

Shake a small dash of salt into the water, then close the lid. Plug in the rice cooker and select the 'Porridge' cycle. You can either cook straight away adjusting the timing for how you prefer your millet (longer cooking will have a thicker consistency; less cooking will have a thinner consistency) or you can use the preset timer for when you will want to eat in the morning. Once cooked you can add whatever flavouring you prefer

LENTILS and BEANS

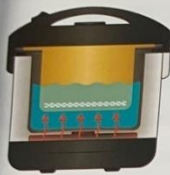
The slow cook setting is ideal for cooking lentils or beans – rinse beforehand and follow the water levels indicated on the pack. The porridge setting also works for cooking lentils and beans, if you want to cook at a lower temperature.

PEARL BARLEY

The slow cook setting is ideal for cooking pearl barley – rinse before cooking and follow the water levels indicated on the pack. Using pearl barley in a batch of soup will cook within an hour but won't overcook if left for longer.

8. YUMCARB EXPLAINED

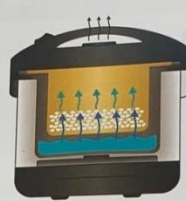
YUMCARB rice cooking function is unique to Kumo. This is rice with a lower carb value than conventionally cooked rice.



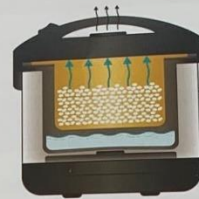
PREHEAT
water temperature increases



BOIL PHASE
starch leeches out into the water



STEAM PHASE
starch separates and final rice cooking by steam occurs



KEEP WARM
rice and starch now separated final evaporation

By placing the rice into the stainless steel YUMCARB basket, the rice is submerged in water at the beginning of the cooking cycle. When first activated, the display shows 0:25 (or 0:40 for brown rice) and will stay this way during the first 25/40 minutes of the cooking cycle. During this time, Kumo is gradually raising the temperature inside the unit to the optimal temperature for boiling away the excess water. This process gives time for the starch to leech out of the rice and break down (starches are easily-dissolvable). The starchy water drains down through the holes in the YUMCARB basket, which doesn't allow for the starches that have leached into the water to be reabsorbed into the rice.

The rice finishes cooking during the last 25 minutes of the cooking cycle – Kumo will start counting down. This last phase of the cooking cycle is crucial as it steams the rice in a lowered carbohydrate state, thereby reducing their levels in the rice by up to 25%*.

* Based on lab testing, a reduction of 25% less carbohydrates was shown in white rice. Certified by Testing Institute of Product Quality Supervision, China