



MS5-TR30SC(BK)

STEAM OVEN COOKBOOK


TOSHIBA

Tips for steaming dishes

Tips for keeping dishes nutritious

- [Choose fresh ingredients]** The ingredients should be tender and juicy because it's not easy either for the proteins in them to dissolve in water or for the seasonings to penetrate into the ingredients during the steaming process.
- [Arrange the dishes in layers]** Do arrange the dishes in layers. Dishes with less soup, pastel and hard-to-cook dishes go to the upper layer while dishes with more soup, dark and easy-to-cook ones should be placed in the bottom layer.

Tips for keeping dishes delicious

- [Heat]** Generally, egg custard and double-layer milk custard can be steamed by using  Steam function with 95 degrees. This can avoid the honeycomb state and get a fresh and smooth taste. For shaped dishes, can use the same method to prevent from ruining the shape.
- [Time]** It takes longer to steam large-bodied ingredients, while small pieces or flakes take less time..

Instructions on baking mode

Convection

•Suitable for baking foods that need browning, such as meat, fried foods, cakes and breads.

Convection Grill

•Suitable for small and thin foods such as vegetables and hamburgers

Grill

•Suitable for cooking with low air volume or partial coloring

Combi.




•Suitable for cooking foods that need the inside to be juicy and outside to be crispy, such as vegetables, breads, cakes, and meats.



Taste Reminder

Reminder of the principle and method of steaming and cooking

When cooking, use steaming to heat without a cover. The water box should be filled with water before using. When opening, please be careful of the abundant steam generated in the cooking

Steaming mode	Applicable type
 Steam	Suitable for meat (such as ribs, chicken), steamed eggs, buns and other homemade dishes
 High Temp. Steam	Suitable for fish, seafood (shrimp, shellfish, crab, etc.), vegetables, frozen food
 Stew	Suitable for stew, stew, slow cooking



Reminder of the principle and method of baking heating

Use hot air convect and heater to heat. After preheating, please shorten the time to open the door as far as possible to maintain the temperature in the furnace. After cooking, please take it out immediately so as not to darken the food.

Time adjustment description

Cooking methods are closely related to food characteristics. The program of the local automatic menu is best matched with the amount and time of the ingredients given. Please follow the recommendations.

The time of the steam automatic menu can be fine-tuned according to individual preferences. Take meat recipes as an example, if you increase the time, the taste will be tougher; if you spend less time, the taste will be tenderer.

After the mode starts running, turn to the left () to decrease the time, and turn to the right () to increase the time.

Capacity table for ingredients used in this book

- 1 Table Spoon = 15cc = 2 bottle caps
- 1 Tea Spoon = 5cc = 1 bottle cap
- 1/2 Tea Spoon = 2.5cc = 1/2 bottle cap
- 1/4 Tea Spoon = 1.2cc = 2 drops

* If you don't have a good grasp of the weight, please don't give too much. For the size of the bottle cap, please refer to the ordinary 550ml water bottle cap.

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ROASTING









Auto Menu 01

Roast Chicken

Ingredients


Sanhuang chicken	1100g
Vegetable oil	15g
Basil leaf	1g
Thyme	1g
Edible salt	4g
Light soy sauce	7g

Vessel placement reference


Tools: baking paper + baking tray
Placement: bottom layer



baking tray

 About 41 minutes

Directions

- 1 After removing the head and viscera of the chicken, soak the chicken in water for a few minutes to remove the blood.
- 2 Add basil leaves, thyme, vegetable oil, salt and light soy sauce, apply these marinades evenly by massaging, the chicken put them in a fresh-keeping bag and put them in the refrigerator and marinate for 4 hours (more flavoursome overnight).
- 3 Take out the pickled chicken and put it on a baking tray covered with baking paper.
- 4 Put the baking tray into the bottom layer of the steaming oven, select  auto menu 01 , and start.
- 5 After cooking, take it out and enjoy.





Auto Menu 02

French Lamb Rack

Ingredients

Main materials

7-bone lamb chops	1 pack (not cut)
Fresh parsley	50g
White rum	20g
Onion	30g
Breadcrumbs	80g
Olive oil	30g
Whipping cream	20g
French yellow mustard	30g
Salt	5g
Ground black pepper	5g

Vessel placement reference

Tools: baking paper + baking tray


Placement: middle layer



baking tray

🕒 About 35 minutes

Directions

- 1 Get all the ingredients ready;
- 2 After defrosting the 7-bone lamb chops, remove the extra fat around the lamb chops; cut the parsley and onions into pieces, and marinate the 7-bone lamb chops with salt, black pepper and rum for 20 minutes.
- 3 Mix chopped onions, chopped parsley and breadcrumbs. Sprinkle with olive oil and mix well. Set aside.
- 4 First spread yellow mustard (mixed yellow mustard and light cream) on the surface of the pickled lamb chops, then evenly dip the surface with the mixture of breadcrumbs, and then place it on a baking tray covered with baking paper.
- 5 Select  auto menu 02, enter the preheating program, wait for the tone to remind you that the preheating is complete, put the baking tray into the middle layer of the steaming oven and press the confirmation button to start cooking.
- 6 After cooking, take out the dish and cut it into pieces.

·Turning on the corresponding automatic function in advance and start the preheating program, can save waiting time.





Auto Menu 03

Crispy Golden Pork Belly

Ingredients

Pork belly	400g~500g
Sauce	
Char siu sauce	25g
Cooking wine	10g
Light soy sauce	10g
Ground black pepper	1g
A spoon of honey	
Breadcrumbs	50g

Vessel placement reference


Tools: baking paper + baking tray
Placement: middle layer



baking tray

🕒 About 45 minutes

Directions

- 1 Get all the ingredients ready;
- 2 Wash the pork belly, cut it into 3~4cm thick pieces, pierce holes in the meat surface with toothpicks to marinate. Add all other seasonings except for honey and breadcrumbs, grasp and mix well, then wrap it with the plastic wrap and marinate for more than 2 hours.
- 3 After pickling, brush the meat with honey on the top and bottom, and then wrap the surface of meat with breadcrumbs.
- 4 Prepare a baking tray covered with baking paper and place the above picked meat in the center of the baking tray.
- 5 Select  auto menu 03, enter the preheating program, wait for the tone to remind you that the preheating is complete; then put the baking pan into the middle layer of the steaming oven and press the confirmation button to start cooking.
- 6 After cooking, take it out, cool it a little and cut it into pieces. It can be eaten with sweet and sour sauce according to your taste.

·Turning on the corresponding automatic function in advance and start the preheating program, can save waiting time.



Auto Menu 04

German Pork Knuckle

Ingredients

Pork elbow 1300g
German wheat beer 250ml
German sauerkraut 50g
Half an onion
1 fresh thyme
Sea salt 10g
Garlic powder 5g
Cumin powder 5g
Ground black pepper 5g
Olive oil 10g

Vessel placement reference

Tools: baking paper + baking tray
Placement: Bottom layer



baking tray

🕒 About 136 minutes

Directions

- 1 Get all the ingredients ready;
- 2 Wash the pork elbow and dry it with kitchen paper (choose the pork elbow with more subcutaneous fat);
- 3 Add half an onion, beer, sea salt, ground black pepper, garlic powder, cumin powder, sauerkraut, thyme and olive oil to a container containing the pork elbow, mix well, pierce holes in pork's skin with needles and massage the pork elbow.
- 4 After that, put it in the refrigerator and marinate for about 1 hour. It should not take too long.
- 5 Drain the pickled pig elbow, put it vertically in a baking tray covered with baking paper (in contact with oil paper), and place it in the bottom layer of the steaming oven.
- 6 Fill the water box of the steaming oven with water, select 🍽 auto menu 04, and start.
- 7 After cooking, take it out and enjoy.

Tips

- It is recommended to turn over and massage the pig elbow during the pickling process.







Auto Menu 05

Roasted Steak with Black Pepper

Ingredients

Main materials

2 slices of frozen steak (250g/slice, about 2.5cm thick)

Ingredients

Olive oil 20g

Ground black pepper 4g

Sea salt 4g

Vessel placement reference

Tools: baking paper + baking tray


Placement: top layer



baking tray

🕒 About 13 minutes

Directions

- 1 Prepare all the ingredients, do not remove the vacuum bag for the frozen steak. Put it in the normal temperature water in advance and defrost naturally.
- 2 After defrosting, unpack the package and use kitchen paper to dry the surface of the steak.
- 3 Sprinkle the steak with ground black pepper and marinate with sea salt for 10 minutes.
- 4 Brush the surface of the baking tray with oil, put the pickled steak on the baking tray, and coat it with olive oil.
- 5 Select  auto menu 05 to enter the preheating program, wait for the beep sound to remind you that the preheating is complete, put the baking tray on the top layer of the steaming oven and press the confirmation button to start cooking.
- 6 Bake for 8 minutes. After hearing the beep sound, open the oven door, turn it over, and bake for another 5 minutes.
- 7 After cooking, take it out, let it sit for about 3 minutes, cut into pieces and eat it. According to your taste, dip it in black pepper sauce and eat it together.

·Turning on the corresponding automatic function in advance and start the preheating program, can save waiting time.

Auto Menu 06



Baked Lobster with Cheese

Ingredients

A Boston lobster (about 650g)

Parsley 10g

Minced garlic 20g

Olive oil 40g

Minced onion 60g

Mozzarella cheese 80g

Butter 10g

Vessel placement reference

Tools: baking paper + baking tray


Placement: middle layer



baking tray

🕒 About 15 minutes and 30 seconds

Directions

- 1 Get all the ingredients ready;
- 2 Wash the fresh Boston lobster, divide the lobster into two, remove the lobster glands and gills, wash it again, and place lobsters symmetrically on a baking tray covered with baking paper.
- 3 Pour olive oil in the frying pan, stir-fry the onion and minced garlic in the pan, bring out, add parsley and mix well, and spread the ingredients evenly over the lobster.
- 4 Put 10g butter and 80g Mozzarella cheese in the frying pan to melt.
- 5 When the cheese melts, spread it evenly on the upper surface of the lobster.
- 6 Select  auto menu 06, enter the preheating program, wait for the beep sound to remind you that the preheating is complete, put the baking tray into the middle layer of the steaming oven and press confirmation button to start cooking.
- 7 After cooking, take it out and enjoy.

·Turning on the corresponding automatic function in advance and start the preheating program, can save waiting time.



Auto Menu 07



Baked Scallops with Cheese

Ingredients

Main materials

8 frozen half-shell scallops (about 550g)

Ingredients

Mozzarella cheese 40g

Whipping cream 100g

Onion 60g

Celery 20g

Butter 15g

Olive oil 15g

Flour 5g

Water 30g

Vessel placement reference

Tools: Tin foil + baking tray


Placement: top layer



baking tray

⌚ About 10 minutes

Directions

- 1 Get all the ingredients ready;
- 2 Cut onions and celery into small pieces;
- 3 After the scallops are cleaned, suck up the water with kitchen paper towels, heat the pan, add olive oil and heat the scallop meat, fry each side for 20 seconds, put it back into the fan shell and place it on a tin foil baking tray.
- 4 Heat the pan, add the butter, melt slightly, stir-fry the diced onions for 3 minutes until transparent, then add the diced celery, then pour in the whipping cream and stir well.
- 5 After mixing 5g flour with 30g water, pour it into the pan and continue to stir over low heat. Keep stirring to prevent caking. Heat to a proper consistency and turn off the heat.
- 6 Put the boiled sauce in a bowl and cool it to a low temperature before using.
- 7 Pour the cooked cream sauce evenly over the scallops, sprinkle with chopped cheese, select  auto menu 07, enter the preheating program, wait for the beep sound to remind you that the preheating program is completed, put the baking tray on the top layer of the steaming oven and press the confirm button to start cooking.
- 8 After cooking, take it out and enjoy.

·Turning on the corresponding automatic function in advance and start the preheating program, can save waiting time.







Auto Menu 08

Barbecue Pork Ribs

Ingredients

Main materials

Pork ribs 500g

Ingredients

Garlic 10g

Onion 50g

Fresh thyme 6g

Brandy 10g

White rum 20g


French mustard 10g

Ground black pepper 3g

Sea salt 2g

Korean barbecue sauce 40g

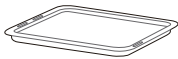
Directions

- 1 Get all the ingredients ready;
- 2 Chop the onions and garlic, chop the pork ribs into strips about 10cm long, wash them, and dry them with kitchen paper.
- 3 Add all the seasonings and stir well, cover with cling film, refrigerate and marinate for more than half an hour;
- 4 The pickled ribs are placed on a baking tray covered with baking paper;
- 5 Fill the water box with water, put the steaming plate into the middle layer of the steaming oven, select  auto menu 08, and press the confirm button to start cooking;
- 6 After cooking, take it out and enjoy.


Vessel placement reference

Tools: baking paper + baking tray

Placement: middle layer



baking tray

 About 36 minutes



Auto Menu 09

Grilled Cod Fish

Ingredients

Main materials

Cod 220g

Ingredients

Sea salt 2g

Edible oil 10g

Chopped black pepper 3g

Vessel placement reference

Tools: baking paper + baking tray


Placement: top layer



baking tray

🕒 About 8 minutes

Directions

- 1 Get all the ingredients ready;
- 2 Rinse the cod, dry it with kitchen paper, sprinkle with chopped black pepper on both sides, spread salt on both sides, and marinate for about 10 minutes to make the cod taste more delicious.
- 3 Brush the baking tray with a layer of oil, put the marinated cod on the baking tray, and brush a thin layer of oil on both sides of the cod.
- 4 Select  auto menu 09, enter the preheating program, wait for the beep sound to remind you that the preheating is complete, put the baking pan into the top layer of the steaming oven and press the confirmation button to start cooking.
- 5 After cooking, take it out and enjoy.

·Turning on the corresponding automatic function in advance and start the preheating program, can save waiting time.





Auto Menu 10

Honey Black Pepper Chicken Wings

Ingredients

Main materials

Chicken wings 500g

Ingredients

Garlic powder 5g

Oyster sauce 5g

Barbecued pork sauce 30g

Cooking wine 15g

Light soy sauce 8g

Black pepper 5g

Honey 15g

Vessel placement reference

Tools: baking paper + baking tray

Placement: middle layer



baking tray

🕒 About 18 minutes and 30 seconds

Directions

- 1 Get all the ingredients ready;
- 2 Wash the chicken wings and drain;
- 3 Add garlic powder, oyster sauce, barbecued pork sauce, cooking wine, light soy sauce, and black pepper to the chicken wings and grasp well. Put it in the refrigerator and marinate for more than 2 hours.
- 4 Put the marinated chicken wings on a baking tray lined with greased paper, put the baking tray with food in the middle layer of the steaming oven, select ☰ Auto menu 10, and start it. When 2 minutes are left, take out the surface and brush it with honey and continue baking.
- 5 After baking, take it out and let it cool for consumption.

·Turning on the corresponding automatic function in advance and start the preheating program, can save waiting time.





Auto Menu 11

Shrimps Skewers

Ingredients

Main materials

15 prawns (about 40g of one)

Seasoning

Garlic powder 5g

Ground black pepper 2g

Salt 1g

Dark soy sauce 0.5g

Olive oil 15g

Chopped chives 10g

Vessel placement reference

Tools: baking tray


Placement: top layer



baking tray

🕒 About 8 minutes

Directions

- 1 Get all the ingredients ready;
- 2 Remove the head of the shrimp, peel the shell and remove the shrimp line, wash and absorb excess water. Mix the treated shrimp with seasoning and marinate for 15 minutes.
- 3 Put the marinated shrimp with bamboo sticks, put the shrimp kebabs on the baking tray, select  auto menu 11, enter the preheating program, wait for the beep sound to remind you that preheating is complete, put the baking tray on the top layer of the steaming oven and press the confirmation button to start cooking.
- 4 When the cooking is over, take the dish out and sprinkle with chives.

Tips

·Spotted shrimp or green shrimp can replace prawns.

·From June to July every year, the shrimp is the freshest and fattest, and shrimp meat is rich in magnesium, which helps to protect the cardiovascular system. It is cooked with black pepper and minced garlic to make an unusual and unique flavor.

·Turning on the corresponding automatic function in advance and start the preheating program, can save waiting time.



Auto Menu 12



Grilled Shrimps

Ingredients

Main materials

Prawn 250g

Ingredients

Oil 10g

Garlic barbecue sauce 30g

Vessel placement reference

Tools: baking tray


Placement: top layer



baking tray

🕒 About 7 minutes and 30 seconds

Directions

- 1 Get all the ingredients ready;
- 2 Clean shrimps, cut off the whiskers; cut the back of the shrimp with scissors, pick out the shrimp line with floss.
- 3 Pour garlic barbecue sauce to the shrimp, mix well, and then add the cooking oil.
- 4 Soak bamboo swabs in water for about 10 minutes in advance to avoid scorching.
- 5 With prawns in one hand and bamboo swabs in the other, string from the tail to the head.
- 6 Place shrimps neatly in a baking tray with a little cooking oil; select  auto menu 12 to enter the preheat program; when the preheat program is finished (a reminding sound will be on), put the baking tray in the upper layer of the steaming oven, press the confirmation key to start cooking.
- 7 After cooking, take it out and enjoy.

·Turning on the corresponding automatic function in advance and start the preheating program, can save waiting time.





Auto Menu 13

Bacon Asparagus Roll

Ingredients

Asparagus 100g
Bacon 100g
Enoki 50g
Ground black pepper 1g
Carrot appropriate amount

Vessel placement reference


Tools: baking paper + baking tray
Placement: middle layer



baking pan

🕒 About 8 minutes

Directions

- 1 Get all the ingredients ready;
- 2 Cut the bacon into two pieces;
- 3 Remove the old skin from the root of asparagus, cut off the old stem, wash and cut into sections.
- 4 Take a section of asparagus, a small amount of enoki, and a section of carrot roll it up with bacon, string every three bacon rolls, place the asparagus bacon roll on a baking tray covered with baking paper, then sprinkle with black pepper.
- 5 Select  auto menu 13 to enter the preheating program, wait for the beep sound to remind you that the preheating is complete, put the baking tray into the middle layer of the steaming oven and press the confirmation button to start cooking.
- 6 After cooking, take it out and enjoy.

·Turning on the corresponding automatic function in advance and start the preheating program, can save waiting time.





Auto Menu 14

Satay Chicken Skewers

Ingredients

Main materials

8 satay chicken skewers (about 200g)

Vessel placement reference

Tools: baking paper or tin foil + baking tray


Placement: middle layer



baking tray

🕒 About **14** minutes

Directions

- 1 Take the satay chicken kebabs out of the refrigerator and defrost them to room temperature.
- 2 Spread baking paper or aluminum foil on the baking tray and put 8 satay chicken kebabs on top.
- 3 Select  auto menu 14 to enter the preheating program, wait for the beep sound to remind you that the preheating is complete, put the baking tray into the middle layer of the steaming oven and press the confirmation button to start cooking.
- 4 After cooking, take it out and enjoy.

·Turning on the corresponding automatic function in advance and start the preheating program, can save waiting time.







Auto Menu 15

Julienne Vegetable–Stuffed Chicken

Ingredients

Main materials

Chicken leg 400g (medium size)

Carrots 60g

Celery 60g

Ingredients

Ginger 5g

Barbecue sauce 15g

Cooking wine 15g

Pepper powder 0.5g

Salt 4g

Scallion 5g

Vessel placement reference

Tools: Tin foil + baking tray


Placement: middle layer



baking tray

🕒 About 38 minutes

Directions

- 1 Get all the ingredients ready;
- 2 Wash the chicken leg and remove the bone and pat it loose with the back of the knife.
- 3 Marinate chicken legs with salt, ginger, pepper and cooking wine for at least 20 minutes.
- 4 Cut the carrots, celery and scallion into slender strips that are the same length as the chicken legs. Wrap the pickled chicken legs into these vegetables.
- 5 Wrap it in tin foil and roll it tightly;
- 6 The baking tray is covered with tin foil. Put chicken leg wraps on it.
- 7 Select  auto menu15 to enter the preheating program, wait for the beep sound to remind you that the preheating is complete, put the baking tray into the middle layer of the steaming oven and press the confirmation button to start cooking.
- 8 You will hear a reminder sound after baking for 23 minutes,, open the oven door, take it out, remove the tin foil, spread it with barbecue sauce and continue baking;
- 9 After cooking, remove and cool slightly before slicing.

·Turning on the corresponding automatic function in advance and start the preheating program, can save waiting time.



Auto Menu 16



Curry Chicken Skewers

Ingredients

Main materials

Chicken thigh meat 500g
Fresh pineapple meat 250g
Green and red peppers 150g

Ingredients

Coconut milk 60g
Curry powder 20g
Honey 10g
Salt 2g
Lemongrass 1 piece
Bamboo skewers 8 pieces
Chopped peanuts 20g
Chopped lime 4g

Vessel placement reference

Tools: Tin foil + baking tray

Placement: middle layer



baking tray

🕒 About 15 minutes

Directions

- 1 Get all the ingredients ready;
- 2 Cut the chicken thighs into large pieces, cut the lemongrass into small sections, mix the curry powder with coconut milk, add honey and salt and stir well, then add the chicken thighs, and marinate in cold storage for 1 hour (the marinade can be adjusted according to personal taste).
- 3 Cut the pineapple and green and red peppers into pieces the same size as the chicken thighs, and skewer the pineapple, green and red peppers and marinated chicken thighs in sequence with a bamboo stick.
- 4 Cover the baking tray with greased paper, put the meat skewers, put the baking tray with food into the middle layer of the steaming oven, select ☰ auto menu 16, and start it.
- 5 After baking, sprinkle with chopped peanuts and chopped lime and serve.

·Turning on the corresponding automatic function in advance and start the preheating program, can save waiting time.



Auto Menu 17

Seafood Pizza

Ingredients

Pizza crust

High gluten flour	150g
Cake flour	60g
Sugar	15g
Yeast	3g
Edible oil	15g
Salt	5g
Warm water	115g

Pizza stuffing

2 slices of bacon	
6 shrimps	
Green pepper	50g
Onion	50g
Pizza sauce	15g
2 cherry tomatoes	
Mozzarella cheese	60g

Vessel placement reference

Tools: baking paper + baking tray

Placement: middle layer



baking tray


🕒 About 30 minutes

Directions


- 1 Get all the ingredients ready;
- 2 Knead all the ingredients in the pizza crust into a smooth dough until the expansion stage, pull out a large film, cover with plastic wrap, use 🌀 Fermentation, 30℃, about 50 minutes, ferment to twice the size in a warm place.
- 3 Shred green peppers and onions, cut tomatoes and bacon into slices;
- 4 Put the dough on the kneading mat and knead well;
- 5 Cover with cling film and let stand for 10 minutes;
- 6 Roll the dough into a crust of about 23cm.
- 7 Spread the baking paper on the baking tray, spread the rolled crust, tidy up the edges of the crust, poke a small hole in the crust with a fork, and then brush it evenly with pizza sauce.
- 8 Sprinkle a layer of Mozzarella cheese 20g, spread tomatoes, sprinkle another layer of cheese 20g, add bacon and shrimps, and finally put a layer of cheese 20g.
- 9 Select 🍽 auto menu 17, enter the preheating program, wait for the beep sound to remind you that the preheating is complete, put the baking tray into the middle layer of the steaming oven and press the confirmation button to start cooking.
- 10 After cooking, take it out and enjoy.

·Turning on the corresponding automatic function in advance and start the preheating program, can save waiting time.





STEAMED

A top-down view of a white ceramic plate containing a piece of steamed salmon, resting on a light-colored, veined marble surface. A blue cloth napkin is partially visible under the plate. In the top right corner, a small white bowl with a yellow liquid is partially visible. A solid red square is positioned in the upper left corner of the image.







Auto Menu 18

Braised Chicken with Chestnuts

Ingredients

Main materials

Chicken 500g
Chestnut 300g

Ingredients

Broccoli 80g
Ginger 20g
Green onion 15g
Cooking wine 6g
Oyster sauce 5g
Light soy sauce 5g
Salt 3g
Sichman pepper 5g
Star anise 3g
Peanut oil 5g

Vessel placement reference

Tools: dish + steaming tray

Placement: middle layer




dish



steaming tray

🕒 About 30 minutes

Directions

- 1 Get all the ingredients ready;
- 2 Wash the chicken and cut it into pieces, add water and put chicken to the pot, put green onions, ginger, cooking wine, pepper and star anise to boil and remove them.
- 3 Take out the boiled chicken and add a little salt, oyster sauce and light soy sauce to mix well.
- 4 Put the chestnuts at the bottom of the tray and put in the chicken nuggets.
- 5 Put the food plate on the steaming tray, put the steaming tray in the middle layer of the steaming oven, close the stove door, add water to the water box, select  auto menu 18, and start.
- 6 After finishing cooking the chicken, boil the water in the pot, add a few drops of oil and a little salt. Boil the broccoli until cooked and place around the steamed chicken.



Auto Menu 19

Steamed Osmanthus fish

Ingredients

Main materials

A osmanthus fish (about 500g)

Ingredients

4 slices of ginger (about 10g)

Green onion white 3g

Rice wine 5g

Salt 2g

Steamed fish soy sauce 20g

Edible oil 30g

Ingredients

Red pepper rings 10g

Vessel placement reference

Tools: steamed tray

Placement: middle layer



steaming tray

🕒 About 18 minutes

Directions

- 1 Remove the scales of the osmanthus fish, cut off the head and tail of the fish, and wash the inner cavity. Slice from the back of the fish, the thickness is 0.5cm. Leave 1cm on the belly of the fish and do not cut it off. Spread rice wine and salt on the fish. Marinate for 10 minutes to remove the fishy smell.
- 2 Put sliced ginger and onion white at the bottom of the steamed tray, and then put in the cut fish to make the peacock look like a screen.
- 3 Put the steamed tray on the steaming plate, put it into the middle layer of the steaming box, fill the water box with water, select (☰) auto menu 19, and start.
- 4 After cooking, take out the steamed tray, pour out the excess water on the plate, pick out spring onions and ginger, put red pepper rings on fish noodles, pour hot oil and pour in steamed fish soy sauce.





Auto Menu 20

Steamed Pork Belly with Preserved Vegetable

Ingredients

Main materials

1 piece of pork belly with skin (about 1000g)

Dried preserved vegetables 50g

Ingredients

Dried sichnan pepper 1g

3 slices of ginger

1 green onion

Marinade

Dark soy sauce 3g

Seasoning

Chu Hou sauce 2g

Sauce of red preserved bean curd 5g

Dark soy sauce 1g

Light soy sauce 10g

Seafood sauce 2g

Sugar 2g

Rice wine 5g

Vessel placement reference

Tools: casserole + deep bowl +
steaming tray+baking tray

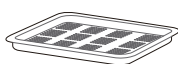
Placement: bottom layer



casserole



deep bowl



steaming tray



baking tray

⌚ About 60 minutes

Tips

·After the meat is steamed, you need to pour out the juice and then buckle it upside down to avoid scalding.

Directions

- 1 Wash the dried preserved vegetables and soak them in warm water for 15 minutes. Mix seasoning and stir evenly for use.
- 2 Wash the pork belly and put the ingredients in the casserole, cover the pot, leave a small hole for air, put it into the machine, use the function of [🌀 Steam], cook for 15 minutes;
tray
- 3 After cooking, wash the pork surface slightly, absorb the water, pierce the pigskin through dense holes with a needle, smear it evenly on the meat noodle and skin with old soy sauce, spread the tin foil on the baking tray and put the belly meat on the baking tray, and the meat is facing down.
- 4 Select the [🌀 Convection] function, set the temperature to 230 °C and enter the preheating procedure. After preheating, put the baking tray into the lower layer of the steaming oven and bake for 20 minutes.
- 5 After cooking, take out and cool slightly, then cut down from the meat skin, do not cut off at the bottom.
- 6 Squeeze out the soaked preserved vegetables, put the sliced meat in a glass bowl, pour the skin down with seasoning, then spread the preserved vegetables on top and press firmly.
- 7 Put the food plate on the steaming tray, put the steaming tray into the bottom layer of the steaming oven, close the door, add water to the water box, select [☰] auto menu 20, and start.
- 8 After cooking, pour out the soup from the bowl, buckle a tray upside down and turn it over.



Auto Menu 21



Steamed Sole Fillet

Ingredients

Main materials

Sole fillet 500g

Ingredients

Green onion 20g

Lemon juice 30g

Steamed fish soy sauce 30g

Vegetable oil 45g

Vessel placement reference

Tools: dish + steaming tray

Placement: middle layer



dish

steaming tray

🕒 About 18 minutes

Directions

- 1 Get all the ingredients ready;
- 2 After the sole fillet is taken out and thawed, rinse with clean water then dry moisture, and cut into pieces about 3 cm width.
- 3 Put it on a plate and squeeze lemon juice on top;
- 4 Put the food plate on the steaming tray, put the steaming tray into the middle layer of the steaming oven, close the door, add water to the water box, select ☰ auto menu 21, and start.
- 5 After cooking, remove, add shredded green onions, sprinkle with steamed fillet soy sauce and sprinkle with hot oil.





Auto Menu 22

Steamed Eggs with Crab

Ingredients

Main materials

Sea crab 120g

Eggs 120g

Ingredients

Warm water 150g

Cooking wine 10g

Vessel placement reference

Tools: dish + steaming tray

Placement: middle layer



dish



steaming tray

🕒 About 10 minutes

Directions

- 1 Get all the ingredients ready;
- 2 Wash the sea crabs and chop them into two servings, and marinate them with cooking wine for 10 minutes to remove the fishy.
- 3 Beat the eggs into the steaming bowl, beat and mix well, pour in 150 grams of warm water, and stir well.
- 4 Put in the sea crabs, pour in the egg liquid, remove the surface foam and set aside.
- 5 Put the food plate on the steaming tray, put the steaming tray in the middle of the steaming oven, close the stove door, add water to the water box, select 🍲 the auto menu 22, and start.
- 6 After cooking, remove and sprinkle with chopped green onion.







Auto Menu 23

Steamed Pork Ribs with Pumpkin

Ingredients

Main materials

Pork ribs 300g

Pumpkin 300g

Ingredients

Salt 4g

Sugar 5g

Cornstarch 10g


Fermented soya bean 15g

Ginger 10g

Garlic 10g

Soy sauce 8g

Directions

- 1 Get all the ingredients ready;
- 2 Peel and slice the pumpkin (about 1 cm thick).
- 3 Minced ginger and garlic, wash ribs, add soy sauce, fermented soya bean, garlic, ginger, salt, sugar, corn starch and marinate them;
- 4 Lay the pumpkin at the bottom and put the ribs on top;
- 5 Put the food plate on the steaming tray, put the steaming tray into the middle layer of the steaming oven, close the door, top to the water box, select  auto menu 23, and start.
- 6 After cooking, take it out and enjoy.

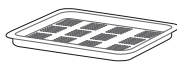
Vessel placement reference

Tools: dish + steaming tray


Placement: middle layer



dish



steaming tray

 About 18 minutes



Auto Menu 24 Steamed Asparagus

Ingredients

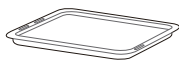
Asparagus	300g	Sesame oil	5g
Ginger	10g	Sugar	5g
Garlic	15g	Vegetable oil	15g
2 Little red peppers		Salt	2g
Light soy sauce	20g		
Water of desired amount			

Vessel placement reference

Tools: Baking paper + baking tray + dish
Placement: middle layer



dish




baking tray

🕒 About 9 minutes

•Turning on the corresponding automatic function in advance and start the preheating program, can save waiting time.

Directions

- 1 Get all the ingredients ready;
- 2 Remove the old skin from the asparagus root, cut off the old stem, wash and cut into long sections. Minced ginger and garlic, and little red peppers into circles;
- 3 Put the asparagus on a baking tray covered with baking paper.
- 4 Select  auto menu 24, enter the preheating program, wait for the beep sound to remind you that the preheating is complete, put the baking tray into the middle layer of the steaming oven and press the confirmation button to start cooking.
- 5 After cooking, take it out and put it on the plate.
- 6 Take a bowl, pour in light soy sauce, sugar, salt and some boiled water, mix well, pour over asparagus, sprinkle with minced ginger and small red pepper rings.
- 7 Heat the desired amount of hot oil in the pot to about 200 °C and pour it on the minced ginger and garlic immediately.



Auto Menu 25

Stewed Lamb Chops with Matsutake

Ingredients

Main materials

Morchella 10g
 Agaricus blazei Murrill 10g
 Lamb chop 400g
 Water 1500g

Ingredients

Wolfberry 2g
 4 red jujube
 4 slices of ginger
 Salt 3g

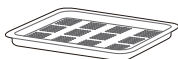
Vessel placement reference

Tools: casserole + steaming tray

Placement: bottom layer



casserole



steaming tray

⌚ About 90 minutes

Tips

·Add hericium erinaceus, sea cucumber and other ingredients to taste more fragrant.

·In the cold winter, a bowl of steaming mutton soup can resist the wind and cold, nourish the body, and add valuable fungi such as Morchella and Agaricus blazei Murrill to make it more nutritious.

Directions

- 1 Wash Morchella, Agaricus blazei Murrill, red jujubes and Chinese wolfberry. Soak Morchella and Agaricus blazei Murrill in warm water at 40 °C for 30 minutes.
- 2 Wash and cut lamb chops, then clean it with boiled water and set aside. Put lamb chops, Morchella, Agaricus blazei Murrill, red jujubes and sliced ginger in a casserole. Pour in water, cover the pot and leave a small hole for air.
- 3 The water box of the steamer is full of water, put the food on the steaming tray, put it on the lower layer, select ☰ auto menu 25, and start.
- 4 When you have 5 minutes left, reminding sound will be on, take out and add Chinese wolfberry and continue cooking.
- 5 After cooking, add the desired salt according to your taste.



Auto Menu 26

Steamed Sea Bass

Ingredients

Grouper 490g
Shredded green onion 5g
Shredded ginger 5g
Vegetable oil 15g
Steamed fish soy sauce 20g

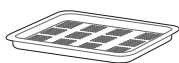
Vessel placement reference

Tools: dish + steaming tray

Placement: middle layer




dish



steaming tray

🕒 About 14 minutes

Directions

- 1 Get all the ingredients ready;
- 2 Kill the fish, cut open the fish belly, remove the internal organs and gills, scrape the fish scales clean and wash them. Cut along the main spine of the fish so that the fish can lie on its stomach and place the fish on its stomach in a steamed fish plate covered with chopsticks.
- 3 Put a few slices of ginger on the back of the fish for deodorization;
- 4 Put the steamed fish plate with fish on the steaming tray, put it in the middle layer of the steaming oven, select  auto menu 26, and start it.
- 5 After cooking, take out the sliced ginger, pour out the soup on the plate, sprinkle with shredded green onions and shredded ginger, then sprinkle with hot oil, and finally pour in steamed fish soy sauce.

Tips

- Grouper is numerous in variety, fresh, tender and solid meat.
- The taste of high-temperature steam cooking is better.
- If the weight of grouper exceeds 490g, it is recommended to add steam cooking time.
- Cut about 1~2cm along the main spine of the fish.

You can adjust the amount of steamed fish soy sauce and vegetable oil according to your personal preference.





Auto Menu 27

Pork and Cabbage Dumplings

Ingredients


Main materials

Minced pork	300g
Chinese cabbage	200g
Dumpling skin	500g

Ingredients

Minced ginger	1g
Minced onion white	1g
Egg white	10g
Salt	1g
Rice wine	5g
Dark soy sauce	10g
Ground white pepper	1g
Edible oil	20g
Oyster sauce	2g
Sesame oil	1g
Sugar	1g
Corn flour	10g

Directions

- 1 Wash the cabbage and put it into a pot, squeeze out the excess water and cut it into pieces. Add all the ingredients in the minced pork and stir in one direction. Then add the cabbage and continue to stir well. Seal the plastic wrap and refrigerate for 20 minutes to make the stuffing.
- 2 Put the stuffing in the middle of the dumpling skin, bend the two sides of the dumpling skin to the middle, squeeze a "concave" shape at one end of the dumpling skin, then squeeze it tightly. Push one side of the dumpling skin to the middle, and then push the other side, squeeze it tightly. Repeat this action until the end of the dumpling, and finally press and squeeze it tightly.
- 3 Spread a layer of baking paper on the steaming tray and put the raw embryos of the dumplings neatly on top.
- 4 Fill the water box with water, put the steaming tray into the middle layer of the steaming oven, select  auto menu 27, and start.
- 5 After cooking, take it out and enjoy.

Vessel placement reference

Tools: baking paper + steaming tray

Placement: middle layer



steaming tray

 About 20 minutes

Tips

- Dumpling stuffing can be prepared in advance and refrigerated in the refrigerator so that it can be better shaped when making dumplings.
- Chinese cabbage is a winter vegetable, crisp and sweet, rich in fiber. It can promote gastrointestinal peristalsis and help digestion.



Auto Menu 28



Pork and Mushroom Steamed Buns

Ingredients

Dough

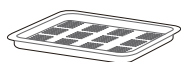
Ordinary flour 260g
Water about 135g
Dry yeast 3g
Sugar 30g
Salt 2g

Stuffing

Pork mince 200g
5-6 dried shitake mushrooms
1 chive
1 tablespoon of soy sauce
A little sugar
Salt the right amount

Vessel placement reference

Tools: baking paper + steaming tray
Placement: middle layer



steaming tray

🕒 About 25 minutes



Directions

- 1 Chop dried shitake mushrooms after soaking, wash and chop onions, put minced pork, shitake mushrooms and chives into a bowl, add light soy sauce, sugar and salt, stir in one direction and set aside.
- 2 Mix flour, yeast, sugar, salt and water to form a smooth dough.
- 3 Put the kneaded dough (with the cover of the kneading basin) on the steaming tray, then put it on the lower layer. Choose the intimate function Low Temp. Fermentation at 40 °C for about 40-50 minutes until the dough is about 2 times the original size. When the dough is filled with honeycomb holes, it has been fermented. Knead the dough again and fully knead the foaming inside.
- 4 Knead the dough into strips and cut it into small agents of about 40g.
- 5 Press the agent flat, then roll it out with a rolling pin into a dough with a thicker middle and thinner edges;
- 6 Put the right amount of meat stuffing into the dough, squeeze out a fold from one place, and then continue to squeeze the fold in one direction, until the edge of the crust is finished, the mouth is closed, and the steamed stuffed bun is born.
- 7 Spread a layer of baking paper (or wrapping paper) on the steaming plate and put the steamed buns on it neatly.
- 8 Put the food steaming tray in the middle layer of the shelf, close the furnace door, add water to the water box, select [🍲 Fermentation] at 40 °C, Time: 20 minutes, Start;
- 9 After waking up, select [🍲] auto menu 28 and start.
- 10 When the cooking is over, wait 5 minutes before opening the stove door, in case the steamed stuffed bun's skin shrinks seriously and affects its appearance due to an instant drop in temperature.





Auto Menu 29



Steamed Chicken with Sand Ginger Powder

Ingredients

Main materials

Yellow hair chicken(about 1000g)

Sand ginger 150g

Ingredients

Old ginger 3-4slices

Scallion (sliced) 2 sheets

Shaoxing wine 10g

Pepper powder 3g

Salt 6g

Seasoning

Grated ginger 10g Hot oil 25g

Chopped chives 10g Salt 1g

Vessel placement reference

Tools: Shallow dish + steamed tray



Placement: lower layer



shallow dish steaming tray

⌚ About 40 minutes

Directions

- 1 The chicken is firstly washed and dried by using a kitchen paper. Salt and wine are evenly smeared on the surface and internal part of the chicken, and little pepper powder should also be smeared to marinate for half an hour; sand ginger powder is evenly smeared to marinate for half an hour.
- 2 Select  Preheat function; preheat the oven at 100°C.
- 3 After finishing preheat, top up the water box. Ginger slice and scallion section are arranged on the disk and marinated chicken is placed on the dish and then placed on the steam tray; then, steam tray is placed in the lower layer of steam oven.
- 4 Select  Auto menu 29. Steam the chicken at 100°C for 30 minutes first. Then keep it in the oven for 10 more minutes.
- 5 Pour oil into a hot wok, then put ginger powder and cook it until gingers are light brown. Turn off the heat; then put minced garlic, salt and soy sauce in and stir.s.



Auto Menu 30



Steamed Pear with Rock Sugar

Ingredients

Pears 2 pieces
Rock sugar 50g
Water 1000g
Wolfberry 10g
Snow fungus 15g

Vessel placement reference

Tools: deep bowl + steamed tray
Placement: **lower** layer




bowl

steaming tray

🕒 About **60** minutes

Directions

- 1 Wash pears, remove the peel and the core, and cut into small pieces. Soak the wolfberry and snow fungus until soft.
- 2 Except the rock sugar, put the above-mentioned ingredients together in a large and deep wide-mouthed container, put the steaming tray on the lower level, select  auto menu 30, and start.
- 3 Voice prompt in the last 10 minutes: add rock sugar, stir evenly, continue heating until the cooking is over.





Auto Menu 31

Jujube and Ginger Juice Steamed Cake

Ingredients

Main materials

Red dates 500g
 Water (for red dates water) 800ml
 Rock sugar 300g
 Chestnut powder 150g
 Wolfberry 10g
 Water (for chestnut powder) 500ml

Ginger syrup

Ginger appropriate amount
 Water (for ginger juice) 40ml
 Rock sugar 100g
 Water 180g
 Chestnut powder 100g
 Water (for chestnut powder) 220ml

Vessel placement reference

Tools: Flat-bottomed deep plate
 + steaming tray

Placement: bottom layer



Flat-bottomed deep plate steaming tray

⌚ About 45 minutes

· In winter, eating red dates, Chinese wolfberry and ginger juice can increase energy, nourish blood and enhance the physique to resist the cold. The sweet taste of soft red dates, Chinese wolfberry and ginger juice cake is very warm.

Tips

- Brown sugar can be used instead of rock sugar.
- It is recommended to cover with cling film when cooking to prevent condensed water from dripping onto the surface of the food.

Directions

- 1 Wash red jujubes and remove their nuts. Add 800ml water and boil for half an hour. After cooking, squeeze the red jujubes dry and filter out the residue. Then add the water to the red jujubes and boil it until the sugar melts.
- 2 Soak Chinese wolfberry in cold water for a while.
- 3 Mix 150g chestnut powder with 500ml water.
- 4 Pour the boiled red jujubes sugar water into the chestnut powder water and stir quickly clockwise to make the red jujubes paste.
- 5 Peel the ginger and cut it into small pieces, then add 40ml water and beat to make ginger juice, then filter out the residue.
- 6 Pour the yellow rock sugar, ginger juice and 180ml water into the pot and boil it.
- 7 Mix 100g chestnut powder with 220ml water and pour into ginger syrup. Mix well quickly clockwise and mix into ginger syrup.
- 8 Brush a layer of oil in the deep plate, pour the red jujube paste into the plate, the paste is about 1cm thick, put the food on the steaming tray. Then put the steaming tray into the **bottom** layer of the oven, select auto menu 31, and start.
- 9 Pour in around 1cm thick layer of red jujubes paste into the deep plate, steam for 10 minutes to wait for the surface to solidify.
- 10 After hearing the beep sound, add the Chinese wolfberry, pour in the ginger paste of the same thickness, and steam for another 10 minutes.
- 11 After hearing the beep sound again, pour in a layer of red jujube paste and steam for 25 minutes.
- 12 Take out the Jujube and Ginger Juice Steamed Cake. Let it cool completely, remove the plate and cut into pieces to eat.



Auto Menu 32

Sweet Green Rice Ball

Ingredients

Main materials

Glutinous rice flour	300g
Wheat starch	45g
Sugar	20g
Red bean paste	200g
Wormwood	40g
Ice water	60g(for cooling) 40g(for dough)
Warm water	180g (about70-80°C)
Water	100g

Ingredients

Boiled water	45g
Lard oil	25g

Vessel placement reference

Tools: baking paper + steaming tray
Placement: middle layer



steaming tray

🕒 About 12 minutes and 30 seconds

Directions

- 1 Wash fresh wormwood leaves, put leaves and 100g water in a glassbowl, put it on the steaming tray, put in the middle layer of the steam oven, close the furnace door, fill the water box with water, select [🌀 Steam] function and cook for 4 minutes.
- 2 After cooking, quickly put the wormwood leaves into ice water to cool, then remove and squeeze out the water, beat it into mud with a blender (add a little water), stir and filter out the juice and set aside.
- 3 Add the wheat flour in the basin, pour in 45g boiling water and stir until there are no particles to make the dough.
- 4 In another bowl, pour glutinous rice flour, sugar and warm water and stir well. Add 40g cold water to knead the dough, then add the dough, finally add wormwood paste and lard to knead well.
- 5 Divide the kneaded green ball skin into 12 parts, about 30g/part, and bean paste, about 20g/part. Knead a green ball skin round and press it flat, knead it into a skin that is thick in the middle and thin around, put on the bean paste filling on it, tighten the skin to the middle, and rub it round.
- 6 Put baking paper on the steaming tray, then put the wrapped wormwood ball on it. Put the steaming tray into the middle layer of the steaming oven, fill the water box with water, select 🍲 auto menu 32, and start.
- 7 After cooking, take it out and enjoy.





BAKING





Auto Menu 33



Almond Tuiles

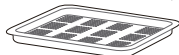
Ingredients

Low gluten flour	30g
Almond tablets	100g
Butter	15g
Egg white	100g
Sugar	80g

Vessel placement reference

Tools: baking paper + steaming tray

Placement: middle layer



steaming tray

🕒 About 27 minutes

Directions

- 1 Prepare all the ingredients, soften the butter at room temperature, and separate the egg white from the yolk.
- 2 Stir the egg white and sugar until the sugar melts.
- 3 Add the butter softened at room temperature to the egg white liquid and mix well, and set aside.
- 4 Put the almond slices in the oven, choose the 🌀 Convection function at 150 °C, bake for 3-4 minutes, bake until the surface is slightly colored, remove and set aside.
- 5 Add the sifted low-gluten flour and sliced almonds to the egg mixture and mix well.
- 6 Spoon the batter, one for every 5g, into a steaming tray covered with baking paper and spread out into a 5cm x 5cm square.
- 7 Select 🍷 auto menu 33, enter the preheating program, wait for the beep sound to remind you that the preheating is complete, put the steaming tray into the middle layer of the steaming oven and press the confirmation button to start cooking.
- 8 After baking, take out the food.

·Turning on the corresponding automatic function in advance and start the preheating program, can save waiting time.







Auto Menu 34

Cranberry Cookies

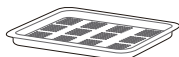
Ingredients

Low gluten flour	170g
Dried cranberries	50g
Milk powder	9g
Butter	125g
Stired egg	25g
Sugar flour	70g

Vessel placement reference

Tools: baking paper + steaming tray


Placement: middle layer



steaming tray

🕒 About 33 minutes

Directions

- 1 Prepare all the ingredients and soften the butter at room temperature.
- 2 Chop up dried cranberries.
- 3 Pour the powdered sugar into the softened butter and stir well with a manual egg beater. There is no need to whip up.
- 4 Add the egg liquid to the butter in 3 times, stir well with the butter each time, and then add the next time.
- 5 Add the dried cranberries and stir well, then add the sifted flour and milk powder, cut and mix with a scraper to make a batter without dry powder;
- 6 Put the batter on the cling film, put it into the biscuit mold, pour it out and put it in the refrigerator for about an hour.
- 7 Take out the frozen biscuits and cut them into slices about 5mm thick. If the biscuits are too hard, they can be heated at room temperature for a while and then cut;
- 8 The cut biscuits are spaced on the steaming tray covered with baking paper, select  auto menu 34, enter the preheating program, and wait for the beep sound to remind you to preheat. Put the steaming tray into the middle layer of the steaming oven and press the confirmation button to start cooking;
- 9 After cooking, take it out and enjoy.

·Turning on the corresponding automatic function in advance and start the preheating program, can save waiting time.



Auto Menu 35

Rye bread

Ingredients

Rye flour	100g
High gluten flour	200g
Salt	4g
Yeast	4g
Sugar	10g
Water	180g
Butter	10g

Vessel placement reference




Tools: baking paper + steaming tray

Placement: middle layer



🕒 About 32 minutes

Directions

- 1 Get all the ingredients ready;
- 2 Knead all ingredients (except butter) until smooth and elastic, add butter and knead until the mask is opened, put the dough into the oven, select  Fermentation
- 3 Divide the dough into 250g, round and relax for 10 minutes.
- 4 Form an olive shape and place it on a baking tray covered with baking paper.
- 5 Select  Fermentation at 30°C for 40 minutes; or ferment the dough twice the size.
- 6 Sprinkle powder on the surface and draw a few knife on the surface (8 mm in depth, unlimited in style)
- 7 Select  auto menu 35, enter the preheating program, wait for the beep sound to remind you that the preheating is complete, put the baking tray into the middle layer of the steaming oven and press the confirmation button to start cooking.
- 8 After cooking, take it out and enjoy.

·Turning on the corresponding automatic function in advance and start the preheating program, can save waiting time.







Auto Menu 36

Cranberry Bread

Ingredients

Dough

High gluten flour	200g
Whole wheat flour	25g
Fine salt	3g
Brown sugar flour	40g
Dry yeast	4g
water	125g
butter	20g

Stuffing

Cranberry	35g
Rum	15g

Vessel placement reference

Tools: baking paper + baking tray

Placement: middle layer



baking tray

⌚ About 25 minutes

Directions

- 1 Prepare all the ingredients and soak dried cranberries in rum one night in advance.
- 2 Add all the dough except butter to the mixing bucket of the chef's machine, knead it into a smooth dough that can pull out the film, add the butter softened at room temperature, and continue to knead to the expansion stage, you can pull out a relatively strong translucent film that is not easy to break.
- 3 Take out the kneaded dough, put it on the kneading mat, add wine-stained dried cranberries, knead it well, roll the dough, place it in a large bowl, cover with plastic wrap, select Fermentation at 30°C for 50 minutes; and ferment to 2-2.5 times the size.
- 4 The fermented dough dips the flour with its fingers in the hole of the dough without springback or collapse.
- 5 Take out the fermented dough, gently pat and exhaust it on the kneading mat, divide it into 4 parts on average, roll it round and cover it with cling film and relax at room temperature for about 20 minutes.
- 6 Take a piece of loose dough, face up, pat and flatten with the palm to make air out, fold the corners inward after turning, fold the last side inward, close the mouth tightly, turn over, and arrange the corners to be round.
- 7 Put the baking paper on the baking pad, arrange the bread in turn, select Fermentation at 30°C for 50 minutes; ferment it to 1.5 times, and then take it out.
- 8 Sprinkle a little high powder on the surface of the bread and quickly cut the pattern with a bag cutter.
- 9 Select auto function 36, enter the preheating program, wait for the tone to remind you that the preheating is complete, put the baking pan into the middle of the steaming oven and press the confirmation button to start cooking.
- 10 After cooking, take it out and enjoy.

·Turning on the corresponding automatic function in advance and start the preheating program, can save waiting time.

Tips

How to whisk egg white



STEP 1

Put the egg whites in a clean beating bowl, add 1/3 fine granulated sugar, and beat the egg white at a low speed with an electric beater until the egg white is in a coarse foamy state.



STEP 2

Add the remaining 1 beat 2 fine granulated sugar and beat the egg beater at medium and low speed until the egg whites are fine foam-like bubbles.



STEP 3

Add the remaining fine granulated sugar, beat the egg beater at high speed until the egg whites show lines that are not easy to disappear, and lift the egg head to show a large corner, which is called wet foaming.



STEP 4

The electric egg beater turns to medium speed and continues to beat until the egg white cream has an obvious sense of resistance. Lift the egg whites, and the egg whites show upright small sharp corners. This stage is called dry foaming.



How to whisk the butter

- STEP 1** Cut the butter into small pieces or slices and soften it to ointment in an environment of about 25 °C (room temperature). Gently press with your finger to leave a mark, which is the most suitable condition.
- STEP 2** Use an electric egg beater to whisk the butter slightly at a low speed until the color becomes lighter.
- STEP 3** Add fine sugar or powdered sugar, beat the butter and sugar with an electric egg beater at low speed and beat at medium speed; the butter will become lighter in color and larger in volume.
- STEP 4** When the size of the butter paste becomes larger and lines appear, turn the electric egg beater to a high speed, and finish it when the butter is light and fluffy and the color is white.



STEP 1



STEP 2



STEP 3



STEP 4

Fermentation skill of yoghurt

[Milk selection]

Use pure milk, normal temperature milk or pasteurized milk. Adding some milk powder will make the texture of yogurt more mellow.

[Fermenter selection]

It is recommended to use lactic acid bacteria powder, which is easy to operate, stable and mild in taste. You can also introduce or use Kefir granules with finished yogurt according to your personal preference.

[Container disinfection]

The bacteria in the container may affect the quality of yogurt, so be sure to do a good job of disinfection and sterilization. The easiest way is to scald it with boiling water.

[Refrigerated taste]

Put the yogurt in the refrigerator for more than 8 hours, and the yogurt will become thicker and more fragrant.

[Adjust acidity]

If you think the home-brewed yogurt is too sour, you can choose low acidity bacterial powder, or under the premise of yogurt solidification, shorten the fermentation time and eat it as soon as possible. It is also a good idea to add honey, jam or cereal before eating.

Ingredients

Plain yogurt 200g

Milk 200g

Practice

- 1 Mix plain yogurt and milk in a large bowl
- 2 Place the bowl on the baking pan; put the pan in the lower layer of the oven. Close the oven door.
- 3 Select Fermentation. function; set the time to 8 hours and start.
- 4 Enjoy healthy home-made yogurt when it is finished.





Fermentation skills of dough

[Yeast]

In a suitable range, the more yeast is used, the faster the fermentation speed is; on the contrary, the opposite is true. The yeast stored improperly or stored for too long has dark color, low fermentation power and slow fermentation speed.

[Water temperature]

If you make a dough at room temperature with warm water at 40 °C and flour, the temperature of the dough will be 27 °C, which is the most suitable for yeast multiplication. If the water temperature is too high, the yeast can be easily killed by the hot water. If the water temperature is too low, the yeast multiplies too slowly.

[Salt and sugar]

Generally speaking, adding 2 ~ 3g of salt to 500g of flour is beneficial to the growth and development of yeast. The use of sugar, which accounts for about 5% of the dough, can provide nutrition for yeast reproduction and speed up yeast reproduction. But be careful not to use too much sugar and salt.

[Temperature]

The general requirement is 28 °C ~ 30 °C, which can be adjusted by increasing or decreasing the water temperature used for mixing noodles. When the room temperature is about 20 °C in spring, the water temperature can be controlled at 35 °C ~ 40 °C. When the room temperature is above 30 °C in summer, the water temperature can be controlled at 13 °C ~ 15 °C.

[Sign of dough fermentation maturity]

The top of the dough bulges and feels dry. The dough is naturally elongated by hand, then slowly retracted after letting go. At this time, the dough is full of pores and gives off the aroma of wine.



#Details**Matter**