

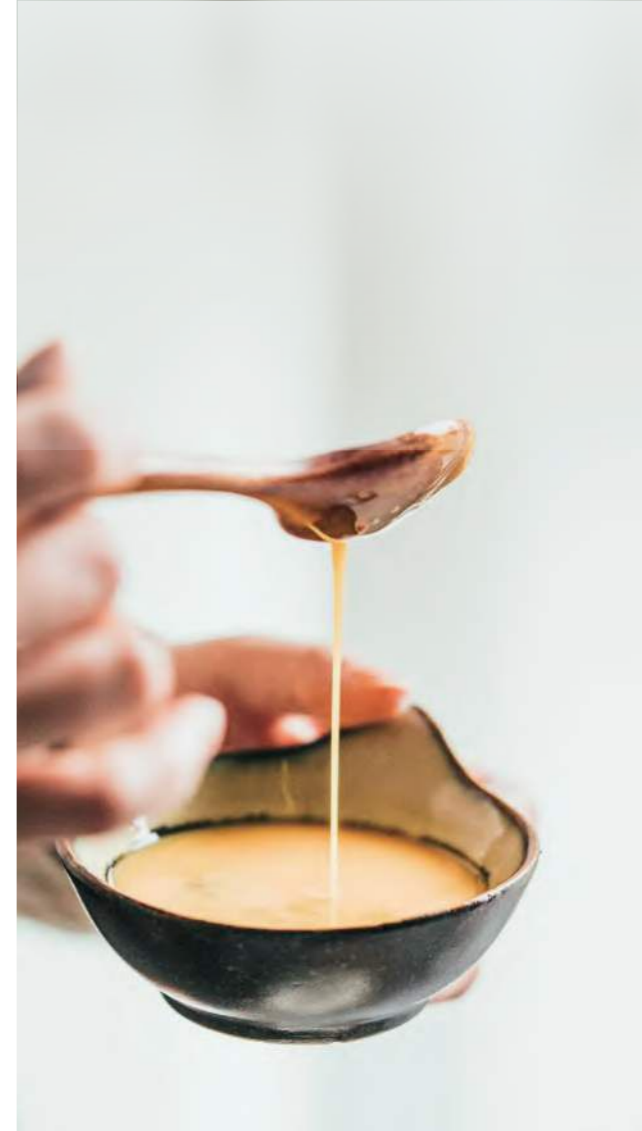
TOSHIBA

邂逅
—
東芝

東芝 | 嵌入式微蒸烤一體機食譜



對美食的追求，
對料理的鑽研，
本質是對生活最真摯的熱愛



烹飪技巧與時俱進，不止“做到”，更要“做好”：
步驟，要精準控制；
細節，要力臻完美。
令食物的口感、形態達至最佳狀態，
是各位「食家」的不懈追求。

烹飪，是一門同時間、火候的精彩博弈。
不妨就從這裡開始，享受精彩入廚生活！

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烹飪模式介紹

烤焗

常用的烹飪方式——

上下發熱管雙動力同時發熱，適用於雙面烤焗單層食物。

蒸氣烤焗

獨具特色的烹飪方式——

過熱水蒸氣輔助烤焗烹飪，讓肉類口感更加鮮嫩多汁。

空氣炸

輕鬆的烹飪方式——

熱風立體循環烹飪，適用於各類美味酥脆炸物。

注意事項

機器在初次使用前，需要進行空燒以去除爐腔裡面的異味。詳細步驟請參考說明書。

微波功能烹飪的自動菜單，禁止使用金屬器皿（含錫箔紙、附贈的蒸烤架、空氣炸籃和烤盤）。

食物放進機器前，提前預熱可以使爐腔的溫度更加恆定，烹飪成功率更高。

機器在烹飪過程中溫度較高，請注意不要觸碰到機器爐腔及內側玻璃，以免燙傷。

烹調方法和食物特性密切相關，本書所給食材份量、烹飪時間為經過驗證的合適匹配，您可根據所需份量、個人口味和喜好，進行適當調整。



酸奶發酵技巧

- 牛奶選擇

選用純牛奶、常溫奶或巴氏殺菌奶均可，加一些奶粉會讓酸奶的質地更加醇厚。
- 發酵劑選擇

推薦使用乳酸菌粉，操作方便，出品穩定，做出的酸奶味道溫和。也可以根據個人喜好用酸奶成品做引或使用開菲爾菌粒。
- 容器消毒

容器內的細菌可能會影響酸奶的質量，所以一定要做好消毒殺菌工作，最簡便的方法是用開水燙一下。
- 冷藏口感

將做好的酸奶放入冰箱冷藏 8小時以上，酸奶會變得更加濃厚，香味也會更豐富。
- 調酸度

如果覺得自釀的酸奶太酸，可以選擇低酸度菌粉，或者在酸奶凝固的前提下，縮短發酵時間，並儘快食用。食用之前加入蜂蜜、果醬或麥片也是個不錯的方法。

麵糰發酵技巧

- 酵母

在合適的範圍內，酵母用量越多，發酵速度越快；反之，則相反。保管不當或貯藏時間過長的酵母，色澤較深、發酵力低、發酵速度慢。
- 水溫

在常溫下採用40℃左右的溫水和麵，製成的麵團溫度為 27℃左右，此溫度最適宜酵母繁殖。水溫過高，酵母易被燙死；水溫過低，酵母繁殖較慢
- 鹽和糖

一般來說，500 g麵粉添加 2 ~ 3g克食鹽，對酵母生長發育有利。使用佔麵團 5%左右的糖，可以為酵母繁殖提供營養，使酵母繁殖速度加快。
但要注意，糖和鹽的使用都不要過量。
- 溫度

一般要求為 28℃ ~ 30℃，可通過提高或降低和麵用的水溫來調節。春天室溫在 20℃左右時，水溫可控制在 35℃ ~ 40℃。夏季室溫在 30℃以上時，水溫可控制在 13℃ ~ 15℃。
- 麵團發酵成熟的標識

麵團頂部鼓起，摸上去很乾燥。用手提，麵團很自然地被拉長，鬆手後慢慢回縮。此時麵團內部多氣孔，並散發出酒香味。



step 1
將蛋白置於乾淨的打蛋盆中，
加入 1/3 細砂糖，用電動打蛋器低速打至
蛋白呈粗泡狀態；

step 2
加入剩餘的 1/2 細砂糖，
打蛋器轉中低速打至蛋白呈細密的乳沫狀
泡泡；

step 3
加入剩餘的細砂糖，打蛋器轉高速打至蛋
白出現輕易不易消失的紋路，提起打蛋頭
呈現大彎角，這階段稱為濕性發泡；

step 4
電動打蛋器轉中速繼續打發，打至蛋白霜
有明顯阻力感，提起打蛋頭，蛋白霜呈直
立小尖角，這階段稱為乾性發泡。



如何打發蛋白

step 1
將牛油切成小塊或片狀，放在 25℃ 左右的環境中（室溫）中軟化至軟膏狀，用
手指輕輕一按可留下痕跡，這個狀態最適合打發；

step 2
用電動打蛋器以低速把牛油稍微打發，至顏色變淺一些；
加入細砂糖或者糖粉，用電動打蛋器低速把牛油和糖打勻，轉中速打發；牛油會
顏色變淺、體積變大；

step 3
當牛油糊體積變大、出現紋路的時候，把電動打蛋器轉高速打發，當牛油呈現
輕盈蓬鬆狀、顏色發白即完成打發。



step 1



step 2



step 3

如何打發牛油

不必跨過山和大海還，
圍於廚房一隅，
也可以開啟一場關於
美味的浪漫冒險，
邂逅新的料理生活。



炸蝦天婦羅

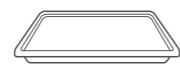
えびの天ぷら



氣炸

- 210℃
- 10 分鐘
- 4 人份
- 1 星難度

烤盤 + 中層



主料

蝦（ 8 隻 ） 約 240g

輔料

黃色麵包糠	40g
植物油	10g
食鹽	1.5g
胡椒	1g
清酒	8ml
低筋麵粉	10g
雞蛋液	50g

1 準備好所有食材

2 混合麵包糠

在煎鍋內放入麵包糠和植物油，充分混合後開火。邊攪拌邊加熱，直至整體變為黃褐色。

3 醃製蝦肉

將蝦的殼和背筋（蝦線）取出，加入鹽、胡椒、清酒，醃製 10 分鐘入味。

4 裹麵包糠

低筋麵粉和打散蛋液混合均勻，蝦表面裹一層麵糊後，再裹一層麵包糠。在烤盤內鋪烘焙紙，蝦並排擺放。

5 預熱 & 烘烤

進入【食譜】，選擇【和食】分類，啟動【炸蝦天婦羅】菜單，預熱至 210℃。

預熱完成後，將裝有食物的烤盤放入爐腔中層，點擊【確定開始】，【氣炸】210℃烤 10 分鐘。

6 烹飪完成

烤好後，取出裝盤，即可享用。

烤秋刀魚

さんまの塩焼き



熱風對流

🔥 230℃
🕒 10 分鐘
👤 2 人份
🌟 2 星難度

烤盤 + 中層



主料

秋刀魚 3 條 300g

輔料

植物油 10g
食鹽 2g
生抽 10g

1 準備好所有食材

秋刀魚切成兩段洗乾淨。（腹內一定要處理乾淨，以免腥氣重影響食物口感）

2 醃製 & 刷油

加鹽醃製 10 分鐘。
烤盤鋪上錫紙，放上秋刀魚，在魚的表面均勻刷一層植物油。

3 預熱 & 烤焗

進入【食譜】，選擇【和食】分類，啟動【烤秋刀魚】菜單，預熱至 230℃。
預熱完成後，將裝有食物的烤盤放入爐腔中層，點擊【確定開始】，【熱風對流】230℃烤 10 分鐘。倒計時剩餘 2 分鐘時，取出刷上生抽，繼續烤至結束。

4 烹飪完成

烤好後，取出裝盤，即可享用。

鹽烤鮭魚



熱風對流

🔥 230℃
⌚ 10 分鐘
👤 4 人份
🌟 1 星難度

烤盤 + 中層



主料

鮭魚（4 切） 320g

輔料

食鹽 2g

1 準備好所有食材

2 醃製鮭魚

鮭魚加鹽醃製 5 分鐘。
把醃製好的鮭魚側放在鋪好烘焙紙的烤盤中。

3 預熱 & 烘烤

進入【食譜】，選擇【和食】分類，啟動【鹽烤鮭魚】菜單，預熱至 230℃。
預熱完成後，將裝有食物的烤盤放入爐腔中層，點擊【確定開始】，【熱風對流】230℃ 烤 10 分鐘。

4 烹飪完成

烘烤結束後，取出裝盤，即可享用。

日式烤雞肉串



烤焗

- 220℃
- 17 分鐘
- 4 人份
- 1 星難度

烤盤 + 中層



主料

雞髀肉 300g

輔料

大蔥 2 根
醬油 15g
料酒 10g
糖 2g
黑胡椒 1g
蒜泥 20g
麻油 5g
鹽 1g

1 準備好所有食材

2 製作肉串

雞髀肉切 2*2cm 的塊狀，大蔥切2cm/ 段，竹籤提前泡水防止烤糊。
雞髀肉和大蔥間隔的串在一起。（4 肉 3 蔥比例）

3 醃製

蒜泥、醬油、料酒、糖、麻油混合成料汁。
料汁均勻塗抹在肉串上，撒上黑胡椒和鹽醃製 17 分鐘。

4 預熱 & 烘烤

進入【食譜】，選擇【和食】分類，啟動【日式烤雞肉串】菜單，預熱至 220℃。
預熱完成後，將裝有食物的烤盤放入爐腔中層，點擊【確定開始】，【烤焗】220℃烤 17 分鐘。

5 烹飪完成

烘烤結束後，取出裝盤，即可享用。

とんかつ 日式吉列豬排



熱風對流

- 210℃
- 21 分鐘
- 3 人份
- 2 星難度

烤盤 + 中層



主料

豬梅花肉 500g

輔料

黃色麵包糠 100g
雞蛋 100g
澱粉 50g
鹽 5g
黑胡椒 4g
油 10g

1 準備好所有食材

2 預熱

進入【食譜】，選擇【和食】分類，啟動【日式吉列豬排】菜單，預熱至 210℃。

3 醃製豬梅花肉

豬梅花肉洗淨，切成厚度約2cm的大片，用廚房紙吸乾多餘水分，用鬆肉錘鬆肉後，放入大碗裡，加入鹽、黑胡椒醃製20 分鐘。

4 裹麵包糠

準備另外一隻碗，麵包糠加油混合均勻備用。雞蛋磕入另外一隻碗裡，攪打均勻備用。

醃製好的豬梅花肉依次沾上澱粉、蛋液和麵包糠，放在墊有油紙的烤盤上。

5 烘烤

預熱完成後，將裝有食物的烤盤放入爐腔中層，點擊【確定開始】，【熱風對流】210℃烤 21 分鐘。

6 烹飪完成

烘烤結束後，取出裝盤，即可享用。

味噌湯

味噌汁



微波

- 高火
- 8 分鐘
- 4 人份
- 1 星難度

耐熱大碗
烤架 + 下層



主料

味噌醬 43g

輔料

豆腐 50g
海草 30g
秋葵 2 個 约 23g
貝柱 9g
蔥花 3.5g
水 200ml
鹽 1g

1 準備好所有食材

2 食材預處理

秋葵洗淨後斜切，豆腐切小塊備用。

3 烹飪

貝柱、豆腐和秋葵放入闊口深碗裡，加入開水，沒過食材後，將碗放在烤架上，放入爐腔下層。

進入【食譜】，選擇【和食】分類，啟動【味噌湯】菜單，【微波】高火烹飪 6 分鐘後取出；

4 加料

加入味噌和海草攪拌均勻後，再次放入下層烤架上，點擊【確定開始】，繼續烹飪 2 分鐘。

5 烹飪完成

烹飪結束後，取出，撒入蔥花和鹽，即可享用。

草莓大福

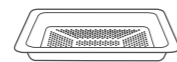
いちご大福



純蒸

- 100℃
- 20 分鐘
- 4 人份
- 3 星難度

蒸盤 + 中層



A 材料

糯米粉	115g
水	140ml
幼砂糖	20g

B 材料

熟糯米粉	40g
紅豆沙	200g
草莓 10 個	約 300g
黃油	10g

- 準備好所有食材
草莓去蒂洗淨後，用廚房紙擦乾多餘的水分。
- 製作糯米麵團
將【A 材料】混合均勻後，倒入淺口平碟中，放入爐腔中層的蒸盤上，進入【食譜】，選擇【和食】分類，啟動【草莓大福】菜單，【純蒸】100℃蒸 20 分鐘即可。
- 蒸製完成後，取出，加入牛油，趁溫熱戴手套拌勻，分成10 個小麵團（每個約 30g），用油紙包裹備用；
- 整形
紅豆沙分成 10 個麵團，取一個麵團包入一個草莓後（注意草莓尖尖需要露出 1/3，不要全部包裹），再取一個糯米團子包裹住豆沙團子，表面滾一層熟糯米粉稍微整形成草莓形狀即可。

免去和油煙共處的煩惱，
僅需簡單處理和等待，
即可完成一道美味料理。
烹飪的樂趣，
在於其無限可能性。



惠靈頓牛排

ウエリントン・ステーキ

熱風對流

- 200℃
- 30 分鐘
- 4 人份
- 5 星難度

烤盤 + 中層



主料

牛柳	350g
法式酥皮 3 張	約 540g
蘑菇	500g
牛油	20g
鼠尾草	2g
塞拉若火腿片	100g

輔料

雞蛋	1-2 個
橄欖油	30g
迷迭香	3g
海鹽	3g
洋蔥末	20g
黑胡椒碎	2g
大蒜末	10g
迷迭香（裝飾）	1 根

1 準備好所有食材

350g 牛柳用廚房紙吸乾血水，蘑菇切碎備用。

2 煎牛排

鍋中倒入 30g 橄欖油、3g 迷迭香、2g 鼠尾草，將牛柳煎至表面和兩側均呈現棕褐色（大火烹飪約 2 分鐘），加入 2g 海鹽和 1g 黑胡椒。

3 炒蘑菇碎

熱鍋加入 20g 牛油、蘑菇碎、20g 洋蔥末、1g 黑胡椒碎、1g 海鹽和 10g 大蒜末，翻炒至棕色且水分極少即可。

4 製作火腿牛肉包

將 100g 塞拉若火腿擺放成長方形，將炒好的蘑菇均勻鋪在火腿上，將牛柳放在蘑菇上，並用火腿包裹好。包裹好的牛柳用保鮮膜捲好，放進冰箱，冷藏約 40 分鐘定型，做成火腿牛肉包。

5 製作酥皮牛柳包

將雞蛋打入碗中，用打蛋器打散成蛋液備用。
用 2 張酥皮（20cm*20cm/ 張，180g/ 張）包裹好火腿牛肉包，並稍加修邊，製作成酥皮牛柳包。
再將另外一張酥皮用滾刀劃出菱格紋，用切好的菱格紋酥皮包裹在酥皮牛柳包上，作為裝飾，再均勻地刷上一層蛋液。

6 預熱 & 烹飪

進入【食譜】，選擇【肉類】分類，啟動【惠靈頓牛排】菜單，預熱至 200℃。烤盤鋪上錫紙，將惠靈頓牛排放置於烤盤中。

7 預熱完成後，烤盤放入爐腔中層，點擊【確定開始】

【风炉烤】
200℃烹飪 30 分鐘左右至表面金黃。
* 建議剩餘幾分鐘，多注意觀察，烤至顏色滿意即可取出

8 烹飪完成

烹飪結束後，取出。靜置至少 20 分鐘後分切，擺上 1 根迷迭香做裝飾，即可享用。

香草羊排

ラムチョップの香草焼き

平爐烤

- 210℃
- 18 分鐘
- 4 人份
- 5 星難度

烤盤 + 中層



主料

羊排 1 扇 約 550g

輔料

橄欖油	25g
粟米油	10g
意大利芹	30g
迷迭香	3g
百里香	3g
帕瑪森芝士	15g
黑胡椒碎	2g
黃芥末醬	20g
麵包糠	100g
食鹽	10g
濃縮巴薩米克黑醋汁	15g
可食用花草	2g
青豆粒	200g
牛奶	200ml
奶油	100g
白葡萄酒	40ml
小幹蔥	30g
大蒜	20g
薄荷	10g
牛油	20g

1 準備好所有食材

2 製作奶汁青豆泥

30g 小洋蔥和 20g 大蒜均切末。熱鍋，倒入 20g 牛油、小洋蔥碎和蒜末，用中火，一同炒香。
往鍋中加入 200g 青豆粒、3g 鹽和 1g 黑胡椒碎翻炒 1 分鐘，倒入 40ml 白葡萄酒，煮至酒精完全蒸發（約 3 分鐘）。

3 接著加入 200ml 牛奶和 100g 奶油，大火燒開，轉小火煮 10 分鐘，製作成奶汁青豆粒備用。煮好的奶汁青豆和 10g 薄荷一同加入料理機攪拌成泥備用。

4 醃製 & 煎羊排

羊排用 7g 鹽和 1g 黑胡椒碎醃製，備用。
在平底鍋中倒入 10g 粟米油，大火燒至冒煙，將羊排表面水分擦乾，快速放在鍋中煎至表面金黃。（每面煎約 1 分鐘）

5 製作芝士麵包糠

將 100g 麵包糠、15g 帕馬森芝士、30g 意大利芹、3g 迷迭香、3g 百里香和 25g 橄欖油放入料理機中，一同打碎，製成芝士麵包糠，盛出備用。

6 裹麵包糠

將 20g 黃芥末醬均勻刷在煎好的羊排表面，再把打碎的芝士麵包糠均勻地裹在羊排上。

7 預熱 & 烘烤

進入【食譜】，選擇【肉類】，啟動【香草羊排】菜單，預熱至 210℃。將裹有麵包糠的羊排放入烤盤上。
預熱完成後，將烤盤放入爐腔中層，點擊【確定開始】，【烤焗】210℃烹飪約 18 分鐘至 7 成熟。

8 烹飪完成

烹飪結束後，取出，將烤好的羊排靜置 15 分鐘，搭配青豆泥、2g 可食用花草和 15g 濃縮巴薩米克黑醋汁，即可享用。

脆皮乳鴿

鳩のパリパリ焼き

純蒸 + 熱風對流

- 180℃
- 1 小時 13 分
- 2 人份
- 5 星難度

蒸盤 + 下層
烤盤 + 中層



主料

鴿子 2 隻 約 600g

輔料

生姜	10g
蔥	10g
八角	1 顆
陳皮	2g
香葉	2 片
豆蔻	5 顆
桂皮	3g
草果	1 顆
丁香	1 顆
米酒	20ml
食鹽	20g
五香粉	1g
熱開水	1.5L
大紅浙醋	20g
麥芽糖	10g
熱開水（清洗用）	1.5L

1 準備好所有食材

將 2 隻鴿子清洗乾淨，將腳從尾部塞入肚腔裡，並將鴿翼尖翻轉搭在鴿翼根上。

2 預熱

水盒裝滿水，進入【食譜】，選擇【肉類】，啟動【脆皮乳鴿】菜單，預熱至 100℃。

3 製作白鹵水

將 10g 姜、10g 蔥、1 顆八角、2g 陳皮、2 片香葉、5 顆豆蔻、1 顆丁香用紗布袋裝起來，製成輔料包。

在大碗中加入 1.5L 熱開水，加入 20ml 米酒和 10g 鹽攪拌均勻，放入輔料包，放在蒸盤上。

4 預熱完成後，將裝有輔料包的大碗放在蒸盤上，放入爐腔下層，點擊【確定開始】，【純蒸】100℃烹飪30 分鐘，白鹵水製作完成。

5 鹵煮鴿子

把鴿子放進另外準備的 1.5L 熱開水裡，浸泡 20 秒，去除血污後撈起，放進白鹵水中。

把浸泡鴿子的白鹵水放在蒸盤上，放入爐腔下層，水盒裝滿水，點擊【確定開始】，繼續烹飪 25 分鐘。

6 準備糖醋汁和淮鹽

把麥芽糖和大紅浙醋放入碗中，一起攪拌均勻，備用。
1g 五香粉和 10g 鹽放在小碟中，攪拌均勻，製成淮鹽。

7 晾乾和烘烤

烹飪暫停後，撈起蒸好的鴿子，用刷子蘸取麥芽糖醋汁，均勻地塗抹在鴿子表皮，掛放在通風處晾至表皮幹爽（用時約 3 小時）。

8 將晾乾的鴿子放在鋪有錫紙的烤盤上，放入爐腔中層，【熱風對流】180℃烤 18 分鐘左右至表皮金黃。

* 剩餘 3 分鐘隨時觀察，烤至顏色滿意即可取出，如果覺得顏色不夠金黃，也可在烹飪結束後手動延長烤製時間。

9 烹飪結束後，取出裝盤，輔以淮鹽，即可享用。

新奧爾良烤雞翼

オルレアンブリル手羽先

蒸氣烤焗

- 🌡️ 220℃
- 🕒 24 分鐘
- 👤 4 人份
- 🌟 2 星難度

烤盤 + 中層



主料

雞中翼 500g

輔料

白芝麻 2g
蜜糖 15g
新奧爾良烤肉粉 30g
清水（醃製用） 30ml
清水（蜜糖水用） 35ml

1 準備好所有食材

雞中翼清洗乾淨，瀝乾水分，用刀在兩面輕輕劃幾刀。

2 醃製雞翼

雞翅倒入奧爾良粉和清水攪拌均勻，蓋上保鮮膜，放入冰箱冷藏 4 小時以上。

* 不同品牌的奧爾良醃肉料的配比存在差異，實際請按照奧爾良醃肉料包裝袋的說明配比去醃製。

3 從冰箱取出醃製好的雞翼，放在鋪有油紙的烤盤上。

* 不要倒入汁水，避免爛底。

4 預熱 & 烹飪

水盒裝滿水，進入【食譜】，選擇【肉類】，啟動【新奧爾良烤雞翼】菜單，預熱至 220℃。

預熱完成後，將裝有食物的烤盤放入爐腔中層，點擊【確定開始】，**【過熱水蒸氣】** 220℃ 烤 24 分鐘後。

5 烹飪完成

烹飪結束後，取出擺盤，根據個人喜好多撒上熟白芝麻即可享用。

法式烤鵝

フレンチコーストウズラ

熱風對流

- 200℃
- 15 分鐘
- 1 人份
- 5 星難度

烤盤 + 中層



主料

鵝 1 隻 約 150g

輔料

食鹽 2g
香菜籽 2g
花椒 2g
小茴香 2g
蜜糖 15g
燒烤醬 15g
白洋蔥丁 100g
黃油 10g
淡奶油 50g
純淨水 20ml
西洋菜 20g

1 準備好所有食材

把鵝的胸肉和腿肉分割下來，用廚房紙擦乾水分備用。

2 製作洋蔥醬汁

取一奶鍋，放入 10g 黃油，小火加熱至融化，再放入 100g 洋蔥丁，略微翻炒 2 分鐘，再加入 20ml 水和 50g 淡奶油，蓋上蓋子，小火慢燉不少於 20 分鐘，直至洋蔥完全軟爛。
將煮好的洋蔥放入料理機打成洋蔥醬汁，用 1g 鹽調味，備用。

3 製作複合烤醬

將 2g 香菜籽、2g 小茴香和 2g 花椒混合，放入料理機內略微打碎，製成複合香料碎。將 15g 燒烤醬和 15g 蜜糖混合後，稍稍加熱，製成複合烤醬。

4 鵝肉刷醬

在鵝胸肉和腿肉表面，均勻刷上一層複合烤醬，再均勻撒上 1g 鹽和複合香料碎，放在烤盤上。

5 預熱 & 烹飪

進入【食譜】，選擇【肉類】，啟動【法式烤鵝】菜單，預熱至 200℃。

預熱完成後，將烤盤放入爐腔中層，點擊【確定開始】，【熱風對流】200℃烹飪 15 分鐘左右至金黃。

* 建議剩餘幾分鐘隨時觀察，烤製金黃即可取出。

6 烹飪完成

烹飪結束後，取出鵝，搭配洋蔥醬汁、燒烤醬和西洋菜裝盤，即可享用。

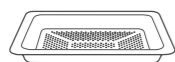
翡翠鮑片海參

アワビとナマコの煮込み

純蒸

- 100℃
- 2 小時 30 分
- 4 人份
- 3 星難度

砂煲 | 蒸盤 + 中層



主料

水發鮑魚 4 隻	約 200g
水發海參 4 隻	約 200g

輔料

雞肉	200g
鳳爪 4 隻	約 150g
豬肉	150g
排骨	100g
火腿 2 片	約 10g
瑤柱	30g
生薑片	約 10g
香蔥	10g
裁好的上海青	100g
熱開水	800ml
食鹽	2g

1 準備好所有食材

2 燉煮

把雞肉、排骨、豬肉、鳳爪、火腿、薑片和蔥段放熱水鍋裡煮 10 分鐘取出，挑出薑片和蔥段，用涼水沖洗乾淨晾乾水。

3 預熱

水盒裝滿水，進入【食譜】，選擇【海鮮】，啟動【翡翠鮑片海參】菜單，預熱至 100℃。

取一砂煲，將雞肉、鮑魚、排骨、豬肉、鳳爪、火腿、瑤柱、鹽、800ml 熱開水依次放進砂煲裡。

4 第一段烹飪

預熱完成後，將砂煲放在蒸盤上，蓋上蓋子，放入爐腔下層，點擊【確定開始】，【純蒸】100℃烹飪 2 小時暫停。

* 每 50 分鐘，需往水盒加水一次。

5 第二段烹飪

烹飪暫停後，將海參放入紗布袋裡包紮好。取出砂煲，將包好的海參放進砂煲裡。

將砂煲放在蒸盤上，蓋上蓋子，放入爐腔下層，水盒裝滿水，繼續【純蒸】100℃烹飪 30 分鐘。

6 煮上海青

上海青去掉綠葉後，用小刀把根莖裁成小花狀。

取一鍋放水加熱，水燒開後放上海青煮 2 分鐘取出備用。

7 烹飪完成

烹飪結束，取出鮑魚，用刀把鮑魚斜切成鮑魚片備用。把鮑魚、海參和上海青放進碟子裡，加湯即可享用。

忌廉燴青口

ムール貝とクリームの煮込み

微波

- 🔥 高火
- 🕒 7 分鐘
- 👤 3 人份
- 🌟 2 星難度

微波適用碗 + 平板



主料

新西蘭青口 350g

輔料

洋蔥丁 50g
新鮮百里香 2 根 約 10g
烹飪奶油 80g
白蘭地 20ml
蒜片 20g
橄欖油 20g
海鹽 3g
現磨黑胡椒碎 5g

1 準備好所有食材

將 350g 青口清理乾淨。

2 第一段烹飪

在微波烹飪用大碗中，放入 50g 洋蔥丁、20g 蒜片和 20g 橄欖油，拌勻。

將碗放入爐腔平板中央位置，進入【食譜】，選擇【海鮮】，啟動【忌廉燴青口】菜單，【微波】高火烹飪 2 分鐘後自動暫停。

3 第二段烹飪

取出碗，加入清洗好的青口、20ml 白蘭地、3g 海鹽和 5g 現磨黑胡椒碎，拌勻。

將碗放入爐腔平板中央位置，點擊【確定開始】，【微波】高火烹飪 4 分鐘後自動暫停。

4 第三段烹飪

取出碗，加入兩根百里香（約 10g）和 80g 烹飪奶油，拌勻。

將碗放入爐腔平板中央位置，點擊【確定開始】，【微波】高火繼續烹飪 1 分鐘。

5 烹飪完成

烹飪結束後，取出裝盤，即可享用。

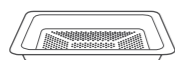
蒜蓉蒸龍蝦

ロブスターのニンニク蒸し

純蒸

- 100℃
- 15 分鐘
- 4 人份
- 2 星難度

蒸盤 + 中層



主料

波士頓龍蝦	750g
乾粉絲	80g
大蒜	50g

輔料

香蔥	10g
黃油	10g
食用油	30g
香油	3g
生抽	5g

1 準備好所有食材

2 粉絲泡軟，龍蝦預處理：

取一玻璃碗，粉絲用熱水（45.5℃）提前泡軟。
龍蝦剖開，去蝦線，去鰓，清洗乾淨，蝦肉部分剪成六塊備用。

3 製作蒜蓉醬料

熱鍋，放入1大勺油，把一半的蒜蓉下鍋煸炒至金黃色。
關火，將炒制過的蒜蓉和生蒜蓉混合備用。

4 粉絲泡軟後撈起，與少量香油、兩茶匙生抽混合均勻。

5 預熱

進入【食譜】，選擇【海鮮】，啟動【蒜蓉蒸龍蝦】菜單，預熱至100℃。

取一淺盤，擺上粉絲，放上龍蝦塊，蒜蓉均勻平鋪在龍蝦肉及粉餘表面，將淺盤放在蒸盤上。

6 烹飪

預熱完成後，將蒸盤放入爐腔下層，點擊【確定開始】，【純蒸】100℃蒸15分鐘。

7 烹飪完成

烹飪結束後，取出，熱鍋，下1小勺調和油和少量牛油燒熱。
撒上蔥花，把熱油淋於蒸好的龍蝦之上，即可享用。

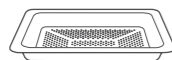
清蒸大閘蟹

上海ガニの蒸し

純蒸

- 100℃
- 23 分鐘
- 3 人份
- 1 星難度

蒸盤 + 中層



主料

大閘蟹 (4-6 只) 600g

輔料

香醋 20g
生抽 10g
白砂糖 15g
芝麻油 2g
生薑 40g

1 準備好所有食材

* 蟹的數量可適當調整。

2 蒸大閘蟹

大閘蟹用刷子刷洗乾淨，肚子朝上擺放在淺盤中。
水盒裝滿水，將裝有大閘蟹的盤子放在蒸盤上，放入爐腔中層，進入【食譜】，選擇【海鮮】，啟動【清蒸大閘蟹】菜單，【純蒸】100℃蒸 23 分鐘左右至全熟。

3 準備醬汁

姜磨成薑蓉，放入碗中，加入香醋、生抽、白糖、芝麻油拌勻，做成姜醋汁。

4 烹飪完成

蒸熟的大閘蟹，拆開取肉，蘸薑醋汁即可享用。

新鮮的食材是對美食
的致敬，自然即風味，
本真而純粹的味道，
最為撫慰身心。



サトイモの煮込み

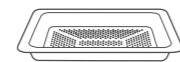
太極芋頭



純蒸

🔥 100℃
⌚ 15 分鐘
👤 4 人份
🌟 2 星難度

蒸盤 + 中層



主料

芋頭	500g
紅豆沙	500g

輔料

純牛奶	200ml
熟豬油	30g
白砂糖	40g

1 準備好所有食材

芋頭洗淨去皮，切成 0.2cm 的薄片。切好的芋頭平鋪在碟子上。

2 蒸芋頭

進入【食譜】，選擇【素食】，啟動【太極芋頭】菜單，預熱至 100℃。水盒裝滿水，將裝有食物的碟子放在蒸盤上，放入爐腔中層，點擊【確定開始】，**【純蒸】** 100℃ 蒸 15 分鐘。

3 製作芋頭糊和豆沙糊

取出蒸熟的芋頭，用湯匙壓碎，加入白糖、熟豬油和 120ml 牛奶，攪拌成順滑的糊狀。
另取一碟子，放入紅豆沙和剩餘的 80ml 牛奶，攪拌成順滑的糊狀。

4 造型

將錫紙折疊成長條片狀，在容器中間彎成 S 型，兩邊各倒入芋泥和紅豆沙。抽出錫紙條即成漂亮的太極形狀。

* 芋頭軟綿，易搗成泥，如喜歡細膩絲滑的口感，建議放料理機打成泥。

椰子雞湯

ココナッツとチキンの煮込み



純蒸

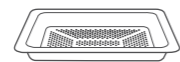
100℃

1 小時 30 分

2 人份

1 星難度

蒸盤 + 下層



主料

老椰子 2 個	1000g
三黃雞	250g

輔料

紅棗	10g
杞子	5g
食鹽	2g

1 準備好所有食材

在椰子頂部各開一個直徑約 6cm 的小口，倒出裡面的椰水備用。
10g 紅棗切開兩半，去核。

2 雞塊焯水

250g 雞塊放入沸水中，焯水約 1 分鐘。撈出雞塊，沖洗乾淨浮沫，瀝幹水備用。

3 預熱

水盒裝滿水，進入【食譜】，選擇【湯羹】，啟動【椰子雞湯】菜單，預熱至 100℃。

4 雞肉放進椰子裡，加入 10g 紅棗、5g 杞子，再加入先前倒出來的椰水。將椰子放在蒸盤上。

5 烹飪

預熱完成後，將蒸盤放入爐腔下層，點擊【確定開始】，【純蒸】100℃烹飪 1 小時 30 分鐘。* 每 50 分鐘，需往水盒加水一次

6 烹飪完成

烹飪結束，取出，各加入 1g 鹽調味，即可享用。

アラビアゴムの煮込み

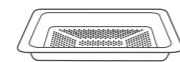
桃膠雪燕糖水



純蒸

- 100℃
- 1 小時
- 1 人份
- 1 星難度

燉盅 | 蒸盤 + 下層



主料

桃膠	8g
雪燕	7g
冰糖	15g

輔料

純淨水	300ml
杞子	3g

1 準備好所有食材

2 泡發 & 去雜質

8g 桃膠和 7g 雪燕放入碗裡，加入水提前泡發 8 小時以上。
挑去桃膠上的黑色雜質，將桃膠和雪燕瀝去水分。

3 預熱

水盒裝滿水，進入【食譜】，選擇【湯羹】，啟動【桃膠雪燕糖水】菜單，預熱至 100℃。
將桃膠和雪燕放進燉盅，加入 15g 冰糖和 300ml 水，蓋上燉盅蓋，放在蒸盤上。

4 烹飪

預熱完成後，將蒸盤放入爐腔下層，點擊【確定開始】，【純蒸】100℃烹飪 1 小時。
* 每 50 分鐘，需往水盒加水一次。

5 烹飪完成

烹飪結束後，取出，根據個人喜好加入 3g 杞子，稍涼即可享用。

秋葵雞蛋羹

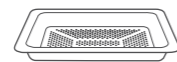
オクラと卵の蒸し



純蒸

- 100℃
- 15 分鐘
- 3 人份
- 2 星難度

蒸盤 + 中層



主料

秋葵	30g
雞蛋 3 個	約 180g

輔料

溫水	200ml
生抽	5g
食鹽	2g
白糖	1g
食用油	2g

1 準備好所有食材

秋葵洗淨，去頭尾，分切成1cm 的薄片備用。

2 製作蛋液 & 過篩

雞蛋打入碗中，打散成蛋液，倒入 200ml 溫水、2g 鹽、1g 糖和 2g 油，攪拌均勻。

* 雞蛋和溫水的比例為 1:1.5，請根據雞蛋大小對應調整溫水的用量。

雞蛋液用過濾網過濾進碗裡，過篩 2 遍後倒入碟子中。

3 預熱 & 烹飪

水盒加滿水，進入【食譜】，選擇【湯羹】，啟動【秋葵雞蛋羹】菜單，預熱至 100℃。

4 預熱完成後，將碟子放在蒸盤上，放入爐腔中層，點擊【確定開始】，【純蒸】100℃烹飪 12 分鐘後暫停。

取出碟子，把秋葵均勻鋪在雞蛋液表面。將碟子放在蒸盤上，放入爐腔中層，繼續蒸 3 分鐘取出。

5 烹飪完成

烹飪結束後，取出，根據個人口味淋上少許生抽，即可享用。

金針菇蒸粉絲

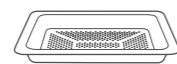
春雨とエノキタケの蒸し



純蒸

- 100℃
- 10 分鐘
- 3 人份
- 1 星難度

蒸盤 + 中層



主料

金針菇	300g
粉絲（泡發後）	200g

輔料

香蔥	10g
剝椒	30g
花椒	5g
薑	25g
生抽	5g
食用油	10g
蒜頭 5 瓣	約 30g
食鹽	2g
雞粉	2g

1 準備好所有食材

- * 如果是乾粉絲，準備 1 小扎（約 20g）
- * 薑蒜可以適當調整

2 食材預處理

乾粉絲提前 10 分鐘用溫水泡軟，撈起瀝乾水分，切成段。
洗淨的金針菇切去老莖，手撕成小份。
香蔥切成蔥花，大蒜切碎，姜切絲。

3 大碟子先鋪上粉絲，再放上金針菇，撒上姜絲、蒜末、剝椒、鹽、雞粉，再澆上生抽。

- * 也可以不放剝椒。剝椒有鹹味，可適量少放鹽

4 烹飪

裝有食物的碟子放在蒸盤上，放入爐腔中層，水盒裝滿水，進入【食譜】，選擇【素食】，啟動【金針菇蒸粉絲】菜單，【純蒸】100℃蒸 10 分鐘左右至金針菇變軟、全熟。

5 烹飪完成

烹飪完成後，取出，撒上蔥花。
鍋燒熱，倒入油，放入花椒爆香後澆在金針菇上面，即可享用。
* 如果不想熱油，也可以在蒸之前就倒油到金針菇上一起蒸

蟹黃豆腐

力二風味豆腐



微波

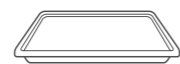
🔥 中高火

🕒 9 分鐘

👤 3 人份

🌟 1 星難度

砂煲 + 平板



主料

內脂豆腐 / 嫩豆腐 500g
鹹鴨蛋黃（熟） 2 個

輔料

食用油 20g
食鹽 3g
雞精 1g
玉米澱粉 3g
蔥花 5g
純淨水 110ml

1 準備好所有食材

500g 嫩豆腐切成約 1.5cm*1.5cm*1.5cm 大小的正方體。
2 個熟的鹹蛋黃用刀壓碎並剝成粉末狀。

2 砂鍋中倒入 20g 油、蛋黃碎、100ml 水攪拌均勻。

3 第一段烹飪

砂鍋蓋上蓋子，留小孔出氣，放在爐腔平板中央，進入【食譜】，選擇【素食】，啟動【蟹黃豆腐】菜單，【微波】中高火烹飪 2 分鐘後自動暫停。

4 第二段烹飪

取出砂鍋，3g 鹽、10g 水、3g 玉米澱粉先攪拌均勻後，再放入豆腐中，用勺子輕輕攪拌均勻。
砂鍋蓋上蓋子，留小孔出氣，放在爐腔平板中央，點擊【確定開始】，繼續【微波】中高火烹飪 7 分鐘。

5 烹飪完成

烹飪結束後，取出，加入 1g 雞精攪拌均勻，撒上 5g 蔥花即可享用。

烤蕃薯



烤焗

🔥 230℃

🕒 50 分鐘

👤 4 人份

🌟 1 星難度

烤盤 + 中層



主料

蕃薯 (160g/ 個) 4-6 個

1 準備好所有食材

挑選長條形蕃薯，清洗乾淨後，擦乾表面水分。
用牙籤扎一些小孔，放在墊有錫紙的烤盤上。

2 烘烤

烤盤放入爐腔中層，進入【食譜】，選擇【主食】，啟動【烤紅薯】菜單，【**烤焗**】230℃烤 50 分鐘左右至全熟。

* 這時候薯皮脫離薯肉、用手捏薯肉比較柔軟。

3 烹飪完成

烘烤完成後，取出裝盤，稍微放涼再享用，小心燙嘴哦。

由原材料開始，發酵、
塑型、入爐烘焙、用
雙手同眼睛感受食材
蛻變的過程。烘焙賦
予生活以溫暖儀式感。



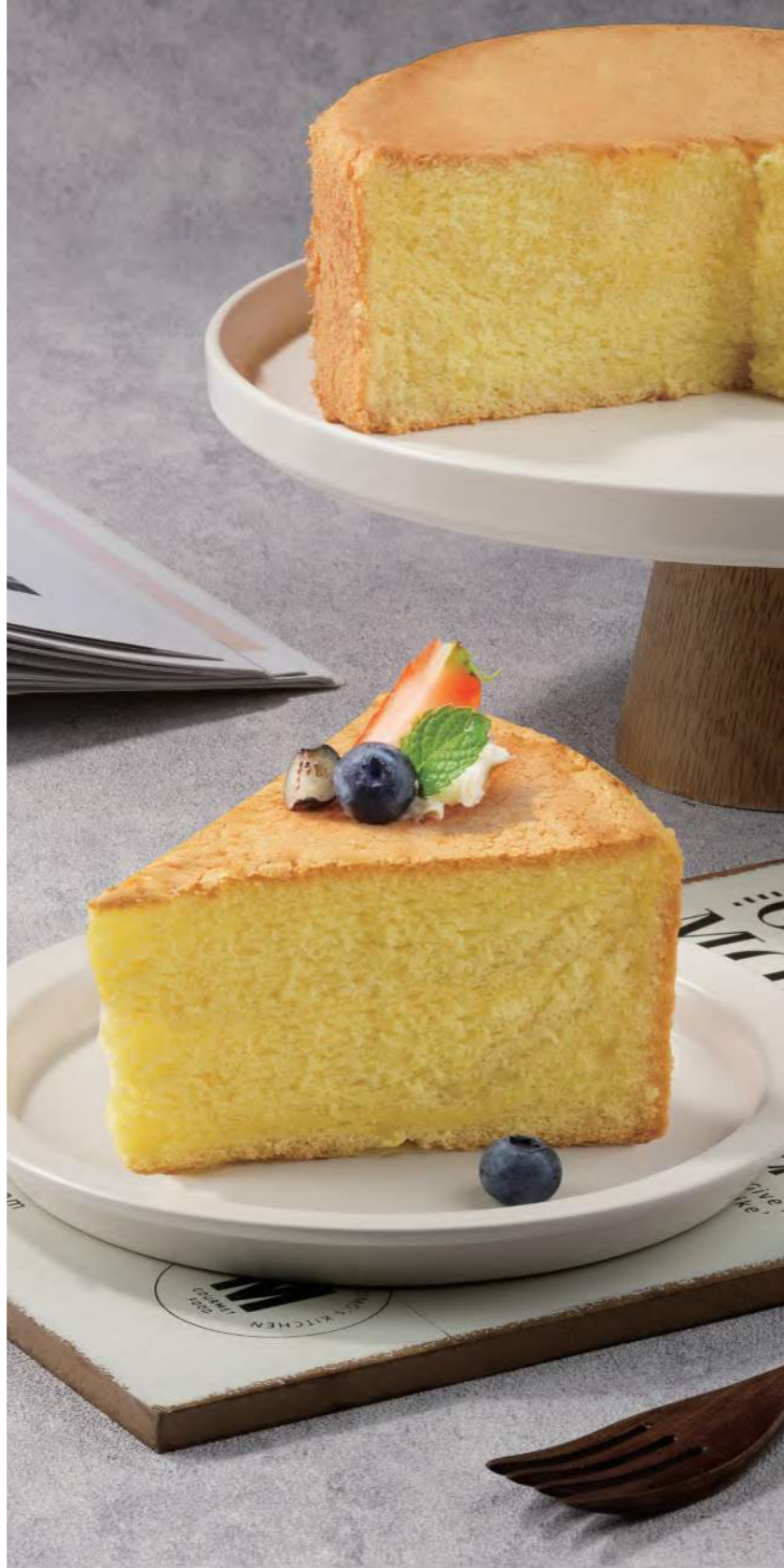
戚風蛋糕

シフォンケーキ

烤焗

- 150℃
- 55 分鐘
- 6 人份
- 4 星難度

模具 | 烤架 + 下層



主料

純牛奶	60ml
粟米油	60g
低筋麵粉	100g
幼砂糖	80g
冷藏雞蛋 4-5 個	約 240g

輔料

檸檬汁（可不加）	3-4 滴
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大個雞蛋（約 60-65g/ 個）準備 4 個，小個雞蛋（約 45-50g/ 個）準備 5 個。

該配方適合做 1 個 8 吋戚風，如果做 6 吋戚風，食材份量可減少約一半。

粟米油可用橄欖油、菜籽油替代；純牛奶可用清水替代。

蛋糕可切塊食用，也可以抹上打發的淡奶油，裱花裝飾，做成慶祝節日、生日等蛋糕。

- 準備好所有食材並提前稱重
雞蛋磕開，分離蛋清蛋黃，分別倒入 2 個乾淨無水無油的盆裡，蛋清放入冰箱冷藏備用。白砂糖和粟米澱粉混合均勻。
- 製作蛋黃糊* 注意不要過度攪拌，避免麵糊起筋。
60g 粟米油、60g 純牛奶倒入乾淨大盆裡，用打蛋器攪打至乳白色濃稠米糊狀，加入蛋黃攪拌均勻。接著篩入低筋麵粉，用打蛋器劃「Z」字形，快速把麵粉混合至無乾粉狀態。
- 加入蛋黃，用打蛋器劃「Z」字形，快速混合均勻，刮刀颳起麵糊，呈順滑細膩狀，蛋黃糊製作完成。
- 製作蛋白霜* 注意不要劃圈攪拌，避免消泡
準備 1 隻大且深的無水無油大盆，用電動打蛋器低速檔打發蛋清，打發出現泡泡狀態時加入約 1/3 的幼砂糖和粟米澱粉混合物，轉中速繼續打發。* 滴入幾滴檸檬汁口感更好哦。
- 中速打發蛋白至泡泡狀消失變細膩時，加入剩餘幼砂糖和粟米澱粉混合物的一半，轉高速打發至出現輕微紋路時加入剩餘幼砂糖和粟米澱粉混合物，轉中速打發至出現明顯、結實紋路後，轉低速打發，至蛋白霜呈直立小尖狀停止打發，蛋白霜打發完成。
- 蛋白霜分三次加入蛋黃糊中，刮刀兜底翻拌，把蛋白霜和蛋黃糊混合均勻。用刮刀從下往上兜底翻拌均勻，注意不要過度攪拌，避免消泡。
- 預熱：進入【食譜】，選擇【甜點】，啟動【戚風蛋糕】菜單，預熱至 150℃。
- 混合蛋糕糊，倒入模具
用刮刀取 1/3 蛋白霜加入蛋黃糊中，刮刀兜底翻拌，把蛋白霜和蛋黃糊混合均勻。把拌勻的麵糊倒回剩餘的蛋白霜中，用刮刀從下往上兜底翻拌的方式，混合均勻成細膩蛋糕糊。
蛋糕糊倒入 8 吋活底陽極模具中，端起模具，距離檯面約 1 個手掌高度輕摔 2 到 3 下，震出大氣泡。
- 烤焗：預熱完成後，將裝有蛋糕糊的模具放在烤架上，放入爐腔下層，點擊【確定開始】，【烤焗】150℃ 烘烤 55 分鐘左右至膨脹、表面金黃。
* 用簽子插入蛋糕內部，拔出後簽子不粘麵糊，說明烤熟了。
- 烹飪完成，冷卻脫模：烤焗結束後，馬上取出，距離檯面約 1 個掌心高度輕摔 2 至 3 下，震出蛋糕內的熱氣，連同模具快速倒扣在鏤空晾網上至完全冷卻，避免蛋糕回縮。
- 蛋糕放涼後，用手由外向內扒蛋糕體轉動一圈，讓蛋糕和模具的側邊脫離，然後推模具底部，把蛋糕推出來，最後用同樣的方法把貼著模具底部的蛋糕跟模具分開，脫模完成。

經典蛋撻

エッグタルト

熱風對流

- 🌡 200℃
- 🕒 15 分鐘 30 秒
- 👤 4 人份
- 🌟 3 星難度

烤盤 + 中層



主料

蛋撻皮 11 個	約 240g
純牛奶	100ml
淡奶油	185g
煉乳	10g
雞蛋 2-3 個	約 120g
幼砂糖	25g

1 準備好所有食材

蛋撻皮提前從冷凍室拿出解凍 10 分鐘。

2 製作蛋撻液 & 過篩

牛奶、幼砂糖、雞蛋混合，用手動打蛋器攪拌均勻至糖融化。
在蛋奶液中加入淡奶油、煉乳用手動打蛋器攪拌均勻。

3 將蛋撻液過篩一次。過篩的蛋撻液倒入蛋撻皮，八分滿即可。

* 過篩是為了減少蛋液裡的氣泡，使蛋撻更加嫩滑細膩。

4 預熱 & 烘烤

將蛋撻整齊擺放在烤盤上（若蛋撻皮底部有錫紙託，可不用鋪油紙烘烤），進入【食譜】，選擇【甜點】，啟動【經典蛋撻】菜單，預熱至 200℃。

5 裝有蛋撻的烤盤放入爐腔中層，點擊【確定開始】，【熱風對流】

200℃ 烤 15 分鐘 30 秒。

6 烹飪完成

烘烤完成後，取出放涼，即可享用。

スポンジケーキ 海綿蛋糕

烤焗

- 🌡 160℃
- 🕒 40 分鐘
- 👤 4 人份
- 🌟 4 星難度

模具 / 烤架 + 下層



主料

雞蛋液	135g
幼砂糖	90g
低筋麵粉	95g
純牛奶	40ml
牛油	25g

1 準備好所有食材

* 該配方適合做 1 個 6-7 吋海綿蛋糕

2 打發蛋糊

將糖、雞蛋液和蛋黃全部加入盆中，用電動打蛋器隔 60℃ 左右熱水高速打發。

打發至蛋液顏色變乳白、細膩奶油狀，提起打蛋頭以蛋液寫字，字體不會很快消失即可。

3 製作蛋糕糊

將低筋麵粉篩入蛋糊中，以刮刀翻拌均勻至無乾粉狀，翻拌 30 秒左右即可。

牛油牛奶加至微熱融化後，均勻地倒在麵糊上，以刮刀翻拌均勻至麵糊細膩狀態，翻拌 1 分鐘左右即可。

4 模具底部、四周提前鋪好油紙，倒入麵糊，微震將氣泡震出。

5 預熱 & 烘烤

進入【食譜】，選擇【甜點】，啟動【海綿蛋糕】菜單，預熱至 160℃。預熱完成後，把模具放在烤架上，放入爐腔下層，點擊【確定開始】，【烤焗】160℃ 烤 40 分鐘左右即可。

* 中途倒計時剩餘 10 分鐘左右，蛋糕表面著色滿意後，可以加蓋一層錫紙。

蔓越莓曲奇

クランベリークッキー

熱風對流

- 150℃
- 14 分鐘
- 4 人份
- 3 星難度

烤盤 + 中層



主料

低筋麵粉	175g
牛油	150g
蔓越莓乾	75g
奶粉	13g
全蛋液	25g
糖粉	75g

- 1 準備好所有食材
蔓越莓乾切碎備用。
- 2 製作曲奇麵團
糖粉倒入軟化的牛油中，用手動打蛋器攪拌均勻，不需要打發。
- 3 蛋液分 3 次加入牛油中，每次與牛油攪拌均勻後，再加入下一次。
- 4 加入蔓越莓乾攪拌均勻，再加入過篩的麵粉、奶粉，用刮刀切拌成沒有乾粉的麵團。
- 5 冷凍定型
麵團放在保鮮膜上，放入餅乾模具中整好型，倒出放入冰箱冷凍 1 小時左右。
- 6 切片
取出冷凍好的餅乾，切成約 5mm 厚的片狀。切好的餅乾有間距地鋪在墊有油紙的烤盤上。
* 如果餅乾凍得太硬，可以常溫回溫一會兒再切。
- 7 預熱 & 烘烤
進入【食譜】，選擇【甜點】，啟動【蔓越莓曲奇】菜單，預熱至 150℃。
預熱完成後，將烤盤放入爐腔中層，【熱風對流】150℃烤 14 分鐘。
- 8 烹飪完成
烘烤結束後，馬上取出，待餅乾完全冷卻後再享用，這樣才酥脆。

馬卡龍

マカロン

熱風對流

- 130℃
- 16 分鐘
- 4 人份
- 5 星難度

烤盤 + 中層



主料

杏仁粉	40g
糖粉	40g
蛋白	43g
幼砂糖	65g
軟化牛油	25g
檸檬汁	15ml
檸檬皮屑	3g
蛋黃	35g
粟米澱粉	5g

輔料

枚紅色色素	少許
檸檬黃色素	少許
棕色色素	少許
綠色色素	少許

1 準備好所有食材

杏仁粉和糖粉混合過篩兩遍。

2 製作麵糊

30g 幼砂糖一次性加入蛋白中，用電動打蛋器打發至呈現尖角狀，即乾性發泡狀態。分兩次加入杏仁糖粉混合物，用刮刀拌勻。拌勻的麵糊平均分成 4 份。

3 調入色素後裝入裱花袋

根據喜好的顏色，在 4 份麵糊中分別調入色素，拌至緩緩飄帶狀即可。

4 中號圓形裱花嘴裝入裱花袋中，剪小口，調好顏色的麵糊倒入裱花袋中。

* 不同品牌的色素使用量不同，顏色深淺也不同，建議按照使用說明適量加入。

5 晾皮

烤盤墊上油紙，整齊地擠上大小一致的麵糊，放在通風口的位置進行晾皮，直至麵皮表面形成一層硬殼（約 30 分鐘左右）。

6 預熱 & 烤焗

進入【食譜】，選擇【甜點】，啟動【馬卡龍】菜單，預熱至 130℃。

7 預熱完成後，烤盤放入爐腔中層，點擊【確定開始】，【熱風對流】130℃烹飪 16 分鐘左右。

8 製作檸檬醬

軟化的牛油、檸檬汁、檸檬皮屑放入碗中混合，隔熱水至牛油完全融化。

9 蛋黃、35g 幼砂糖和粟米澱粉放入另外一隻碗中拌勻後，倒入牛油液中拌勻。將蛋油混合液倒入小奶鍋中，小火加熱至濃稠，離火攪拌至涼，裝入裱花袋中。

10 烹飪結束後，將烤好的馬卡龍取出晾涼。取一片馬卡龍，將檸檬醬擠在中心底部，蓋上另一片馬卡龍進行組合後，即可享用。

拿破崙 ナポレオンケーキ

烤焗

- 🔥 200℃
- 🕒 15 分鐘
- 👤 4 人份
- 🌟 4 星難度

烤盤 + 中層



主料

酥皮 3 片 約 240g

輔料

蛋黃 30g
 幼砂糖 60g
 粟米澱粉 20g
 牛奶 360ml
 牛油 20g
 香草精 3 滴 約 0.5g

1 準備好所有食材

酥皮裁切成約 5.5*5.5cm 的方形。

2 預熱 & 烘烤

進入【食譜】，選擇【甜點】，啟動【拿破崙】菜單，預熱至 200℃。烤盤鋪上油紙，整齊擺上切好的酥皮。

3 預熱完成後，烤盤放入中層，點擊【確定開始】，【烤焗】

200℃ 烘烤 15 分鐘左右至金黃、起酥後取出。

* 建議剩餘 3 分鐘隨時觀察，烤至金黃再取出。

4 製作卡士達醬

牛奶與香草精倒入小奶鍋中，中火加熱至沸騰，關火備用。

蛋黃與幼砂糖混合均勻，加入過篩的粟米澱粉拌勻。

5 加熱後的牛奶，分三次加入蛋黃糊中，邊倒邊攪拌，避免把蛋黃燙熟。

6 牛奶與蛋黃糊混合均勻後，再倒回小奶鍋中，小火加熱，邊加熱邊攪拌，至表面出現細波紋的濃稠狀，離火，加入牛油拌勻。

7 取一圓形裱花嘴裝入裱花袋中，剪口後，放入製作好的卡仕達醬。

8 裝飾造型

烹飪結束後，取出酥皮，取一片酥皮做底，擠上圓形的卡仕達醬，再放上一片酥皮，再擠上圓形的卡仕達醬，頂部用水果裝飾，撒上糖粉，即可享用。

焦糖布甸

キャラメルプリン

熱風對流

- 150℃
- 25 分鐘
- 4 人份
- 3 星難度

烤盤 + 中層



主料

牛奶	460ml
淡奶油	40g
幼砂糖	80g
雞全蛋	150g
雞蛋黃	42g

輔料

幼砂糖 (焦糖用)	90g
水 (焦糖用)	50ml

1 準備好所有食材

2 製作焦糖

90g 砂糖、50ml 水放入小奶鍋中，小火煮至鍋中液體沸騰變成茶色，離火。慢慢晃動小奶鍋，讓糖色均勻。
熬好的焦糖倒入模具中，約 1cm 高。

3 製作布丁液

150g 全蛋和 42g 蛋黃倒入碗中，用手動打蛋器混合均勻。
將牛奶、淡奶油、幼砂糖倒入小奶鍋中，煮至砂糖融化後離火。
煮好的牛奶放涼，沖入雞蛋液中，邊倒邊攪拌。

4 過篩後倒入模具

將混合好的布丁液過篩兩遍。
將過篩好的布丁液倒入模具中，九分滿 (約 130g/個) 即可。
布丁杯頂部用錫紙封好。

5 預熱 & 烘烤

把布丁杯放入烤盤中，烤盤倒入三分之一的熱水。進入【食譜】，選擇【甜點】，啟動【焦糖布甸】菜單，預熱至 150℃。

6 烤盤放入爐腔中層，點擊【確定開始】，【熱風對流】150℃ 烤 25 分鐘。

7 烹飪完成

烹飪結束後，取出，待布甸冷卻後，放入冰箱冷藏保存 2 小時。
食用時，從冰箱中取出布甸，倒扣在碟子上脫模，裝飾即可享用。



設計源於日常
科技源於生活

TOSHIBA

Encounter — Toshiba

Toshiba - Recipe Book for Built-in Microwave Steamer and Oven Combination

用心致物





As cooking skills improve, it's no longer enough to just 'get it done'; one must do it well:
Every process must be precisely controlled,
every detail must strive for perfection,
to achieve the best texture and appearance of the food,
this is the pursuit of every 'good eater.'

Cooking is not just about satisfying hunger,
in the repeated negotiations with time and heat, one grows,
carefully preparing food is as important as enjoying it at the table,
it is a tribute to life.

The pursuit of delicious food,
The study of cooking,
In essence, is the most sincere love for life

料理の知識
Little Knowledge

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Introduction to Cooking Modes

Conventional Oven Roasting

Common Cooking Methods ——

Both upper and lower heating elements heat simultaneously, suitable for roasting single-layer foods on both sides.

Convection Oven Roasting

Advanced Cooking Methods ——

Combining hot air for 3D立体 cooking, suitable for various delicate pastries and desserts.

Roast With Steam

Unique Cooking Methods ——

Assisted baking with superheated steam cooking makes the meat more tender and juicy.

Precautions

Before the first use, the machine needs to be run empty to remove any odors inside the cavity.

Steps:

- ① Remove all accessories from inside the machine and wipe them once with a damp cloth;
- ② Select the 'Grill' mode, set to 230°C for 15 minutes;
- ③ Open the door, wait for the machine to cool down before using it normally;

Preheating the machine before placing food inside can help maintain a more stable temperature in the cavity, increasing the success rate of cooking.

The machine becomes very hot during the cooking process. Please avoid touching the body of the machine and the inner glass to prevent burns.

Cooking methods are closely related to food properties. The ingredient quantities and cooking times provided in this book have been verified as suitable matches. You can make appropriate adjustments based on the required quantity, personal taste, and preferences.



Yogurt Fermentation Techniques

Milk Selection	You can use pure milk, room temperature milk, or pasteurized milk; adding some powdered milk will make the yogurt texture richer and creamier.
Ferment Selection	It is recommended to use lactic acid bacteria powder for convenience and consistent results, producing yogurt with a mild flavor. You can also use store-bought yogurt as a starter or kefir grains.
Container Sterilization	Bacteria in the container may affect the quality of the yogurt, so it is essential to sterilize the container. The simplest method is to scald it with boiling water.
Chilled Texture	Place the prepared yogurt in the refrigerator for more than 8 hours; this will make the yogurt thicker and enhance its flavor.
Adjust Acidity	If you find your homemade yogurt too sour, you can choose a low-acidity starter culture, or shorten the fermentation time while ensuring the yogurt has set, and consume it as soon as possible. Adding honey, jam, or oatmeal before eating is also a good method.

Yeast Mother	Within the appropriate range, the more yeast used, the faster the fermentation speed; conversely, the opposite is true. Yeast that has been improperly stored or stored for too long will have a darker color, lower fermentation power, and slower fermentation speed.
Water temperature	At room temperature, using warm water around 40°C to knead the dough results in a dough temperature of about 27°C, which is most suitable for yeast proliferation. If the water temperature is too high, the yeast can be killed; if the water temperature is too low, yeast proliferation will be slower.
Salt and sugar	Generally, adding 2 to 3 grams of salt to 500 grams of flour is beneficial for yeast growth and development. Using sugar at about 5% of the dough can provide nutrients for yeast reproduction, accelerating its growth rate. However, it is important not to use excessive amounts of sugar or salt.
Temperature Degree	The temperature is generally required to be between 28°C and 30°C, which can be adjusted by increasing or decreasing the water temperature used for kneading. When the room temperature in spring is around 20°C, the water temperature can be controlled between 35°C and 40°C. When the room temperature in summer exceeds 30°C, the water temperature can be controlled between 13°C and 15°C.
Dough Fermentation Signs of Maturity	The top of the dough rises and feels very dry to the touch. When lifted by hand, the dough stretches naturally and slowly retracts when released. At this point, the inside of the dough is full of air pockets and emits a wine-like aroma.

Dough Fermentation Techniques



step 1

Place the egg whites in a clean mixing bowl, add 1/3 of the fine sugar, and beat with an electric mixer at low speed until the egg whites form coarse bubbles;

step 2

Add the remaining 1/2 of the fine sugar, switch the mixer to medium-low speed and beat until the egg whites form a fine, creamy foam bubbles;

step 3

Add the remaining fine sugar and beat at high speed until the egg whites form patterns that do not easily disappear, and when the beater is lifted, a large curved peak forms; this stage is called soft peaks.

step 4

Continue beating at medium speed with an electric mixer until the meringue offers noticeable resistance, and when the beater is lifted, it forms a straight, small peak; this stage is called stiff peaks.



How to Whip Egg Whites

step 1

Cut the butter into small pieces or slices and place it in an environment around 25°C (room temperature) to soften until it reaches a soft paste consistency, where a light press with your finger leaves an impression; this state is most suitable for whipping.

step 2

Use an electric mixer at low speed to slightly beat the butter until it lightens in color; Add granulated sugar or powdered sugar, and use the electric mixer at low speed to mix the butter and sugar evenly, then switch to medium speed to beat; the butter will lighten in color and increase in volume;

step 3

When the butter mixture increases in volume and shows patterns, switch the electric mixer to high speed to beat until the butter becomes light and fluffy and turns white, indicating that the beating is complete.



step 1



step 2



step 3

How to Whip Butter



No need to cross mountains and seas, confined to a corner of the kitchen, you can also embark on a romantic adventure about delicious flavors, and encounter a new culinary life.

Delicate Flavors of the Breeze

えびの天ぷら

Orleans Style Chicken Wings



Air Fry

- 210°C
- 10 minutes
- Serves 4
- 1-star difficulty

Baking tray + middle rack



Main Ingredients

8 shrimp Approx. 240g

Secondary Ingredients

Panko breadcrumbs	40g
Salad oil	10g
Salt	1.5g
Pepper	1g
Sake	8ml
All-purpose flour	10g
Egg wash	50g

1 Prepare all ingredients

2 Mix breadcrumbs

Place breadcrumbs and salad oil in a frying pan, mix thoroughly, and then heat. Stir continuously until the mixture turns golden brown.

3 Marinate shrimp meat

Remove the shell and back vein (shrimp line) from the shrimp, add salt, pepper, and sake, and marinate for 10 minutes to infuse flavor.

4 Coat with breadcrumbs

Mix low-gluten flour and beaten egg liquid evenly, coat the shrimp surface with a layer of batter, then coat with a layer of breadcrumbs. Line the baking tray with parchment paper and arrange the shrimp side by side.

5 Preheat & Bake

Enter [Recipe], select [Japanese Cuisine] category, start [Tempura Shrimp] menu, preheat to 210°C.

After preheating is complete, place the baking tray with the food on the middle rack, click [Confirm Start], **[Air Fry]** Bake at 210°C for 10 minutes.

6 Cooking complete

Once baked, remove and serve on a plate, ready to enjoy.

Grilled Saury

さんまの塩焼き



Conventional + Fan

230°C

10 minutes

Serves 2

2-star difficulty

Baking tray + middle rack



Main Ingredients

Three Japanese Sardines 300g

Secondary Ingredients

Vegetable Oil 10g

Salt 2g

Soy Sauce 10g

1 Prepare all ingredients

Cut the Japanese Sardines into two pieces and wash them. (Make sure to clean the inside of the belly to avoid a strong fishy smell that can affect the texture of the food)

2 Marinate & Brush with Oil

Marinate with salt for 10 minutes.

Line the baking tray with aluminum foil, place the Japanese Sardines on it, and evenly brush a layer of vegetable oil on the surface of the fish.

3 Preheat & Bake

Enter [Recipes], select the [Japanese Cuisine] category, start the [Baking Saury] menu, and preheat to 230°C. After preheating is complete, place the baking tray containing the food on the middle rack, click [Confirm Start], **[Convection Bake]** at 230°C for 10 minutes. When the countdown reaches 2 minutes remaining, remove and brush with soy sauce, then continue baking until the end.

4 Cooking complete

Once baked, remove and serve on a plate, ready to enjoy.

Grilled Saury




Conventional + Fan

 230°C

 10 minutes

 Serves 4

 1-star difficulty

Baking tray + middle rack



Main Ingredients

Salmon (4 slices) 320g

Secondary Ingredients

Salt 2g

1 Prepare all ingredients

2 Marinated Salmon

Marinate the salmon with salt for 5 minutes.

Place the marinated salmon on its side on a baking sheet lined with parchment paper.

3 Preheat & Bake

Enter the [Recipe] menu, select the [Japanese Cuisine] category, and start the [Salt-Grilled Salmon] program, preheating to 230°C. Once preheated, place the baking sheet with the food in the middle of the oven cavity, click [Confirm Start], **[Convection Bake]** 230°C for 10 minutes.

4 Cooking complete

After baking is complete, remove and serve on a plate, ready to enjoy.

Japanese Grilled Chicken Skewers



Conventional + Fan

🔥 220°C

🕒 17 minutes

🍽️ Serves 4

📖 1-star difficulty

Baking tray + middle rack



Main Ingredients

Chicken Thigh Meat 300g

Secondary Ingredients

Green Onion 2 pieces

Soy Sauce 15g

Rice Wine 10g

Sugar 2g

Black Pepper 1g

Garlic Paste 20g

Sesame Oil 5g

Salt 1g

1 Prepare all ingredients

2 Making Skewers

Cut chicken thigh meat into 2*2cm cubes, slice green onion into 2cm segments, and soak bamboo skewers in water beforehand to prevent them from burning. Thread the chicken thigh meat and green onion alternately onto the skewers. (4 pieces of meat to 3 pieces of onion ratio)

3 Marinating

Mix garlic paste, soy sauce, rice wine, sugar, sesame oil to form the marinade. Apply the marinade evenly on the skewers, sprinkle with black pepper and salt, and marinate for 17 minutes.

4 Preheat & Bake

Enter [Recipe], select [Japanese Cuisine] category, start the [Japanese Grilled Chicken Skewers] menu, and preheat to 220°C. After preheating is complete, place the baking tray with the food in the middle of the cavity, click [Confirm Start], [Conventional Roasting] Roast at 220°C for 17 minutes.

5 Cooking complete

After baking is complete, remove and serve on a plate, ready to enjoy.

とんかつ

Japanese Breaded Pork Cutlet



Conventional + Fan

- 210°C
- 21 minutes
- Serves 3
- 2-star difficulty

Baking tray + middle rack



Main Ingredients

Pork Loin 500g

Secondary Ingredients

Bread Crumbs 100g
Eggs 100g
Cornstarch 50g
Salt 5g
Black Pepper 4g
Oil 10g

- 1 Prepare all ingredients**
- 2 Preheat**
Enter [Recipe], select [Japanese Cuisine] category, start [Japanese Breaded Pork Cutlet] menu, preheat to 210°C.
- 3 Marinate Pork Loin**
Wash the pork loin, cut it into slices about 2cm thick, pat dry with kitchen paper, tenderize with a meat mallet, place in a large bowl, add salt and black pepper, and marinate for 20 minutes.
- 4 Coat with breadcrumbs**
Prepare another bowl, mix breadcrumbs with oil evenly and set aside. Crack the eggs into another bowl and beat them evenly and set aside. Coat the marinated pork loin in starch, egg mixture, and breadcrumbs in sequence, and place it on a baking tray lined with parchment paper.
- 5 Baking**
After preheating is complete, place the baking tray with food in the middle of the oven cavity, click [Start], [Convection Bake] Bake at 210°C for 21 minutes.
- 6 Cooking complete**
After baking is complete, remove and serve on a plate, ready to enjoy.

味噌汁

Miso Soup



Microwave

- High Power
- 8 Minutes
- Serves 4
- 1-star difficulty

Heat-resistant large bowl Rack + Lower Level



Main Ingredients

Miso Paste 43g

Secondary Ingredients

Tofu 50g
Seaweed 30g
Okra 2 pieces Approx. 23g
Scallops 9g
Green Onion 3.5g
Water 200ml
Salt 1g

- 1 Prepare all ingredients
- 2 Preparation of Ingredients

Wash the okra and slice it diagonally; cut the tofu into small cubes and set aside.
- 3 Cooking

Place the scallops, tofu, and okra in a wide deep bowl, add boiling water to cover the ingredients, place the bowl on the rack, and put it in the lower part of the oven cavity. Enter [Recipes], select the [Japanese Cuisine] category, start the [Miso Soup] menu, **[Microwave]** high power cooking for 6 minutes, then remove;
- 4 Add ingredients

Stir in miso and seaweed evenly, place back on the lower rack, click [Confirm Start], and continue cooking for 2 minutes.
- 5 Cooking complete

After cooking is complete, remove, sprinkle with green onions and salt, and it's ready to enjoy.

いちご大福

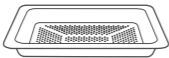
Strawberry Daifuku



Pure steam

- 100°C
- 20 minutes
- Serves 4
- 3-star difficulty

Steaming tray + middle rack



Material A		
Glutinous Rice Flour	115g	
Water	140ml	
Fine Granulated Sugar	20g	

Material B		
Cooked Glutinous Rice	40g	
Flour Red Bean Paste	200g	
Strawberries	10 pieces	About 300g
Butter	10g	

- 1 Prepare all ingredients
- After removing the stems from the strawberries and washing them, dry off any excess water with kitchen paper.
- 2 Making the glutinous rice dough
- Mix the [Material A] evenly, pour it into a shallow plate, place it on the steaming tray in the middle of the cavity, enter the [Recipe] , select the [Japanese Cuisine] category, start the [Strawberry Daifuku] menu, **[Pure Steam]** steam at 100°C for 20 minutes.
- 3 After steaming is complete, remove and add butter. While still warm, wear gloves and mix evenly, divide into 10 small portions (about 30g each), wrap in parchment paper and set aside;
- 4 Shaping
- Divide the red bean paste into 10 portions. Take one portion and wrap it around a strawberry (note that 1/3 of the strawberry tip should be exposed, not fully covered), then take one glutinous rice ball and wrap it around the red bean paste ball. Roll it in cooked glutinous rice flour and shape slightly into a strawberry shape.



No longer needing to coexist with grease and smoke, simply process and wait, and you can create a dish that is full of accomplishment. The joy of cooking, lies in its infinite possibilities.

Rich and savory meats

Wellington Steak

ウェリントン・ステーキ

Conventional + Fan

- 200°C
- 30 minutes
- Serves 4
- 5-star difficulty

Baking tray + middle rack



Main Ingredients

Beef Fillet	350g
3 Sheets of French Puff Pastry	About 540g
Mushrooms	500g
Butter	20g
Sage	2g
Serrano Ham Slices	100g

Secondary Ingredients

Eggs	1-2 Pieces
Olive Oil	30g
Rosemary	3g
Sea Salt	3g
Chopped Onion	20g
Cracked Black Pepper	2g
Minced Garlic	10g
Rosemary (for Garnish)	1 Stem

1 Prepare all ingredients

Blot the 350g beef fillet dry with kitchen paper to remove blood, and chop the mushrooms for later use.

2 Pan-fry the Steak

In a pan, add 30g olive oil, 3g rosemary, and 2g sage, and sear the beef fillet until it turns brown on the surface and sides (cook over high heat for about 2 minutes), then add 2g sea salt and 1g black pepper.

3 Sautéed Mushroom Crumbles

Heat the pan and add 20g of butter, mushroom crumbles, 20g of chopped onion, 1g of ground black pepper, 1g of sea salt, and 10g of minced garlic. Sauté until browned and the moisture is almost gone.

4 Making Ham and Beef Rolls

Lay 100g of Serrano ham in a rectangular shape, evenly spread the sautéed mushrooms on top of the ham, place the beef fillet on the mushrooms, and wrap it tightly with the ham. Wrap the prepared beef roll tightly with cling film, place it in the refrigerator, and chill for about 40 minutes to set, forming the ham and beef rolls.

5 Make Beef Wellington Puff Pastry Buns

Beat the eggs in a bowl with a whisk until well combined, and set aside. Wrap the ham and beef buns with 2 sheets of puff pastry (20cm*20cm per sheet, 180g per sheet), trim the edges slightly, and form the Beef Wellington Puff Pastry Buns. Cut another sheet of puff pastry into diamond patterns using a fluted pastry wheel, and use these diamond-patterned pieces to decorate the top of the Beef Wellington Puff Pastry Buns, then brush evenly with a layer of egg wash.

6 Preheat & Cook

Enter the [Recipe] section, select the [Meat] category, and start the [Beef Wellington] menu, preheat to 200°C. Line the baking tray with aluminum foil, and place the Beef Wellington on the tray.

7 Once preheating is complete, place the baking tray in the middle of the cavity, click [Confirm Start], [Convection Bake] cook at 200°C for about 30 minutes until the surface turns golden brown.

* It is recommended to pay more attention in the last few minutes, and remove it once the color is satisfactory.

8 Cooking complete

After cooking is complete, remove it. Let it rest for at least 20 minutes before slicing, garnish with 1 sprig of rosemary, and serve.

ラムチヨップの香草焼き

Herb-Crusted Lamb Chops

Conventional + Fan

- 210°C
- 18 minutes
- Serves 4
- 5-star difficulty

Baking tray + middle rack



Main Ingredients

1 rack of lamb

Approximately 550g

Secondary Ingredients

Olive oil	25g
Corn oil	10g
Italian parsley	30g
Rosemary	3g
Thyme	3g
Parmesan cheese	15g
Black pepper	2g
Yellow mustard sauce	20g
Breadcrumbs	100g
Salt	10g
Concentrated balsamic vinegar	15g
Edible flowers and herbs	2g
Green peas	200g
Milk	200ml
Cream	100g
White wine	40ml
Shallots	30g
Garlic	20g
Mint	10g
Butter	20g

1 Prepare all ingredients

2 Preparing Creamy Green Pea Puree

Chop 30g of shallots and 20g of garlic into mince. Heat the pan, add 20g of butter, minced shallots, and minced garlic, and sauté over medium heat until fragrant. Add 200g of green peas, 3g of salt, and 1g of ground black pepper to the pan and stir-fry for 1 minute. Pour in 40ml of white wine and cook until the alcohol has completely evaporated (about 3 minutes).

3 Then add 200ml of milk and 100g of cream, bring to a boil over high heat, then reduce to low heat and simmer for 10 minutes to make the creamy green peas. Blend the cooked creamy green peas with 10g of mint in a food processor to form a puree and set aside.

4 Marinate & Pan-fry Steak

Rub 7g of salt and 1g of ground black pepper onto the lamb chops, set aside. Pour 10g of corn oil into a skillet, heat over high heat until smoking, pat the lamb chops dry, and quickly place them in the pan to sear until golden brown on the surface. (Sear each side for about 1 minute)

5 Make Cheese Breadcrumbs

Combine 100g of breadcrumbs, 15g of Parmesan cheese, 30g of Italian parsley, 3g of rosemary, 3g of thyme, and 25g of olive oil in a food processor, blend together to form cheese breadcrumbs, transfer to a bowl and set aside.

6 Coat with breadcrumbs

Evenly brush 20g of yellow mustard sauce on the surface of the seared lamb chops, then evenly coat the crushed cheese breadcrumbs over the lamb chops.

7 Preheat & Bake

Enter [Recipes], select [Meat], and start the [Herb-Crusted Lamb Chops] menu, preheating to 210°C. Place the breaded lamb chops on the baking tray. After preheating is complete, place the baking tray in the middle of the oven cavity, click [Confirm Start], [Conventional Roast] 210°C for about 18 minutes until 70% cooked.

8 Cooking complete

After cooking is complete, remove the lamb chops and let them rest for 15 minutes. Serve with mashed green peas, 2g of edible flowers, and 15g of concentrated balsamic glaze.

鳩のパリパリ焼き Crispy Skin Squab

Pure Steam + Convection Roast

- 180°C
- 1 hour 13 minutes
- Serves 2
- 5-star difficulty

Steaming Tray + Lower Layer
Baking Tray + Middle Layer



Main Ingredients

2 squabs Approximately 600g

Secondary Ingredients

Ginger 10g
Green Onion 10g
Star Anise 1 piece
Tangerine Peel 2g
Fragrant Leaf 2 slices
Cardamom 5 pieces
Cinnamon 3g
Bark Fennel Seed 1 piece
Clove 1 piece
Rice Wine 20ml
Salt 20g
Five-Spice Powder 1g
Hot Water 1.5L
Dark Red Zhejiang Vinegar 20g
Maltose 10g
Hot Water (for cleaning) 1.5L

1 Prepare all ingredients

Clean 2 pigeons, insert the feet into the body cavity from the tail, and fold the wing tips over the base of the wings.

2 Preheat

Fill the water tray with water, enter the [Recipe] menu, select [Meat], choose the [Crispy Skin Squab] option, and preheat to 100°C.

3 Prepare White Brine

Place 10g ginger, 10g scallion, 1 star anise, 2g tangerine peel, 2 bay leaves, 5 cardamom pods, and 1 clove in a cheesecloth bag to make the spice packet. In a large bowl, add 1.5L of hot water, 20ml of rice wine, and 10g of salt, stir well, place the ingredient pack on the steaming tray.

4 After preheating is complete, place the large bowl containing the ingredient pack on the steaming tray, put it on the lower rack, click [Confirm Start], [Pure Steam] cook at 100°C for 30 minutes, the white brine is now ready.

5 Braised Pigeon

Place the pigeon in another 1.5L of hot water, soak for 20 seconds to remove blood and impurities, then lift it out and place it in the white brine. Place the white brine used for soaking the pigeon on the steaming tray, put it on the lower level of the cavity, fill the water tank with water, click [Start], and continue cooking for 25 minutes.

6 Prepare sweet and sour sauce and Huai salt

Put maltose and dark red Zhejiang vinegar in a bowl, mix well, and set aside. Place 1g of five-spice powder and 10g of salt in a small dish, mix well, to make Huai salt.

7 Drying and Roasting

After the cooking pause, remove the steamed pigeon, use a brush to dip into the sweet and sour sauce, and evenly coat the pigeon's skin. Hang it in a well-ventilated place until the skin is dry (takes about 3 hours).

8 Place the dried pigeons on a baking tray lined with aluminum foil, place them in the middle layer of the cavity, [Convection Roast] roast at 180°C for about 18 minutes until the skin turns golden brown. * Observe at any time during the last 3 minutes, remove when the color is satisfactory. If the color is not golden enough, you can manually extend the roasting time after cooking is complete.

9 After cooking, remove and serve on a plate, garnish with Huai salt, and enjoy.

New Orleans Grilled Wings

オルレアングリル手羽先

Roast With Steam

- 🔥 220°C
- 🕒 24 minutes
- 🍽️ Serves 4
- 📊 2-star difficulty

Baking tray + middle rack



Main Ingredients

Chicken Wings 500g

Secondary Ingredients

White Sesame Seeds 2g
Honey 15g
New Orleans BBQ Powder 30g
Water (for marinating) 30ml
Water (for honey water) 35ml

1 Prepare all ingredients

Clean the chicken wings thoroughly, drain the water, and lightly score both sides with a knife.

2 Marinated Chicken Wings

Mix the chicken wings with Orleans powder and water until evenly coated, cover with plastic wrap, and refrigerate for more than 4 hours.

* The ratio of different brands of Orleans marinade may vary; please follow the instructions on the package of the Orleans marinade for actual use.

3 Remove the marinated chicken wings from the refrigerator and place them on a baking tray lined with parchment paper.

* Do not pour in the marinade liquid to avoid burning.

4 Preheat & Cook

Fill the water tray with water, enter the [Recipe] menu, select [Meat], start the [New Orleans Grilled Wings] program, and preheat to 220°C. After preheating is complete, place the baking tray with food on the middle rack, click [Confirm Start], [Superheated Steam] 220°C bake for 24 minutes.

5 Cooking complete

After cooking is complete, remove the dish and plate it, sprinkle with toasted white sesame seeds according to personal preference, and enjoy.

French Roast Quail

フレンチローストウズラ

Conventional + Fan

- 200°C
- 15 minutes
- 1 Serving
- 5-star difficulty

Baking tray + middle rack



Main Ingredients

1 quail About 150g

Secondary Ingredients

Salt	2g
Coriander seeds	2g
Sichuan pepper	2g
Fennel seeds	2g
Honey	15g
Barbecue sauce	15g
Chopped white onion	100g
Butter	10g
Light cream	50g
Purified water	20ml
Watercress	20g

1 Prepare all ingredients

Remove the breast and leg meat from the quail, pat dry with kitchen paper, and set aside.

2 Make the onion sauce

In a small saucepan, add 10g of butter and heat over low heat until melted, then add 100g of chopped white onion and sauté for about 2 minutes. Add 20ml of water and 50g of light cream, cover, and simmer over low heat for at least 20 minutes until the onions are completely soft. Blend the cooked onions in a food processor to make onion sauce, season with 1g of salt, and set aside.

3 Make the compound roasting sauce

Mix 2g of coriander seeds, 2g of cumin, and 2g of Sichuan pepper, and slightly crush them in a food processor to make the compound spice mix. Mix 15g of barbecue sauce and 15g of honey, then slightly heat to make the compound roasting sauce.

4 Coat the quail meat

Evenly brush a layer of compound roasting sauce on the surface of the quail breast and thigh meat, then evenly sprinkle with 1g of salt and the compound spice mix, and place on a baking tray.

5 Preheat & Cook

Enter [Recipe], select [Meat], and start the [French Roast Quail] menu, preheat to 200°C.

After preheating is complete, place the baking tray on the middle rack, click [Confirm Start], [Convection Bake] 200°C for about 15 minutes until golden brown.

* It is recommended to observe the last few minutes, remove when golden brown.

6 Cooking complete

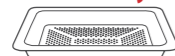
After cooking, remove the quail, serve with onion sauce, barbecue sauce, and watercress on the plate, and enjoy.

アワビとナマコの煮込み Jade Abalone and Sea Cucumber

Pure steam

- 🔥 100°C
- 🕒 2 hours 30 minutes
- 🍽️ Serves 4
- 📊 3-star difficulty

Casserole | Steaming Tray
+ Middle Layer



Main Ingredients

Rehydrated Abalone	
4 pieces	Approx. 200g
Rehydrated Sea Cucumber	
4 pieces	Approx. 200g

Secondary Ingredients

Chicken	200g
Chicken Feet	
4 pieces	Approx. 150g
Pork	150g
Pork Ribs	100g
Ham 2 slices	Approx. 10g
Dried Scallops	30g
Ginger Slices	Approx. 10g
Green Onions	10g
Trimmed Bok Choy	100g
Hot Water	800ml
Salt	2g

1 Prepare all ingredients

2 Stewing

Place chicken, pork ribs, pork, chicken feet, ham, ginger slices, and scallion segments in a pot of hot water and boil for 10 minutes. Remove and pick out the ginger slices and scallion segments. Rinse with cold water and drain.

3 Preheat

Fill the water tray with water, enter the [Recipe] menu, select [Seafood], and start the [Jade Abalone and Sea Cucumber] program, preheating to 100°C. Take a clay pot and place chicken, abalone, pork ribs, pork, chicken feet, ham, scallops, salt, and 800ml of hot water into the pot in sequence.

4 First Cooking Stage

After preheating is complete, place the clay pot on the steaming tray, cover it, and place it on the lower level of the cavity. Click [Start], select [Pure Steam] at 100°C for 2 hours, then pause.
* Every 50 minutes, add water to the water tank once.

5 Second Cooking Stage

After the cooking pause, wrap the sea cucumbers in a cheesecloth bag. Remove the clay pot and place the wrapped sea cucumbers inside it. Place the clay pot on the steaming tray, cover it, and place it on the lower level of the cavity. Fill the water tank with water, and continue [Pure Steam] at 100°C for 30 minutes.

6 Boil Chinese Cabbage

After removing the green leaves from the Chinese cabbage, use a small knife to cut the stem into small flower shapes. Place a pot of water on the heat, once it boils, add the Chinese cabbage and cook for 2 minutes. Remove and set aside.

7 Cooking complete

At the end of cooking, remove the abalone, slice it diagonally into pieces, and set aside. Place the abalone, sea cucumber, and Chinese cabbage on a plate, add broth, and serve.

ムール貝とクリームの煮込み

Microwave



+ Tray



Main Ingredients

New Zealand
green-lipped mussels 350g

Secondary Ingredients

Chopped onion	50g
2 sprigs fresh thyme	About 10g
Cooking cream	80g
Brandy	20ml
Sliced garlic	20g
Olive oil	20g
Sea salt	3g
Freshly ground black pepper	5g

1 Prepare all ingredients

Clean 350g of green-lipped mussels.

2 First Cooking Stage

In a large microwave-safe bowl, place 50g chopped onion, 20g sliced garlic, and 20g olive oil, mix well. Place the bowl at the center of the cavity tray, enter [Recipes], select [Seafood], start the [Creamy Mussels] menu, and cook on high power for 2 minutes using [Microwave]. The cooking will automatically pause.

3 Second Cooking Stage

Remove the bowl, add cleaned mussels, 20ml of brandy, 3g of sea salt, and 5g of freshly ground black pepper, and mix well. Place the bowl at the center of the cavity tray, click [Start Confirmation], and cook on high power for 4 minutes using [Microwave]. The cooking will automatically pause.

4 Third Cooking Segment

Remove the bowl, add two sprigs of thyme (about 10g) and 80g of cooking cream, and mix well. Place the bowl at the center of the cavity tray, click [Confirm Start], [Microwave] high power and continue cooking for 1 minute.

5 Cooking complete

After cooking is complete, remove and serve on a plate, ready to enjoy.

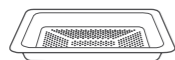
Garlic Steamed Lobster

ロブスターのニンニク蒸し

Pure steam

- 100°C
- 15 minutes
- Serves 4
- 2-star difficulty

Steaming tray + middle rack



Main Ingredients

Boston Lobster	750g
Dried Vermicelli	80g
Garlic	50g

Secondary Ingredients

Green Onion	10g
Butter	10g
Edible Oil	30g
Sesame Oil	3g
Soy Sauce	5g

1 Prepare all ingredients

2 Soak vermicelli until soft, pre-process lobster:

Take a glass bowl, soak the vermicelli in hot water (45.5°C) in advance.

Cut open the lobster, remove the intestinal tract and gills, clean thoroughly, and cut the meat into six pieces for later use.

3 Prepare garlic sauce

Heat the pan, add 1 tablespoon of oil, and sauté half of the minced garlic until golden brown. Turn off the heat, mix the sautéed garlic with the raw minced garlic and set aside.

4 Soak the vermicelli until soft, then drain and mix with a small amount of sesame oil and two teaspoons of soy sauce.

5 Preheat

Enter [Recipes], select [Seafood], and start the [Garlic Steamed Lobster] menu, preheat to 100°C.

Take a shallow dish, place the vermicelli at the bottom, arrange the lobster pieces on top, and evenly spread the garlic over the lobster meat and vermicelli. Place the shallow dish on the steaming tray.

6 Cooking

After preheating is complete, place the steaming tray on the lower rack, click [Confirm Start], [Pure Steam] steam at 100°C for 15 minutes.

7 Cooking complete

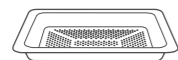
After cooking, remove and heat the pan, add 1 teaspoon of blended oil and a small amount of butter, and heat until hot. Sprinkle with chopped green onions, pour the hot oil over the steamed lobster, and it is ready to enjoy.

上海ガニの蒸し Steamed Hairy Crabs

Pure steam

- 🌡 100°C
- 🕒 23 minutes
- 🍽 Serves 3
- 📖 1-star difficulty

Steaming tray + middle rack



Main Ingredients

Hairy crabs (4-6 pieces) 600g

Secondary Ingredients

Black vinegar	20g
Soy sauce	10g
White sugar	15g
Sesame oil	2g
Ginger	40g

1 Prepare all ingredients

* The number of crabs can be adjusted as appropriate.

2 Steaming Hairy Crabs

Clean the hairy crabs with a brush, place them belly-up on a shallow plate. Fill the water tray with water, place the plate containing the hairy crabs on the steaming rack, and put it in the middle layer of the cavity. Enter the [Recipe] menu, select [Seafood], start the [Steamed Hairy Crab] program, [Pure Steam] at 100°C for about 23 minutes until fully cooked.

3 Prepare the Sauce

Grind the ginger into ginger paste, place it in a bowl, add fragrant vinegar, soy sauce, sugar, and sesame oil, mix well to make the ginger vinegar sauce.

4 Cooking complete

Steam the crabs until cooked, then remove the meat and serve with ginger vinegar sauce.



Nutrition Secrets
Fresh ingredients
pay homage to fine
cuisine; nature is
flavor, pure and
simple tastes that
most comfort body
and mind.

サトイモの煮込み

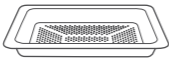
Taiji Yam



Pure steam

- 100°C
- 15 minutes
- Serves 4
- 2-star difficulty

Steaming tray + middle rack



Main Ingredients

Yam	500g
Red Bean Paste	500g

Secondary Ingredients

Pure Milk	200ml
Rendered Lard	30g
White Sugar	40g

- 1 Prepare all ingredients**
Wash the taro, peel it, and slice it into 0.2cm thin pieces. Arrange the sliced taro flat on a plate.
- 2 Steam the taro**
Enter [Recipe], select [Vegetarian], start the [Taiji Taro] menu, and preheat to 100°C. Fill the water tank with water, place the plate with food on the steaming tray, put it in the middle layer of the cavity, click [Confirm Start], **[Steam Only]**steam at 100°C for 15 minutes.
- 3 Make taro paste and red bean paste**
Remove the steamed taro, mash it with a spoon, add sugar, cooked lard, and 120ml of milk, and stir until smooth. In another bowl, mix the red bean paste and the remaining 80ml of milk, stirring until smooth.
- 4 Shaping**
Fold the aluminum foil into a strip, bend it into an S-shape in the middle of the container, and pour the taro paste and red bean paste on either side. Remove the aluminum foil strip to create a beautiful Tai Chi pattern.
* Taro is soft and easy to mash; for a smoother texture, it is recommended to blend it in a food processor.

ココナッツとチキンの煮込み

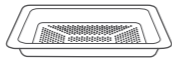
Whole Coconut Chicken Soup



Pure steam

- 100°C
- 1 Hour 30 Minutes
- Serves 2
- 1-star difficulty

Steaming Tray + Lower Layer



Main Ingredients

- 2 old coconuts1000g
- three-yellow chicken250g

Secondary Ingredients

- red dates10g
- wolfberries5g
- salt2g

1 Prepare all ingredients

Make a small hole of about 6cm in diameter at the top of each coconut, pour out the coconut water for later use. Cut 10g of red dates into halves and remove the seeds.

2 Blanch chicken pieces

Place 250g of chicken pieces in boiling water and blanch for about 1 minute. Remove the chicken pieces, rinse off the scum, and drain the water for later use.

3 Preheat

Fill the water tank with water, enter [Recipes], select [Soups], and start the [Whole Coconut Chicken Soup] menu, preheating to 100°C.

4 Place the chicken inside the coconut, add 10g of red dates and 5g of goji berries, then pour in the coconut water that was previously poured out. Place the coconut on the steaming tray.

5 Cooking

After preheating is complete, place the steaming tray on the lower rack, click [Confirm Start], and cook at [Pure Steam] 100°C for 1 hour and 30 minutes. * Every 50 minutes, add water to the water tank once.

6 Cooking complete

After cooking is complete, remove it, add 1g of salt to each serving for seasoning, and it is ready to enjoy.

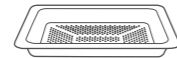
アラビガムの煮込み Peach Jelly and Snow Ear Sweet Soup



Pure steam

- 100°C
- 1 Hour
- 1 Serving
- 1-star difficulty

Stew Pot | Steaming Tray + Lower Layer



Main Ingredients

Peach Jelly	8g
Snow Ear	7g
Rock Sugar	15g

Secondary Ingredients

Purified Water	300ml
Goji Berries	3g

1 Prepare all ingredients

2 Soaking & Removing Impurities

Place 8g of peach jelly and 7g of snow ear in a bowl, add water and soak for more than 8 hours in advance. Remove the black impurities from the peach gum, and drain the peach gum and snow fungus.

3 Preheat

Fill the water tray with water, enter [Recipe], select [Soup], start the [Peach Gum and Snow Fungus Sweet Soup] menu, and preheat to 100°C.

Place the peach gum and snow fungus in the stew pot, add 15g of rock sugar and 300ml of water, cover the stew pot, and place it on the steaming tray.

4 Cooking

After preheating is complete, place the steaming tray on the lower level of the cavity, click [Confirm Start], [Pure Steam] 100°C for 1 hour.

* Every 50 minutes, add water to the water tank once.

5 Cooking complete





After cooking, remove and add 3g of goji berries according to personal preference, let it cool slightly before enjoying.

Okra Egg Custard

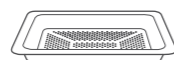
オクラと卵の蒸し



Pure steam

-  100°C
-  15 minutes
-  Serves 3
-  2-star difficulty

Steaming tray + middle rack



Main Ingredients

Okra	30g
Eggs 3	Approximately 180g

Secondary Ingredients

Warm Water	200ml
Soy Sauce	5g
Salt	2g
Sugar	1g
Edible Oil	2g

1 Prepare all ingredients

Wash the okra, trim the ends, and slice into 1cm thin pieces for later use.

2 Prepare the egg mixture & strain

Crack the eggs into a bowl, beat them until well combined, then add 200ml of warm water, 2g of salt, 1g of sugar, and 2g of oil, and mix thoroughly.

* The ratio of eggs to warm water is 1:1.5, please adjust the amount of warm water according to the size of the eggs. Strain the egg mixture through a sieve into a bowl, repeat the straining process twice, then pour it into a dish.

3 Preheat & Cook

Fill the water tank to the maximum level, enter the [Recipe] menu, select [Soup], start the [Okra and Egg Soup] program, and preheat to 100°C.

4 After preheating is complete, place the plate on the steam tray, insert it into the middle layer of the cavity, click [Start], and [Steam Only] at 100°C for 12 minutes, then pause. Remove the plate, evenly spread the okra over the surface of the egg mixture. Place the plate back on the steam tray, insert it into the middle layer of the cavity, and continue steaming for 3 more minutes before removing.

5 Cooking complete

After cooking is complete, remove the dish, drizzle with a little soy sauce according to personal taste, and enjoy.

春雨とエノキタケの蒸し

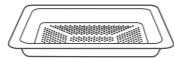
Enoki Mushroom Steamed with Vermicelli



Pure steam

- 100°C
- 10 minutes
- Serves 3
- 1-star difficulty

Steaming tray + middle rack



Main Ingredients

Enoki Mushrooms	300g
Fans (after soaking)	200g

Secondary Ingredients

Green Onion	10g
Chopped Chili	30g
Sichuan Pepper	5g
Ginger	25g
Soy Sauce	5g
Edible Oil	10g
Garlic 5 cloves	about 30g
Salt	2g
Chicken Powder	2g

- 1 Prepare all ingredients
 - * If using dried fans, prepare 1 small bundle (about 20g)
 - * Ginger and garlic can be adjusted as needed
- 2 Preparation of Ingredients

Soak the dried fans in warm water for 10 minutes, then drain and cut into segments. Trim the old stems off the cleaned enoki mushrooms and tear them into small portions. Chop the green onions into scallion flowers, mince the garlic, and slice the ginger into strips.
- 3 Place the vermicelli on a large plate first, then add the enoki mushrooms, sprinkle with ginger strips, minced garlic, chopped chili, salt, and chicken powder, and pour soy sauce over it.
 - * Chopped chili can also be omitted. Chopped chili has a salty taste, so you can reduce the amount of salt accordingly.
- 4 Cooking

Place the plate with the food on the steaming tray, put it in the middle layer of the cavity, fill the water tank with water, enter the [Recipe] menu, select [Vegetarian], start the [Steamed Enoki Mushrooms with Vermicelli] program, and steam at **[pure steam]** 100°C for about 10 minutes until the enoki mushrooms are soft and fully cooked.
- 5 Cooking complete

After cooking is complete, remove and sprinkle with green onions. Heat the pan, add oil, and stir-fry Sichuan pepper until fragrant, then pour over the enoki mushrooms and serve.

 - * If you do not want to heat the oil, you can also pour it over the enoki mushrooms before steaming.

蟹肉风味豆腐

Crab Roe Tofu



Microwave

- Medium-High Power
- 9 Minutes
- Serves 3
- 1-star difficulty

Clay Pot + Plate



Main Ingredients

- Silken Tofu / Soft Tofu 500g
- Salted Duck Egg Yolk (cooked) 2 pieces

Secondary Ingredients





- Edible Oil 20g
- Salt 3g
- Chicken Bouillon 1g
- Cornstarch 3g
- Green Onions 5g
- Purified Water 110ml

- 1 Prepare all ingredients**
500g of soft tofu cut into cubes about 1.5cm*1.5cm*1.5cm in size.
2 cooked salted egg yolks crushed and chopped into a powder-like consistency.
- 2** Pour 20g of oil, the crushed egg yolks, and 100ml of water into a clay pot and stir evenly.
- 3 First Cooking Stage**
Cover the clay pot, leaving a small vent for steam, place it in the center of the cavity plate, enter the [Recipe] menu, select [Vegetarian], start the [Crab Roe Tofu] program, [Microwave] at medium-high power for 2 minutes until it automatically pauses.
- 4 Second Cooking Stage**
Remove the clay pot, mix 3g of salt, 10g of water, and 3g of cornstarch evenly first, then place it in the tofu and gently stir with a spoon.
Cover the clay pot with a lid, leaving a small hole for steam to escape, place it in the center of the cavity plate, click [Confirm Start], and continue cooking on medium-high microwave power for 7 minutes.
- 5 Cooking complete**
After cooking, remove it, add 1g of chicken essence and stir evenly, sprinkle with 5g of green onions, and it is ready to serve.

Roasted Sweet Potatoes



Conventional Oven Roasting

-  230°C
-  50 minutes
-  Serves 4
-  1-star difficulty

Baking tray + middle rack



Main Ingredients

Sweet Potatoes
(160g/ each) 4-6 pieces

1 Prepare all ingredients

Select long-shaped sweet potatoes, wash them clean, and dry the surface moisture. Poke some small holes with a toothpick and place them on a baking tray lined with aluminum foil.

2 Baking

Place the baking tray in the middle layer of the cavity, enter [Recipe], select [Main Dishes], start the [Roasted Sweet Potatoes] menu, **[Conventional Oven Roasting]** 230°C for about 50 minutes until fully cooked.

* At this point, the potato skin should separate from the flesh; the flesh should feel soft when pressed.

3 Cooking complete

After baking is complete, remove the dish from the oven, place it on a serving plate, and let it cool slightly before enjoying. Be careful not to burn your mouth.



Starting from raw materials, through fermentation, shaping, and baking, use your hands and eyes to experience the transformation of ingredients. Baking is a warm ritual of

Sponge Cake

シフォンケーキ

Conventional Oven Roasting

- 150°C
- 55 minutes
- Serves 6
- 4-star difficulty

Mold | Baking Rack + Lower Level



Main Ingredients

Pure Milk	60ml
Corn Oil	60g
Low Gluten Flour	100g
Fine Sugar	80g
Cold Eggs 4-5	Approximately 240g

Secondary Ingredients

Lemon Juice (Optional)	3-4 Drops
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Prepare 4 large eggs (about 60-65g each), or 5 small eggs (about 45-50g each).

This recipe is suitable for making one 8-inch chiffon cake; if making a 6-inch chiffon cake, the ingredient amounts can be reduced by about half.

Corn oil can be substituted with olive oil or canola oil; Pure milk can be replaced with water.

The cake can be cut into pieces for eating, or it can be spread with whipped cream, decorated with piping, and made into celebration cakes for holidays, birthdays, etc.

1 Prepare all ingredients and weigh them in advance.

Crack the eggs, separate the whites from the yolks, and place them in 2 clean, dry, and oil-free bowls. Place the egg whites in the refrigerator to chill for later use. Mix the granulated sugar and cornstarch evenly.

2 Make the egg yolk batter

Be careful not to overmix to avoid gluten formation. Pour 60g of corn oil and 60g of pure milk into a clean large bowl, and beat with an egg beater until it becomes a thick, milky white paste. Add the egg yolks and mix well. Then sift in the cake flour and use the egg beater to stir in a "Z" shape, quickly mixing until there is no dry flour left.

3 Add the egg yolks and use the egg beater to stir in a "Z" shape, quickly mixing until smooth.

Use a spatula to lift the batter, which should be smooth and fine in texture. The egg yolk batter is now complete.

4 Making Meringue

Be sure not to stir in circles to avoid deflating the foam. Prepare a large, deep bowl that is free of water and oil. Use an electric mixer on low speed to beat the egg whites until foamy. When bubbles appear, add about 1/3 of the fine sugar and cornstarch mixture, then switch to medium speed and continue beating. * A few drops of lemon juice can improve the taste.

5 Beat the egg whites at medium speed until the bubbles disappear and become smooth.

Add half of the remaining fine sugar and cornstarch mixture, then switch to high speed and beat until slight patterns appear. Add the rest of the sugar and cornstarch mixture and switch back to medium speed, continuing to beat until clear, firm patterns form. Finally, switch to low speed and beat until the meringue forms stiff peaks. The meringue is now ready.

6 Add the meringue to the egg yolk mixture in three parts, using a spatula to fold from the bottom, mixing the meringue and egg yolk mixture evenly.

Use the spatula to fold from the bottom up, being careful not to overmix to avoid deflating the meringue.

7 Preheat: Enter [Recipes], select [Desserts], start the [Chiffon Cake] menu, preheat to 150°C.

Use a spatula to take 1/3 of the meringue and add it to the egg yolk mixture, folding from the bottom to mix the meringue and egg yolk mixture evenly. Pour the mixed batter back into the remaining meringue, using a spatula to fold from the bottom up, mixing until smooth and even. Pour the cake batter into an 8-inch non-stick anodized mold. Lift the mold and drop it from about one hand's length above the countertop 2 to 3 times to release large air bubbles.

8 Mix the cake batter and pour into the mold

After preheating is complete, place the mold containing the cake batter on the rack and put it in the lower part of the cavity. Click [Confirm Start], [Conventional Bake] at 150°C for about 55 minutes until the cake has risen and the surface is golden brown. * Insert a skewer into the center of the cake; if it comes out clean without any batter sticking to it, the cake is done.

9 Baking: After preheating is complete, place the mold containing the cake batter on the rack and put it in the lower part of the cavity.

Click [Confirm Start], [Conventional Bake] at 150°C for about 55 minutes until the cake has risen and the surface is golden brown. * Insert a skewer into the center of the cake; if it comes out clean without any batter sticking to it, the cake is done.

10 After cooking, cool and unmold: After baking is complete, immediately remove the cake and gently drop it from about the height of one palm 2 to 3 times onto the countertop to release the hot air inside the cake. Quickly invert the mold onto a wire rack with holes until the cake is completely cooled to prevent it from shrinking.

Once the cake has cooled, use your hands to run around the edge of the cake from the outside inward to separate the cake from the sides of the mold. Then, push the bottom of the mold to release the cake. Finally, use the same method to separate the part of the cake that is stuck to the bottom of the mold, completing the unmolding process.

Classic Portuguese Egg Tarts

エッグタルト

Conventional + Fan

- 200°C
- 15 minutes 30 seconds
- Serves 4
- 3-star difficulty

Baking tray + middle rack



Main Ingredients

11 tart shells	About 240g
Pure milk	100ml
Light cream	185g
Condensed milk	10g
2-3 eggs	About 120g
Granulated sugar	25g

1 Prepare all ingredients

Remove the tart shells from the freezer and thaw for 10 minutes.

2 Prepare the egg custard & strain

Mix milk, fine sugar, and eggs, and stir evenly with a manual whisk until the sugar dissolves. Add cream and condensed milk to the egg mixture and stir evenly with a manual whisk.

3 Strain the egg custard once. Pour the strained egg custard into the tart shells, filling them about eight-tenths full.

* Straining is to reduce bubbles in the egg mixture, making the tarts smoother and finer.

4 Preheat & Bake

Arrange the tarts neatly on the baking tray (if the tart shells have a paper liner at the bottom, there is no need to line the tray with parchment paper), enter the [Recipe] menu, select [Desserts], and start the [Classic Portuguese Tart] program, preheating to 200°C.

5 Place the tart tray in the middle of the cavity, click [Confirm Start], [Convection Bake] Bake at 200°C for 15 minutes and 30 seconds.

6 Cooking complete

After baking is complete, remove and let cool before serving.

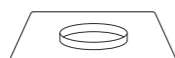
Sponge Cake

スポンジケーキ

Conventional + Fan

- 160°C
- 40 Minutes
- Serves 4
- 4-star difficulty

Mold / Rack + Lower Layer



Main Ingredients

Egg yolk	135g
Granulated sugar	90g
All-purpose flour	95g
Pure milk	40ml
Butter	25g

1 Prepare all ingredients

* This recipe is suitable for making one 6-7 inch sponge cake

2 Whip the egg mixture

Add sugar, egg liquid, and egg yolks to the bowl, and use an electric mixer to whip at high speed over hot water around 60°C. Whip until the egg mixture turns milky white and reaches a fine cream consistency; when you lift the mixer, the mixture should be able to write letters that do not disappear quickly.

3 Prepare the cake batter

Sift the low-gluten flour into the egg mixture and fold gently with a spatula until there are no dry flour lumps, about 30 seconds. Heat the butter and milk until slightly warm and melted, then pour evenly over the batter and fold with a spatula until the batter is smooth, about 1 minute.

4 Line the bottom and sides of the mold with parchment paper, pour in the batter, and gently tap to release any air bubbles.

5 Preheat & Bake

Enter the [Recipe] menu, select [Desserts], and start the [Sponge Cake] program, preheating to 160°C. Once preheating is complete, place the mold on the rack, put it in the lower part of the oven, click [Confirm Start], and [Bake] at 160°C for about 40 minutes

* About 10 minutes before the end of the countdown, if the cake surface has reached the desired color, you can cover it with a layer of aluminum foil.

Cranberry Cookies

クランベリークッキー

Conventional + Fan

- 150°C
- 14 minutes
- Serves 4
- 3-star difficulty

Baking tray + middle rack



Main Ingredients

All-purpose flour	175g
Butter	150g
Cranberries	75g
Milk powder	13g
Egg	25g
Icing sugar	75g

1 Prepare all ingredients

Chop the dried cranberries and set aside.

2 Prepare the cookie dough

Sift the powdered sugar into the softened butter and mix well with a manual whisk; no need to whip it.

3 Add the egg liquid in three batches, mixing thoroughly with the butter each time before adding the next batch.

4 Add dried cranberries and mix evenly, then add sifted flour and milk powder, and use a spatula to cut and fold into a dough without dry powder.

5 Freeze to set

Place the dough on cling film, put it into a cookie mold to shape, then invert it onto a tray and freeze for about 1 hour.

6 Slice

Remove the frozen cookies and slice them into pieces about 5mm thick. Arrange the sliced cookies with space between them on a baking sheet lined with parchment paper.

* If the cookies are too hard after freezing, let them warm up at room temperature for a while before slicing.

7 Preheat & Bake

Enter [Recipe], select [Dessert], start the [Cranberry Cookie] menu, and preheat to 150°C.

After preheating is complete, place the baking tray in the middle of the cavity, [Convection Bake] at 150°C for 14 minutes.

8 Cooking complete

After baking is complete, remove immediately, and wait for the cookies to cool completely before enjoying them to ensure they are crispy.

マカロン Macaron

Conventional + Fan

- 🔥 130°C
- 🕒 16 minutes
- 🍽️ Serves 4
- 🌟 5-star difficulty

Baking tray + middle rack



Main Ingredients

Almond flour	40g
Icing sugar	40g
Egg whites	43g
Granulated sugar	65g
Softened butter	25g
Lemon juice	15ml
Lemon zest	3g
Egg yolks	35g
Cornstarch	5g

Secondary Ingredients

Carmine food coloring	A small amount
Lemon yellow food coloring	A small amount
Brown food coloring	A small amount
Green food coloring	A small amount

1 Prepare all ingredients

Sift the almond flour and icing sugar together twice.

2 Prepare the batter

Add 30g of granulated sugar to the egg whites all at once, and beat with an electric mixer until stiff peaks form, which is the dry foam stage. Add the almond and sugar mixture in two parts, and fold in with a spatula. Divide the well-mixed batter evenly into 4 portions.

3 Add food coloring and transfer to a piping bag.

According to your preferred colors, add food coloring to each of the 4 portions of batter, mixing until it reaches a ribbon-like consistency.

4 Fit a medium round piping tip into the piping bag, snip a small opening, and fill the bag with the colored batter.

* The amount of food coloring used can vary between brands, as can the intensity of the color. It is recommended to add it according to the usage instructions.

5 Drying the Skin

Line a baking tray with parchment paper, and pipe the batter in uniformly sized rounds. Place the tray in a well-ventilated area to dry the skin until a hard shell forms on the surface (approximately 30 minutes).

6 Preheat & Bake

Enter [Recipe], select [Dessert], start the [Macaron] menu, preheat to 130°C.

7 After preheating is complete, place the baking tray on the middle rack, click [Confirm Start], [Convection Bake] cook at 130°C for about 16 minutes.

8 Make Lemon Curd

Mix softened butter, lemon juice, and lemon zest in a bowl, and melt the butter completely over a water bath.

9 In another bowl, mix egg yolks, 35g of granulated sugar, and cornstarch, then stir into the melted butter mixture. Pour the egg-butter mixture into a small saucepan and heat over low heat until thickened, remove from heat and stir until cool, then transfer to a piping bag.

10 After cooking, remove the baked macarons and let them cool. Take one macaron, place lemon curd at the center bottom, cover with another macaron to form a pair, and they are ready to enjoy.

ナポレオンケーキ Napoleon

Conventional + Fan

- 🌡 200°C
- 🕒 15 minutes
- 🍽 Serves 4
- 🌟 4-star difficulty

Baking tray + middle rack



Main Ingredients

3 sheets of puff pastry Approx. 240g

Secondary Ingredients

Egg Yolks 30g
Granulated Sugar 60g
Cornstarch 20g
Milk 360ml
Butter 20g
3 Drops Of Vanilla Extract about 0.5g

1 Prepare all ingredients

Cut the puff pastry into squares of about 5.5*5.5cm.

2 Preheat & Bake

Enter the [Recipe] menu, select [Dessert], and start the [Napoleon] program, preheating to 20 0°C. Line the baking tray with parchment paper and arrange the cut puff pastry neatly.

3 After preheating is complete, place the baking tray on the middle rack, click [Confirm Start], and [Conventional Bake] for about 15 minutes at 200°C until golden and crispy, then remove.

* It is recommended to observe every 3 minutes towards the end, and remove once golden.

4 Making Custard Sauce

Pour milk and vanilla extract into a small saucepan, heat over medium heat until boiling, then turn off the heat and set aside. Mix egg yolks and fine sugar evenly, add sifted cornstarch and mix well.

5 Add the heated milk to the egg yolk mixture in three portions, stirring continuously while pouring to avoid cooking the egg yolks.

6 After mixing the milk and egg yolk mixture evenly, pour it back into the small saucepan, heat over low heat, and stir continuously until the mixture thickens and fine ripples appear on the surface. Remove from heat and stir in butter until well combined.

7 Take a round piping tip and insert it into the piping bag. After cutting the tip, place the prepared custard sauce inside.

8 Decorative shaping

After cooking, remove the puff pastry. Take one piece of puff pastry as the base, pipe a circle of custard sauce on top, then place another piece of puff pastry, and pipe another circle of custard sauce. Decorate the top with fruit and sprinkle with powdered sugar before serving.

キャラメルプリン Caramel Pudding

Conventional + Fan

- 🌡️ 150°C
- 🕒 25 minutes
- 🍽️ Serves 4
- 🌟 3-star difficulty

Baking tray + middle rack



Main Ingredients

Milk	460ml
Light Cream	40g
Fine Sugar	80g
Whole Egg	150g
Egg Yolk	42g

Secondary Ingredients

Fine Sugar (for Caramel)	90g
Water (for Caramel)	50ml

1 Prepare all ingredients

2 Making Caramel

Place 90g of sugar and 50ml of water in a small saucepan and cook over low heat until the liquid boils and turns amber. Remove from heat and gently swirl the saucepan to evenly distribute the color. Pour the prepared caramel into the mold to a height of about 1cm.

3 Making Pudding Mixture

In a bowl, combine 150g of whole egg and 42g of egg yolk, and mix well with a whisk. Pour milk, cream, and fine sugar into a small saucepan and heat until the sugar dissolves, then remove from heat. Let the cooked milk cool, then pour it into the egg mixture while stirring continuously.

4 Strain and pour into molds.

Strain the mixed pudding liquid twice. Pour the strained pudding liquid into the molds, filling them nine-tenths full (about 130g each). Seal the top of the pudding cups with aluminum foil.

5 Preheat & Bake

Place the pudding cups in a baking tray and pour one-third of the tray with hot water. Enter the [Recipe] menu, select [Dessert], and start the [Caramel Pudding] program, preheating to 150°C.

6 Place the baking tray on the middle rack of the cavity, click [Confirm Start], [Convection Bake] 150°C for 25 minutes.

7 Cooking complete

After cooking, remove and allow the pudding to cool before placing it in the refrigerator to chill for 2 hours. When ready to serve, take the pudding out of the refrigerator, invert it onto a plate to unmold, garnish, and enjoy.



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