







GABA飯

GABA Rice

材料 Ingredients

- 糙米 2 杯 • 2 cups of brown rice

做法 Steps

1. 將洗淨的糙米放入內鍋，再加水至「糙米/發芽米」的第2刻度
2. 蓋上頂蓋，將鎖定手柄旋至  LOCK 的位置，按【功能/選擇】鍵及左右箭咀選擇 ，再按「確認」鍵，然後再按【功能/選擇】鍵選擇 2H/ 4H/ 6H 的糙米發芽時間，最後按【開始/快煮】鍵確認。
3. 完成後以飯勺攪勻。
1. Place washed brown rice into inner pot, then add water until Level 2 of 「Brown Rice/GABA Rice」 reached.
2. Close the top cover. Turn the Lock/Unlock handle to  LOCK position, then select  function by pressing **【Menu/Selection】** key and the left and right arrows. Press **【Set】** key to proceed, then choose the 2H/ 4H/ 6H germination time by pressing **【Menu/Selection】** key. Press **【Start/Turbo】** key to confirm.
3. Stir rice and ready to serve.

備註：GABA 米的發芽時間可能會因應外界溫度及米的種類而受到影響，氣溫越高，GABA 米越容易發芽，所需烹調的時間亦較少。

Remarks: The germination of the brown rice will be affected by the ambient temperature and types of rice. Germination time can be adjusted at your preference.