

SIN

# Panasonic®

## Operating Instructions

Household Use Electronic Pressure Cooker

Model No. NF-PC400



Chinese please refer to page 17 - back cover.  
中文請參照P17 - 封底。

Thank you very much for purchasing the Panasonic product.

- This product is intended for household use only.
- Please read this Operating Instructions carefully for safe and proper use of this product. Be sure to read the **“Safety Precautions” (page 2-3)** before use.
- Make sure that the information such as date of purchase and dealer's name is stated on the guarantee certificate.
- Keep the guarantee certificate together with the Operating Instructions with care.

Reserve it for later use

The guarantee certificate is attached separately



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Before Use

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How to Use

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When Necessary

# Safety Precautions

Be sure to observe the following precautions

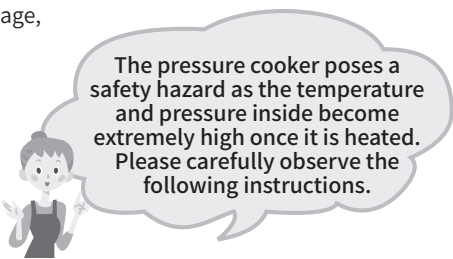
To prevent personal injury, injury to others and property damage, the following instructions must be followed.

■ Incorrect operation due to failure to follow instructions will cause harm or damage, the seriousness of which is classified below.

	<b>WARNING:</b> Indicate a potential hazard which could result in death or serious injury.
	<b>CAUTION:</b> Indicate a potential hazard which could result in injury or damage to property.

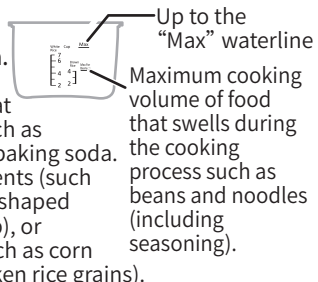
■ The instructions to be followed are represented by the following symbols.

	This symbol indicates an action that is prohibited.		This symbol indicates an action that is must be followed.
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## WARNING

- Do not place the product in a location accessible by children.  
(To avoid causing burn, injury or electric shock.)
- Maximum cooking volume must not exceed the up to "Max" waterline on the pan.
  - Do not use any object that rapidly reacts to heat and generates foams such as a large amount of oil or baking soda.
  - Do not use flaky ingredients (such as laver, cabbage), strip-shaped ingredients (such as kelp), or granular ingredients (such as corn grits, black sesame, broken rice grains).
- Do not use if the main body is in one of the following states.  
(To avoid releasing the pressure safely or steam leak.)
  - There are foreign objects such as white rice stick inside the main body (around the pan seal ring, nozzle and pressure valve, etc.).
- When in use or immediately after cooking, do not put your face or hands near the steam vent or touch high temperature parts (including the pressure indicator pin).  
(To avoid causing burns, or causing vapor burns from the steam.)
  - Pay extra attention to children.
- If there is pressure remains in the pan, (when the pressure indicator pin has not dropped → P6), please do not force to open the outer lid.  
(To avoid bouncing the outer lid, leading to food splatter and causing burns.)
  - Do not open the outer lid before the pressure is completely released (the pressure indicator pin is dropped).
- Do not attempt to do the followings.  
(To avoid causing fire, electric shock or injury.)
  - Immerse the main body in water or splash water on the main body.
  - Spill water or other liquid on the connector such as the instrument plug.
  - Insert foreign objects such as metal pins into the vent or gap.
  - Attempt to modify, disassemble or repair the unit.
- Do not use this pressure cooker for any purpose other than the Operating Instructions.  
(To avoid causing fire, burn, injury or electric shock.)
- When cooking is done, be careful that the ingredients are hot. When stirring, please do not get your face close to the pan as hot food will be coming out.  
(To avoid causing burn.)
- When cooking sticky food, do not use the manual exhaust steam function.  
(To avoid causing food ejection, resulting in burns.)
- Do not attempt to do the followings.  
(To avoid causing electric shock, short-circuit or fire.)
  - Do not connect or disconnect the power plug with wet hands.
  - Do not use damaged power plug or loose power outlet.
  - Do not carry out any operation which may damage the power cord or the power plug. Do not damage the power cord or the power plug, or forcibly process, bend, twist, pull, or place them in a hot place, place heavy objects on top of them or bind the power cord into a bunch.
    - 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 let anyone lick the instrument plug. Pay an extra attention to infants.
- 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 burn, injury or electric shock.)
- Single-phase bipolar grounded power outlet should be used for this product to ensure reliable grounding! If grounding device is not installed, it may cause electrostatic induction of other metal parts such as housing.  
(To avoid causing the risk of electric shock due to failure or electric leakage.)
- Please use an independent power with the voltage of AC 230 V/10 A.  
(Using the unit together with other equipment on the same outlet can cause overheating and fire.)

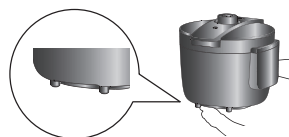


## ! WARNING

- **Please check regularly the steam vent, nozzle used to release steam, and make sure they are not clogged.**  
(To avoid causing the abnormal pressure rise.)
- **Be sure to mount the pressure valve.**  
(To avoid causing overflow burns or poor cooking effect due to abnormal pressure.)
- **Remove dust on the power plug regularly.**  
(Dust accumulated on the power plug may cause insulation failure due to moisture, which could result in fire.)  
→ Disconnect the power plug and wipe it with a dry cloth.
- **Make sure that the power plug and the instrument plug are fully inserted in place.**  
(To avoid causing an electric shock or fire due to heat.)
- **If an exception or malfunction occurs, stop using the pressure cooker immediately and unplug the power plug.**  
(To avoid causing smoke, fire, electric shock, burns or injury.)  
Abnormalities • Malfunction Cases
  - The power plug and cord become abnormally hot.
  - The power cord is damaged or power failure occurs when being touched.
  - The main body is deformed or abnormally hot.
  - The main body emits smoke or burning smell.
  - The main body is broken, loose or makes abnormal noise.
  - A lot of steam is discharged out of the steam vent, but the pressure indicator pin is not elevated.
  - In the non-exhaust steam state, a lot of steam is discharged out from the steam vent suddenly.→ Immediately contact service center for inspection or repair.

## ! 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 let the pressure cooker operate in an empty state.**  
(To avoid causing burn.)
- **Do not use the product in the following places.**
  - Near heat or in the high humidity environments.  
(To avoid causing electric shock, electric leakage or fire.)
  - On uneven surface or a mat which is not heat-resistant.  
(To avoid causing injury, burns or fire.)
  - In the places close to the wall or furniture, etc.  
(To avoid bumping into them when opening the lid, or cause discoloration, deformation and breakage of the furniture.)
- **Do not move the main body in use.**  
(To avoid causing burn.)
- **Do not expose the power plug into the steam.**  
(To avoid causing an electric shock, or a fire due to a short circuit.)
- **Do not touch the high temperature area at the end of cooking, especially around the the steam vent on the outer lid and the metal parts such as the inner lid, the pressure valve, the pan, the cast heater and protective frame.**  
(To avoid causing burn.)  
→ To remove and wash it, be sure to take it away with a towel wrapped. Never pull the pan seal ring to avoid leaks due to its distortion.
- **Do not use the power cord not specified for use with this appliance or using the power cord provided with this pressure cooker for any other device.**  
(So as to avoid malfunctions or electric shock, electric leakage or fire.)
- **Be careful when taking out a container containing food from the pan.**  
(To avoid causing burn.)
- **Wait for the main body to cool before cleaning.**  
(To avoid causing burns or injury.)
- **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 you unplug the power plug or instrument plug, be sure to hold the plug itself, and never pull the power cord.**  
(To avoid causing an electric shock, or a fire due to a short circuit.)
- **When used within a cupboard or other enclosed spaces, make sure that the steam can emit outward.**  
(So as to avoid discoloration or deformation of the cupboard.)
- **When moving the product, make sure that both sides below the main body are held firmly; do not hold the steam cap.**  
(To avoid making the outer lid open, causing burns or damage to the product.)



- **This appliance is intended to be used in house-hold 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.

- **About outage (including unplug of the power plug, trip, etc.)**
  - If a power failure occurs in use, the product will return to the standby.

# Instructions for Use

## About the main body

- Please clean rice and other foreign objects stick on the main body (bottom sensor, or edge or bottom of the pan, cast heater and pan seal ring), while cleaning.

→ Do not flip or tilt the pressure cooker.

- Before cleaning, turn off the power of the pressure cooker and unplug the power plug.

- Mix and dissolve the seasoning before adding it.

(To avoid causing unsuccessful cooking such as uncooked food properly.)

- Do not place a cloth or other items on the outer lid in use.

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

- Avoid using the pressure cooker in direct sunlight.

(To avoid causing discoloration)

- After cooking, there may be residual pressure inside the pan, causing the pressure indicator pin to repeatedly rise and drop, and making the outer lid difficult to open.

→ Press and hold [↕] button, and at the same time, open the outer lid.

- After cooking, when the outer lid is open and there is still residual heat in the pan, the pressure indicator pin may lift up, so the outer lid may not be closed again.

→ Press and hold [↕] button, and at the same time, close the outer lid.

- Do not rinse the outer lid directly.

→ If water enters, turn the outer lid upside down until no water drips.

Edge or bottom



(Pan)

Cast heater



Bottom sensor



## About the pan

### To prevent peeling or damage of the coating on the surface of the pan

※The coating peeled has no effect on the performance of the product, and is not harmful on human body either.

- Do not place the pan over fire or any other heat source.

- Do not press or stir hard or sharp foods in the pan while cooking them.

- Do not use metal cooking utensils (such as a ladle and spatula).

- Do not rinse rice inside the pan.

- Do not allow any hard object to come into contact with the pan or hit the pan with a hard object.

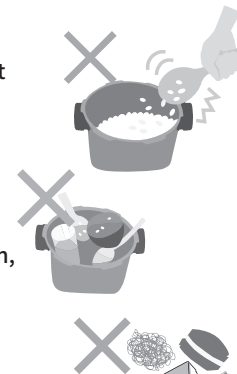
(Do not place the power cord in the pan.)

- After use seasoning, until the main body is sufficiently cool, please clean the pan immediately.

- Do not use the pan as a washing-up bowl. Also do not put spoons or tableware into the pan.

- Do not wash or scrub the pan with cleanser, wire wool or metal brush, nylon brush.

→ To clean the pan, wash it with a soft sponge.



Do not wash the pan using the surface with abrasive particles.

### Note

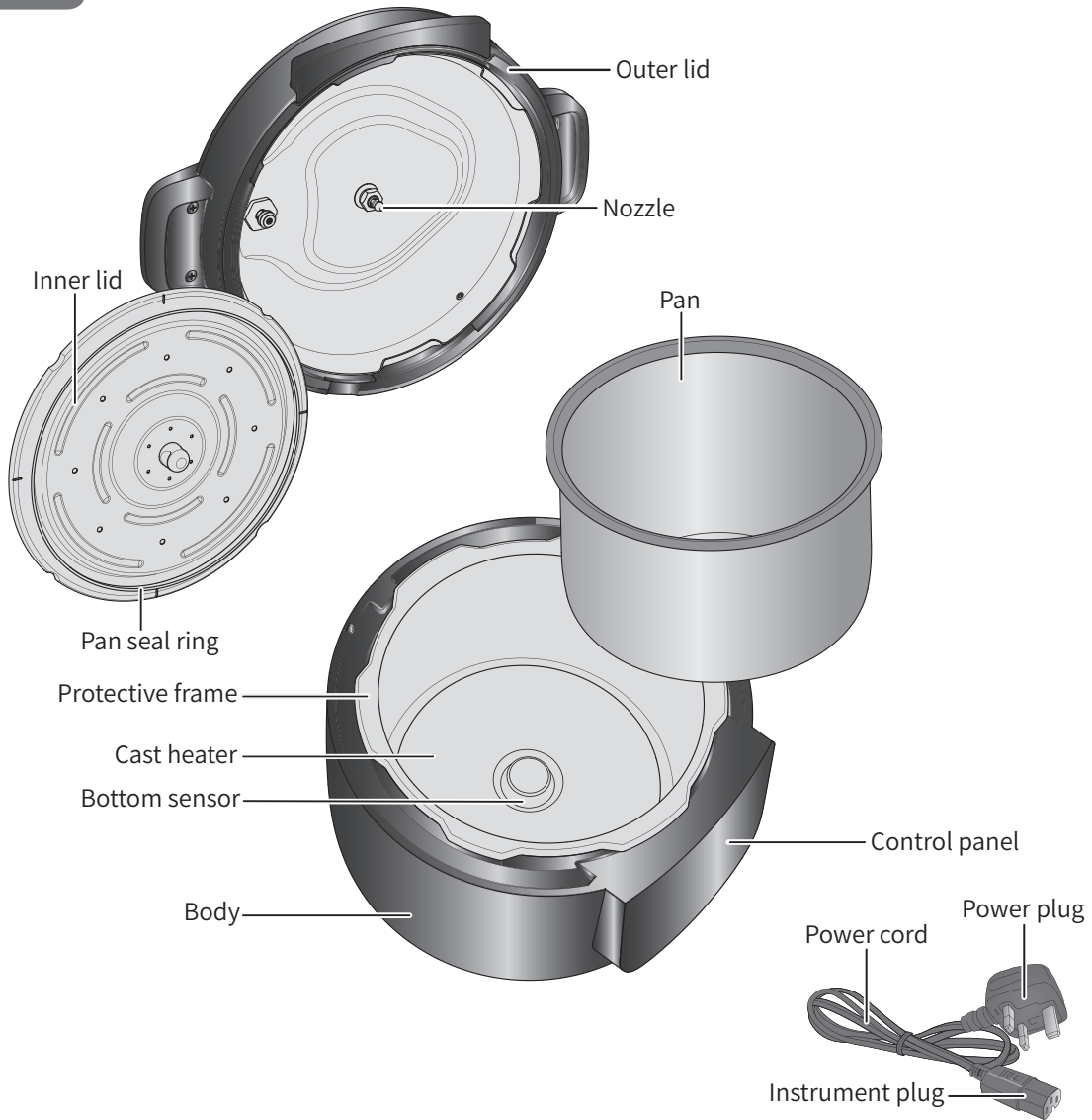
- This appliance is not intended to be operated by means of an external timer or separate remote-control system.

- During cooking, after pressure rises, the gap between the outer lid and the main body will become bigger, which is a normal phenomenon and there is no need to worry.

# Parts Identification

- For first time use, please use the “Cleaning” function, and wash the accessories, inner lid, nozzle and pan. (P12-13)
- When the surface of the control panel is covered with protective film, remove it before use.

## Main body



Before Use

## Accessories

Measuring cup  
(Approx. 180 mL) (1)



Rice scoop (1)



Porridge [Soup] scoop (1)



# Parts Identification

### Control panel

**Off/Cancel key**

- Cancel incorrect operation, or turn off keep warm.

**Time key**

- To set the cooking time, you must first press this key.

**Keep Warm key**

- Press this key to keep food warm.

**< > key**

- 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.

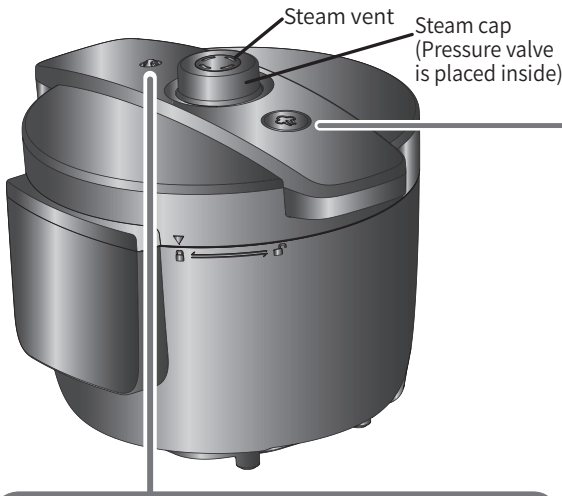
**Preset Timer key**

- Press this key to timer.



**Start key**

- Press this key to start cooking or end the setting of the preset time.

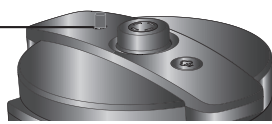
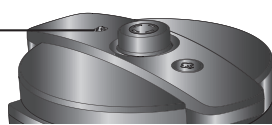
Note: When the control panel is off, press and hold any key to wake up.



### Steam button

- After cooking, press the [  ] button to reduce pressure quickly.
  - ※ it is not recommended to use this function when cooking sticky foods (such as beans, white fungus and curry). Otherwise, food may be ejected, causing burns and other injuries.
- When you want to open the outer lid while cooking, first press the [Off/Cancel] key, then press the [  ] button.
- When discharging steam manually from the steam vent, please keep distance from it.

### Pressure indicator pin

- When the pan is under pressure.
  - Rises 
- When the pan is not under pressure.
  - Drops 

### Inner lid/Outer lid

- If the inner lid is not properly installed, air leak will occur during cooking.

**Inner lid**



**Outer lid**



Nozzle

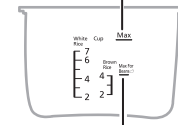
# Preparation

## Preparation before use

### 1 Put the ingredients into the pan and place the pan in the main body.

- Whenever cooking the maximum volume (ingredients + water), MUST NOT exceed the “Max” water line.
- Before place the pan in the main body, wipe off the water or foreign object around the pan.

Up to the “Max” waterline

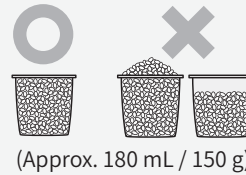


Maximum cooking volume of food that swells during the cooking process such as beans and noodles (including seasoning).

### Cooking rice

#### 1 Measure rice, then use another container to wash the rice.

- Using the measuring cup provided (Approx. 180 mL), measure the rice amount on a levelcup basis. When the rice is full, it should be wiped flat.
- Amount of rice that can be cooked at a time. (P15)
- Soaking of rice is not required.



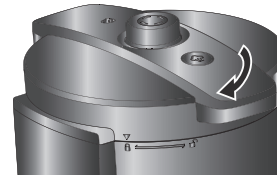
#### 2 Put the rice into the pan.

### 2 Check that the inner lid is installed.

- If the inner lid is not properly installed, air leak will occur during cooking. (P12 Inner lid)

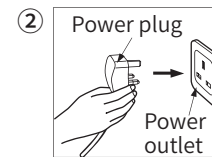
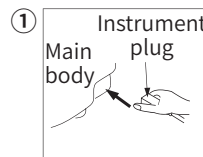
### 3 Close the outer lid.

- Align “▼” on the outer lid with “☑” on the main body, and rotate the outer lid to “☑” in the direction of the arrow, and then “☑” is displayed on the control panel.



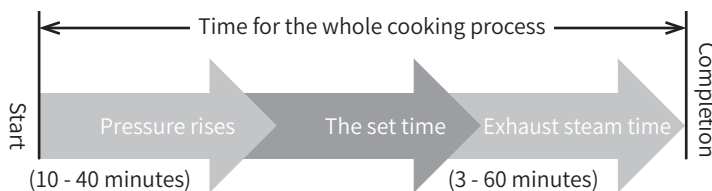
### 4 Insert the instrument plug and power plug completely.

- Connect the instrument plug to the main body, and then insert the power plug into the power outlet, and make sure both are inserted completely.



### Notes

- Do not touch the steam vent until the pressure indicator pin has dropped. (To avoid causing burn)
- When cooking quick rice and brown rice, after opening the outer lid, please stir and loosen the white rice immediately.
- Time required for the cooking is “The set time” + “13 - 100 minutes”.



- “The set time” indicates the cooking time only after the pressure inside the pan has risen to the set level. The displayed time does not change until the pressure has risen to the level, but it is not a failure.
- The more the amount of ingredients, the longer time it takes until the pressure has risen and to let stand the cooked food.
- The food is cooked further during exhausting period by remaining heat.

# Function selecting

## Dish

Dish menu includes : Meat · Poultry · Steam · Stew · Soup · Beans · Open-lid Hotpot · Slow Cook · Pressure Cooking.

Example: When using the “Meat” menu to cook

**1** Press [**<**] or [**>**] select “Meat”.  
 ● The [Start] indicator flashes.

**2** Press **Time**, then press [**<**] or [**>**] to set the cook time.

- Time is decreased or increased at 1 minute intervals.
- Press and hold the [**<**] or [**>**] key to quickly subtract or add time.



**3** Press **Start**.

- The [ ] and [Start] indicator lights up.



(Once the pressure has reached the setting level) Remaining time is shown in 1 minute decrements.

**4** After cooking, it will enter the “Keep Warm” state.

- When buzzer sounds and [Keep Warm] indicator lights up, wait until the pressure indicator pin drops, and then open the outer lid.
- If you need to open the outer lid during cooking, (P6 Steam button.)



■ Maximum cooking volume and time setting range Table 1

Menu	Maximum cooking volume (ingredients + water)	Time setting range (min)
Meat	Waterline for “Max”/ “Max For Beans”	5-35 (default time of 20)
Poultry		5-30 (default time of 15)
Stew		1-59 (default time of 10)
Soup		20-59 (default time of 30)
Beans		15-35 (default time of 18)
Open-lid Hotpot		1-59 (default time of 30)
Slow Cook		60-360 (default time of 60)
Pressure Cooking		1-59 (default time of 10)
Steam	Water: 2 measuring cup	5-30 (default time of 5)

**5** Press **Off/Cancel**.

### Notes

- Do not use the [ ] button when cooking sticky foods (such as beans, white fungus and curry). Otherwise, food may be ejected, causing burns and other injuries.
- Do not move the pressure cooker or touch the steam vent and the pressure indicator pin while cooking. (Steam or food may be ejected.)

### Slow Cook

- Add at least 500 mL of water when cooking with “Slow Cook”. (To avoid affecting the cooking effect.)

### Open-lid Hotpot

- Be sure to open the outer lid when cooking with “Open-lid Hotpot”.
- Do not use this function to cook food ingredients that are hard to cook well.

### Pressure Cooking

- Adjust the cooking time according to the size of the ingredients and how easy it is to cook well.




# Function selecting


## Quick Rice · Brown Rice

Example: When using the “Quick Rice” menu to cook rice

- 1 Press [**<**] or [**>**] select “Quick Rice”.
  - The [Start] indicator flashes.

- 2 Press **Start**.
 
  - The [**☁**] and [Start] indicator lights up.
  - “Quick Rice” and “Brown Rice” have fixed time so cooking time cannot be set.

(Once the pressure has reached the setting level) Remaining time is shown in 1 minute decrements.

- 3 After cooking, it will enter the “Keep Warm” state.
 
  - When buzzer sounds and [Keep Warm] indicator lights up, (Keep warm state) wait until the pressure indicator pin drops, and then open the outer lid. Fluff the cooked rice as soon as possible, so as to prevent the rice from sticking together.
  - Press the [**⏏**] button to reduce pressure quickly. (P6 Steam button)

- 4 Press **Off/Cancel**.
  - The [Keep Warm] indicator turns off.

### Notes


- Remaining time starts to reduce only after the pressure inside the pan has reached the setting pressure.
- Different types of rice, cooking time varies.
- Do not move the pressure cooker or touch the steam vent and the pressure indicator pin while cooking. (Steam or food may be ejected.)
- If you add beans when cooking brown rice, please soak the beans for more than 4 hours first.

## Preset Timer (Quick Rice · Brown Rice)

Example: When cooking white rice with the timer

- 1 Press [**<**] or [**>**] select “Quick Rice”.
  - The [Start] indicator flashes.

- 2 Press **Preset Timer**, then press [**<**] or [**>**] to set the preset time.
 
  - The preset time setting range: 2 - 24 hours.

- 3 Press **Start**.
 
  - The [Start] indicator turns off. The [Preset Timer] indicator lights up.
  - When the cooking is completed, the buzzer sounds and “0:00” is indicated on the display, the [Keep Warm] indicator lights up.

- 4 Press **Off/Cancel**.
  - The [Keep Warm] indicator turns off.

### Notes

- Other than “Quick Rice” and “Brown Rice”, other menu cannot be timed.
- Time indicated by the timer is the time cooking finishes.
- Remaining time is shown in 1 minute decrements.

## Keep Warm

- 1 Close the outer lid, press **Keep Warm**.
  - The [Keep Warm] indicator lights up.
  - The temperature inside the pan can be maintained at around 70 °C.

- 2 To cancel keep warm Press **Off/Cancel**.

### Notes

- Do not use the “Keep Warm” function on green vegetables.
- It is recommended that the time for the “Keep Warm” function shall not exceed 1 hour.
- Once the time for the “Keep Warm” function exceeds 24 hours, the display will disappear, but the “Keep Warm” function will continue.

# Recipes

## CAUTION:

※The amount of ingredients and cook time in the recipe are for reference only. Please adjust them according to actual needs.

※1 cup (measuring cup): Approx. 150 g

## Sauced beef

Meat

### Ingredients:

Beef 1000 g  
Ginger To taste  
Minced garlic To taste

### Seasoning:

Sugar 10 g Oyster sauce 20 g  
Light soy sauce 50 mL Thirteen spices 5 g  
Dark soy sauce 50 mL

### Steps:

1. Prepare the ingredients. Cut beef into chunks, and cut ginger and garlic into minces. Prick the beef with toothpick, add all the seasonings and bruised ginger and minced garlic, and pickle for 4 hours.
2. Put all the ingredients and seasonings in the pan, then put the pan into the body and close the outer lid.
3. Press [ $\leftarrow$ ] or [ $\rightarrow$ ] select "Meat", set the cook time to 30 minutes, and then press the [Start] key. After cooking, press the [Off/Cancel] key, open the outer lid, and then slice them after cooling down.

Note: When the beef is in large chunks, please extend the cooking time accordingly.

## Steam chicken slices

Poultry

### Ingredients:

Peeled chicken leg meat 2, Approx.150 g  
Minced scallion 2 g  
Minced Ginger 10 g  
Minced garlic 10 g

### Seasoning:

Pepper oil 40 mL Sugar 2.5 g  
Vinegar 15 mL Light soy sauce 10 mL

### Steps:

1. Put chicken legs in the pan, sprinkle with minced ginger, then put the pan into the body, and close the outer lid.
2. Press [ $\leftarrow$ ] or [ $\rightarrow$ ] select "Poultry", set the cook time to 15 minutes, and then press the [Start] key.
3. Put the pepper oil, vinegar, sugar, and light soy sauce into a bowl (vinegar: light soy sauce: sugar = 3:2:0.5). Add minced scallion and garlic to mix well.
4. After the cooking is over, press the [Off/Cancel] key to open the outer lid and take out the chicken legs (pour out the original soup, otherwise it will dilute the original taste). Wait until they are cold, and slice and pour the sauce.

## Red bean paste

Beans

### Ingredients:

Red beans 150 g  
Water 2.5 cups (Approx. 450 mL)  
Rock Sugar 30 g  
Honey To taste

### Steps:

1. Pour the washed red beans, water, rock sugar and honey into the pan.
2. Close the outer lid, press the [ $\leftarrow$ ] or [ $\rightarrow$ ] key to select "Beans", set the cooking time to 35 minutes, and then press the [Start] key.
3. Wait until the pressure indicator pin drops, press the [Off/Cancel] key, and open the outer lid.
4. Pour the cooled red beans into a mixer, and stir with the mixer until fine.

# Recipes

## Tomato chicken wings

Stew

### Ingredients:

Chicken wings	8
Shiitake mushrooms	100 g
Tomato	2
Water	30 mL

### Seasoning:

Tomato ketchup	10 mL	Soy sauce	15 mL
Oyster sauce	10 mL	Sugar	5 g
Salt	2.5 g		

### Steps:

1. Score both sides of the wings twice with a knife, peel and dice the tomatoes, wash the shiitake mushrooms.
2. Put all ingredients and seasoning in the pan then close the outer lid.
3. Press the [**<**] or [**>**] key to select "Stew", set the cooking time to 18 minutes, and then press the [**Start**] key.

## Oxtail soup with tomato

Soup

### Ingredients:

Oxtail	500 g
Tomato	1
Celery	1
Carrot	Half piece
Onions	1/4 piece
Water	To taste

### Seasoning:

Salt	A little
Black pepper	A little

### Steps:

1. Put the oxtail into the boil water to get rid of the blood. Take them out and drain for use.
2. Cut tomato into pieces, carrots into irregular pieces, celery into sections, and onions into small pieces. Put all the ingredients into the pan.
3. Close the outer lid, press the [**<**] or [**>**] key to select "Soup", set the cooking time to 35 minutes, and then press the [**Start**] key.
4. Wait until the pressure indicator pin drops, press the [**Off/Cancel**] key, and open the outer lid to add a little salt and black pepper.

## Red bean and purple rice congee with coconut milk

Slow Cook

### Ingredients:

Red beans	100 g	Rock Sugar	30 g
Purple rice	100 g	Coconut milk	100 mL

### Steps:

1. Wash the red beans and purple rice, and soak them in water all night.
2. Put the soaked red beans, purple rice and rock Sugar in the pan, add water until the MAX waterline of White Rice, and close the outer lid.
3. Press [**<**] or [**>**] select "Slow Cook", set the cooking time to 2 hours, and then press the [**Start**] key.
4. At the end of cooking, press the [**Off/Cancel**] key, and add the coconut milk.

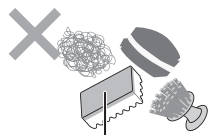
Note: If you do not soak red beans and purple rice in advance, please increase the cooking time.

# Cleaning and Maintenance

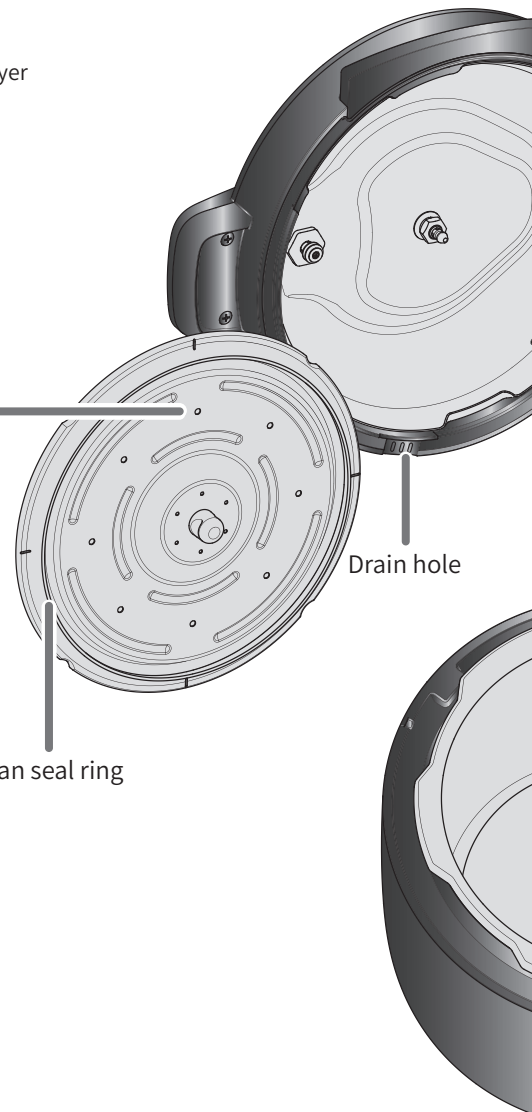
- Please ensure the main body is cold before unplugging the power plug for cleaning.
- When cleaning, never immerse the main body in water.
- Do not use the dishwasher or dish dryer.

Do not use the following items:

- Wire wool or nylon brush
- Benzine / Thinner
- Dish washer and dish dryer
- Cleanser / Alcohol
- Disinfectant / Bleach



Tool with abrasive particles on the surface.



## Inner lid

Please remove it after every use, and clean it with a kitchen dedicated neutral detergent.

- Clean both sides of the inner lid removed, and ensure its dry before loading it into the outer lid.

### Inner lid

#### ■ During disassembly



Hold tight the protruding part in the center and pull up.

#### ■ During installation

Hold tight the protruding part in the center and pull up.



### Precautions

- Please wash the pressure cooker immediately after using seasonings (tomato chicken wings, etc.). (So as to avoid odor, deterioration or rust.)
- If the nozzle is clogged with foreign objects such as rice and dirt, clear them using a thin bamboo stick or toothpick. (To avoid causing steam leak and ejection of cooking food.)

## Cleaning

※ This cleaning function can be used to remove the residual odor of the pan and the inner lid.

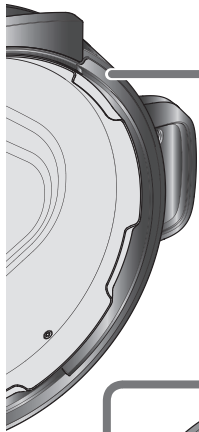
**1** Add water to the waterline 2 of “White Rice”, and close the outer lid. Press the [**<**] or [**>**] key to select “Cleaning”.

**2** Press **Start**.

- Cleaning time: 15 minutes.
- After cleaning, it automatically switches to “Keep Warm” state.

**3** Press **Off/Cancel**.

- Wait until the pressure indicator pin drops, open the outer lid, and pour out the water from the pan.

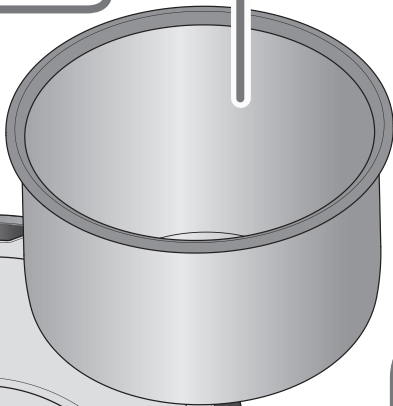


### Main body · Outer lid

Wipe with a dry cloth.

- Do not use detergent.
- Do not pull the pan seal ring.

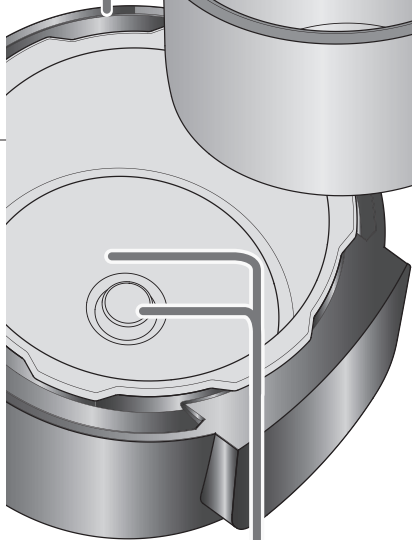
\*If water enters the outer lid, it can flow out through the drain hole.



### Pan

Wash with detergent.

- Do not use the pan as a wash basin. To avoid causing wear and tear of the pan. ( P4 )

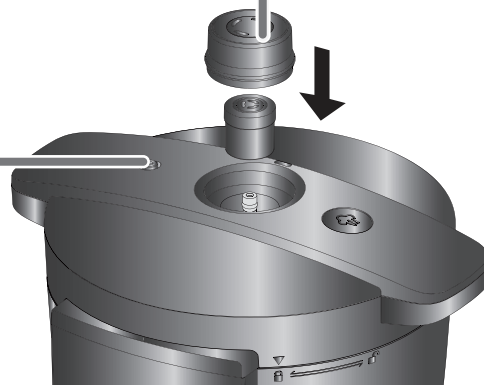


### Pressure indicator pin

Wipe with a dry cloth.  
( Until the indicator pin can move up and down smoothly )

### Steam cap (Pressure valve is placed inside)

Wipe with a dry cloth. After cleaning, install it in place.



### Cast heater · Bottom sensor

To remove stubborn foreign objects, gently rub with a little neutral cleaning agent using a nylon brush, and then wipe with a well-wrung cloth.

### Accessories

Clean with diluted detergent.

Measuring cup (1)



Rice scoop (1)



Porridge [Soup] scoop (1)



When Necessary

# Troubleshooting

Please check the followings before requesting service.

Trouble description	Possible causes	Ref. page
Unable to cook (Press the [Start] key, no reaction)	<ul style="list-style-type: none"> <li>The lid lock is not locked well (the outer lid is not pulled back).</li> </ul>	7
Time display does not change	<ul style="list-style-type: none"> <li>The [Start] key is not pressed after the time is set.</li> <li>Steam leak. (See below the "Steam leak" description.)</li> <li>Even if the pressure cooking has started, the pressure inside the pan has not reached the set pressure.</li> <li>There are foreign objects at the cast heater or the bottom of the pan.</li> <li>Continuous cooking rice or cooking rice with hot water.</li> </ul>	8,9 — 8,9 13 —
The remaining time displays when the pressure indicator pin has not been raised	<ul style="list-style-type: none"> <li>The bottom sensor can not work properly because the seasoning are not completely dissolved.</li> <li>There are foreign objects at the cast heater or the bottom sensor.</li> </ul>	4 4
Steam leak (From the pan, outer lid, steam vent or pressure indicator pin)	<ul style="list-style-type: none"> <li>There is a foreign object on the pan, inner lid, pan seal ring or pressure indicator pin.</li> <li>The pan, inner lid or pan seal ring is dented or damaged.</li> <li>Inner lid and pressure valve are not installed.</li> </ul>	— — 12, 13
Broth and steam spurt out (Spurt from the steam vent or the slit of the lid)	<ul style="list-style-type: none"> <li>The outer lid is not closed properly.</li> <li>Too much ingredients or water is put in the pan.</li> <li>During Auxiliary Cooking, the outer lid is closed.</li> <li>Inner lid and pressure valve are not installed, or pressure valve is not installed in place.</li> <li>Press the [👉] when cooking sticky food.</li> </ul>	7 7 8 12, 13 8
Cooking is unsuccessful (Uncooked / overdone / watery / burnt / heat is too low)	<ul style="list-style-type: none"> <li>There is a foreign object on the cast heater or inner lid, bottom sensor.</li> <li>The pan placed in the main body is tilted.</li> <li>The inner lid and pressure valve is not installed.</li> <li>Seasoning is not completely dissolved.</li> </ul>	13 7 12, 13 4
The outer lid is difficult to open The outer lid is difficult to close	<ul style="list-style-type: none"> <li>Has the pressure in the pan been completely released (the pressure indicator pin is dropped)?</li> <li>Is the inner lid or the pan deformed?</li> <li>Because there is pressure in the pan, seal strength is enhanced for the pressure cooker, so you find it difficult to close. Especially when loosening the white rice immediately after cooking, you will find it difficult to close.</li> <li>Is there any rice grain at the upper body?</li> </ul>	6 — — —
The pressure cooker sounds	<ul style="list-style-type: none"> <li>The "rip ..." sound indicates that the pressure is released.</li> <li>The "pop" sound indicates that the water drops at the bottom (outer) of the pan crack due to thermal expansion.</li> </ul>	— —
Cooking time becomes longer?	<ul style="list-style-type: none"> <li>If cooking is made continuously, the cooking time will be longer. (May be extended up to 30 minutes)</li> <li>Due to the different amounts of rice and water, the remaining time may not be displayed and may be adjusted in the middle of cooking.</li> <li>When the cooking process is canceled midway, continuing to cook rice while the main body has not cooled down can lead to the extension of the cooking time.</li> <li>Is hot water used to cook rice?</li> <li>There are foreign objects at the cast heater, the bottom sensor and the bottom of the pan.</li> </ul>	— — — — —

Contact service center for inspection or repair if:

- The bottom of the pan has dents.
- The inner lid or pan seal ring is dented or damaged.
- Problems are still not solved after the examination according to the above.

## If this Code is Displayed...

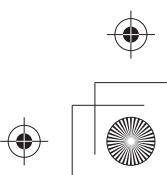
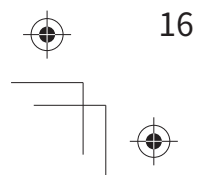
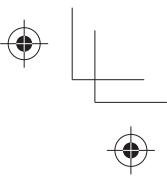
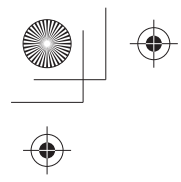
Display	Possible causes	Ref. page
U 14	<ul style="list-style-type: none"> <li>The “Keep Warm” function is on more than 96 hours. → Press the [Off/Cancel] key.</li> </ul>	—
H 00	<p>Try to unplug the power plug and plug it in again. If “H※※” still appears, then there is a fault. → Please consult the Panasonic authorized service center, and inform the error code (digits after “H”)</p>	—

## Specifications

Model No.		NF-PC400
Rated voltage		230 V~
Rated frequency		50 Hz
Rated power input		800 W
Rated cooking pressure		70 kPa
Nominal volume of the pan L		4.0
Rice cooking volume L (cup)	Quick Rice	0.18-1.26 (1-7)
	Brown Rice	0.18-0.9 (1-5)
Maximum cooking volume for menu (ingredients + water) (Approx.) L	Meat	2.4 <sup>*1</sup>
	Poultry	
	Stew	
	Soup	
	Pressure Cooking	
	Open-lid Hotpot	1.3 <sup>*2</sup> water: 2 measuring cups
	Slow Cook	
	Beans	
Steam		
Power cord length (Approx.) m		0.9
Weight (Approx.) kg		4.2
Size (Approx.) cm	Width	27.4
	Depth	34
	Height	26.2

- (\*1) It indicates the cooking capacity at the “Max” waterline in the pan.
- (\*2) It indicates the cooking capacity at the “Max For Beans” waterline in the pan.

When Necessary





# Panasonic®

## 使用說明書

家庭用 電腦型壓力鍋

型號 NF-PC400



非常感謝您購買 Panasonic 產品。

- 此產品僅供家庭使用。
- 請仔細閱讀本使用說明書，以確保正確、安全使用本產品。  
使用前請務必閱讀【**安全注意事項**】(第 18-19 頁)。
- 請確保保修卡上註明有購買日期和經銷商號等信息。
- 將保修卡和使用說明書一同小心收妥。

保留備用

保修卡另附

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必要時

# 安全注意事項

請確保遵循以下注意事項

為防止造成人身傷害、財產損失，請務必遵守以下安全注意事項。

■ 因錯誤操作所產生的危害及損害程度，如下區分說明。



## 警告

表示如不避免，則可能導致死亡或嚴重傷害的某種潛在危害情況。



## 注意

表示如不避免，則可能導致輕微或中度傷害的某種潛在危害情況。

■ 希望遵守的內容分類，用如下圖標來區分說明。



此圖標表示不能進行，“禁止”的內容。



此圖標表示務必執行，“強制”的內容。

由於本體在加熱後內部會產生極高的溫度及壓力，因此為了確保安全請務必遵守以下事項。



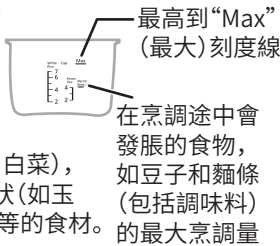
## 警告



- 請勿將電壓力鍋放在孩童能觸碰到的地方。(以免導致燙傷、受傷或觸電。)

- 每次烹調的最大量，請勿超過內鍋的最大刻度線。

- 請勿使用任何遇熱後會產生泡沫的食材，如大量的油或梳打粉。
- 請勿使用片狀(如紫菜、白菜)，帶狀(如海帶等)，碎粒狀(如玉米渣、黑芝麻、碎米粒)等的食材。



- 若本體處於以下狀態，請勿使用。(以免壓力無法安全釋放，或導致蒸氣洩漏。)
- 產品內部(鍋墊圈、噴嘴及壓力閥周圍等處)黏有米飯等異物。

- 使用中或烹調剛結束時，請勿將臉或手靠近蒸氣口或觸摸高溫部位(包括壓力顯示竿)。(以免導致燙傷或被排出的蒸氣灼傷。)
- 特別要注意小孩。



- 內鍋中仍有壓力時(壓力顯示竿未落下時→P22)，請勿強行打開外蓋。(以免外蓋彈開，導致食物飛濺，從而引起燙傷。)
- 請在壓力完全釋放後(壓力顯示竿落下)再打開外蓋。

- 請勿進行以下操作。(以免導致火災、觸電或受傷。)
- 將本體浸入水中或將水濺到本體上。
- 將水或液體濺到本體插頭上。
- 將金屬針等異物插入散熱孔或間隙中。
- 自行改裝、拆解或修理本產品。



- 請勿將本產品用於使用說明書記載以外的任何用途。(以免導致火災、燒傷、受傷或觸電。)

- 烹調剛完成進行攪拌時，可能會有熱的食物濺出，請勿將臉靠近內鍋。(以免導致燙傷。)

- 烹調黏稠狀食物時，請勿使用手動排氣功能。(以免食物噴出，導致燙傷。)

- 請勿進行以下操作。(以免導致觸電、短路或引起火災。)

- 請勿用濕手插、拔電源插頭。
- 請勿使用損壞的電源插頭或鬆脫的插座。
- 請勿進行任何可能會損壞電源線或電源插頭的操作。不要損傷電源線或電源插頭，不要強行加工、彎曲、扭曲、拉伸或置於高溫處，將重物放在上面或把電線捆成一束。
- 電源線如有損壞，為了避免危險，必須用專用電源線或從製造廠或維修部買到的專用組件來更換。
- 請勿讓任何人舔本體插頭，特別要注意嬰幼兒。



- 本產品不適合供以下人士(包括孩童)使用：身體感官或心智能力退化者，或是經驗與使用知識缺乏者，除非有負責他們安全的人員在旁監督或指導，方可使用。請注意避免讓孩童戲玩本產品。(以免導致燒傷、受傷或觸電。)

- 本產品應使用單相兩極帶接地的電源插座，並保證其可靠接地！未安裝接地裝置，可能會引起箱體等其他金屬部件帶有感應靜電。(以免發生故障或漏電時有觸電的危險。)

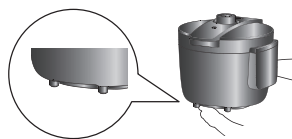
- 請務必單獨使用額定值為 AC 230 V/10 A 的電源插座。(以免因與其他電器並用而發熱，從而引起火災。)

## 警告

- **請定期檢查用於釋放蒸氣的蒸氣口、噴嘴，確保其沒有堵塞。**  
(以免壓力異常上升。)
- **請務必裝入壓力閥。**  
(以免因溢出發生燙傷或因壓力異常影響烹調效果。)
- **請務必定期清除電源插頭上的灰塵。**  
(以免電源插頭上積聚灰塵，因濕氣導致絕緣故障，從而引起火災。)  
→ 拔下電源插頭，用乾布擦拭。
- **請務必將電源插頭和本體插頭妥善連接。**  
(以免因發熱導致觸電或火災。)
- **發生異常或故障時，請立即停止使用，並拔下電源插頭。**  
(以免導致冒煙、火災、觸電、燒傷或受傷。)  
異常・故障例
  - 電源插頭及電源線異常發熱。
  - 電源線已損壞或碰到電源線後發生間歇性斷電。
  - 本體變形或異常發熱。
  - 本體冒煙或發出焦味。
  - 本體破裂、鬆動或發出異響。
  - 蒸氣口有大量蒸氣冒出，但壓力顯示竿仍未升高。
  - 在非排氣狀態，蒸氣口突然有大量蒸氣排出。  
→ 請立即與 Panasonic 授權的服務中心聯絡，諮詢檢查及修理事宜。

## 注意

- **請勿使用非專用內鍋或變形後的內鍋。**  
(以免因過熱或故障導致燙傷或受傷。)
- **請勿空燒。**  
(以免導致燙傷。)
- **請勿在以下地方使用產品。**
  - 靠近熱源或高濕環境中。  
(以免導致觸電、漏電或火災。)
  - 不平整的檯面或不耐熱的墊子上。  
(以免導致受傷、燙傷或火災。)
  - 靠近牆壁或傢俱等處。  
(以免開蓋時碰到，或導致傢俱等變色、變形及破損。)
- **使用中請勿移動本體。**  
(以免導致燙傷。)
- **請勿將電源插頭暴露在蒸氣中。**  
(以免導致觸電或因短路導致火災。)
- **烹調剛結束時，請勿觸摸高溫部。特別是外蓋上蒸氣口附近及內蓋、壓力閥、內鍋、電熱板、保護框等金屬部。**  
(以免導致燙傷。)  
→ 如要拆洗內蓋，請務必用毛巾等包裹後拿取內蓋。切勿拉扯鍋墊圈，以免墊圈變形，導致漏氣。
- **禁止使用非本產品隨附的電源線，並禁止把本電源線轉用到其他地方。**  
(以免發生故障或導致觸電、漏電或火災。)
- **從內鍋中取出裝有食物的容器時，請務必小心。**  
(以免導致燙傷。)
- **請等到本體冷卻後再進行清洗。**  
(以免導致燙傷或受傷。)
- **取出內鍋或不使用時，切記關閉電源並拔下電源插頭。**  
(以免導致燙傷、受傷，及因絕緣老化而引起觸電、漏電、火災。)
- **拔下電源插頭或本體插頭時，請確保握住插頭本身，切勿拉拽電源線。**  
(以免導致觸電，或因短路引起火災。)
- **在櫥櫃等封閉空間內使用時，請確保蒸氣能向外散發。**  
(以免櫥櫃等變色或變形。)
- **搬運產品時，請務必捧住本體下方的兩側，切勿提著蒸氣筒。**  
(以免外蓋打開，引起燙傷或產品損壞。)
- **本產品用於家庭和類似用途，例如：**
  - 在商店、辦公室及其他工作環境的員工廚房區；
  - 農莊；
  - 酒店，汽車旅館和其他居住環境中由客戶使用；
  - 僅提供床位和早餐的快捷酒店環境。





使用前

- **關於停電(包括在中途拔掉電源插頭、跳閘等情況)**
  - 使用中如發生停電，再次通電後會回到待機狀態。

# 使用注意事項

## 關於本體

- 請及時清理黏在本體上(底感應器、內鍋邊緣或底部、電熱板和鍋墊圈)的飯粒等異物,清理時,
  - 請勿將電壓力鍋傾斜、翻轉。
  - 進行清潔之前,請關閉電壓力鍋的電源,並拔掉插頭。
- 請將調味料混合並溶解後再加入內鍋。  
(以免導致烹調失敗,如:不能正常烹調食物。)
- 使用中請勿將布或其他物品蓋在外蓋上。  
(以免蒸氣無法釋放,導致外蓋變形、變色或發生故障。)
- 避免在陽光直射下使用。  
(以免導致變色。)
- 烹調結束後,鍋內可能留有餘壓,導致壓力顯示竿反復升降,此時外蓋難以打開。  
→ 請一邊按住[]按鈕,一邊打開外蓋。
- 烹調結束後外蓋打開後,鍋內有餘熱的情況下,要再蓋上外蓋時會出現壓力顯示竿頂起不能蓋上外蓋的情況。  
→ 請一邊按住[]按鈕,一邊蓋上外蓋。
- 請勿直接沖洗外蓋。  
如不慎有水進入,請倒置外蓋,直至無水滴落後再使用。

邊緣或底部



(內鍋)



電熱板



底感應器

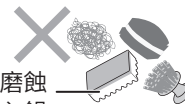


## 關於內鍋

為防止內鍋表面上的塗層剝離或損傷

※剝離的塗層對本產品的性能沒有影響,對人體也無傷害。

- 請勿將內鍋置於明火及任何其他加熱源上。
- 烹調較硬或尖銳的食材時,請勿在內鍋中按壓、攪拌食物。
- 請勿使用金屬物品(如:勺子或鏟刀)。
- 請勿用內鍋洗米。
- 請勿讓任何鋒利物體接近內鍋或用堅硬物體擊打內鍋。  
(不要將電源線放入內鍋。)
- 使用調味料烹調後,待本體充分冷卻,請立即清洗內鍋。
- 請勿將內鍋當作洗碗盆使用,也不要將湯匙或餐具放入內鍋中。
- 請勿用去污劑、百潔布或金屬刷、尼龍刷等清洗或擦洗內鍋。  
→ 用軟海綿清洗內鍋。



請勿使用表面有磨蝕顆粒的工具清洗內鍋。

### 提示

- 本產品不可通過外部計時器或獨立遙控系統進行操作。
- 烹調過程中,起壓後外蓋與本體間隙會變大,屬於正常現象,不必擔心。

# 零件名稱

- 首次使用時，請先使用“Cleaning (清潔保養)”功能，並清洗附件、內蓋、噴嘴和內鍋。(P28-29)
- 操作面板表面貼有保護薄膜時，請揭下後再使用。

## 本體



使用前

## 附件

量杯(約 180 毫升)(1 個)



飯勺(1 個)



粥[湯]勺(1 個)



# 零件名稱

### 操作面板

#### 關/取消 按鍵

- 可取消不正確的操作，或關閉保溫。

#### 時間 按鍵

- 要設置烹調時間時，需先按此按鍵。

#### < > 按鍵

- 要選擇所需的功能時使用。
- 用於調整設置預約時間和烹調時間。
- 設置時間時，長按按鍵則可快速前進或後退。

#### 預約 按鍵

- 要預約時，按此按鍵。

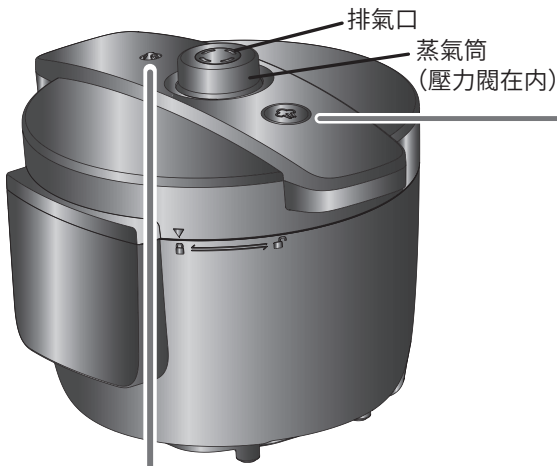
#### 保溫 按鍵

- 要保溫時，按此按鍵。

#### 開始 按鍵

- 開始烹調或預約時間設置結束時按此按鍵。

溫馨提示：熄屏狀態下，長按任意鍵可喚醒。



### 排氣按鈕

- 烹調結束按[☁]按鈕，可快速降壓。  
※烹調黏稠狀食物(如：豆類、銀耳、咖喱等)時，不建議按此按鈕。以免食物噴出，造成燙傷等。
- 烹調途中要打開外蓋時，請先按[Off/Cancel]按鍵，再按[☁]按鈕。
- 手動排氣時，排氣口有水氣排出，請勿靠近。

### 壓力顯示竿

- 鍋內有壓力時。  
升高
- 鍋內無壓力時。  
落下

### 內蓋 / 外蓋

- 若未正確安裝內蓋，烹調過程中會漏氣。

#### 內蓋

#### 外蓋

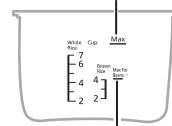
# 準備

## 使用前準備

### 1 將食物放入內鍋中，然後將內鍋放入本體內。

- 每次烹調的最大量(食材 + 水)，不能超過內鍋的“Max”(最大)刻度線。
- 放入本體前，擦掉內鍋外表面的水或異物。

最高到“Max”(最大)刻度線

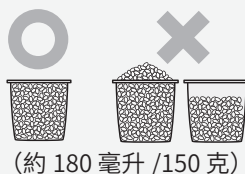


在烹調途中會發脹的食物，如：豆子和麵條(包括調味料)的最大烹調量。

### 烹調米飯時

#### 1 量米，然後用另一個容器洗米。

- 用隨附的量杯(約 180 毫升)量米，注意米裝滿時要抹平。
- 1 次可烹調的米量。(P31)
- 無需浸泡米。



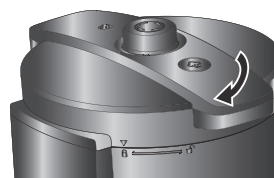
#### 2 放入內鍋。

### 2 確認內蓋是否已安裝。

- 若未正確安裝內蓋，烹調過程中會漏氣。(P28 內蓋)

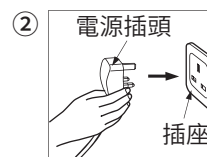
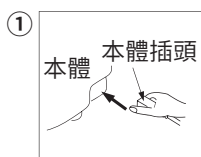
### 3 閉合外蓋。

- 將外蓋上的“▼”與本體上的“🔒”對齊，再按箭頭方向將外蓋旋轉至“🔒”狀態，此時操作面板上顯示“🔒”。



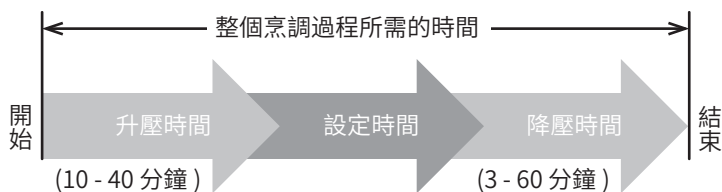
### 4 切實將本體插頭和電源插頭插到位。

- 將本體插頭連接到本體，然後將電源插頭插入插座，並確保兩者均已插到底。



### 提示

- 在壓力顯示竿落下之前，請勿觸摸排氣口。(以免導致燙傷)
- 烹調米飯及糙米時，打開外蓋後，請立即將米飯翻鬆。
- 所需烹調時間約等於“設定時間”+“13 - 100 分鐘”。



- “設定時間”僅指內鍋中的壓力升高到設定壓力後的烹調時間。在達到設定壓力之前，顯示時間不會變化，這並非本體故障。
- 食材的量越多，升至設定壓力值以及排氣所需的時間就越長。
- 排氣期間，食材仍在利用餘熱進一步烹調。

# 選擇功能

## 料理類

料理類菜單包含：Meat (肉類) · Poultry(雞肉) · Steam(蒸煮) · Stew(燉) · Soup(湯) · Beans(豆類) · Open-lid Hotpot(開蓋火鍋) · Slow Cook(慢烹飪) · Pressure Cooking(壓力烹調)。

例：用“Meat”(肉類)功能烹調時

- 1** 按 [ < ] 或 [ > ] 選擇“Meat”(肉類)。
- [Start] 指示燈閃爍。

- 2** 按 **Time**，再按 [ < ] 或 [ > ] 設定烹調時間。

- 時間以 1 分鐘為單位遞減或遞增。
- 長按 [ < ] 或 [ > ] 按鍵，時間可快速後退或前進。



- 3** 按 **Start**。

- [ 纒 ] 和 [Start] 指示燈亮起。



(達到設定壓力後) 剩餘時間以 1 分鐘為單位遞減

- 4** 烹調結束後，進入保溫。

- 蜂鳴器響，[Keep Warm] 指示燈亮起，等到壓力顯示竿降下，打開外蓋。
- 烹調中途需打開外蓋時，(P22 排氣按鈕)。



(保溫狀態)

■ 最大烹調量及時間設定範圍

表 1

功能	最大烹調量 (食材 + 水)	時間設定範圍(分鐘)
Meat(肉類)	“Max”(最大)/“Max For Beans”(豆類最大) 刻度線	5-35 ( 初期值為 20)
Poultry(雞肉)		5-30 ( 初期值為 15)
Stew(燉)		1-59 ( 初期值為 10)
Soup(湯)		20-59 ( 初期值為 30)
Beans(豆類)		15-35 ( 初期值為 18)
Open-lid Hotpot (開蓋火鍋)		1-59 ( 初期值為 30)
Slow Cook (慢烹飪)		60-360 ( 初期值為 60)
Pressure Cooking (壓力烹調)		1-59 ( 初期值為 10)
Steam(蒸煮)	水量：2 量杯	5-30 ( 初期值為 5)

- 5** 按 **Off/Cancel**。

### 提示

- 烹調黏稠狀食物(如：豆類、銀耳、咖喱等)時，請勿用 [ 傘 ] 按鈕，以免食物噴出，造成燙傷等。
- 烹調途中，請勿移動電壓力鍋或觸摸排氣口和壓力顯示竿。(蒸氣或食物可能會噴射出來。)

### Slow Cook(慢烹飪)

- 使用“Slow Cook”(慢烹飪)進行烹調時，請至少加水 500 毫升。(以免影響烹調效果。)

### Open-lid Hotpot(開蓋火鍋)

- 使用“Open-lid Hotpot”(開蓋火鍋)進行烹調時，請務必打開外蓋。
- 請勿用於烹調難以煮熟的食材。

### Pressure Cooking(壓力烹調)

- 請根據食材大小、易熟程度，調整烹調時間。




# 選擇功能

## 米飯 · 糙米

例：用“Quick Rice”（米飯）功能烹調米飯時

- 1 按 [**<**] 或 [**>**] 選擇“Quick Rice”（米飯）。
  - [Start] 指示燈閃爍。

- 2 按 **Start**。
  - [⌘] 和 [Start] 指示燈亮起。
  - “Quick Rice”（米飯）和“Brown Rice”（糙米）為固定的烹調時間，不可隨意設定。



(達到設定壓力後)  
剩餘時間以 1 分鐘  
為單位遞減

- 3 烹調結束後，進入保溫。
  - 蜂鳴器響，[Keep Warm] 指示燈亮起，等到壓力顯示竿降下，打開外蓋，為防止米飯黏在一起，請盡快翻鬆米飯。
  - 按 [**↓**] 按鈕可快速降壓。（P22 排氣按鈕）



(保溫状态)

- 4 按 **Off/Cancel**。
  - 保溫指示燈熄滅。

### 提示

- 剩餘時間僅會在內鍋中的壓力達到設定壓力後才開始減少。
- 米的種類不同，烹調時間有所變化。
- 烹調途中，請勿移動電壓力鍋或觸摸排氣口和壓力顯示竿。（蒸氣或食物可能會噴射出來。）
- 烹調糙米時若加入豆類，請先將豆類浸泡 4 小時以上。

## 預約(米飯 · 糙米)

例：預約“Quick Rice”（米飯）時

- 1 按 [**<**] 或 [**>**] 選擇“Quick Rice”（米飯）。
  - [Start] 指示燈閃爍。

- 2 按 **Preset Timer**，然後按 [**<**] 或 [**>**] 設定預約時間。
  - 預約時間的可設定範圍：2 小時 -24 小時



- 3 按 **Start**。
  - [Start] 指示燈熄滅，[Preset Timer] 指示燈亮起。
  - 烹調結束後，蜂鳴器響起，顯示屏會顯示“0:00”字樣，[Keep Warm] 指示燈亮起。



- 4 按 **Off/Cancel**。
  - 保溫指示燈熄滅。

### 提示

- 僅“Quick Rice”（米飯）和“Brown Rice”（糙米）功能可預約。
- 預約時間指的是烹調結束的時間。
- 剩餘時間以 1 分鐘為單位遞減。

## 保溫

- 1 閉合外蓋，按 **Keep Warm**。
  - [Keep Warm] 指示燈亮起。
  - 可使內鍋中的溫度保持在 70 °C 左右。

- 2 若要取消保溫操作  
按 **Off/Cancel**。

### 提示

- 請勿對綠色蔬菜等進行保溫。
- 建議保溫最長不超過 1 小時。
- 保溫時間超過 24 小時，顯示屏熄滅但仍繼續保溫。

# 食譜

注意：

※食譜中的食材量和烹調時間僅提供參考，請根據實際需求自行調整。

※1 杯(量杯)：約 150 克

## 醬牛肉

Meat (肉類)

食材：

牛肉 1000 克  
薑末 適量  
蒜末 適量

調味料：

白糖 10 克 蠔油 20 克  
生抽 50 毫升 十三香 5 克  
老抽 50 毫升

做法：

1. 先將牛肉洗淨、切塊，薑、蒜切末。牛肉上用竹籤紮小孔，加入所有調味料及薑末、蒜末醃製 4 小時。
2. 鍋內放入所有食材和調味料，再將內鍋放入本體，閉合外蓋。
3. 按 [ < ] 或 [ > ] 選擇“Meat” (肉類)，烹調時間設定為 30 分鐘，再按 [Start] 按鍵。烹調結束後，按 [Off/Cancel] 按鍵，打開外蓋，待涼切片。

註：牛肉大塊時，請適當延長烹調時間。

## 口水雞

Poultry (雞肉)

食材：

去皮雞腿肉 2 個，約 150 克  
蔥末 2 克  
薑末 10 克  
蒜末 10 克

調味料：

辣椒油 40 毫升 白糖 2.5 克  
醋 15 毫升 生抽 10 毫升

做法：

1. 鍋內放入雞腿，撒上薑末，然後將內鍋放入本體，閉合外蓋。
2. 按 [ < ] 或 [ > ] 選擇“Poultry” (雞肉)，烹調時間設定為 15 分鐘，再按 [Start] 按鍵。
3. 把辣椒油、醋、白糖、生抽調成一碗，再將蔥末、蒜末放入拌勻。(醋：生抽 = 3:2:0.5)
4. 烹調結束後，[Off/Cancel] 按鍵，打開外蓋，取出雞腿肉(把原湯倒掉，否則會稀釋原有的味道)，待稍涼切片，淋上醬汁即可。

## 紅豆沙

Beans (豆類)

食材：

紅豆 150 克  
水 2.5 杯 (約 450 毫升)  
片糖 30 克  
蜂蜜 適量

做法：

1. 將洗淨的紅豆、水、冰糖和蜂蜜倒入內鍋。
2. 閉合外蓋，按 [ < ] 或 [ > ] 選擇“Beans” (豆類)，烹調時間設定為 35 分鐘，再按 [Start] 按鍵。
3. 待壓力顯示竿降下，按 [Off/Cancel] 按鍵，打開外蓋。
4. 待紅豆冷卻，倒入攪拌杯中，用攪拌機攪拌至無顆粒。

# 食譜

## 蕃茄雞翅

Stew (燉)

食材：

雞翅	8 個
香菇	100 克
蕃茄	2 個
水	30 毫升

調味料：

蕃茄醬	10 毫升	醬油	15 毫升
蠔油	10 毫升	糖	5 克
鹽	2.5 克		

做法：

1. 將雞翅兩面劃兩刀，蕃茄去皮切丁，香菇洗淨。
2. 將所有食材和調味料放入內鍋，閉合外蓋。
3. 按 [ $<$ ] 或 [ $>$ ] 選擇“Stew” (燉)，烹調時間設定為 18 分鐘，再按 [Start] 按鍵。

## 番茄牛尾清湯

Soup (湯)

食材：

牛尾	500 克
番茄	1 個
西芹	1 根
胡蘿蔔	半根
洋蔥	1/4 個
水	適量

調味料：

鹽	少量
黑胡椒粉	少量

做法：

1. 牛尾放入沸水中燙一下，去除血水，撈起瀝乾備用。
2. 將番茄切塊，胡蘿蔔切滾刀塊，西芹切段，洋蔥切小塊。將所有食材放入內鍋中。
3. 閉合外蓋，按 [ $<$ ] 或 [ $>$ ] 選擇“Soup” (湯)，烹調時間設定為 35 分鐘，再按 [Start] 按鍵。
4. 待壓力顯示竿降下，按 [Off/Cancel] 按鍵，打開外蓋，加入少許鹽和黑胡椒粉調味。

## 椰漿紅豆紫米粥

Slow Cook (慢烹飪)

食材：

紅豆	100 克	冰糖	30 克
紫米	100 克	椰汁	100 毫升

做法：

1. 將紅豆和紫米洗淨，泡一夜。
2. 將泡好的紅豆、紫米和冰糖放入內鍋，加水至白米的最高刻度線，閉合外蓋。
3. 按 [ $<$ ] 或 [ $>$ ] 選擇“Slow Cook” (慢烹飪)，設置烹調時間為 2 小時，再按下 [Start] 按鍵。
4. 烹調結束，按 [Off/Cancel] 按鍵，加入椰汁即可。

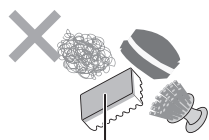
註：若沒有將紅豆和紫米提前泡發，請延長烹調時間。

## 清潔與保養

- 請等到本體充分冷卻後，再拔下電源插頭進行清潔。
- 清潔時，切勿將本體放入水中。
- 請勿使用洗碗機或烘乾機。

請勿使用以下物品：

- 百潔絲或尼龍刷



表面有磨蝕顆粒的工具。

- 汽油 / 稀釋劑
- 去污劑 / 酒精
- 消毒劑 / 漂白劑



- 洗碗機和烘乾機



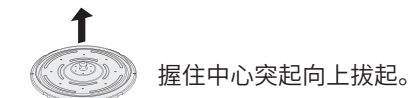
### 內蓋

每次使用後均請拆下，並用廚房專用中性洗滌劑清洗。

- 拆下，清洗內蓋的兩面，並擦乾水分後再裝入外蓋。

#### 內蓋

##### ■ 拆卸時



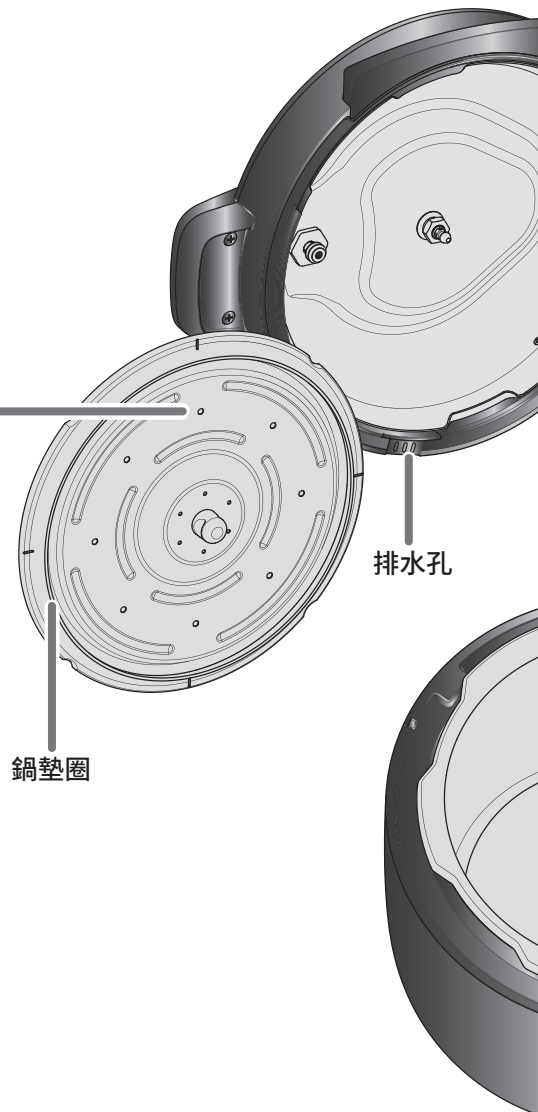
##### ■ 安裝時

與拆卸時相反即可。



#### 預防措施

- 使用調味料後（番茄雞翅等），請立即清洗。（以免產生異味、變質或生鏽。）
- 噴嘴堵塞了飯粒等異物和污垢時，請用竹籤、牙籤等清除。（以免導致蒸氣洩漏，烹調物噴出。）



### 清潔保養功能

※ 使用“Cleaning”（清潔保養）功能可以去除內鍋裏，內蓋上殘留的異味。

1 將水加至“White Rice”（白米）的 2 刻度線處，閉合外蓋。按 [ < ] 或 [ > ] 選擇 “Cleaning”（清潔保養）。

2 按 **Start** 。

- 清潔保養時間：15 分鐘。
- 結束後，自動轉為保溫狀態。

3 按 **Off/Cancel** 。

- 等壓力顯示竿降下，即可打開外蓋，倒掉內鍋中的水。

### 本體·外蓋

用完全擰乾的廚房用抹布擦拭。  
● 請勿使用清潔劑。  
● 請勿拉扯鍋墊圈。  
\* 若水進入外蓋，可通過排水孔流出。

### 內鍋

用清潔劑清洗。  
● 請勿將內鍋當做洗碗盆使用。  
以免導致塗層脫落。(P20)

### 壓力顯示竿

用完全擰乾的廚房用抹布擦拭。  
(直至顯示竿可順暢地  
上下移動)

### 蒸氣筒 (壓力閥在內)

用完全擰乾的廚房用抹布擦  
拭。清洗完後，請安裝到位。

### 電熱板·底感應器

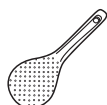
要去除頑固異物，用尼龍刷蘸點中性廚房用清潔劑  
輕輕磨擦，然後用完全擰乾的廚房用抹布擦拭。

### 附件

用稀釋後的廚房專用清潔劑清洗  
量杯 (1 個)



飯勺 (1 個)



粥 [ 湯 ] 勺 (1 個)



必要時

# 故障排除

委託維修服務前，請根據以下各項內容進行檢查。

問題說明	可能的原因	參考頁碼
無法烹調 (按 [Start] (開) 後，無反應)	<ul style="list-style-type: none"> <li>● 蓋鎖未鎖好 (外蓋未旋轉到位)。</li> </ul>	23
時間顯示沒有變動	<ul style="list-style-type: none"> <li>● 設定時間後，未按下 [Start] 按鈕。</li> <li>● 蒸氣泄漏。(請參閱下述“漏氣”的問題說明。)</li> <li>● 即使壓力烹調已開始，但內鍋中的壓力仍未達到設定壓力。</li> <li>● 電熱板或內鍋底部有異物。</li> <li>● 连续炊饭或用水煮饭导致。</li> </ul>	24、25 — 24、25 29 —
壓力顯示竿尚未升高， 就已顯示剩餘時間	<ul style="list-style-type: none"> <li>● 由於調味料沒有完全溶解，因此底感應器無法正確工作。</li> <li>● 電熱板和底感應器有異物。</li> </ul>	20 20
漏氣 (從內鍋、外蓋、蒸氣口或 壓力顯示竿處漏氣)	<ul style="list-style-type: none"> <li>● 內鍋、內蓋、鍋墊圈或壓力顯示竿上有異物。</li> <li>● 內鍋、內蓋或鍋墊圈上有凹痕或已損壞。</li> <li>● 內蓋、壓力閥漏裝。</li> </ul>	— — 28、29
湯汁和蒸氣噴出 (從蒸氣口或外蓋的 縫隙中噴出)	<ul style="list-style-type: none"> <li>● 外蓋未蓋好。</li> <li>● 內鍋中的食物或水太多。</li> <li>● 開蓋烹飪過程中，合上了外蓋。</li> <li>● 內蓋、壓力閥漏裝，壓力閥未安裝到位。</li> <li>● 烹調黏稠食物時，按 [👉]。</li> </ul>	23 23 24 28、29 24
烹調失敗 (未煮熟 / 過熱 / 水分過多 / 燒焦 / 熱度過低)	<ul style="list-style-type: none"> <li>● 電熱板或內蓋、底感應器上有異物。</li> <li>● 內鍋未放好。</li> <li>● 內蓋、壓力閥漏裝。</li> <li>● 調味料沒有完全溶解。</li> </ul>	29 23 28、29 20
外蓋難以打開 外蓋難以合上	<ul style="list-style-type: none"> <li>● 鍋內的壓力是否已完全釋放 (壓力顯示竿落下)?</li> <li>● 內蓋或內鍋是否變形?</li> <li>● 因為鍋內有壓力，所以增強了密封強度，令人感到難以合上。特別是在煮飯後立即翻鬆米飯等時，會感到難以合上。</li> <li>● 殼體上部等處是否有米粒等?</li> </ul>	22 — — —
電壓力鍋發出聲響	<ul style="list-style-type: none"> <li>● “啾…” 聲… 手動排氣時，釋放壓力的聲音。</li> <li>● “撲” 聲… 內鍋底部 (外側) 的水滴受熱膨脹後產生的破裂聲。</li> </ul>	— —
烹調時間變長	<ul style="list-style-type: none"> <li>● 如果連續烹飪，則烹飪時間將會變長。(最多可能會延長 30 分鐘左右)</li> <li>● 因米飯量和水量不同，在烹飪中途，可能會停止剩餘時間顯示並進行調整。</li> <li>● 煮飯中途取消後，在本體未冷卻的狀態下又繼續煮飯，會導致煮飯時間延長。</li> <li>● 是否用熱水燒飯?</li> <li>● 電熱板、底感應器、內鍋底部有異物。</li> </ul>	— — — — —

若出現以下情況，請聯絡服務中心進行檢查或維修：

- 內鍋變形。
- 內蓋或鍋墊圈有凹痕或已損壞。
- 按上述內容檢查後，問題仍未解決。

## 如顯示此代碼...

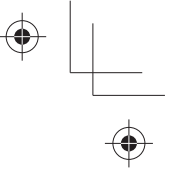
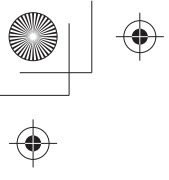
顯示屏	可能的原因	參考頁碼
U 14	● 保溫模式已超過 96 小時。 → 按 [Off/Cancel] 按鍵。	—
H 00	嘗試拔下電源插頭，再重新插入。 如仍出現“H※※”，則表示存在故障。 →請諮詢 Panasonic 授權的服務中心，並告知錯誤代碼。（“H”後的數字）。	—

## 規格

型號	NF-PC400	
額定電壓	230 V~	
額定頻率	50 Hz	
額定輸入功率	800 W	
額定蒸煮壓力	70 kPa	
內鍋的額定容積 升	4.0	
米類的烹調量 升(杯)	Quick Rice(米飯)	0.18-1.26(1-7)
	Brown Rice(糙米)	0.18-0.9(1-5)
食譜類的最大烹調量 (食材+水) (約) 升	Meat(肉類)	2.4 <sup>*1</sup>
	Poultry(雞肉)	
	Stew(燉)	
	Soup(湯)	
	Pressure Cooking(壓力烹調)	
	Open-lid Hotpot(開蓋火鍋)	1.3 <sup>*2</sup>
	Slow Cook(慢烹飪)	
	Beans(豆類)	
Steam(蒸煮)	水量: 2 量杯	
電源線長度(約)米	0.9	
產品重量(約)公斤	4.2	
產品尺寸(約)厘米	寬度	27.4
	深度	34
	高度	26.2

- (\*1) 表示內鍋“Max”(最大)刻度線的烹調容量。
- (\*2) 表示內鍋“Max For Beans”(豆類最大)刻度線的烹調容量。

必要時



**Panasonic Appliances Rice Cooker (Hangzhou) Co.,Ltd.**  
 Web site: <https://panasonic.net>  
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