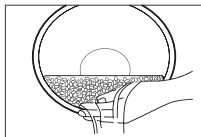
× 不正确



2 将米洗至水清

- ①加入充分的水，快速搓洗后立即倒掉水。
- ②轻轻揉搓淘洗后的米，重复数次揉搓→淘洗，直至水清为止。
- 请把米洗干净。否则会有产生锅巴的可能，而且残留的米糠会影响米饭的味道。

①



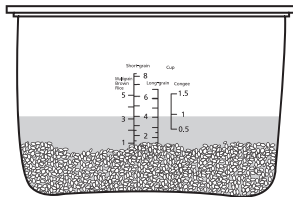
②



3 将洗好的米放入内锅

- 根据需要加水至相应的水位线（☞ P25），并擦干内锅外表面。
- 烹煮米饭时，请根据米饭种类选择合适的水位线。
 - “Long-grain”（长粒米）：适用于外形细长，米粒长度长于5 mm的长粒米。（例：泰国香米）
 - “Short-grain”（短粒米）：适用于外形短而圆，米粒长度短于5 mm的短粒米。（例：日本米）
- 放在平坦的台面上加水，并整平米的表面。（确认水位线，加水至相同的高度）
- 以上水量可根据个人喜好适当增减。（水加得过多时，烹调时可能会沸腾溢出。）

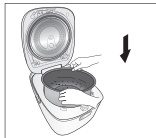
例）烹调4计量杯短粒米时，加水至“Short-grain”（短粒米）的水位线“4”处。



4 将内锅放入本体内，闭合外盖

- 闭合外盖时，请确认发出“咔嗒”的闭合音，若未正确安装内盖，则外盖无法闭合。（☞ P28内盖）
- 确认蒸汽筒是否安装到位。（☞ P29蒸汽筒）

①



②



5 插上插头

- 请先插上本体插头，再插电源插头，并确保两者均已插到底。

①



②



注意

在煮饭的同时使用蒸笼蒸煮食物时，白米最大烹调容量：4杯。

准备 功能的选择/烹调时间的设定/煮出美味米饭的诀窍

■功能的选择

表1

烹调类别	功能选择	水位线	*1烹调时间 (约分钟)	*2保温 (自动)	*3预约时的可设定范围
烹调白米	White Regular (白米)	Long-grain (长粒米)	43	○	50分钟以上
	Quick (超快速)		27	○	50分钟以上
烹调藜麦米	Quinoa (藜麦米)	*4	27	×	50分钟以上
烹调短粒米	Short Grain (短粒米)	Short-grain (短粒米)	47	○	60分钟以上
烹调糙米	Brown Rice (糙米)	Brown Rice (糙米)	90	×	2小时以上
烹调杂粮米	Multigrain (杂粮饭)	Multigrain (杂粮米)	90	×	2小时以上
烹调粥	Congee/Soup (粥/汤)	Congee (粥)	表2	×	烹调时间~24小时
炖汤		至“Congee (粥)” 最大水位线			
炖煮	Stew (炖煮)	至“Congee (粥)” 最大水位线		×	×
蒸煮	Steam (蒸煮)	蒸煮40分钟以上时, 请加4计量杯水		×	烹调时间+20分钟 (向上取整)~24小时
冷饭加热	Reheat (冷饭加热)	P26 表3	15分钟	○	-

*1 · 在电压为规格表额定电压时, 室温20℃, 水温20℃, 米量为中间量(4杯)时, 烹调所需的参考时间。
· 烹调的实际时间会根据米量、水量、电压、室温、水温、米种的不同而变化。

*2 · 所有功能在烹调结束后都自动转为保温。打“×”的功能不建议保温, 烹调结束后请尽快按「Off/Cancel」(关/取消)。

*3 · “Reheat”(冷饭加热)功能不能预约。
· 当设定的预约时间少于烹调时间时, 将直接进行烹调。
· 夏季等高温天气下, 预约时间请勿超过8小时, 以免米粒等变质。

*4 · 纯藜麦饭时, 只能烹煮1杯, 需加1.5杯水。(约270 mL)。

■烹调时间的设定

表2

烹调类别	功能选择	烹调时间 设定范围	设定单位	初期值	調理时间的显示	調理时间的 记忆
烹调粥	Congee/Soup (粥/汤)	40分钟-2小时	10分钟	1小时	到2小时后又回到40分钟	○
炖汤						
炖煮	Stew (炖煮)	1小时-4小时	10分钟	1小时	到4小时后又回到1小时	○
蒸煮	Steam (蒸煮)	1分钟-60分钟	1分钟	5分钟	到60分钟后又回到1分钟	

*: 断电后, 調理时间重置, 不再记忆上次设定的調理时间。

★煮出美味米饭的诀窍

① ●正确量水及量米。



② ●轻柔并快速地洗米。
●勿将米放置在洗米箩内。
(以免米粒碎裂或米饭粘锅。)



③ ●在平坦的台面加水。
●勿用热水及pH9以上的碱性水。
(以免米饭粘锅或变黄。)



关于各功能

米饭烹调 · 保温 · 冷饭加热

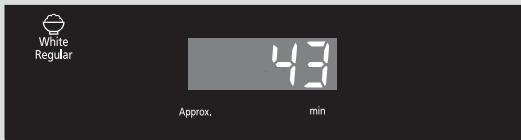
※用“White Regular（白米）”功能煮饭时

1 按 或 ，选择“White Regular（白米）”。

- 所选择的功能闪烁。
- “Start”（开）指示灯闪烁。

2 按 ，烹调开始。

- “Start”（开）指示灯点亮。
- 剩余时间以1分钟为单位递减，“Quick/Quinoa”（超快速/藜麦饭）功能在烹调结束前约6分钟开始显示剩余时间。
- 进入焖煮阶段后，会根据饭量的多少自动调整显示的剩余煮饭时间。如：有时可能会从“18”一下跳到“13”，而不是逐分递减。



3 烹调结束，翻松米饭。

- 蜂鸣器响后，烹调结束，自动转入保温状态。为防止米饭粘在一起，请尽快翻松米饭。

■温馨提示

- 用“Quick/Quinoa”（超快速/藜麦饭）煮饭时，因时间缩短，米饭会稍硬或有锅巴产生。
→ 预先将米浸泡在水中，则可以使煮好的米饭变软。
- 请不要将糙米与白米（短粒米、长粒米）混合煮饭，以免影响煮饭效果。

保 温

- 保温时间显示从 到 共24小时，超过24小时后，返回待机状态。1小时以内时，显示 小时。
- 米饭以在保温5小时以内食用为佳，以免米饭变色或变味。
- 保温时，内锅的边缘部有时会出现少量水珠。
- 保温时内锅中如放有饭勺等盛饭用具则会影响米饭的味道。

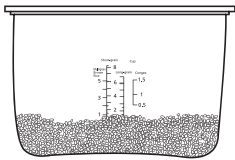
※冷饭加热时

准备 ● 请将锅内的冷饭搅拌均匀，使之平整。
● 冷饭加热时，请参照下记水量表的标准加水。

表3

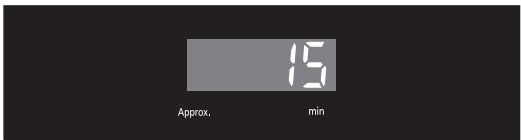
冷饭量 (水位线)	水量(计量杯)
0.5	-
1	-
2	1/2
3	1/2
4	1/2

■冷饭加热的最大量：短粒米/长粒米4水位线。



1 按两下 ，烹调开始。

- “Start”（开）指示灯点亮。
- 不管冷饭量多少，加热时间都约15分钟。



2 蜂鸣器响后，烹调结束，自动转入保温状态。

- 请尽快翻松米饭，米饭将更美味。

■温馨提示

- 加入冷饭时，请不要超出最大冷饭量(如表3所示)。
- 建议冷饭加热的次数为一次，以免影响米饭的口感。
- 请不要加热糙米、藜麦饭、杂粮饭，以免影响口感。

关于各功能 粥/汤 · 炖煮 · 蒸煮 · 预约

※用1.5小时烹调粥时

1 按 **<** 或 **>**，选择“Congee/Soup”（粥/汤）。

- 所选择的功能闪烁。
- “Start”（开）指示灯闪烁。

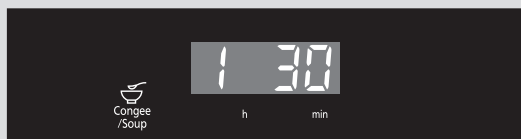
2 按 **Time**，再按 **<** 或 **>**，设定烹调时间。

- 长按「<」或「>」，时间可快速前进或后退。

※ 烹调时间的可设定范围  P25表2。

3 按 ，烹调开始。

- “Start”（开）指示灯点亮。
- 剩余时间以1分钟为单位递减。



4 蜂鸣器响后，烹调结束，自动转入保温状态。

- 为避免因保温而影响口感，请尽快按「Off/Cancel」（关/取消）。

■温馨提示

- 烹调中打开外盖，会增加结露量。
- 水量、米量不正确，可能会导致米汤从蒸汽口中溢出。
- 如保温时间过长，粥将会变稠。
- 炖汤时，如超过“Congee”（粥）的最大水位线，可能会导致溢出。（ P35规格）
- 每次使用完毕后，应取下内盖冲洗，以免产生异味。
- 如选择了较长的蒸煮时间（如蒸40分钟以上），加3计量杯水，以免水被蒸干。
- 蒸煮功能时，显示屏内显示的时间为内锅中的水沸腾后的剩余时间。

※用“Timer”（预约）功能在4小时后完成“White Regular”（白米）时

1 按P26的方法选择功能。

- 所选择的功能指示灯点亮。
- “Start”（开）指示灯闪烁。

2 按 **Timer**。

- 预约煮粥时，按「Time」（时间）设定烹调时间，再按「Timer」（预约）。

3 按 **<** 或 **>**，设定预约时间。

- 长按「<」或「>」，时间可快速前进或后退。
- 当设定的预约时间少于最小可预约时间时，将直接进行烹调。

※ 可以预约的功能和时间范围  P25表1。

4 按 ，预约烹调开始。

- “Start”（开）指示灯熄灭，“Timer”（预约）指示灯点亮，预约设定完成。



■温馨提示

- 夏季等高温天气下，预约时间请勿超过8小时，以免米粒、食材等变质。
- 预约功能设定的时间为烹调结束的时间。

清洁保养

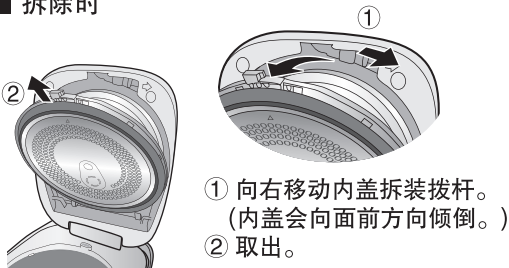
注意

- 清洁前，务必拔掉电源插头，等本体冷却后再进行清洗。
- 清洁时，切勿将本体浸入水中，不要使用香蕉水、汽油、酒精、去污粉、硬质刷等擦拭。

内盖/锅垫圈

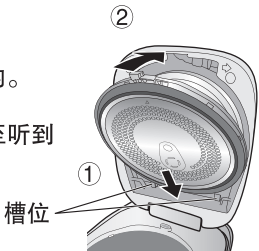
使用厨房专用中性清洗剂清洗。

■ 拆除时



■ 安装时

- ① 将内盖插入槽位内。
(两侧)
- ② 向外盖按入，直至听到“咔哒”一声。



提示

- 请勿拉扯锅垫圈。
- 每次烹调完后，应取下内盖进行冲洗。
(以免产生异味。)
- 使用调味料后，请及时清洗。
(以免产生异味、变质或锈蚀。)

外盖内表面

用拧干的湿毛巾擦拭。

- 请拆下蒸汽筒，擦拭外盖内表面及蒸汽筒安装部位。

内 锅

- 针对顽固污渍，可使用热水浸泡后再用清洗剂清洗，可使用百洁布辅助清洗，清洗干净后，用干布擦干。
- 若内锅内壁有白色斑点或发黄，用少许食用醋或柠檬片擦拭；若出现彩虹色斑点，可用食用醋或可乐擦拭，擦拭后需冲净并擦干。

上框 / 衬套橡胶 (3 处)

用拧干的湿毛巾擦拭。

提示

- 请勿将水倒入进行清洗。

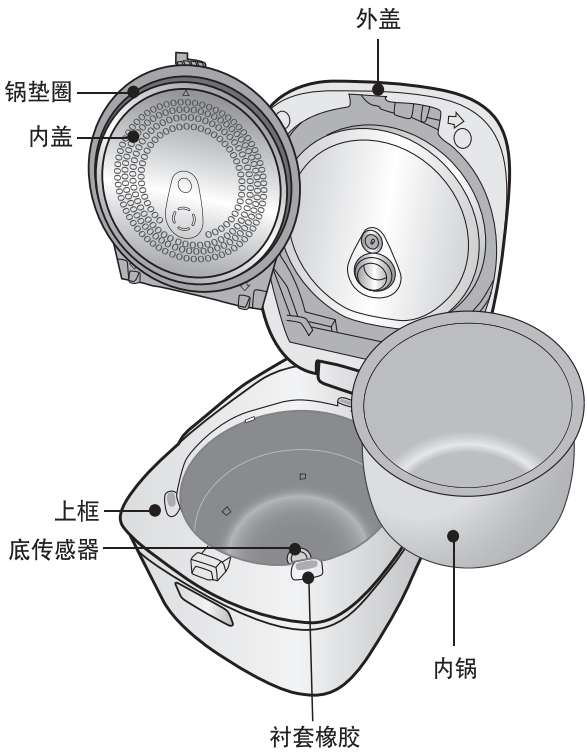
底传感器

用拧干的湿毛巾擦拭。

- 如污垢很难清除，用少量厨房专用中性清洗剂，再用尼龙刷轻轻擦拭。

提示

- 如果不擦干净底传感器，则米饭可能会被烧焦，煮不好。

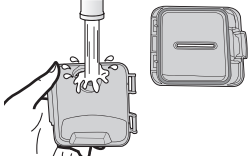


清洁保养

蒸汽筒

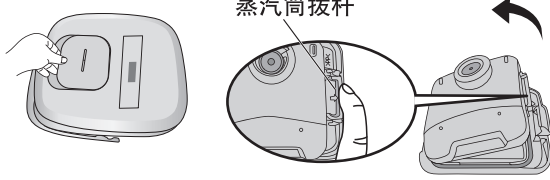
拆下并冲洗。

蒸汽筒中容易残留汤水或油污，因此，每次使用后请用水清洗。
(以免产生异味或变质)



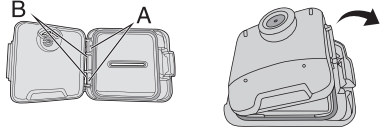
拆除时

1.从外盖上拔出。 2.拨开蒸汽筒拨杆，将蒸汽筒分解。

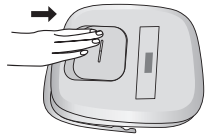


安装时 (按与拆除时相反的顺序。)

1.将A插入B，并闭合蒸汽筒，拨回蒸汽筒拨杆，直至听到“咔哒”声。



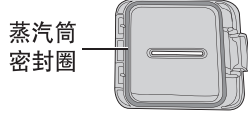
2.压入外盖。



提示

● 请不要拆下蒸汽筒密封圈。
(否则可能导致蒸汽泄漏。)

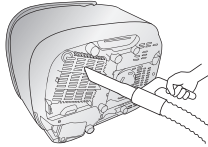
● 若蒸汽筒密封圈脱落，
请沿着槽安装。



蒸汽筒

定期检查

● 大约每月检查一次，如有污垢请及时清洗。

电饭煲底部
(吸气口 / 排气口)

用吸尘器吸除垃圾及异物等。

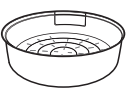
附属品

用稀释后的餐具清洗剂和海绵清洗

饭勺

粥(汤)勺

计量杯

蒸笼 (1 个)

使用方法

食谱

注意：· 根据加入米饭内的食材不同，饭的底部可能有烧焦的现象。
· 煮银耳汤等会变浓稠的食材时，请使用“Congee/Soup”（粥/汤）功能，最大烹调量至“Congee”（粥）最高水位线，以免溢出。
※1 杯(计量杯)：约150 g

辣咖喱牛肋排

食材：胡萝卜	150克	调味料：油	15克	A {	市售咖喱块（辣味）	90克
土豆	300克	水	200-300毫升		沙茶酱	20毫升
洋葱	350克				老抽	30毫升
牛肋排	800克				花生酱	30毫升
					生抽	30毫升

- 做法：1) 洗净所有食材，胡萝卜、洋葱、土豆切块，牛肋排用厨房纸擦干表面水分。
2) 热锅倒入油，油热后转小火倒入牛肋排，煎至两面微微焦黄后，倒入洋葱翻炒。
3) 洋葱炒软后，倒入A的调料，炒香调料后加入适量水，煮至水开。
4) 将锅中食物倒入内锅，加入土豆、胡萝卜，加水至微微没过食材。
5) 选择“Congee/Soup”（粥/汤）功能，设定烹调时间为2小时。
6) 烹调结束后，盛出即可食用。

金瓜粥

食材：金瓜（南瓜）	70克
长粒米	1计量杯

- 作法：1) 金瓜洗净去皮后，用料理机打碎。
2) 淘洗一杯长粒米，同金瓜一起倒入内锅，并加水至“Congee”（粥）的“1”水位线处。
3) 选择“Congee/Soup”（粥/汤）功能，设定烹调时间1小时30分钟。
4) 烹调结束，按「Off/Cancel」（关/取消）按键。

故障排除

在委托维修之前请先进行检查。

现 象	请检查	参考 页码
一开始预约就开始烹调	● 预约时间是否在“预约时的可设定范围”之外。	25
不在预约时间烹调	● 是否已按了「Start」（开）按键？	27
烹调时间长	● 如果连续烹调，则烹调时间将会变长。（最多可能会延长30分钟左右） ● 因米饭量和水量不同，在烹调中途，可能会停止剩余时间显示并进行调整。	— —
烹调时间短	● 可能会因米饭量和水量不同，在烹调途中调整剩余时间显示。	26
发出声音	● “扑—”音…是风扇驱散热量的转动声音。 ● “叽—”音…是IH（电磁加热）的通电声音。 - 保温中有时会听到这样的声音。 ● “咻—”音…是蒸汽喷出的声音。	— — —
蒸汽从蒸汽口以外的部位漏出	● 内盖的锅垫圈部和内锅的锅沿上是否附有异物，或内锅是否已变形？ ● 内盖是否每次使用后都进行清洗，并正确安装？ ● 蒸汽筒垫圈被拆除。 ● 蒸汽筒和外盖密封圈之间有异物。	— 28 29 —
不能进行按键操作	● 按键的指示灯是否点亮着？ →烹调、预约、保温中途，无法进行按键操作。 请按「Off/Cancel」（关/取消）按键后再进行操作。	—
在烹调中发生停电时	● 烹调结束的时间可能会延后。 ● 根据停电时间长短的不同，有时可能会煮不出美味可口的米饭。	— —
从电源插头冒出火花	● 在插、拔电源插头时，有时可能会冒出小火花。 这是IH（电磁加热）方式固有的特点，不是故障。	—
有塑料异味	● 刚开始使用时可能会有塑料的味道，多使用几次后便会消除，不是异常。	—

须 知

- 不小心误将水和大米直接倒入未放置内锅的本体时，请联系Panasonic授权的服务中心。

使用
方法

困
惑
时

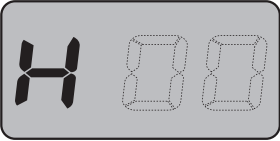
故障排除

并非故障，在委托维修之前请先进行检查。

现 象	原 因
发粘（较软）	●米量和水量是否正确？ ●是否混入较多碎米？ ●是否长时间浸泡水中？（预约时间太长等） →使用预约功能烹调时，需少放些水。 ●是否使用热水洗米？ ●煮好后，是否立即将米饭翻松？ ●新米是否放入较多水进行烹调？
发干（较硬）	●米量和水量是否正确？ ●是否用“Quick/Quinoa”（超快速/藜麦饭）功能进行烹调？
粥变糊状	●预约定时烹调时，是否让米长时间浸泡于水中？ ●是否对粥进行了保温？ ●是否碎米太多？
饭烧焦	●洗米是否充分？ ●内锅底部、底传感器及本体内部是否附有异物？ ●是否进行了预约定时烹调？ ●是否混入较多碎米？ ●是否放入调料进行烹调？ ●锅底形成的淡黄色的糊焦，不是故障。 →确认上述内容后仍未改善，请参考“想要改善时”（P34）。
结露 有气味 带黄色	●煮好后，是否立即将米饭翻松？ ●是否保温超过5小时？ ●是否把冷饭添加到内锅里并进行了保温？ ●洗米是否充分？ ●是否在放入饭勺的状态下进行了保温？ ●因米的种类或所用水质的不同，煮熟的饭可能会带黄色。 ●在放入调料烹调后，可能有气味。 →请仔细清洗内锅、内盖及蒸汽筒。
米饭干燥	●是否保温超过5小时？ ●是否反复加热冷饭？ ●是否正确安装蒸汽筒？ ●内盖的锅垫圈部和内锅的锅沿上是否附有米饭，或内锅是否已变形？
米饭粘在内锅上	●因大米品种不同，柔软的米饭和粘性好的米饭可能会容易粘锅。
形成一层薄膜	●是否残留着糠皮？ 糯米纸状的薄膜是由于淀粉溶解后干燥所生成的，对人体无害，米没有洗干净则容易生成这种薄膜。
煮好的米饭表面凹凸不平	●是否在煮饭前未将米的表面整平？ ●是IH（电磁加热）特有的强大火力造成的。不是异常现象。 下记情况下，容易变得凹凸不平。 ・淘米不充分时。 ・混有许多碎米时。 ・由于洗米时用力过大，米粒已经破碎。

错误代码显示

在委托维修之前请先进行检查。

错误显示	请检查	参考页码
	● 是否已将内锅放入？ → 请按「Off/Cancel」（关/取消）按键，待错误显示消失后，放入专用的内锅，再次进行操作。 （若不按「Off/Cancel」（关/取消），稍等片刻后会自动消失）	—
	● 电饭煲底部的吸气口及排气口是否有灰尘等异物阻塞？ → 请按下記步骤清除灰尘。 ① 按「Off/Cancel」（关/取消）按键，然后拔掉电源插头。 ② 待电饭煲冷却后，取出内锅。 ③ 清除电饭煲底部的吸气口/排气口中的灰尘。（☞ P29） ● 电饭煲是否有在地毯等物品上使用？ → 请勿在可能会堵塞电饭煲底部的地方使用电饭煲。	— 22
	● 尝试拔下电源插头，等待3秒以上，再重新插入。 如仍出现“H※※”，则表示存在故障。 → 请联系Panasonic授权的服务中心，并告知错误代码（“H”后的两位数字）。	—

当进行了上述处理后仍不能恢复正常时，请联系Panasonic授权的服务中心修理。

想要改善时（优化功能）

■ 如要改善饭焦

1< >

2 (依次按)
Keep Warm Time Keep Warm

3 Start Reheat (Press<2>)

4 >



(选择“Quick/Quinoa”（超快速/藜麦饭），此时选中的功能闪烁)

(10秒后，设定自动完成。)

■ 如要在烹调、冷饭加热时消除蜂鸣声(结束提示音)

1< >

2 (长按约5秒)
Keep Warm



(选择“Quick/Quinoa”（超快速/藜麦饭），此时选中的功能闪烁)

(此操作不会关掉按键音。)
重复步骤1和2打开蜂鸣器

规格

型号		SR-HFS153
额定电压		230 V~
额定频率		50 Hz
额定输入功率		1180 W
内锅的额定容积 L		4.0
烹调额定容积 (约) L		1.5
煮饭容量 (米量) L [杯]	Long-grain (长粒米)	White Regular (白米) Quick (超快速)
	0.18-1.26 [1-7]	
	Quinoa (藜麦米)	
	0.18 [1], 加水1.5杯	
	Short Grain (短粒米)	
0.18-1.49 [1-8.3]		
Brown Rice (糙米) · Multigrain (杂粮饭)		0.18-0.9 [1-5]
煮粥容量 (米量) L [杯]		0.09-0.27 [0.5-1.5]
最大烹调容量 (食材+水) (约) L		1.9※1
电源线长度 (约) m		0.9
产品重量 (约) kg		4.7
外形尺寸 (约) mm	宽	
	257	
	深	
323		
高		229 (464※2)

- (※1) 为 “Congee” (粥) 最大水位线的烹调容量。
- (※2) 为打开外盖时的高度。

困惑时

