

TATUNG RICE COOKER COOKBOOK

The basics of cooking all foods in
a Tatung Multi Cooker along with 10
surprising recipes



SHARON CHEN

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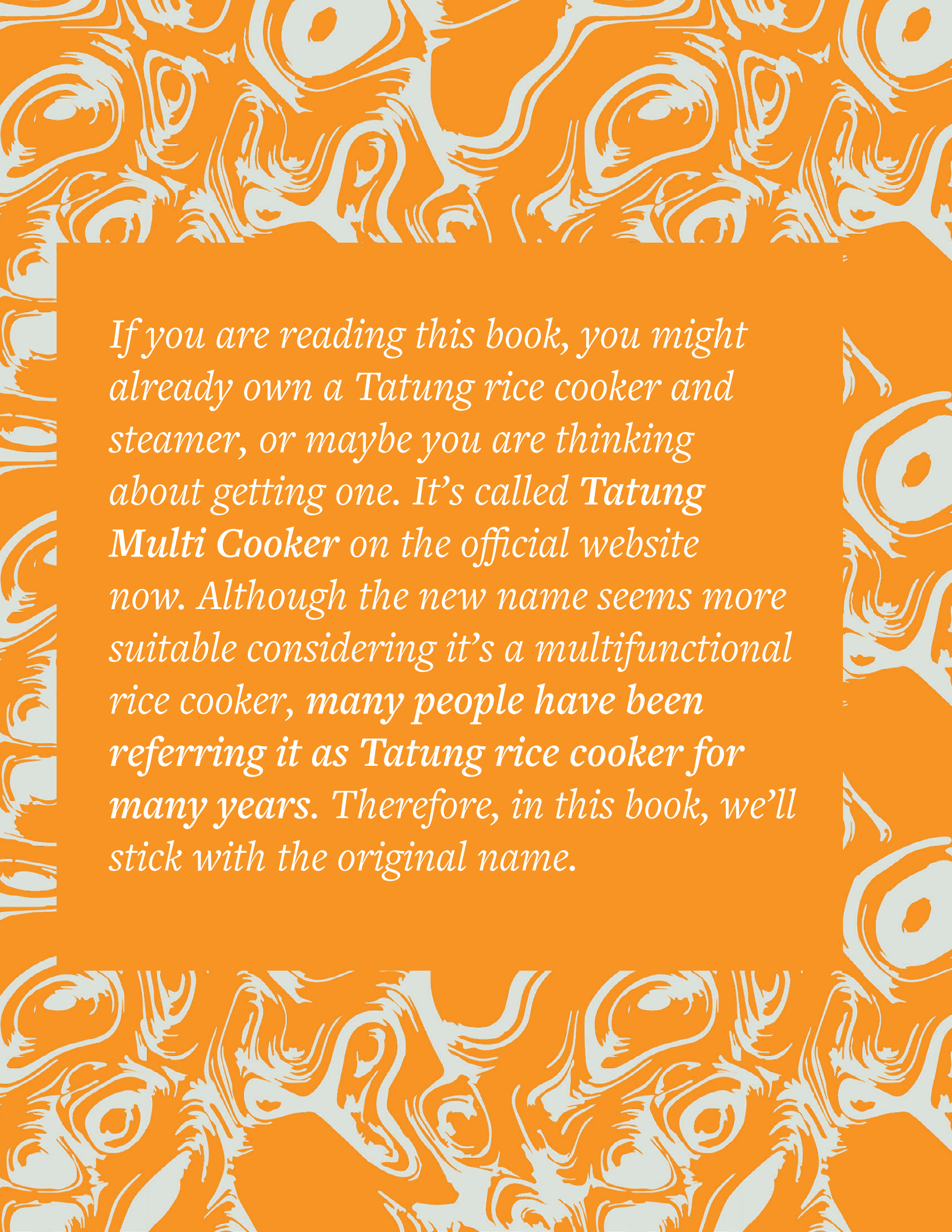
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*If you are reading this book, you might already own a Tatung rice cooker and steamer, or maybe you are thinking about getting one. It's called **Tatung Multi Cooker** on the official website now. Although the new name seems more suitable considering it's a multifunctional rice cooker, many people have been referring it as **Tatung rice cooker** for many years. Therefore, in this book, we'll stick with the original name.*

INTRODUCTION

Mary was born and raised in Taiwan. She's a top student in her college. After she graduated from school, she started working in a big advertising company.

Soon, the company started expanding their business to mainland China. They opened their first office in Shanghai and promoted Mary to be the Creative Director in the new office.

Mary relocated to Shanghai. Her office has an open kitchen that's full of snacks, beverages, and some basic kitchen appliances.

One day, Mary decided to use the rice cooker in the kitchen. The rice cooker looked a little different from the one she was used to use in Taiwan, which has an inner pot and an outer one. Unlike a regular rice cooker, the inner pot doesn't attach to the cooker. You can take it out. When you want to cook rice, you add water to both the inner pot with the rice and also to the outer pot in order to cook.



TATUNG RICE COOKER, AKA TATUNG MULTI COOKER

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But poor little Mary had grown up with a Taiwanese rice cooker. That's the only way she had ever cooked rice in her life. No matter what she did with the Taiwanese rice cooker, it never broke. And that rice cooker is used by every Taiwanese household.

The company that makes the rice cooker is Tatung. In fact, my husband, Han, grew up with a Tatung rice cooker. He was born in Taiwan, and his parents emigrated to the US when he was two years old. They brought their Tatung rice cooker with them. Believe it or not, up until now, Han's parents are still using the same rice cooker. It's been over 33 years, and the rice cooker is older than Han, but it still works like a charm.

When I met Han in Shanghai, he introduced me to a Tatung rice cooker. The first time I saw him using it, I almost yelled at him. I thought he was stupid. Who adds water to the rice cooker's heating area? Apparently, that's the technique that Tatung invented to steam and cook the rice simultaneously. The rice turns out perfectly every time and never sticks to the bottom.

The story about Mary is a true story. Trust me, I couldn't make it up. Han's cousin was in the same office when the small explosion happened, and that's how the story got out. It sounds hilarious to people like you and me who now know how differently a regular rice cooker and a Taiwanese rice cooker work. But to Taiwanese people like Mary, that's literally the only way they know to cook rice, generation after generation, because the Taiwanese rice cooker is so

is so good that no one has even thought about trying another brand or another type of rice cooker. People pass their Tatung rice cookers along to their children. They bring them along when they move, even to another country.

Ever since I started using the Tatung rice cooker, my life has never been the same. I wish I'd known that such a thing existed earlier!

If you are reading this book, you might already own a Tatung rice cooker and steamer, or maybe you are thinking about getting one. It's called Tatung Multi Cooker on the official website now. Although the new name seems more suitable considering it's a multifunctional rice cooker, many people have been referring it as Tatung rice cooker for many years. Therefore, in this book, we'll stick with the original name.

The rice cooker comes in different sizes. The most popular ones are the 6-cup and 11-cup versions, depending on how much food you'd like to cook at once. (The capacity is based on Tatung's measuring cup, not a standard American measuring cup.)

Regardless of the size, each Tatung rice cooker comes with these goodies in the package:

- **A stainless steel outer pot with lid**
- **A stainless steel inner pot with lid**
- **A measuring cup**
- **A steaming tray**
- **A rice spatula**
- **A bilingual user manual in English and traditional Chinese**

One thing to note is that Tatung's measuring cups are the same size across the board, regardless of the capacity of the rice cooker. And once again, it's not your standard American measuring cup. Let's take a closer look.

THE MEASURING CUP

This plastic measuring cup that comes with the rice cooker equals approximately $\frac{3}{4}$ cup in the American measuring system. So if you want to use your regular measuring cup to determine how much rice you want to cook, you can totally do that.



STEAM TRAY, PLASTIC MEASURING CUP & RICE SPATULA

However, do you notice that there are six line marks on the Tatung measuring cup? That's to tell you how much water you should add to your rice cooker to cook the perfect rice. And since it's not a standard cup, I highly recommend that you hold on to it and try not to lose it. Why? Because if you want to use your standard American measuring cup to measure the water, you are gonna have to be really darn good at math.

“Sharon, what if I lost my original Tatung measuring cup? Where can I buy another one?”

So many people have asked me this question, so I reached out to [Tatung USA](#), since the measuring cup is not available to buy on their website. They provided a support number that you can call and ask to buy one. I believe it's \$3. The contact info can be found in the FAQ section of this book.

Please note that in this recipe book, if not otherwise specified, the cups mentioned are standard American measuring cups. We will specify when to use the Tatung measuring cup.

THE DESIGN

When it comes to kitchen appliances, I like my stuff sparkling and shiny, so the silver-gray of this stainless steel, 11-cup, multifunctional rice cooker is right up my alley.

One of my favorite parts of this rice cooker is a small detail that Tatung thought about and integrated into the product design. The little hook on one of the handles can hold the outer lid when you finish cooking. With this design, you never have to worry about where to put the lid or getting the condensation all over your kitchen counter. Just hang the lid on the hook while you serve your delicious food from the cooker.



BEAUTIFULLY DESIGNED SILVER-GRAY STAINLESS STEEL

THE SWITCHES

Last but not the least, I am a huge fan of the stupidly simple switches. Just on and off, plus a warming option are all that Tatung offers, which is exactly what I need.

Nowadays, I have barely any patience to read through the instructions on how to use a tool. In my book, if it's not straightforward enough for me to figure it out on my own, then it's not easy to use. If it's not easy to use, I am unlikely to use it.

Tatung gets it. They invented a multifunctional rice cooker with just two switches. It's as simple as turning on and off the lights in your living room. Pretty cool stuff.

In this cookbook, I am going to show you how to cook a variety of foods, ranging from different types of rice, vegetables, fish, soups, and stews with these two switches. Most of the recipes require less than 20 minutes of prep time. The rest is handled by the Tatung rice cooker without any attention or babysitting needed.

Without further ado, let's dive right into the recipes.



TATUNG RICE COOKER'S STUPIDLY SIMPLE SWITCHES

Tatung gets it. They invented a multifunctional rice cooker with just two switches. It's as simple as turning on and off the lights in your living room. Pretty cool stuff.



TATUNG



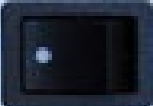
WARM



COOK

SWITCH

ON



OFF





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EVERYTHING RICE

The Tatung Rice Cooker is essentially a multi-cooker that can cook a variety of foods with only one switch. However, its fame comes from cooking the perfect rice without any babysitting. So let's start with the basics—cooking rice.

You will find this white rice water table in your user manual. Whether you have a 6-cup or an 11-cup rice cooker, both user manuals have the same table with the exact same information.

The proportion of Rice and Water			Time needed for cooking (Minutes)
Quantity of Rice Measuring Cup	Quantity of Water		
	Water in the inner pot (Including rice)	Water in the cooker (Measuring Cup)	
1	1 Line	0.5~1	15~30
2	2 Line		
3	3 Line		
4	4 Line		
5	5 Line	1.5	30~45
6	6 Line		
7	7 Line		
8	8 Line		
9	9 Line		
10	10 Line		
11	11 Line	2	45~60
12	12 Line		
13	13 Line		
14	14 Line		
15	15 Line		
16	16 Line		
17	17 Line	2.5	60~70
18	18 Line		
19	19 Line		
20	20 Line		

Why is that? Because Tatung designs their rice cooker proportionally in terms of size. Think when you cook rice on the stove—the size of your saucepan doesn't matter; what matters is the right ratio of rice and water. It's the same idea here.

That said, all recipes you find in this cookbook can be made with either the 6-cup or the 11-cup rice cooker.

HOW TO COOK WHITE RICE

Here are five simple steps to cook the perfect rice without babysitting.

1. Use the Tatung measuring cup that comes with your rice cooker to measure your rice. One cup of uncooked rice yields about two servings after cooking.
2. Let's say you want to cook two cups of rice. Add rice into the inner pot of your rice cooker. Rinse the rice and drain a couple times. Since the inner pot is portable, no need to use another container for washing.
3. Once the rice is cleaned and drained, add water to the inner pot until it reaches the "2" level mark. The user manual refers to it as the 2 Line. This step can be done right after rinsing the rice.
4. Place the inner pot into the rice cooker and add one cup of water into the cooker (the outer pot).
5. Cover and switch it on. Once the rice is done, the rice cooker will automatically switch off. It takes about 15-20 minutes. Don't uncover right away. Let the rice sit for a few minutes and then enjoy!

Pro tip: When adding rice and water to the inner pot, remember that the number of measuring cups of white rice to be cooked equals the number of the water level line. In other words, if you want to cook X measuring cups of rice, you want to add enough water to reach the X mark in the inner pot. However, this applies only to white rice.

HOW TO COOK BROWN RICE

The only difference between cooking brown rice and cooking white rice in a Tatung rice cooker is the rice-to-water ratio. The steps are exactly the same.

Since brown rice typically takes longer to cook, refer to the white rice water chart in your Tatung manual and increase at least one measuring cup of water in the outer pot before switching the cooker on.

Another alternative is to soak the brown rice in water for at least two hours before cooking. If you do this, there's no need to add the additional water to the outer pot. Just follow the same ratio stated in the your user manual's chart.

Pro tip: Adding more water to the cooker is generally required for steaming and boiling recipes. Not sure how much water to add? Start with one cup. If the food is not done, add one more cup of water to the outer pot and switch the cooker back on to let it continue cooking until you are happy with the result.

Now that you've got the basics in hand, let's move on to something more exciting.



MEXICAN RICE



PREP TIME

15 minutes



COOK TIME

1 hour 45 minutes



TOTAL TIME

2 hours



SERVINGS

8

INGREDIENTS

- 1 28-ounce) can fire-roasted whole peeled tomatoes
- 1 medium white onion, roughly chopped
- $\frac{1}{3}$ cup avocado oil
- 2 cups brown rice
- 1-2 red chili peppers or jalapeño peppers, seeded and finely chopped
- 5 garlic cloves, minced
- 2 cups [chicken bone broth](#)
- 1 $\frac{1}{2}$ teaspoons kosher salt
- $\frac{1}{2}$ teaspoon ground cumin
- $\frac{1}{4}$ cup finely chopped cilantro
- Juice of 1-2 limes

INSTRUCTIONS

- 1 Purée tomato and onion in a food processor. You'll need 2 cups of the mixture, and you can preserve the rest for later or for a Mexican-style chicken soup.
- 2 In a medium saucepan, heat avocado oil over medium-high heat for about 3 minutes. Toast brown rice in the oil, stirring frequently until it's lightly toasted, about 8-10 minutes. Add chili peppers and garlic, stir until combined.
- 3 Transfer the rice mixture to the inner pot of your Tatung rice cooker. Pour 2 cups of the tomato mixture and chicken bone broth into the rice mixture. Stir in salt and cumin.
- 4 Add 5 measuring cups of water into the outer pot. Set the inner pot in the cooker, cover it, and switch it on. It takes about 90 minutes to finish cooking.
- 5 After the cooker automatically switches off, let it stand with the lid on for 10-15 minutes. Stir in chopped cilantro and lime juice. Enjoy!

NOTES

- If using 2 cups white rice, still add 2 cups of tomato mixture but reduce the chicken bone broth to 1 cup for the inner pot. Reduce the water to 3 measuring cups in the outer pot to start. If the rice is not done, add more water to the outer pot and continue cooking until the rice is tender.
- This recipe is made in an 11-cup Tatung Rice Cooker. If you have a cooker with a smaller capacity, you can cut down the ingredients and adjust the water amount in the outer pot. Remember, you can always add more water in the outer pot if you need a bit more cooking time.



MUSHROOM RISOTTO



PREP TIME
5 minutes



COOK TIME
1 hour



TOTAL TIME
1 hour 5 minutes



SERVINGS
4

INGREDIENTS

- 3** *tablespoons extra virgin olive oil*
- 2** *teaspoons minced garlic*
- 1** *small onion, diced*
Salt to taste
- 1** *cup Arborio rice*
- ½** *cup dry white wine*
- 1** *pound baby bella mushrooms, sliced*
- 2** *cups [bone broth](#)*
- 1** *cup frozen peas*
- ¼** *cup freshly grated parmesan cheese*
Freshly cracked black pepper
Chopped parsley leaves for garnishing

INSTRUCTIONS

- 1** Heat olive oil over medium-high heat in a medium saucepan. Once the oil is hot, after around 2 minutes, place garlic and onion in the pot. Add a pinch of salt. Use a wooden or silicone spatula, sauté and let the onion sweat for 1-2 minutes.
- 2** Add Arborio rice. Toast the rice in the pot for 1 or 2 minutes, stirring constantly, until lightly brown. Stir in wine. Cook until the alcohol evaporates, stirring often.
- 3** Add mushroom to the pot, stir and cook for another 1-2 minutes.
- 4** Transfer the rice mixture to the inner pot of your Tatung rice cooker. Pour bone broth over all ingredients. Add 2 measuring cups of water in the outer pot. Set the inner pot into the cooker and cover. Switch it on. It takes about 40-45 minutes to finish cooking the risotto.
- 5** Once the cooker switches off automatically, stir in frozen peas. Cover again and let it sit for about 10 minutes.
- 6** Once the risotto is done, stir in parmesan cheese. Dish, sprinkle with freshly cracked black pepper, and garnish with parsley leaves. Enjoy!

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STEAM



STEAMED EGGS



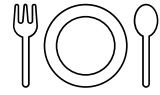
PREP TIME
5 minutes



COOK TIME
20 minutes



TOTAL TIME
25 minutes



SERVINGS
2

INGREDIENTS

- 3** *eggs*
- 1** *cup [chicken bone broth](#)*
- 1** *tablespoon soy sauce*
- Chopped green onion for garnishing*

INSTRUCTIONS

- 1** Beat eggs in a medium steam-safe bowl. Add chicken bone broth and soy sauce. Combine well.
- 2** Add 1 $\frac{1}{4}$ measuring cups water in the outer pot of your Tatung rice cooker. Set the steam tray in it and place the steam-safe bowl on top of the steam tray. (The inner pot is not used in this case.)
- 3** Cover the cooker and switch it on. Steam until it automatically switches off. Use oven mitt to carefully remove the steamed eggs from the cooker.
- 4** Garnish with green onion and serve.



STEAMED EGGS WITH CLAMS



PREP TIME

5 minutes



COOK TIME

25 minutes



TOTAL TIME

30 minutes



SERVINGS

2

INGREDIENTS

- 1 cup [chicken bone broth](#)
- 2 tablespoons [sherry wine](#)
- 8-10 clams
- 3 eggs
- 1 tablespoon [soy sauce](#)
- Chopped green onion for garnishing*

INSTRUCTIONS

- 1 In a medium saucepan, add chicken bone broth and sherry wine. Bring to a boil and add clams. Cover to cook for about 5 minutes. At this point, the clams should start to open.
- 2 Remove clams and set aside. Let the cooking liquid cool completely.
- 3 Beat eggs in a medium steam-safe bowl. Add all the clam cooking liquid and soy sauce to the bowl and combine well. Place clams in the egg mixture.
- 4 Add 1 $\frac{1}{4}$ measuring cups water in the outer pot of your Tatung rice cooker. Set the steam tray in it and place the steam-safe bowl on top of the steam tray. (The inner pot is not used in this case.)
- 5 Cover the cooker and switch it on. Steam until it automatically switches off. Use oven mitt to carefully remove the steamed eggs from the cooker.
- 6 Garnish with green onion and serve.

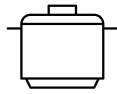


STEAMED BROCCOLI WITH GARLIC DRESSING



PREP TIME

5 minutes



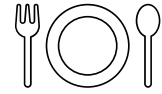
COOK TIME

20 minutes



TOTAL TIME

25 minutes



SERVINGS

4

INGREDIENTS

- 1 pound broccoli florets (about 2 heads)
- ¼ cup [chicken bone broth](#)

FOR THE GARLIC DRESSING

- 1 tablespoon olive oil
- 3 cloves garlic, minced
- 2 tablespoons oyster sauce
- 2 tablespoons water

INSTRUCTIONS

- 1 Place broccoli in the Tatung rice cooker's inner pot and add s bone broth. Stir to combine well.
- 2 Place the steaming tray in the outer pot and set the inner pot on top of it.
- 3 Add 1 measuring cup of water in the outer pot. Cover and switch it on. It takes about 20 minutes for the rice cooker to finish cooking.
- 4 In the meantime, make the garlic dressing. Heat olive oil in a small skillet over medium-high heat, about 1 minute. Stir in minced garlic. Let it cook until fragrant, about 30 seconds. Add oyster sauce and water to the skillet. Stir to combine.
- 5 When the broccoli is done, dish and drizzle with the garlic dressing. Serve!

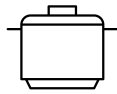


STEAMED THAI FISH OVER RICE



PREP TIME

10 minutes



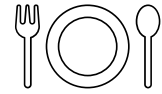
COOK TIME

20 minutes



TOTAL TIME

30 minutes



SERVINGS

2

INGREDIENTS

- 1 8-ounce catfish fillet
- 1 tablespoon soy sauce
- 1 tablespoon oyster sauce
- 1 Thai chili, sliced
- 1 teaspoon brown sugar
- 2 cloves of garlic, minced
- 1 tablespoon lime juice
- Thai basil, cilantro leaves, and lime wedges for garnishing*

INSTRUCTIONS

- 1 Rinse catfish fillet and pat it dry with a paper towel. Place it on a sheet of aluminum foil and form it into a packet.
- 2 Combine soy sauce, oyster sauce, Thai chili, brown sugar, garlic, and lime juice in a small bowl. Mix well and pour it over the fish. Fold it the foil with your hands.
- 3 Prepare rice like you normally do. Place 2 measuring cups of uncooked white rice in the inner pot of the Tatung rice cooker, add water until it reaches the 2 level mark, and pour 1 measuring cup of water in the outer pot.
- 4 Set a plate on top of the inner pot and place the fish packet on the plate. Cover and switch it on. The fish and the rice are being cooked at the same time, in about 20 minutes.
- 5 Once the rice and fish are done, use oven mitt to carefully remove the fish. Open the packet and garnish with fresh Thai basil, cilantro leaves, and lime wedges. Serve over rice.

NOTES

- *If you want to cook more rice, set the fish on top of the inner pot 20 minutes before the rice is done.*

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COOK

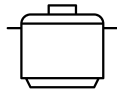


SPICY BEEF NOODLES



PREP TIME

10 minutes



COOK TIME

1 hour



TOTAL TIME

1 hour 10 minutes



SERVINGS

4

INGREDIENTS

- 1 *pound beef stew meat*
- 1 *tablespoon red wine*
salt and pepper
- 5 *tablespoons olive oil, divided*
- 2 *tablespoon brown sugar*
- 3 *star anise*
- 2 *teaspoons five-spice powder*
1-inch chunk ginger, sliced
- 4 *cloves garlic, smashed and roughly sliced*
- ¼ *cup [chili bean sauce](#)*
- 2 *tablespoons soy sauce*
- 5 *cups [beef bone broth](#)*
- 12-15 *shiitake mushrooms*
- 4 *ounces watercress*
- 8 *ounces Chinese noodles, or ramen, or udon*
- 4 *eggs, soft boiled*
sesame oil
- 1 *stem green onion, chopped for garnishing*

INSTRUCTIONS

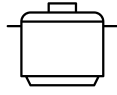
- 1 Place beef stew meat in a medium bowl; add red wine and a pinch of salt and pepper; stir well.
- 2 In a medium sauté pan, heat 2 tablespoons olive oil over medium-high heat; add seasoned beef. Sear all sides, stirring occasionally, about 5 minutes.
- 3 Transfer the prepared beef into the inner pot of your Tatung rice cooker.
- 4 Now prepare the sauce. In the same sauté pan that you used to sear the beef, heat the remaining 3 tablespoons oil over medium-high heat. Add sugar and fry until it starts to melt; now add star anise, five-spice powder, ginger and garlic; stir for about 10 seconds; quickly add chili bean sauce. Stir well and cook on low for about 1 minute.
- 5 Transfer the chili bean sauce mixture into the inner pot. Add soy sauce, beef bone broth, and shiitake mushrooms. Add 2 ½ measuring cups water into the outer pot. Cover and switch the rice cooker on. The cooking time is around 45-50 minutes.
- 6 10 minutes before the beef soup is done, add watercress to the cooker and cover again. Let it continue to cook until the switch automatically pops up.
- 7 Meanwhile, boil noodles on your stovetop according to the instructions on the package. Prepare the cooked noodles in 4 serving bowls.
- 8 To serve, divide the soup into the serving bowls with noodles evenly; drizzle with sesame oil; place one soft-boiled egg in each bowl; sprinkle with chopped green onion. Enjoy!



EASY JAMBALAYA



PREP TIME
20 minutes



COOK TIME
1 hour



TOTAL TIME
1 hour 20 minutes



SERVINGS
6

INGREDIENTS

- 2 tablespoons olive oil*
- 1 medium onion, diced*
Sea salt
- ¼ cup all-purpose flour*
- 2 cups [chicken bone broth](#), divided*
- 2 teaspoons dried oregano*
- 2 teaspoons dried thyme*
- ¼ teaspoon chili powder*
- 1 bell pepper, diced*
- 2 stalks of celery, diced*
- 2 medium carrots, diced*
- 1 (14-oz) can fire-roasted diced tomatoes, undrained*
- 1 (14-oz) package kielbasa sausage, sliced*
- 2 measuring cups uncooked white rice*
Chopped parsley for garnishing

INSTRUCTIONS

- 1** Heat olive oil in a medium saucepan over medium-high heat, about 1 minute. Add diced onions, followed by a pinch of salt. Sauté until fragrant, about 2-3 minutes.
- 2** Sprinkle flour over the onions and stir until the flour is evenly spread out, about 1 minute. At this point, your onions should be slightly brown.
- 3** Pour 1 cup of chicken bone broth into the saucepan. Reduce the heat to medium. Add oregano, thyme, and chili powder. Gently stir until the mixture is thickened. Turn off heat and transfer the mixture to the Tatung rice cooker's inner pot.
- 4** Add the rest of the prepared ingredients to the inner pot and pour in another cup of chicken bone broth. Stir and combine well.
- 5** Add 3 measuring cups of water to the outer pot. Set the inner pot into the outer pot and switch the cooker on. It takes about an hour to finish cooking the jambalaya.
- 6** Once it's done, dish and garnish with chopped parsley. Enjoy!

NOTES

- *This recipe can be turned into an easy sausage gumbo without adding the rice. Only 2 measuring cups of water are needed for the outer pot, and the cooking time is around 40 minutes.*



LOADED CHICKEN SOUP



PREP TIME
15 minutes



COOK TIME
1 hour 15 minutes



TOTAL TIME
1 hour 20 minutes



SERVINGS
4

INGREDIENTS

- 2 tablespoons olive oil
- 1 large onion, diced
- 2 cups carrots, diced
- Kosher salt
- 3 cloves garlic, minced
- 3 stalks celery, diced
- 1 green bell pepper, diced
- 8 ounces mushrooms, sliced
- 3 cups [chicken bone broth](#) or chicken broth
- 1 cup red salsa
- 1 cup green salsa
- 1 teaspoon dried basil
- 4 cups of rotisserie chicken, shredded or cut into bite-size pieces
- 1 cup sweet peas
- 2 tablespoons coconut aminos (optional)
- fresh cilantro and lime wedges for serving

NOTES

- This recipe can be turned into an easy sausage gumbo without adding the rice. Only 2 measuring cups of water are needed for the outer pot, and the cooking time is around 40 minutes.

INSTRUCTIONS

- 1 In a medium skillet, heat oil over medium-high heat, about 1 minute. Add onions and carrots, sprinkle with a pinch of salt. Sauté until the onions are fragrant and the carrots are turning soft, about 5 minutes. This step is optional, but I found that sautéing the onions and carrots before adding them to the rice cooker makes them more flavorful.
- 2 Transfer the onions and carrots to the inner pot of the Tatung rice cooker. Add minced garlic, celery, bell pepper, mushroom, chicken bone broth, salsa, and dried basil.
- 3 Add 2 measuring cups of water in the outer pot. Place the inner pot in the cooker. Cover and switch it on. It takes about 1 hour to finish cooking the chicken soup in the rice cooker.
- 4 15 minutes before the cooking is done, add shredded chicken and sweet peas to the pot. Cover again and let it finish cooking.
- 5 Taste and add more salt if desired. Stir in coconut aminos if using. Dish and garnish with fresh cilantro and lime wedges for serving.



TACO-STUFFED PEPPERS



PREP TIME

15 minutes



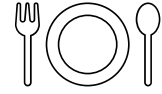
COOK TIME

35 minutes



TOTAL TIME

50 minutes



YIELD

5 large stuffed peppers

INGREDIENTS

- 5 large bell peppers, any color
- 1 pound lean ground beef
- ½ cup onion, chopped
- ½ teaspoon dried oregano
- 1 (1 ¼ oz) package taco seasoning mix
- 1 cup red salsa
- 1 cup cooked rice
- 1 cup shredded cheddar cheese, divided
- Salt and pepper to taste

FOR SERVING

- Sour cream
- Chopped fresh cilantro leaves
- Avocado slices
- Lime wedges

INSTRUCTIONS

- 1 Cut off tops from the bell peppers; discard seeds. Chop enough of the pepper tops to make ¼ cup diced peppers, set aside.
- 2 In a large sauté pan over medium-high heat, brown ground beef with onion and chopped peppers. (Drain excess fat if there's any.) Add dried oregano and break the beef into small pieces using a spatula.
- 3 Once the beef loses its pink color, stir in taco seasoning mix, red salsa and cooked rice (if using). Add a dash of salt and pepper to taste. Mix well and simmer for 5 minutes. Then stir in ½ cup cheese until blended. Remove from heat.
- 4 Place the steam tray in the outer pot of the Tatung rice cooker. Add 1 measuring cup of water in it. Then lay a sheet of parchment paper on top of the steam tray.
- 5 Sprinkle a little salt inside the peppers, then stuff each pepper with meat mixture. Place the stuffed peppers inside the prepared outer pot. Cover, switch on the cooker with the warm setting.
- 6 Once the cooker has automatically switched off, about 20 minutes later, uncover and sprinkle the rest of the cheese on top of each pepper. Cover again and keep warm for 5 minutes or until the cheese is melted.
- 7 Place the taco-stuffed peppers on a serving plate, garnish with sour cream, chopped cilantro, avocado slices and serve with lime wedges. Enjoy!



OLD-FASHIONED BEEF STEW



PREP TIME
20 minutes



COOK TIME
1 hour



TOTAL TIME
1 hour 20 minutes



SERVINGS
6

INGREDIENTS

- $\frac{1}{4}$ *cup all-purpose flour*
Salt and freshly ground pepper
- 1** *pound beef stew meat, trimmed and cut into 1-inch cubes*
- 3** *tablespoons avocado oil or olive oil*
- 2** *tablespoons red wine vinegar*
- 1** *cup red wine*
- 3** *cups [beef bone broth](#) or low-sodium beef stock*
- 1** *medium onion, peeled and chopped*
- 4** *medium carrots, cut into 1/4-inch pieces*
- 1** *medium turnip, peeled and cut into 1/4-inch pieces*
- 2** *bay leaves*
- 3** *cloves of garlic, crushed*
- 1** *teaspoon salt*
- 1** *teaspoon dried oregano*
Cilantro for garnishing

INSTRUCTIONS

- 1** Combine the flour, a pinch of salt, and ground pepper in a bowl; add the beef and toss to coat well. Heat oil in a skillet over medium-high heat. Add the beef a few pieces at a time; do not overcrowd. Cook, turning the pieces until beef is browned on all sides, about 5 minutes per batch; add more oil if needed between batches.
- 2** Transfer the beef from the skillet to the inner pot of the Tatung rice cooker.
- 3** Add the vinegar and wine to the skillet. Cook over medium-high heat, scraping the pan with a wooden spoon to loosen any browned bits. Pour the mixture over the beef.
- 4** Add beef bone broth, onions, carrots, turnip, bay leaves, garlic, salt and oregano in the inner pot. Give it a gentle stir and add $2\frac{1}{2}$ measuring cups water into the outer pot. Cover and switch the cooker on.
- 5** Once the beef stew is done, taste and season with salt and pepper if desired. Ladle into 4 bowls, garnish with cilantro and serve.

FREQUENTLY ASKED QUESTIONS

Q: WHERE CAN I BUY A TATUNG RICE COOKER?

A: The best place to buy a Tatung rice cooker is from Amazon or from Tatung's resellers NewEgg and Wayfair. There are other resellers on the market. It might require some Googling to find out about them if Amazon, NewEgg, and Wayfair don't work in your area. If you are in the United States, you can also purchase a Tatung rice cooker directly from Tatung's website. Tatung has changed the product name to Multi Cooker. The new name suits.

Q: WHAT SIZES ARE AVAILABLE FOR THE TATUNG RICE COOKER?

A: There are five different sizes, ranging from 3-cup, 6-cup, 10-cup, 11-cup, to 20-cup capacity. The most popular size is the 11-cup model.

Q: 6-CUP CAPACITY—IS THAT UNCOOKED OR COOKED RICE?

A: The capacity refers to uncooked rice. And the "cup" here refers to the Tatung measuring cup, not the standard American measuring cup.

Q: DOES THE 6-CUP RICE COOKER ALLOW FOR STACKING TO STEAM MULTIPLE THINGS AT ONCE?

A: If you cook rice while steaming vegetables or fish at the same time, it's no problem at all. If you are talking about multiple layers of steaming, I have never tried it, and I am not sure if it generates enough heat for that. However, Tatung sells stainless steamer trays that stack on top of the rice cooker. Here are the models.

Models: TAC-So2 and TAC-So3

TAC-So2 is compatible with the 10-cup rice cookers.

TAC-So3 is compatible with the 6-cup rice cookers.

Q: CAN YOU EXPLAIN HOW TO USE THE STEAM PLATE THAT COMES WITH THE TATUNG MULTI COOKER TO STEAM VEGETABLES WHILE MAKING RICE AT THE SAME TIME?

A: Based on my understanding, if you want to cook rice and steam vegetables simultaneously, you will have to add a steamer on top of your cooker. The steam plate that comes with the cooker is intended for steaming foods in the cooker, but not at the same time as making rice.

However, you can try to place a plate on top of the inner pot that contains your rice and water. The size of the plate should be a little bigger than the inner pot so it doesn't fall inside. Next, place your vegetables on the plate, then cover and start cooking. I hope this trick helps.

FREQUENTLY ASKED QUESTIONS

Q: HOW MANY FL OZ OF WATER ARE NEEDED TO STEAM VEGETABLES? IN PARTICULAR, CAULIFLOWER AND CARROTS?

A: Typically, you can start with 1 measuring cup of water in the outer pot. If your vegetables are not tender by the time the cooker switches off, add 1 more cup and steam again. The water amount and time really depend on the amount of vegetables you want to cook.

Q: CAN I USE IT LIKE A REGULAR RICE COOKER AND JUST PUT WATER IN THE INNER POT? WHAT WOULD HAPPEN IF I DID NOT PUT ANY WATER IN THE OUTER POT?

A: The Tatung rice cooker is designed differently than a regular rice cooker. If you don't put any water in the outer pot, nothing bad will happen, but it just won't start cooking. For example, when I steam vegetables, the rice cooker automatically switches off when the water in the outer pot is cooked off. If my vegetables are not done at that point, I just add more water to the outer pot and switch it on again. The cooking time actually depends on how much water you put in the outer pot.

Q: WHAT SIZE TATUNG COOKER WOULD YOU SUGGEST THAT I BUY TO COOK FOR A FAMILY OF FOUR AND TO ACCOMMODATE THE EXTRA STEAMER POT TO BE STACKED ON TOP TO COOK OTHER DISHES SIMULTANEOUSLY? BY THE WAY MAY I KNOW THE DIAMETER OF THE RICE COOKER FOR 6 CUPS, 8 CUPS AND 10 CUPS? PRESENTLY I AM USING A STEAMER OF 24 CM DIAMETER WITH 3 TIERS. I WONDER WHICH TATUNG MODEL WOULD BE EQUIVALENT TO THIS. THANK YOU.

A: For a family of four, I would suggest you purchase a 11-cup model for multiple purposes. The diameter of the inner pot of a 6-cup cooker is around 8 inches (20 cm). The outer pot should be able to hold a 24-cm diameter steamer, but I haven't tried it myself. So please ask the retailer to make sure you get the size you want. I bought mine on [Amazon](#).

Q: HOW MUCH LONG-GRAIN WHITE RICE AND WATER DO I USE TO MAKE 2 AND 4 CUPS OF RICE?

A: Generally, most white rice will triple when cooked, so 1 cup of uncooked rice and 2 cups of water will yield 3 cups cooked rice. Hope that helps!

FREQUENTLY ASKED QUESTIONS

Q: BOUGHT A TATUNG STAINLESS STEEL RICE COOKER, AND THE INTERIOR OF THE OUTER POT, WHICH IS IN CONTACT WITH THE INNER POT, SHOWS SIGNS OF RUSTING AFTER A MONTH'S USE. THIS TYPE OF RICE COOKER HAS TWO OTHER WEAKNESSES. IT DOESN'T COOK BROWN RICE AS WELL AS OTHERS. THE INNER POT IS FREE-STANDING, AND IT IS DIFFICULT TO SCOOP THE RICE WHEN JUST COOKED.

A: Sorry to hear that you didn't have a good experience with your rice cooker. The rusting in the outer pot seems to be normal. All the used Tatung rice cookers I have seen are like that because water goes in the outer pot and cooks. As for cooking brown rice, it takes much longer than white rice. I found that if I let the brown rice stay in the pot for a few minutes after cooking, it helps. (Don't open the lid.) I agree with you that when scooping out cooked rice, the inner pot moves around in the outer pot, which makes it difficult. So I take out the inner pot and hold it still while scooping. Of course, you want to use oven mitts. Hope that helps.

Q: I AM GOING TO THE UK TO STUDY. WHICH MODEL OF TATUNG RICE COOKER WOULD BE MORE SUITABLE FOR ME, TAC-03DW (3-CUP) OR TAC-6GS (6-CUP)? ALSO, WOULD YOU ADVISE ME ON WHERE I CAN BUY ONE (BUILT TO UK/HK ELECTRICAL STANDARDS) IN HONG KONG? DO YOU KNOW WHETHER THE TATUNG RICE COOKERS SOLD ON AMAZON HAVE 100V/250V DUAL VOLTAGE, SO THAT NO TRANSFORMER IS NEEDED AND ONLY AN ADAPTOR PLUG IS REQUIRED FOR USED IN THE UK? MANY THANKS INDEED.

A: Are you going to cook mostly for yourself in the UK? If so, a 3-cup model should be enough. However, since Tatung rice cookers can last forever, I would still suggest you pick up a 6-cup one, which can be used to cook more than just rice. Mine is a 6-cup model from Amazon and I have used it to cook stews and soups and to steam fish and vegetables, etc. You can also cook rice and steam food simultaneously with a 6-cup cooker because the pot is big enough to hold a plate inside. I haven't seen a 3-cup rice cooker in person yet, so I am not sure about exactly how much food it can handle. The 6-cup one is more useful in my opinion.

Unfortunately, I don't think they have dual voltage available though. I just checked the Amazon UK store. It doesn't look like they carry Tatung rice cookers over there at all! The other option is to purchase one online and bring it over to the UK, then use a voltage converter.

FREQUENTLY ASKED QUESTIONS

Q: I HAVE THE 3-CUP MODEL. VERY CONVENIENT FOR COUPLES! IN YOUR RECIPE BOOK, MAYBE YOU CAN ADVISE ON HOW TO ADJUST YOUR RECIPES FOR THE SMALLER MODEL RICE COOKER. I ASSUME YOUR RECIPES WILL BE GEARED FOR THE LARGER ONE.

A: I used to have a 6-cup rice cooker; now I own an 11-cup one. Tatung designs their rice cookers proportionally in terms of size. Think about when you cook rice on the stove—the size of your saucepan doesn't matter; what matters is the right ratio of rice and water. It's the same idea here.

That said, all the recipes you find in this cookbook can be made with either the 6-cup or the 11-cup rice cooker. For a 3-cup model, feel free to cut down the amount of ingredients in this recipe book to suit your needs.

Q: CAN YOU ADVISE HOW MANY ML IS THE MEASURING CUP THAT COMES WITH THE TATUNG RICE COOKER? I HAVE A TAIWANESE RECIPE THAT MEASURES IN JIN AND USES A (TAIWAN) RICE COOKER CUP FOR LIQUID MEASURES. I AM BAFLED, AS AFTER GOOGLING, I FOUND AN ASSORTMENT OF ANSWERS RANGING FROM 150 TO 160 TO 180ML. SO I RECKON THE CUP THAT COMES WITH A TATUNG RICE COOKER WOULD BE MOST ACCURATE. THANKS.

A: The measuring cup size is actually 3/4 cup (180 ml). It's not a full standard American measuring cup.

Q: I INHERITED A TATUNG RICE COOKER BUT NOT ITS MEASURING CUP. I'VE FIGURED OUT THAT THE CUP ITSELF IS 6 OZ, BUT I DON'T KNOW HOW MUCH WATER TO PUT IN THE OUTER BOWL (THE WATER THAT WILL BE STEAMING). CAN YOU TELL ME IN OZ?

A: The numbers (2, 4, 8, 10) marked on the measuring cup indicate the proportion of the quantity of rice to the quantity of water. The 4 levels divide the measuring cup into 5 approximately equal portions. Each portion is about 1.2 fl.oz (6 oz divided by 5). So if you want to cook 2 cups of rice, the water that goes into the outer pot should be 1.2 oz; 4 cups of rice requires 2.4 oz water in the outer pot, and 3.6 oz water for 6 cups of rice... You get the idea. Hope this helps, and have fun with the rice cooker.

Q: CAN YOU TELL ME THE MEASURING IN ML FOR THE OUTER COOKER FOR 1, 2, 3 , AND 4 CUPS OF RICE? I LOST MY TATUNG MEASURING CUP, AND IS A NIGHTMARE FOR ME TO COOK RICE WITHOUT THE MEASUREMENTS FOR THE COOKER, THANKS!

A: You are not the only one who has this problem. I did the math and tried to use US standard measuring cups for the rice cooker. It's very difficult to get it accurate.

The easiest solution is to purchase a measuring cup from Tatung USA. The item is not listed on their website, but here's the contact info if you would like to buy one.

Contact person: Chev

Phone number: 562-295-2242

Service/Parts email is

service@tatungusa.com or

parts@tatungusa.com

**The cup is about \$3 US plus
shipping.**

FREQUENTLY ASKED QUESTIONS

Q: THANK YOU FOR POSTING ABOUT THIS RICE COOKER. I'M IN AUSTRALIA, SO THEY ARE RATHER EXPENSIVE, BUT I HAVE HEARD THEY ARE VERY GOOD AND LAST A LONG TIME. I'M NOT SURE IF I SHOULD BUY THE 6-CUP OR THE 11-CUP COOKER. DOESN'T RICE DOUBLE IN SIZE? IF SO THEN 6-CUP ONE IS STILL LARGE, I THINK. HOW LONG DOES IT TAKE TO COOK 6 CUPS OF RICE?

A: This rice cooker lasts forever! My parents-in-law brought one from Taiwan to the United States about 30 years ago. They are still using it. Not sure how expensive they are in Australia, but it's well worth it, I'd say.

To answer your questions, brown rice doubles in size when cooked, and white rice triples. A 6-cup cooker is more than enough for a normal family. It takes about 30-40 minutes to cook 6 cups of rice. Hope this is helpful!

Q: HOW DOES THE RICE COOKER KNOW THE DIFFERENCE BETWEEN COOKING WHITE VS. BROWN RICE? OR IS IT A MATTER OF VISUALLY CHECKING THE RICE?

A: For cooking brown rice, you want to increase at least one cup of water in the outer pot, or soak the brown rice fully in water for at least 2 hours before cooking.

Q: CAN YOU STEAM VEGETABLES SUCH AS CARROTS AND BROCCOLI WITHOUT WORRYING ABOUT OVERCOOKING THEM?

A: Generally speaking, the rice cooker can be used for all jobs requiring steaming or boiling. How many vegetables you want to steam will determine how much water you add into the cooker. Be sure to use the steam plate. I usually pour a little bit of water in the cooker. Set and forget, then check my vegetables when the switch automatically moves to off or warm. If the veggies are not as tender as I want, I add a little bit more water and keep steaming. After a few tries, you should be able to get an idea of how much water to add to steam vegetables to your desired tenderness.

FREQUENTLY ASKED QUESTIONS

Q: I JUST GOT ONE OF THESE TATUNG RICE COOKERS SECOND-HAND, BUT I'M NOT 100% SURE HOW TO USE IT. I CAN'T SEEM TO FIND MUCH INFO OR MANY RECIPES WRITTEN IN ENGLISH! WHEN COOKING THE RICE, DO I ONLY USE THE LARGE OUTER LID, OR DO I ALSO USE THE SMALLER INNER LID? HOW DO I COOK RICE IN THE DEEP INNER BOWL AND USE THE SMALLER STEAM INSERT AT THE SAME TIME? (I DON'T HAVE THOSE LARGE STEAMER EXTENSIONS THAT GO ON TOP OF THE COOKER, BUT I DO HAVE A SHALLOW BOWL THAT SITS INSIDE THE TOP OF THE INNER BOWL TO HOLD THE STEAM TRAY, IF THAT MAKES SENSE.) ANY HELP OR LINKS YOU CAN GIVE ME ARE MUCH APPRECIATED!

A: When cooking rice with the Tatung rice cooker, you only use the large outer lid. In fact, the only time I use the inner pot lid is to store food in the inner pot as a container. As for steaming, I am not so sure if the steam insert (the shallow bowl) you mentioned is an original part of the rice cooker, because it doesn't normally come with any additional bowls. However, based on your description, if I understand correctly, you can just be cooking rice in the inner pot while steaming food in the shallow bowl or plate at the same time by putting the bowl inside the inner pot and leaving enough room for the rice and required water (if the bowl hooks up the inner pot well). In this case, only the larger outer lid is necessary. Hope this helps!

Q: HOW DOES THE RICE COOKER KNOW THE DIFFERENCE BETWEEN COOKING WHITE VS. BROWN RICE? OR IS IT A MATTER OF VISUALLY CHECKING THE RICE?

A: For cooking brown rice, you want to increase at least one cup of water in the outer pot, or soak the brown rice fully in water for at least 2 hours before cooking.

Q: I HAVE MORE QUESTIONS. HOW CAN I CONTACT YOU?

A: Feel free to email me at sharon@streetsmartkitchen.com. I'd be happy to discuss more ideas on how to leverage your Tatung rice cooker to make cooking easier and more fun!

THANK YOU!

Thank you for purchasing this cookbook and taking the time to cook the recipes from it. I do hope you enjoy it.

As a thank-you gift, I would like to offer you my “Top 18 One-Dish Meals” cookbook for free. It’s designed to help you put healthy and delicious dinners on your dining table faster than you ever thought possible. Unlike the recipes in this cookbook, which pretty much only use one cooker, the 18 one-dish recipes you are about to receive utilize your stove and your oven.



[DOWNLOAD YOUR GIFT HERE](#)

ABOUT THE AUTHOR

Sharon Chen is a content creator and marketer specializing in the food industry.

When Sharon was growing up, she was strongly influenced by her mother's passion for cooking. She realized early on how important cooking and eating at home are to a vibrant family life. It was not until Sharon moved away from her hometown of Shanghai, China to the States with her husband that she realized what cooking really means to her.

It's a way of presenting and sharing the love by turning a wide range of fresh ingredients into a plate of delicious and beautiful-looking food to nurture those she cares about. It's a way of giving thanks. That's why Sharon strives to help busy professionals plan and cook everyday meals deliciously and quickly.

Sharon's work has been featured on The Huffington Post, Elite Daily, BuzzFeed, The Kitchn, RedBook Magazine, SheKnows.com, Examiner.com, Greatist, and numerous others. She strongly believes that a healthy lifestyle starts with eating right and that nothing is better than homemade meals.

STAY CONNECTED!

To follow along with Sharon's culinary journey and find more delicious, easy, and healthy recipes, visit StreetSmartKitchen.com and stay connected on social media.

