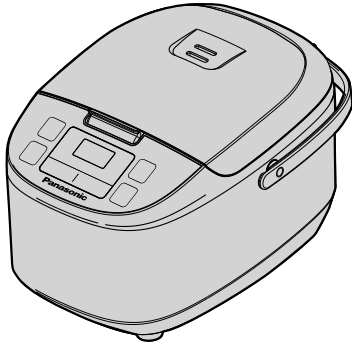


HK



# Panasonic®

## Operating Instructions

Electronic Warm Jar **Household Use**

使用說明書

微型電腦飯煲 **家用型**

Model No. / 型號 : SR-ZE185 / SR-ZE105

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Thank you for purchasing this Panasonic product.

- This product is intended for household use only.
- Please read these instructions carefully and follow safety precautions when using this product.
- Before using this product **please give your special attention to “Safety Precautions” (Page 2-3).**

**Keep this manual for future use**

感謝您購買 Panasonic 產品。

- 本產品僅限家用。
- 使用本產品時請仔細閱讀說明並遵循安全注意事項。
- 使用本產品之前，請特別留意「安全注意事項」（第 17~18 頁）。



**請保留此說明書以供日後使用。**

# Safety Precautions

**Must be followed!**

In order to prevent accidents or injuries to the users, other people and damage to property, please follow the instructions below.

■ The following charts indicate the degree of damage caused by wrong operation.


	<b>WARNING</b> Indicates serious injury or death.		<b>CAUTION</b> Indicates risk of injury or property damage.
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■ The symbols are classified and explained as follows.


  	These symbols indicate prohibition.		This symbol indicates requirement that must be followed.
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## WARNING


■ **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.**

 (It may cause an electric shock or fire caused by short circuit).


■ **Do not insert any objects in the steam vent or gap.**

 Especially metal objects such as pins or wires. (It may cause an electric shock or malfunction).

■ **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.**


 (It may cause burn or injury).

■ **Clean the power plug regularly.**

 (A soiled power plug may cause insufficient insulation due to the moisture, and may cause a fire).

• Unplug the power plug, and wipe with a dry cloth.


■ **Do not damage the power cord or power plug.**

 Following actions are strictly prohibited.

Modifying, placing near heating elements, bending, twisting, pulling, putting heavy objects on top, and bundling the cord. (It may cause an electric shock or fire caused by short circuit).


• If the supply cord is damaged, it must be replaced by a special cord or assembly available from the manufacturer or its service agent.

■ **Do not immerse the appliance in water or splash it with water.**

 (It may cause a fire caused by short circuit or electric shock).


• Please enquire with an authorized dealer if water gets inside the appliance.

■ **Use only a power outlet rated at a minimum of 10 amperes and alternating electric voltage at 220 volts.**

 (Plugging other devices into the same outlet may cause electric overheating, which may cause a fire).

• Use only an extended cord rated at 10 amperes minimum.

■ **Do not plug or unplug the power plug with wet hands.**

 (It may cause an electric shock).


■ **Do not get your face close to the steam vent or touch it with your hand. Keep the steam vent out of reach of small children.**



Steam vent  
(It may cause a burn).




■ **Do not modify, disassemble, or repair this appliance.**

 (It may cause a fire, electric shock or injury).


• Please make enquiries at the store or the repair department of an authorized dealer.

■ **Insert the instrument plug and the power plug firmly.**

 (Otherwise it may cause an electric shock and fire caused by the heat that may generate around the instrument plug or the power plug).

• Do not use a broken power plug or a loose power outlet.

■ **Discontinue using the appliance immediately and unplug the power cord in cases of abnormal situations and breaking down.**

 (It may cause smoking, a fire or electric shock).

(e.g. for abnormal situations or breaking down)

- The power plug and the power cord become abnormally hot.
- The power cord is damaged or power failure occurs when touched.
- The main body is deformed or abnormally hot.
- The unit gives out smoke or scorching smell.
- There are cracks, looseness or wobbles of the appliance.
- The cast heater is warped or the pan is deformed.

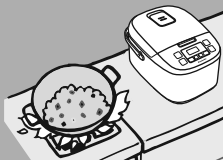
→ Please make enquiries at a Panasonic authorized service center for immediate inspection and repair.

# Safety Precautions

Must be followed!

## CAUTION

### Do not use the appliance in the following places.



- In an area where it may be splashed with water or near a heat source. (It may cause a fire caused by short circuit or electric shock).
- An unstable surface or carpet, electric carpet, table cloths (ethylene plastic) or other object that cannot resist high temperature. (It may cause an injury, burn or fire).
- Near a wall or furniture. (It may cause a discoloration or deformation).

### Do not touch heating elements while the appliance is in use or after cooking.



Especially the cast heater. (It may cause a burn).

### Do not expose the power plug to steam and do not let water spill on the connector of the power plug.



- Do not expose the power plug to steam when it is plugged in. (It may cause a fire caused by short circuit). When using a cabinet with sliding table, use the appliance where the power plug cannot be exposed to steam.

### Do not touch the hook button while moving the appliance.



(It may cause the outer lid to open, resulting in a burn).

### Be sure to hold the instrument plug or the power plug when unplugging. Do not pull the power cord.



(Otherwise it may cause an electric shock or fire caused by short circuit).

### Do not use the cord set (for instrument plug and power plug) that is not specified for use with this appliance. Also do not transfer them.



(It may cause an electric shock, leakage, and fire).

### Be careful when opening the outer lid while cooking.



(It may cause a burn).

### Unplug the power plug from the power outlet when the appliance is not in use.



(Otherwise it may cause an electric shock and fire caused by short circuit due to the insulation deterioration).

### Heating element is subjected to residual heat after use. Please allow the appliance to cool down before cleaning it.



(Touching hot elements may cause a burn).

### Do not use other pans than the one specified.



(It may cause a burn and injury due to overheat or malfunction).

## Precaution for Use

**Please put in correct amount of rice and water and select functions correctly according to the operating instructions.**

(So as to avoid overflow of rice water, half-cooked rice or scorched rice).

**Do not put ingredients to be cooked directly into the appliance in which no pan is placed. Do not cook without pan.**

(So as to prevent any impurities from causing failure).

**Avoid using the appliance under direct sunlight.**

(So as to avoid color change).

**Before using the appliance, the anti-tarnish paper between the pan and the cast heater should be removed.**

(So as to avoid poor cooking or fire).

**Do not cover the outer lid with cloth or other objects when the appliance is in use.**

(So as to avoid deformation, color change of the outer lid or failure).

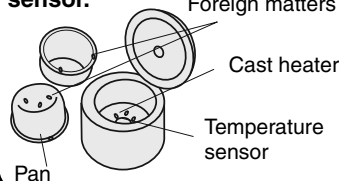
**Do not let water spill on the power plug of the power cord set.**

(This may result in electric shock).

**Do not scoop out rice with any metal object.**

(So as to avoid scratching the pan coating and causing peeling of the coating).

**Please always clean the foreign matters such as rice on the pan, cast heater and temperature sensor.**



- Do not tilt or overturn the appliance.
- Before cleaning, turn off the power switch and pull out the power plug.

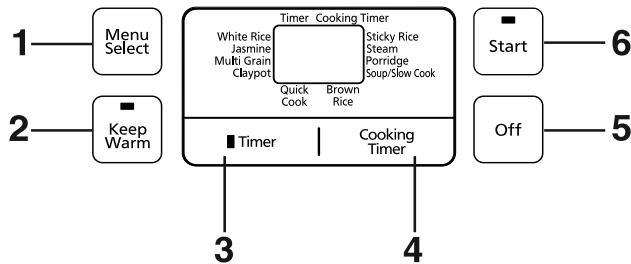
When there is any overflow of rice water from the steam vent, pull out the power plug immediately to disconnect the power supply. Do not resume the use until the rice water on the power plug and the instrument plug is cleaned with a dry cloth.

The appliance is for household use only. Do not use it for any commercial or industrial purposes or any purposes other than cooking.

When power failure occurs during the operation of the appliance, the cooking result may be affected.

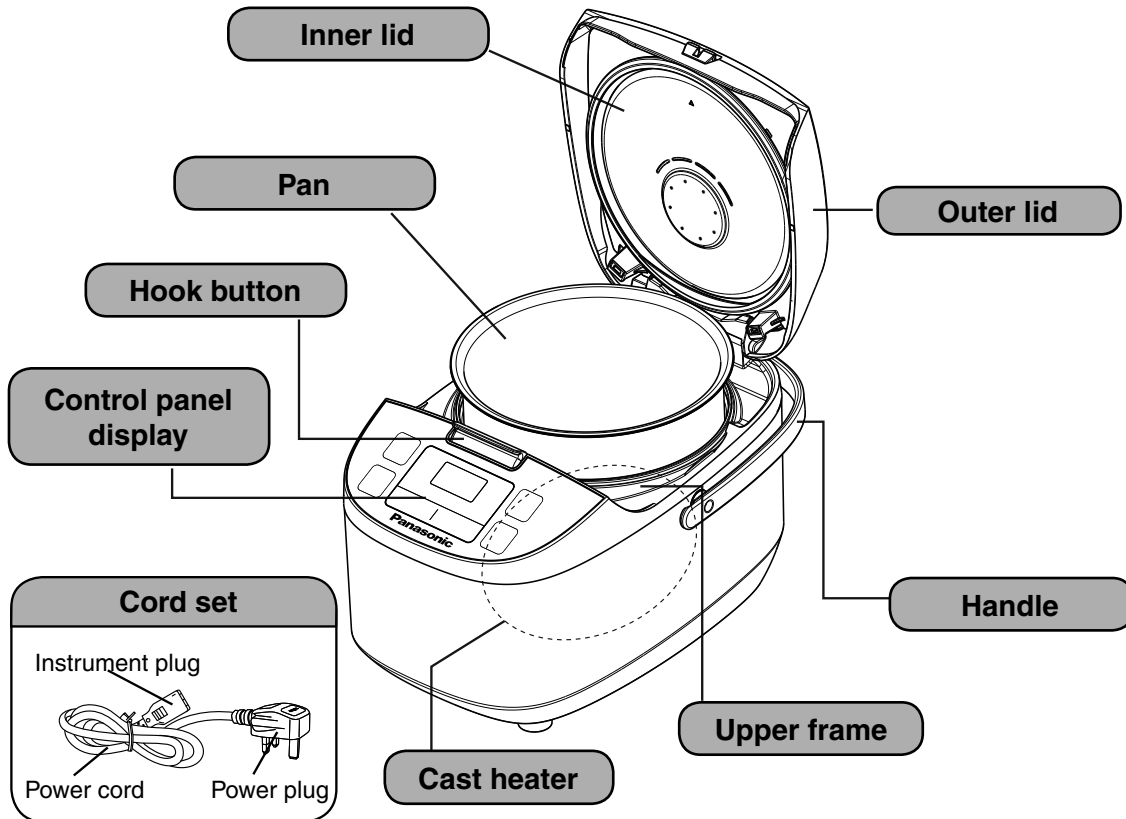
# Parts Identification

## Display



- Press this button to:
1. Select a cooking function.
  2. Enter Keep Warm mode.
  3. Preset timer.
  4. Start setting cooking timer.
  5. Cancel the operation.
  6. Start cooking.

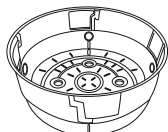
## Parts Identification



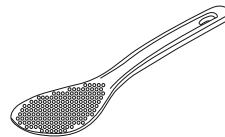
## Accessories



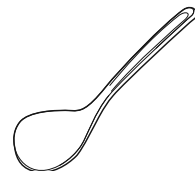
Measuring cup  
(Approx. 180 mL)



Adjustable steam  
basket



Rice scoop

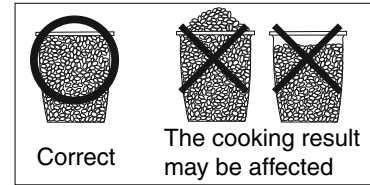


Porridge scoop

# Preparations

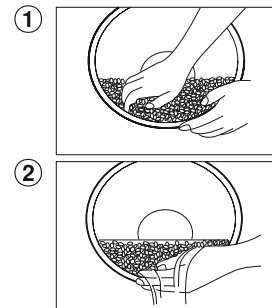
## 1 Measure rice with the measuring cup provided.

- The volume of the measuring cup is about 180 mL.
- For the maximum quantity of rice to be cooked at once, refer to specifications in Page 16.



## 2 Wash the rice till the water turns relatively clear.

- ① Wash the rice quickly with plenty of water and stirring the rice lightly to wash it while changing water.
- ② Repeat it for several times (wash the rice → pour out water), till the water turns relatively clear.



### ATTENTION

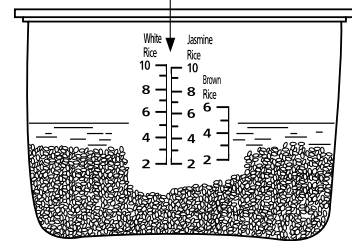
- Wash the rice thoroughly. Otherwise, rice crust may appear and the residual rice bran may affect the taste of the rice.

## 3 Add the washed rice or other ingredients into the pan.

- Use water line on the pan to measure cooking quantity as follows :

Function	Water Line
White Rice	White Rice
Jasmine	Jasmine Rice
Multi Grain	Multi Grain
Claypot	White Rice
Quick Cook	White Rice
Brown Rice	Brown Rice
Sticky Rice	Sticky Rice
Porridge	Porridge
Soup / Slow Cook	White Rice

<Example>  
When the rice quantity is 5 measuring cups, wash the rice and put into the pan, then add water into the pan till the water surface reaches scale "5" at water line of "White Rice".



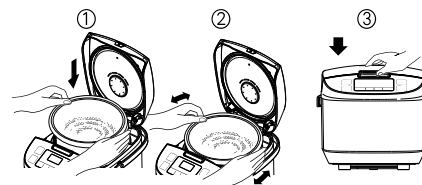
SR-ZE185

- In the Soup / Slow Cook function, the total amount of ingredients and water shall not exceed the maximum water line for "White Rice".
- Dry the outside surface of the pan. If it is wet, it may cause noise while cooking. Any foreign matters between the pan and the cast heater may damage the unit.
- Please make sure that the pan is on leveled surface.
- Please measure water by aligning water line left side and right side.
- If rice is too hard or too soft, please adjust water amount according to your personal taste.

# Preparations

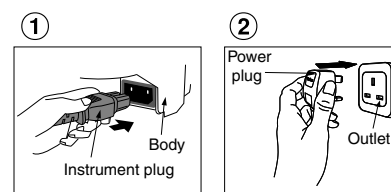
## 4 Put the pan into the body and close the outer lid.

- ① In order to closely attach the bottom of pan to the cast heater, please rotate the pan along the direction indicated by the arrow 2 or 3 times.
- ② Please check whether the inner lid is properly attached. (Refer to Page 13)
- ③ Close the outer lid until it clicks.



## 5 Connect the plugs.

- ① Please insert the instrument plug into the body first.
- ② Connect the power plug. Make sure that both plugs are tightly connected.



### ATTENTION

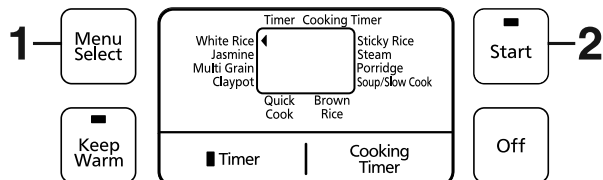
- \* The table on the right shows the maximum allowable amount of white rice that can be cooked while steaming food in the adjustable steam basket.
- \* Reasonable time interval is recommended between subsequent cooking to ensure cooking result is normal.
- \* There is possibility of starch, spill over through steam vent if cooking is done using hard water (ie: untreated water).

The maximum amount of rice (in measuring cups)

Height of the adjustable steam basket	Maximum amount of white rice	
	SR-ZE185	SR-ZE105
Shallow	5	2
Deep	4	1

# Functions

## White Rice, Jasmine, Multi Grain, Quick Cook, Brown Rice or Sticky Rice



### Important Information

- The amount of rice is specified in specifications. (Page 16)
- In the Quick Cook function, the rice may be harder or there may be rice crust (Quick Cook function can be used for white rice).
  - For better performance, please add some more water.
  - For better performance, please stir and loosen the rice immediately and keep the rice warm for a few minutes after the beep sound.

\*For brown rice, it takes about 2 hours to complete cooking.

## Operations

(Cooking with the White Rice, Jasmine, Multi Grain, Quick Cook, Brown Rice or Sticky Rice function).

**1** Press button to point to White Rice, Jasmine, Multi Grain, Quick Cook, Brown Rice or Sticky Rice function.

- The indicator blinks.

**2** Press button.

- The indicator lights up and the cooking starts.
- Before cooking is completed, the LCD display will show the remaining time in 1 minute decrement.

If you want to preset the timer for White Rice, Jasmine, Multi Grain, Brown Rice or Sticky Rice, please refer to "Using the Timer" (Page 12).

## The cooking is over

**Stir and loosen the rice.**

- When cooking is over, the electronic warm jar beeps and automatically switches to the **Keep Warm** function (The indicator turns off and the indicator lights up automatically).

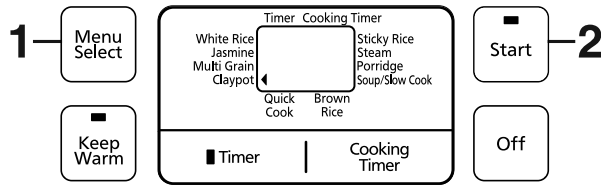
### Keep Warm

- When the cooking is over, all functions will turn to **Keep Warm** function automatically. But some functions are not recommended to use with **Keep Warm** function. Please press button to exit **Keep Warm** function.
- You can keep the rice warm for up to 5 hours, so as not to affect the taste or cause unpleasant smell.
- When in **Keep Warm** function, there may be some droplets at the edge of the pan.
- The rice taste may be affected if rice scoop is left in the electronic warm jar during **Keep Warm** function.

Menu	Keep Warm	The result after kept warm
White Rice	○	No problem.
Jasmine	○	
Multi Grain	○	
Quick Cook	○	
Claypot	×	Affects the taste or causes a strange smell. Flavor can be adversely affected.
Brown Rice	×	
Sticky Rice	×	It may become too thick.
Porridge	×	
Soup / Slow Cook	×	
Steam	×	Affects the taste or causes a strange smell.

○ : Can be used, × : Not recommend for use




# Functions Claypot





## ■ Important Information

- The amount of rice is specified in specifications. (Page 16)
- Ingredients are evenly placed on the surface of the rice, it is not mixed.
- When placing ingredients, they cannot go above the maximum water line for "White Rice".
- Do not open the outer lid while cooking. (Cooking result may not be satisfactory.)




## Operations (Cooking with the Claypot function).

- 1 Press  button to point  to Claypot function.
  - The  indicator blinks.

- 2 Press  button.
  - The  indicator lights up and cooking starts.
  - Before cooking is completed, the LCD display will show the remaining time in 1 minute decrement.

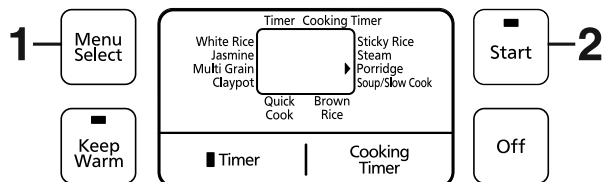
## The cooking is over

Press  button.

- When cooking is over, the electronic warm jar beeps and automatically switches to the **Keep Warm** function (The  indicator turns off and the  indicator lights up automatically). However, we do not recommend using the **Keep Warm** function as it may affect the taste. Press the  button to exit the **Keep Warm** function and unplug the power plug.



# Functions Porridge



## ■ Important Information


- The amount of rice is specified in specifications. (Page 16)
- If using too much water, it may cause spill over through steam vent.
- In order to have thicker porridge you may reduce the water amount according to your personal taste.
- When the outer lid is opened during cooking, the amount of moisture condensation may be increased.

## Operations (Cooking with the Porridge function).

**1** Press  button to point  to Porridge function.

- The  indicator blinks.




**2** Press  button.

- The  indicator lights up and cooking starts.
- Before cooking is completed, the LCD display will show the remaining time in 1 minute decrement.

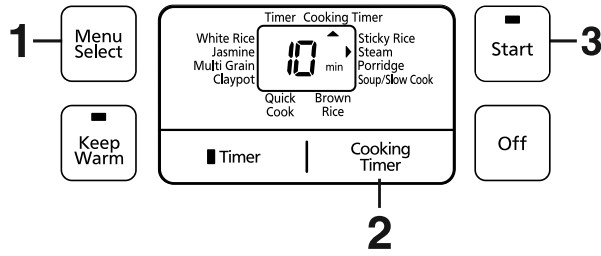
• If you want to preset the timer for Porridge, please refer to “Using the Timer” (Page 12).

## The cooking is over

Press  button.

- When cooking is over, the electronic warm jar beeps and automatically switches to the **Keep Warm** function (The  indicator turns off and the  indicator lights up automatically). However, we do not recommend using the **Keep Warm** function as it may become too thick. Press the  button to exit the **Keep Warm** function and unplug the power plug.

# Functions Steam



## ■ Important Information

- After boiling and complete evaporation of water, the electronic warm jar automatically switches off.
- If you want to abort steaming during cooking, press button.
- When steaming food while cooking rice, it's recommended to use Jasmine, Multi Grain or White Rice function with maximum quantity as described on Page 6.
  - Do not open the outer lid while cooking. (Cooking result may not be satisfactory).
- Please do not block the hole of the inner lid with food.

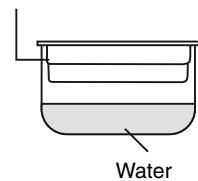
## Preparations

- Add the required amount of water.
- Place the adjustable steam basket into the pan as shown.
- Place foods to be steamed into the adjustable steam basket.
- Close the outer lid.

- Correspondence between the amount of water and time of steaming

Cooking time	Amount of water	
	SR-ZE185	SR-ZE105
Less than 10 minutes	1 measuring cup	1 measuring cup
10 ~ 30 minutes	2 measuring cups	2 measuring cups
30 ~ 60 minutes	4 measuring cups	3 measuring cups

Adjustable steam basket



## Operations (Cooking with the Steam function).

**1** Press button to point to Steam function.

- The indicator and blink (as the default cooking time for Steam function).

**2** Press button to set the cooking time as your desire.

- You can set the cooking time from 1 to 60 minutes (1 minute increment).
- Keeping the button pressed will make setting faster.

**3** Press button.

- The indicator lights up and cooking starts.
- After water is boiled, the LCD display will show remaining time in 1 minute decrement.

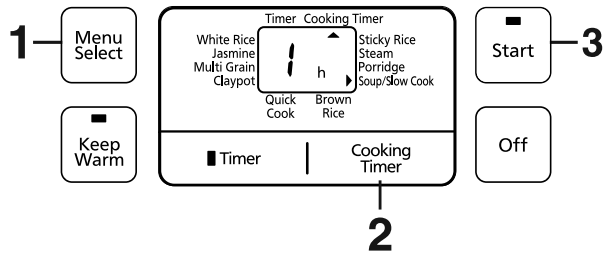


## The cooking is over

Press button.

- When cooking is over, the electronic warm jar beeps and automatically switches to the **Keep Warm** function (The indicator turns off and the indicator lights up automatically). However, we do not recommend using the **Keep Warm** function as it may affect the taste. Press the button to exit the **Keep Warm** function and unplug the power plug.

# Functions Soup / Slow Cook



## Important Information

- The maximum amount of ingredients and liquid for Soup / Slow Cook cannot exceed the maximum water line for "White Rice".

## Preparations

- Place all ingredients into the pan.
- Close the outer lid.

## Operations (Cooking with the Soup / Slow Cook function).

**1** Press button to point to Soup / Slow Cook function.

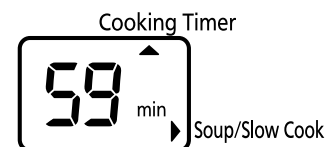
- The indicator and blink (as the default cooking time for Soup / Slow Cook function).

**2** Press button to set the cooking time as your desire.

- You can set the cooking time from 1 to 12 hours (30 minutes increment).
- Keeping the button pressed will make setting faster.

**3** Press button.

- The indicator lights up and cooking starts.
- The LCD display will show remaining time in 30 minutes decrement and reduce to 1 minute decrement when cooking time is less than 1 hour.

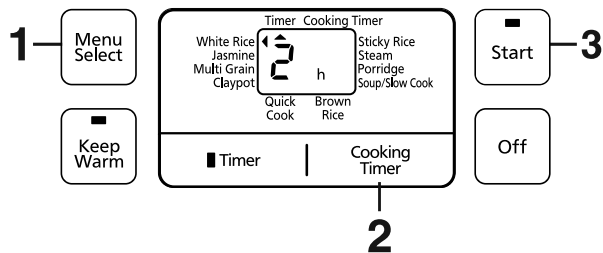


## The cooking is over

Press button.

- When cooking is over, the electronic warm jar beeps and automatically switches to the **Keep Warm** function (The indicator turns off and the indicator lights up automatically). However, we do not recommend using the **Keep Warm** function as it may affect the taste. Press the button to exit the **Keep Warm** function and unplug the power plug.

# Using the Timer



The presetting time is a countdown timer.

- Time can be preset 13 hours in advance.

## Example

If the timer is set for 2h, cooking will be completed in 2 hours after button is pressed.

\* When the preset timing is less than the required timing for cooking, the electronic warm jar will start cooking as soon as button is pressed.

## Operations

### 1 Press button to select function.

- Applicable functions for timer setting:

Function	
White Rice	Brown Rice
Jasmine	Sticky Rice
Multi Grain	Porridge

### 2 Press button to set the timer as your desire.

- The first time button is pressed, the previous timer setting will be displayed. The time and the indicator blink.
- The timer will advance 30 minutes each time.
- Keeping the button pressed will make setting faster.

### 3 Press button.

- The indicator turns off and the indicator lights up.
- When cooking starts, the indicator turns off and the indicator lights up.
- Timer setting can't be used in the following functions :

Function
Claypot
Quick Cook
Steam
Soup / Slow Cook

# Cleaning and maintenance

- Be sure to unplug and carry out these operations when the appliance is cooled down.
- Parts need to be cleaned after every use.
- Do not use cleaning objects such as benzine, thinners, cleansing powder or metal scrubbers.

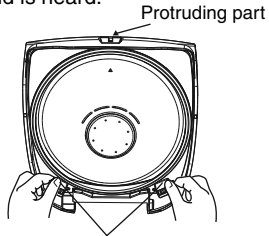
## Inner lid

### ■ Remove the inner lid

Hold the two tabs, then pull them towards you.

### ■ Attach the inner lid

- ① Insert the protruding part into the locker on the outer lid in a tilted way.
- ② Press the tabs (both sides) inwards the outer lid side until the click sound is heard.



Load and unload tabs of inner lid

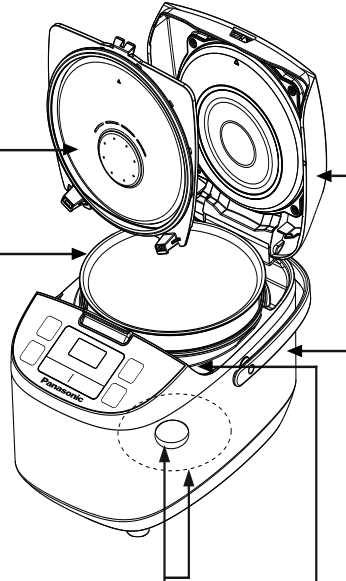
- Wash with a diluted dishwashing detergent and sponge.

## Pan

Wash with a diluted dishwashing detergent and sponge and wipe off the external surface of the pan.

## Temperature sensor / Cast heater

If an object has become stuck to the temperature sensor / cast heater, slightly polish it off using fine sandpaper (of about # 600). Then wipe with a damp cloth.

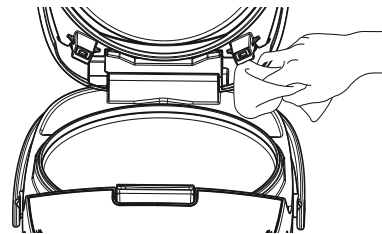


## Body / Outer lid

- Wipe with a damp cloth.
- Do not use a dishwashing detergent.

## Upper frame

Wipe with damp cloth.

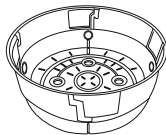


Do not pour water directly on the upper frame.

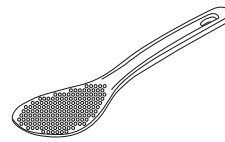
## Accessories



Measuring cup



Adjustable steam basket



Rice scoop



Porridge scoop

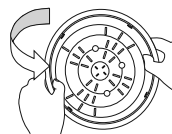
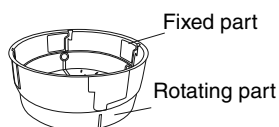
- Wash with a diluted dishwashing detergent and sponge.

# How to use adjustable steam basket / When the display shows as follows

## How to use adjustable steam basket

### ■ Height adjustment

Put your thumb on the ring on the inner wall of the rotating part, lift and slightly turn it counterclockwise, and then release your finger. The height of the adjustable steam basket will increase. To restore the previous size, hold the bottom of the rotating part with your palm, slightly turn it clockwise, and lift it up to clip.



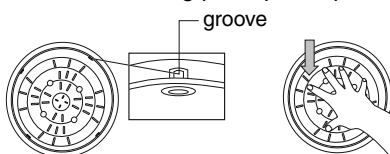
### ■ Disassembly

Firstly, restore the adjustable steam basket to the initial state (shallow), turn it over on the table, and then press down firmly on the rotating part up to clip. Fixed part and rotating part will detach.



### ■ Assembly

Direct the protrusion on the edge of the rotating part towards the groove on the inner wall of the fixed part, and then press with force on the bottom of the rotating part up to clip.



## When the display shows as follows

Display	Problems and troubleshooting
U14	Following continuous 96 hours <b>Keep Warm</b> function, the power supply will automatically cut off. Press <input type="button" value="off"/> button to resolve the error.
H01 H02 H05	Contact the authorized service center for repair.

# Troubleshooting

Please check the following items

## Rice Cooking

Details	Cooking problems					Keep Warm problems			No power	Strange sound occurs
	Too hard	Undercooked	Too soft	Water overflow	Burnt rice at bottom of pan	Color change	Bad smell	Too dry		
Wrong rice and water proportion.	●	●	●	●	●			●	Pull out plug and check the socket.	Sound occurs because of water that has stuck to pan.
Inadequate washing of rice.				●	●	●	●			
Foreign matters between pan and cast heater.	●	●	●		●					
Cooking with a lot of oil.	●	●			●	●	●			
The rice has been warmed more than 5 hours.						●	●	●		
The outer lid is not securely closed.	●			●		●	●	●		
The pan is not adequately washed.					●		●			
The power cord is not connected to the socket securely.		●					●			

# Specifications

Model No.		<b>SR-ZE185</b>	<b>SR-ZE105</b>
Power Source		220 V ~ 50 Hz	
Power Consumption	In the Cooking Function	750 W	
	In the Keep Warm Function	59.9 W	50.1 W
Capacity	White Rice	2 - 10 cups	1 - 5.5 cups
	Jasmine	2 - 10 cups	1 - 5.5 cups
	Multi Grain	2 - 8 cups	1 - 4 cups
	Claypot	2 - 4 cups	1 - 2 cups
	Quick Cook	2 - 10 cups	1 - 5.5 cups
	Brown Rice	2 - 6 cups	1 - 3 cups
	Sticky Rice	3 - 6 cups	1 - 3 cups
	Porridge	0.5 - 2 cups	0.5 - 1 cup
	Soup / Slow Cook	3.2 L	1.8 L
Dimensions (Width x Length x Height) (approx.)		261 x 385 x 241 mm	261 x 385 x 201 mm
Weight (approx.)		3.5 kg	3.1 kg
Keep Warm		5 hours	

- For power cord replacement and product repair, please contact Panasonic authorized service center.
- The design and specifications are subjected to change without prior notice.

Function	Cooking time (approximate) *1
White Rice	40 min
Jasmine	35 min
Multi Grain	45 min
Claypot	35 min
Quick Cook*2	15 min
Brown Rice	120 min
Sticky Rice	40 min
Porridge	60 min

\*1 Cooking time may vary depending on supply voltage, room temperature, kind of rice, cooking quantity, water quantity and water temperature.

\*2 Rice cooked (white rice at minimum cooking quantity) within 15 minutes. (Under Panasonic test method)





# 安全注意事項

必須遵循！

為了防止使用者或其他人員出現意外或人身傷害或出現財物損害，請遵循以下說明。

■ 錯誤操作可導致的損害級別如下圖所示。

 <b>警告</b> 表示嚴重人身傷亡。	 <b>注意</b> 表示人身傷害或財產損害的風險。
---	---

■ 符號分類及說明如下。

 此符號表示禁止。	 此符號表示必須遵循的要求。
--	---

## 警告

■ 電源線或電源插頭損壞，或電源插頭沒有緊固連接至插座時，請勿使用電器。

(可能會因為短路而導致觸電或起火。)



■ 請勿損壞電源線或電源插頭。

嚴厲禁止以下行為。



更改、放置在接近加熱元件附近的位置、彎曲、扭轉、拉伸、在上方放置較重物體及捆紮電線。(可能會因為短路而導致觸電或起火。)

- 若電源線損壞，則必須使用從製造商或服務代理處獲取的專用電線或部件予以更換。

■ 請勿用濕手插入或拔出電源插頭。

(可能會導致觸電。)



■ 請勿將臉部靠近蒸氣孔，雙手請勿碰觸蒸氣孔。兒童應遠離蒸氣孔。



蒸氣孔



(也可能會導致燙傷。)

■ 請勿在蒸氣孔或蓋口插入任何物體。

特別是針或電線之類等金屬物體。  
(可能會導致觸電或故障。)



■ 請勿將電器浸入水中或在電器上潑水。

(可能會由於短路造成起火或出現觸電事故。)



- 若電器進水，請向授權經銷商諮詢處理事宜。

■ 請勿修改、拆卸或修理此電器。

(可能會導致起火、觸電或人身傷害。)



- 請向店鋪或授權經銷商修理部門諮詢。

■ 此電器不適合身體、感官思維有缺陷者或缺乏經驗與知識者使用(包括兒童)。除非他們的監護人給予他們關於電器的適當使用和監督與指示。必需監督兒童，以確保他們不會將電器當成玩具。

(可能會導致燙傷或人身傷害。)



■ 請僅使用額定電流為 10 安倍及交流電壓為 220 伏特的插座。

(在同一插座插入其他裝置可能會導致電氣過熱，造成火警隱患。)



- 請僅使用最低額定電流為 10 安培的延長電線。

■ 請緊固插入電器插頭及電源插頭。

(否則可能會由於電器插頭或電源插頭周圍過熱而導致觸電或起火。)



- 請勿使用損壞的電源插頭或鬆動的插座。

■ 請定期清潔電源插頭。

(有污漬的電源插頭可能會因為潮濕而導致絕緣失效從而出現火警隱患。)



- 請拔出電源插頭，並用乾布擦拭。

■ 若出現異常情況或發生故障，請立即停止使用電器並拔出電源線。

(可能會導致冒煙、起火或觸電。)

- 電源插頭及電源線過熱。
- 電線源損壞或觸碰後出現電源故障。
- 主機身變形或過熱。
- 電器冒煙或發出燒焦味。
- 電器出現裂痕、鬆動或搖晃現象。
- 鑄封加熱器彎曲或內鍋變形。



(如異常情況或故障)

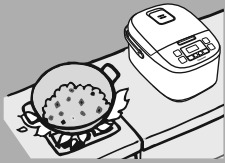
→ 需要檢查或修理時請立刻向 Panasonic 授權服務中心諮詢。

# 安全注意事項

必須遵循！

## ⚠ 注意

### ■ 請勿在以下地方使用電器。



- 可能會被水濺到或接近熱源的位置。(可能會由於短路造成起火或觸電事故。)
- 不穩固的表面或地毯、電熱毛毯、桌布(乙烯)或其他不耐高溫的物體之上。(可能會導致人身傷害、燙傷或起火。)
- 接近牆壁或傢俱。(可能會導致褪色或變形。)

### ■ 請勿在電器使用時或烹調後觸碰加熱元件。



特別是鑄封加熱器。  
(也可能會導致燙傷。)

### ■ 電源插頭請勿接觸蒸氣，電源轉換插頭避免進水。



- 電源插頭接電時請勿接觸蒸氣。(可能會由於短路導致起火。)使用帶滑動台的櫥櫃時，請將電器放置在電源插頭不會接觸蒸氣的位置。

### ■ 移動電器時請勿觸碰開蓋鈕。



(可能會導致外蓋開啟，造成燙傷。)

### ■ 拔出插頭時，請確保握緊電器插頭或電源插頭。



(否則可能會因為短路而導致觸電或起火。)

### ■ 請勿使用非此電器專用的電源線配件(電器插頭及電源插頭)。請勿轉換插頭。



(可能會導致觸、漏電及起火。)

### ■ 烹飪中打開外蓋時請小心謹慎。



(也可能會導致燙傷。)

### ■ 電器不使用時，請從插座拔出電源插頭。



(否則可能會由於絕緣損壞造成短路，從而導致觸電或起火。)

### ■ 加熱元件使用後仍有餘熱。請待電器冷卻後再清潔。



(觸碰高溫元件可能會導致燙傷。)

### ■ 請勿使用非指定內鍋。



(可能會由於過熱或故障導致燙傷或人身傷害。)

## 使用注意事項

請放入適量米及水，並根據操作說明正確選擇功能。

(以避免出現米水溢出、米飯不熟或米飯燒焦等問題。)

請勿在未放入內鍋的情況下，將烹調食材直接放入電器。未放入內鍋時，請勿烹調。

(以避免任何異物導致電器故障。)

避免在直射陽光下使用電器。  
(以避免電器褪色。)

請勿將水濺到電源線插頭上。  
(可能造成觸電。)

使用電器之前，應先取出內鍋及鑄封加熱器間的防鏽紙。

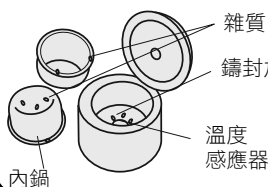
(以避免烹調效果不佳或起火。)

電器使用時，請勿覆蓋清潔布或其他物體在外蓋上。

(以避免外蓋變形、褪色或故障。)

請勿使用任何金屬物體鏟出米飯。  
(以避免刮傷內鍋塗層及導致塗層剝落。)

請確保內鍋、鑄封加熱器及溫度感應器沒有殘留米飯等雜質。



- 請勿傾斜或倒置電器。
- 清潔之前，請先關閉電源開關並拔出電源插頭。

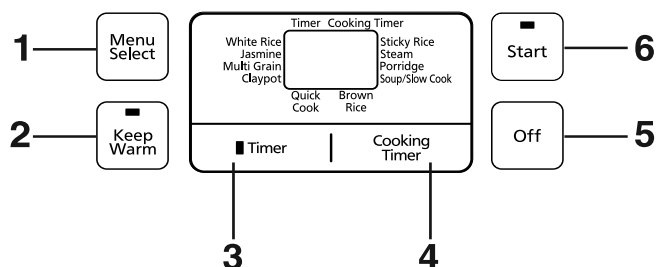
蒸氣孔溢出米水時，請立即拔出電源插頭以斷開電源。用乾布清潔電源插頭及電器插頭上的米水後，再重新使用。

此電器僅限家庭使用。請勿將電器用於任何商業或工業目的，也勿用於烹調以外的其他目的。

如果在操作電器過程中出現電源故障，則可能會影響烹調效果。

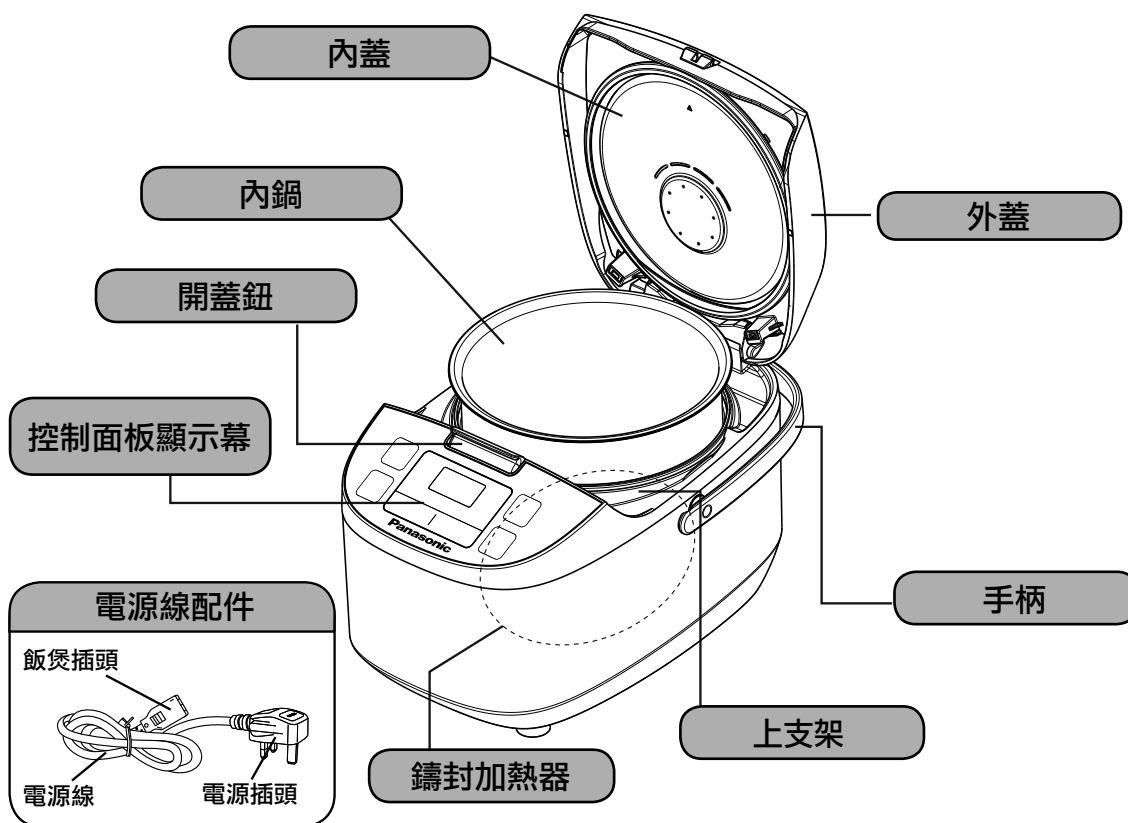
# 部件名稱

## 顯示幕



- 按下此按鈕：
1. 選擇烹調功能。
  2. 進入保溫模式。
  3. 預設預約。
  4. 設定烹調時間。
  5. 取消烹調。
  6. 開始烹調。

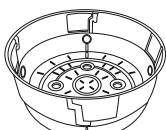
## 部件名稱



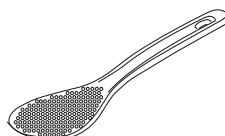
## 配件



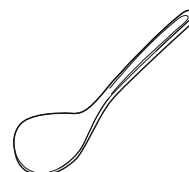
量杯  
(約 180 mL)



可調節式蒸籠



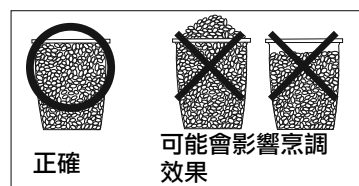
飯勺



稀飯勺

# 準備事項

- 1** • 使用隨附量杯量米。
- 量杯容量約為 180 mL。
  - 如欲了解一次烹調的最大飯量，請參閱第 31 頁的技術規格章節。

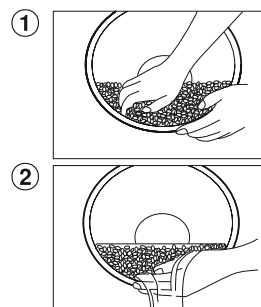


## 2 洗米，直至洗米水變得較為清澈。

- 用大量清水快速洗米，換水時輕輕攪動米以進行清洗。
- 重複數次(洗米→倒水)，直至洗米水變得較為清澈。

### 注意

- 徹底清洗米。否則可能會出現鍋巴，殘留米糠可能會影響米飯口感。

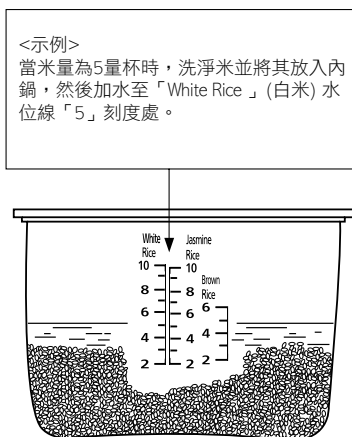


## 3 往內鍋內加入洗過的米或其他食材。

- 按照以下方法利用內鍋上的水位線測量水量。

功能	水位線
白米 (White Rice)	White Rice
香米 (Jasmine)	Jasmine Rice
什穀米 (Multi Grain)	Multi Grain
砂鍋料理 (Claypot)	White Rice
快速煮飯 (Quick Cook)	White Rice
糙米 (Brown Rice)	Brown Rice
糯米 (Sticky Rice)	Sticky Rice
稀飯 (Porridge)	Porridge
湯 / 燉煮 (Soup / Slow Cook)	White Rice

- 使用「Soup / Slow Cook」(湯 / 燉煮) 功能時，食材及水的總量不應超過「White Rice」(白米) 最高水位線。
- 擦乾內鍋表面。內鍋表面有水分可能會導致烹調時發出異響。內鍋及鑄封加熱器間若有任何雜質，則可能會損壞飯煲。
- 請確保將內鍋置於水平表面上。
- 測量水量時請確保對齊左側及右側水位線。
- 如飯太硬或太軟，請根據個人口味調整水量。

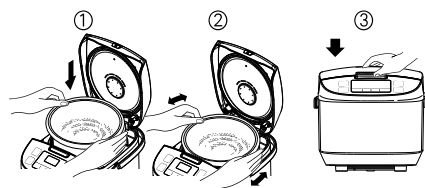


SR-ZE185

# 準備事項

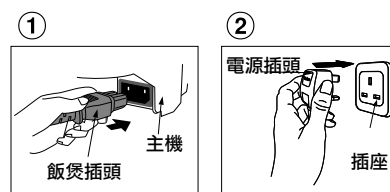
## 4 將內鍋放入主機，蓋上外蓋。

- ① 為了讓內鍋底部緊密貼合鑄封加熱器，請將內鍋沿箭頭方向旋轉 2 至 3 次。
- ② 請檢查內蓋的裝置是否正確。(參照第 28 頁)
- ③ 關上外蓋，直至扣緊。



## 5 連接插頭。

- ① 請先將飯煲插頭插入主機。
- ② 然後連接電源插頭。確保兩個插頭連接緊固。



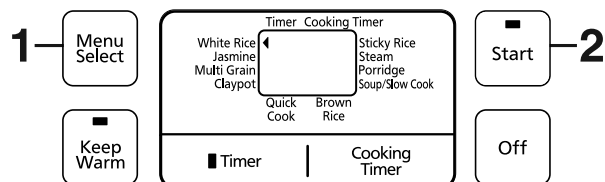
### 注意

- 右側表格顯示使用可調節式蒸籠的同時可烹調的最多米量。
- 烹調之間需有合理的時間間隔，否則將會影響烹調效果。
- 如果使用未經處理的水烹調，漿可能會從蒸氣孔溢出。

### 最多米量 (以量杯計算)

可調節式蒸籠的高度	最多米量	
	SR-ZE185	SR-ZE105
淺	5	2
深	4	1

# 功能 白米、香米、什穀米、快速煮飯、糙米或糯米



## ■ 重要資訊

- 米量載於「技術規格」章節。(第31頁)
- 在「Quick Cook」(快速煮飯)式下,飯的口感可能較硬或有飯焦。(快速煮飯功能可以用於白米飯。)  
→ 為了效果更佳,請再加一點水。  
→ 為了效果更佳,請在“嗶”聲後立即攪鬆米飯,並讓其保溫幾分鐘。
- \* 糙米約需2小時才能煮熟。

## 操作 (使用白米、香米、什穀米、快速煮飯、糙米或糯米功能烹調。)

**1** 按下 按鈕以將 ◀ 指向白米、香米、什穀米、快速煮飯、糙米或糯米功能。

- 指示燈閃爍。

**2** 按下 按鈕。

- 指示燈亮起,開始烹調。
- 烹調結束前,液晶顯示幕會按每次減少1分鐘顯示剩餘的時間。

• 如需預設白米、香米、什穀米、糙米或糯米的預約時間,請參閱「使用預約」(第27頁)。

## 烹調結束

### 將米飯攪鬆。

- 烹調結束時,飯煲會發出“嗶嗶”聲,且會自動切換至保溫功能。( 指示燈熄滅, 指示燈自動亮起。)

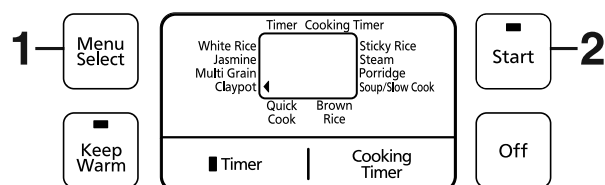
### 保溫

- 烹調結束時,所有功能會自動切換至保溫功能。但某些功能並不建議使用保溫。請按下 按鈕以結束保溫功能。
- 米飯最多可保溫5小時,以免影響口感或產生異味。
- 使用保溫功能時,內鍋邊緣可能出現小水滴。
- 使用保溫功能時,若將飯勺遺留在飯煲內,米飯口感可能會受影響。

功能	保溫	保溫後的結果
白米 (White Rice)	○	沒問題。
香米 (Jasmine Rice)	○	
什穀米 (Multi Grain)	○	
快速煮飯 (Quick Cook)	○	
砂鍋料理 (Claypot)	×	影響口感或產生異味。可能會影響口味。
糙米 (Brown Rice)	×	
糯米 (Sticky Rice)	×	
稀飯 (Porridge)	×	可能會過稠。
湯 / 燉煮 (Soup / Slow Cook)	×	影響口感或產生異味。
蒸食 (Steam)	×	

○: 可用於; ×: 不建議使用

# 功能 砂鍋料理



## 重要資訊

- 米量載於「技術規格」章節。(第18頁)
- 食材均勻鋪在米飯上面，不要攪拌。
- 所放入的食材不可超出「White Rice」(白米) 最高水位線。
- 烹調時，請勿打開外蓋。(烹調效果可能不理想。)

## 操作 (使用砂鍋料理功能烹調。)

- 1 按下 按鈕將 ◀ 指向砂鍋料理功能。
  - 指示燈閃爍。

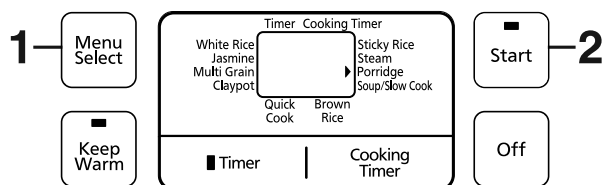
- 2 按下 按鈕。
  - 指示燈亮起，開始烹調。
  - 烹調結束前，液晶顯示幕會按每次減少 1 分鐘顯示剩餘的時間。

## 烹調結束

按下 按鈕。

- 烹調結束時，飯煲會發出“嗶嗶”聲，且會自動切換至保溫功能。( 指示燈熄滅， 指示燈自動亮起。) 但是我們並不建議使用保溫功能，因為此功能會影響口感。按下 按鈕以結束保溫功能及拔出電源插頭。

# 功能 稀飯





## ■ 重要資訊


- 米量載於「技術規格」章節。(第 31 頁)
- 水量過多可能會導致溢出。
- 為了使稀飯變得更濃稠，你可依個人口味減少水的用量。
- 烹調期間，若外蓋打開，水氣凝結量可能會增加。

## 操作 (使用稀飯功能烹調。)

1 按下  按鈕將 ▶ 指向稀飯功能。

-  指示燈閃爍。




2 按下  按鈕。

-  指示燈亮起，開始烹調。
- 烹調結束前，液晶顯示幕會按每次減少 1 分鐘顯示剩餘的時間。

- 如需預設稀飯的預約時間，請參閱「使用預約」(第 27 頁)。

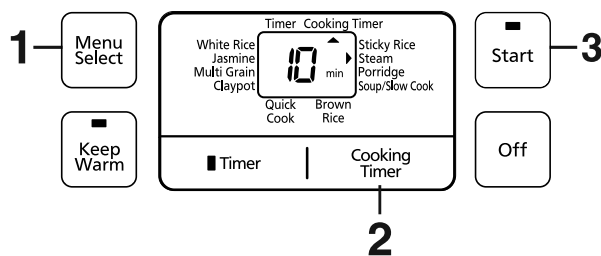
## 烹調結束

按下  按鈕。

- 烹調結束時，飯煲會發出“嗶嗶”聲，且會自動切換至保溫功能。(  指示燈熄滅，  指示燈自動亮起。) 但是我們並不建議使用保溫功能，因為此功能可能會使稀飯過稠。按下  按鈕以結束保溫功能及拔出電源插頭。



# 功能 蒸食



## ■ 重要資訊

- 水沸騰及完全蒸發後，飯煲會自動關閉。
- 如需在烹調過程中停止蒸食功能，請按下 **Off** 按鈕。
- 如在蒸煮的同時煮飯，建議使用「Jasmine」（香米）、「Multi Grain」（什穀米）或「White Rice」（白米）功能。最多米量如第 21 頁所述。  
→ 蒸煮時，請勿打開外蓋。（蒸煮效果可能不理想。）
- 避免食材堵塞內蓋孔。

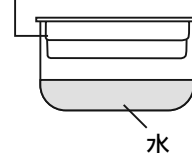
## 準備事項

- 加入所需水量。
- 如圖所示，將可調節式蒸籠放入內鍋。
- 將要蒸煮的食物放入可調節式蒸籠中。
- 蓋上外蓋。

## ■ 水量與蒸煮時間的對應表

烹調時間	水量	
	SR-ZE185	SR-ZE105
少於10分鐘	1 量杯	1 量杯
10 ~ 30 分鐘	2 量杯	2 量杯
30 ~ 60 分鐘	4 量杯	3 量杯

## 可調節式蒸籠

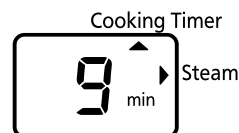


## 操作 (使用蒸食功能烹調。)

- 1 按下 **Menu Select** 按鈕將 ▶ 指向蒸食功能。
  - **Start** 指示燈及 **10 min** 閃爍（蒸食功能的預設時間）。

- 2 按下 **Cooking Timer** 按鈕以設定所需烹調時間。
  - 可設烹調時間為 1 至 60 分鐘（每按一次增加 1 分鐘）。
  - 按住按鈕可快速設定時間。

- 3 按下 **Start** 按鈕。
  - **Start** 指示燈亮起，開始烹調。
  - 水煮沸後，液晶顯示幕會按每次減少 1 分鐘顯示剩餘的時間。

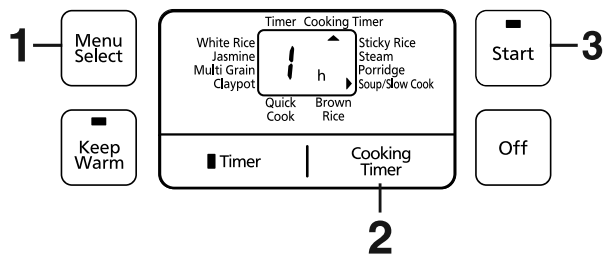


## 烹調結束

按下 **Off** 按鈕。

- 烹調結束時，飯煲會發出“嗶嗶”聲，且會自動切換至保溫功能。（**Start** 指示燈熄滅，**Keep Warm** 指示燈自動亮起。）但是我們並不建議使用保溫功能，因為此功能會影響口感。按下 **Off** 按鈕以結束保溫功能及拔出電源插頭。

# 功能 湯 / 燉煮



## ■ 重要資訊



- 湯 / 燉煮的材料及液體的份量不可超過「White Rice」（白米）的最高水位線。

## 準備事項

- 請將所有食材放入內鍋。
- 蓋上外蓋。

## 操作（使用湯 / 燉煮功能烹調。）


### 1 按下 按鈕將 ▶ 指向湯 / 燉煮功能。

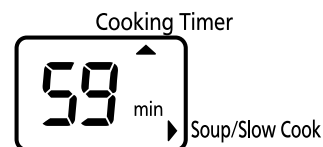
-  指示燈及  閃爍（湯 / 燉煮功能的預設時間）。

### 2 按下 按鈕以設定所需烹調時間。

- 可設烹調時間為 1 至 12 小時（每按一次增加 30 分鐘）。
- 按住按鈕可快速設定時間。




### 3 按下 按鈕。

-  指示燈亮起，開始烹調。
- 液晶顯示幕會按每次減少 30 分鐘顯示剩餘的時間。  
當烹調時間少於 1 小時時，液晶顯示幕會按每次減少 1 分鐘顯示剩餘的時間。

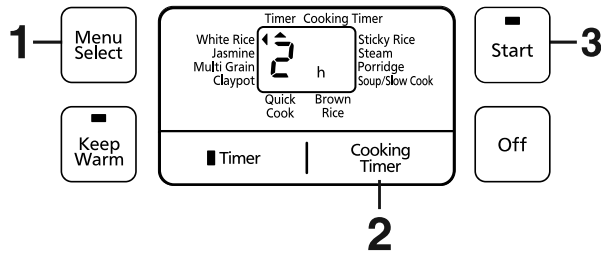


## 烹調結束

### 按下 按鈕。

- 烹調結束時，飯煲會發出“嗶嗶”聲，且會自動切換至保溫功能。（ 指示燈熄滅， 指示燈自動亮起。）但是我們並不建議使用保溫功能，因為此功能可能會影響口感。按下  按鈕以結束保溫功能及拔出電源插頭。

# 使用預約



- 3 預約時間為倒計時。
- 預約時間可提前 13 小時。

### 示例

若預約時間設定為 2 小時，則烹調將於按下 按鈕後 2 小時內完。

\* 預約時間少於烹調所需時間時，飯煲會在按下 按鈕時開始烹調。

## 操作

### 1 按下 按鈕以選擇功能。

- 預約設定適用功能：

功能	
白米 (White Rice)	糙米 (Brown Rice)
香米 (Jasmine Rice)	糯米 (Sticky Rice)
什穀米 (Multi Grain)	稀飯 (Porridge)

### 2 按下 按鈕以選擇預約設定。

- 首次按下 按鈕時，之前的預約設定會顯示出來。時間及 指示燈會閃爍。
- 每按預約，時間會增加 30 分鐘。
- 按住按鈕可快速設定時間。

### 3 按下 按鈕

- 指示燈會熄滅， 指示燈亮起。
- 開始烹調時， 指示燈會熄滅， 指示燈會亮起。
- 以下功能無法使用預約設定。

功能
砂鍋料理 (Claypot)
快速煮飯 (Quick Cook)
蒸食 (Steam)
湯 / 燉煮 (Soup / Slow Cook)

# 清潔及維護

- 請務必在飯煲冷卻後，先拔出電源插頭，再進行清潔和保養。
- 每次使用後都需清洗部件。
- 請勿使用汽油、天拿水、去污粉或金屬洗滌器等用品。

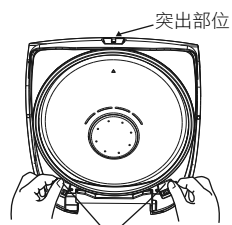
## 內蓋

### ■ 拆除內蓋

握住兩個拉環，往身體方向拉。

### ■ 安裝內蓋

- ① 將突出部位以傾斜方向插入外蓋上的鎖扣。
- ② 按下外蓋內側的拉環（兩側），直到聽到咬合聲。



裝上及取出內蓋拉環

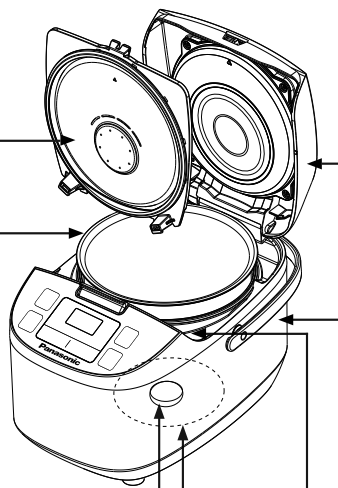
- 使用稀釋的餐具洗滌劑和海綿清洗。

## 內鍋

使用稀釋的餐具洗滌劑和海綿清洗，拭擦內鍋的外表面。

## 溫度感應器 / 鑄封加熱器

若有物體卡在溫度感應器 / 鑄封加熱器上，請使用砂紙輕輕磨掉（約 # 600）。然後使用擰乾濕布擦拭。

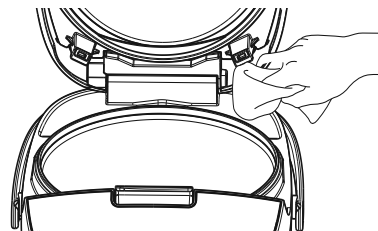


## 主機 / 外蓋

使用擰乾濕布擦拭。  
• 請勿使用餐具洗滌劑。

## 上支架

使用擰乾濕布擦拭。

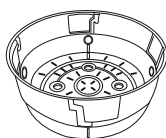


請勿將水直接倒在上支架上。

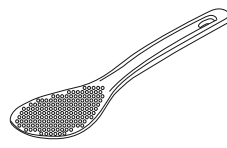
## 配件



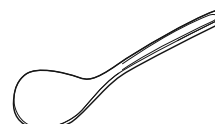
量杯



可調節式蒸籠



飯勺



稀飯勺

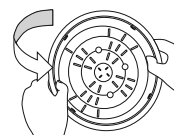
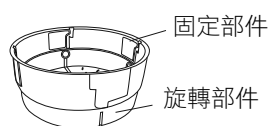
- 使用稀釋的餐具洗滌劑和海綿清洗。

# 如何使用可調節式蒸籠 / 顯示幕顯示以下訊息時

## 如何使用可調節式蒸籠

### ■ 高度調整

將拇指放入旋轉部件內壁的環中，提起並以反時針方向輕輕轉動，然後鬆開手指。可調節式蒸籠的高度會升高。如需恢復原先高度，請用手掌握緊旋轉部件底端，以順時針方向輕輕轉動，然後提起並關上。



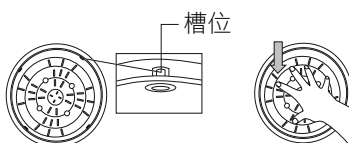
### ■ 拆卸

先將可調節式蒸籠恢復至最初狀態（淺），放在桌上並翻轉，然後用力按壓旋轉部件，直至發出“啪”的一聲。固定部件及旋轉部件會分離。



### ■ 組裝

將旋轉部件邊緣的突出部分指向固定部件內壁的槽位，然後用力按下旋轉部件底部，直至發出“啪”的一聲。



## 顯示幕顯示以下訊息時

顯示	問題及故障排解
U14	保溫功能持續使用96小時後，電源會自動切斷。按下 <input type="button" value="off"/> 按鈕以解決錯誤。
H01 H02 H05	請聯絡授權服務中心進行維修。

# 故障排除

請檢查以下項目

## 烹調米飯

詳情	烹調問題					保溫問題			沒有電源	發出異響
	米飯過硬	米飯煮不熟	米飯過軟	溢水	內鍋底部米飯燒焦	變色	臭味	過乾		
米與水的比例有誤。	●	●	●	●	●			●	拔出插頭並檢查座。	內鍋沾水導致發出聲音。
洗米方式不當。				●	●	●	●			
內鍋及鑄封加熱器間有雜質。	●	●	●		●					
使用大量油進行烹調。	●	●			●	●	●			
米飯保溫時間已經超過 5 小時。						●	●	●		
外蓋沒有緊固關閉。	●			●		●	●	●		
內鍋沒有充分清洗。					●		●			
電源線沒有緊固連接插座。		●					●			

# 技術規格

型號		SR-ZE185	SR-ZE105
電源		220 V ~ 50 Hz	
耗電量	使用烹調功能時	750 W	
	使用保溫功能時	59.9 W	50.1 W
容量	白米	2 - 10 量杯	1 - 5.5 量杯
	香米	2 - 10 量杯	1 - 5.5 量杯
	什穀米	2 - 8 量杯	1 - 4 量杯
	砂鍋料理	2 - 4 量杯	1 - 2 量杯
	快速 / 白米快速	2 - 10 量杯	1 - 5.5 量杯
	糙米	2 - 6 量杯	1 - 3 量杯
	糯米	3 - 6 量杯	1 - 3 量杯
	稀飯	0.5 - 2 量杯	0.5 - 1 量杯
	湯 / 燉煮	3.2 L	1.8 L
尺寸 (寬 x 長 x 高) (大約)	261 x 385 x 241 mm	261 x 385 x 201 mm	
重量 (大約)	3.5 kg	3.1 kg	
保溫	5 小時		

- 若要了解電源線更換及產品修理事宜，請與 Panasonic 授權服務中心聯絡。
- 設計及技術規格如有更改，恕不另行通知。

功能	烹調時間 (大約) <sup>*1</sup>
白米	40 分鐘
香米	35 分鐘
什穀米	45 分鐘
砂鍋料理	35 分鐘
快速 / 白米快速 <sup>*2</sup>	15 分鐘
糙米	120 分鐘
糯米	40 分鐘
稀飯	60 分鐘

\*1 烹調時間視乎供應電壓、室溫、米的種類、烹調份量、水量及水溫而異。

\*2 15 分鐘內煮熟飯 (最少份量的白米)。(以 Panasonic 方法測試)

**Panasonic Manufacturing Malaysia Berhad**  
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