

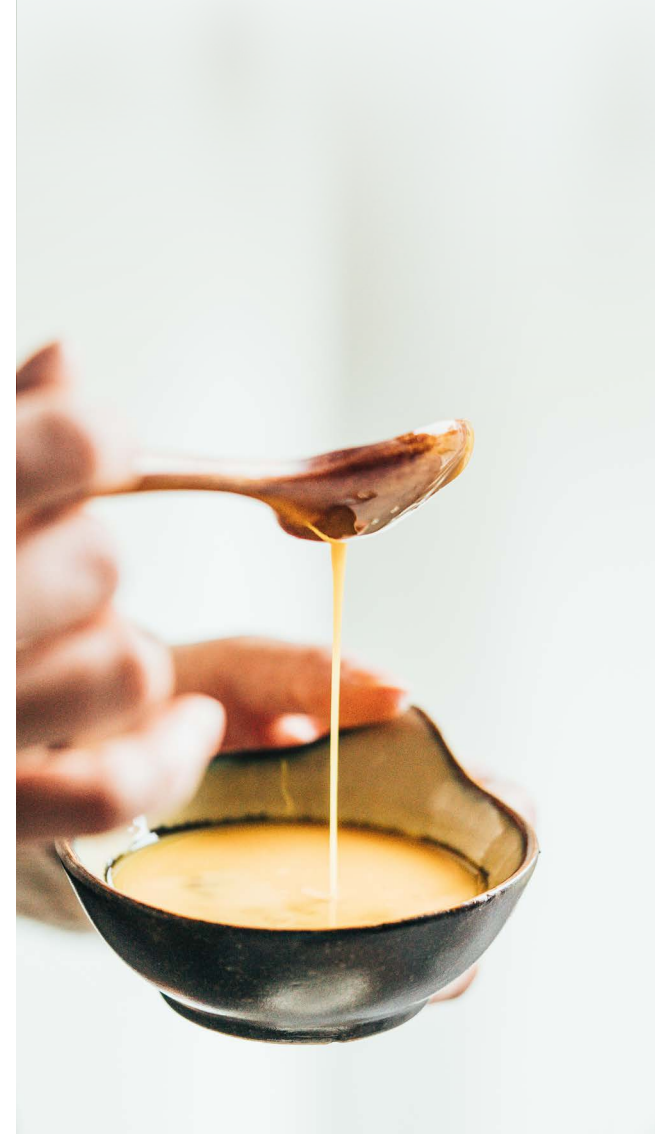
**TOSHIBA**

邂逅  
—  
東芝

東芝 | 蒸、焗、炸、微波：4合1微波蒸焗爐



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。

### 過熱水蒸氣

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。

## 面團發酵技巧

- 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°C 左右的溫水和麵，製成的麵團溫度為 27°C 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°C ~ 30°C，可通過提高或降低和麵用的水溫來調節。春天室溫在 20°C 左右時，水溫可控制在 35°C ~ 40°C。夏季室溫在 30°C 以上時，水溫可控制在 13°C ~ 15°C。
- 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。





## 如何打發蛋白

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。



## 如何打發牛油

step 1  
將牛油切成小塊或片狀，放在 25°C 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

不必跨過山和大海，  
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

氣炸更健康，烤焗也能達到油炸的香脆口感，麵包糠的蝦仁還鮮嫩鮮嫩的哦。



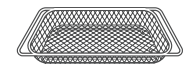
## 空氣炸

200℃

7 分鐘

2 人份

## 炸籃 + 下層



## 主料

黑虎蝦 約 400g

## 輔料

麵粉	50g
雞蛋	110g (兩隻)
黃色麵包糠	100g
植物油	20g
黑胡椒粉	0.5g
食鹽	1g

1 準備好所有食材

2 醃製蝦

鮮蝦去頭去殼（留尾），去蝦線，在蝦的腹部劃幾刀，切斷內部的筋，放入碗中，加入黑胡椒粉和鹽抓勻醃製 5 分鐘。

3 準備另外 1 個大碗，倒入 100g 麵包糠和 20g 植物油混合均勻。再準備另外 1 個碗，磕入 2 個雞蛋，打散並攪拌均勻。

4 裹麵包糠

用手抓著醃製好的蝦尾，在蝦肉表面裹上一層麵粉，把多餘的麵粉抖掉，再沾上一層雞蛋液，最後裹上一層麵包糠（可以用手輕輕壓一下，讓麵包糠可以更好的裹在蝦的表面），排放在墊有油紙的炸籃上。

5 烤焗

將炸籃置於下層，關上爐門，> 選擇【炸蝦天婦羅】菜單烤 7 分鐘。

6 烹飪完成

烘烤結束後，取出裝盤食用。



# 日式吉列豬扒

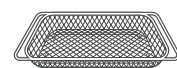
試試你就知道多美味了！  
免油炸，比傳統的油炸方式更加健康低脂，做法簡便



## 空氣炸

🔥 220℃  
⌚ 25 分鐘  
👤 4 人份

## 炸籃 + 下層



## 主料

豬梅肉 500g

## 輔料

麵粉 50g  
雞蛋 100g  
黃麵包糠 100g  
油 10g  
黑胡椒 4g  
鹽 5g

## 1 準備好所有食材

## 2 醃制豬肉

豬梅肉洗淨，切成厚度約 2cm 的大片，用廚房紙吸乾多餘水分，用松肉錘鬆，放入大碗裡，加入鹽、黑胡椒醃制 20 分鐘。  
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。

## 3 裹麵包糠

醃制好的豬梅肉依次沾上麵粉、蛋液和麵包糠，放在墊了烘焙紙的烤盤上。

## 4 烘烤

將炸籃置於下層，關上爐門，選擇【日式吉列豬扒】菜單烤 25 分鐘。

## 5 烹飪完成

烘烤結束後，取出，放涼切件食用。



# 香烤秋刀魚

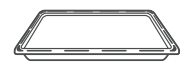
香氣十足，一點都不腥。  
燒烤季怎能少了秋刀魚，用檸檬汁調味的秋刀魚



## 烤焗

🔥 200℃  
⌚ 15 分鐘  
👤 3 人份

## 烤盤 + 上層



## 主料

秋刀魚 300g

## 輔料

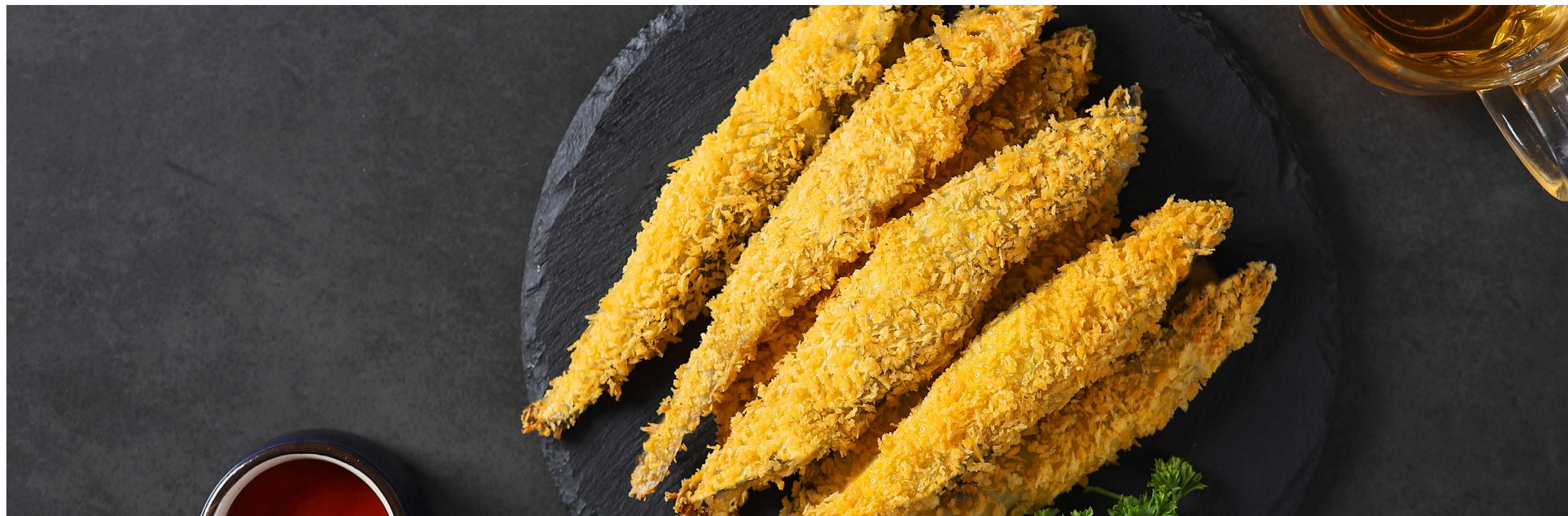
檸檬 50g  
食用油 15g  
料酒 5g  
孜然粉 2.5g  
黑胡椒碎 1g  
白砂糖 5g  
鹽 2g  
燒烤汁 10g

- 1 準備好所有食材
- 2 醃製魚  
取半個檸檬切片。秋刀魚去除內臟洗淨後，在魚身上劃花刀，加入擠好的半個檸檬汁和料酒醃製 10 分鐘。
- 3 製作醬汁  
準備一隻碗，加入鹽、燒烤汁、白砂糖、料酒、黑胡椒碎混合均勻做成醬汁備用。
- 4 秋刀魚兩面刷食用油和醬汁。烤盤墊油紙，底部先鋪幾片檸檬，再擺放秋刀魚，表面再放檸檬片。
- 5 預熱 & 烘烤  
選擇【香烤秋刀魚】菜單開始預熱，預熱結束後，烤盤置於上層，關上爐門，烤 15 分鐘。倒計時剩餘 5分鐘時，打開爐門翻面，表面再刷一層醬汁，烤完剩餘時間即可。
- 6 烹飪完成  
烘烤結束後，取出，裝盤食用。



# 脆烤多春魚

真的非常簡單，非常好喫！  
簡單的脆烤多春魚就成了全家至愛，香嫩滑口



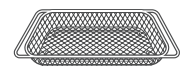
## 空氣炸

🔥 230℃

🕒 20 分鐘

👤 2 人份

## 炸籃 + 下層



## 主料

多春魚 250g

## 輔料

粟粉 50g

雞蛋 50g

油 15g

黃麵包糠 80g

白胡椒粉 1g

食用鹽 2g

1 準備好所有食材

2 醃製多春魚

雞蛋打散備用，粟粉 倒入碟中備用，黃麵包糠加入油攪拌均勻備用，多春魚洗乾淨，瀝乾水分，加入鹽、白胡椒粉醃製 15 分鐘備用。

3 裹麵包糠

醃製好的多春魚均勻裹上蛋液，再沾上一層 粟粉，最後再裹一層混了油的麵包糠，放在墊了烘焙紙的炸籃上。

4 烘烤

將炸籃置於下層，關上爐門，點擊【脆烤多春魚】菜單烤 20 分鐘。

5 烹飪完成

烘烤結束後，取出，即可食用。



# 日式茶碗蒸

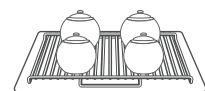
方便快捷的日式營養餐食。  
葷素搭配出的珍饈，營養又美味！



## 蒸氣

100℃  
20 分鐘  
4 人份

## 茶碗 | 蒸烤架 + 平板



## 主料

乾香菇	12g
雞胸肉	100g
雞蛋	120g
虎蝦仁	32g
香蔥	10g

## 輔料

水	400g
日式醬油	10g
清酒	5g
日式味淋	10g
鹽	5g

- 準備好所有食材  
香蔥切末、乾香菇泡發備用。
- 醃制蝦仁  
蝦仁洗淨，抽出蝦線，雞胸肉去筋，均勻切開 4 片，雞胸肉加入 5g 清酒和 5g 日式醬油醃制 5 分鐘左右。
- 雞蛋充分攪拌均勻後，加入 400 g 水、5 g 日式醬油、10 g 日式味淋和 5 g 鹽混合均勻。
- 蒸煮  
水盒裝滿水，準備 4 個茶碗蒸專用的茶碗，每個茶碗裡面都放入香菇、雞胸肉和蝦仁各 1 個，然後雞蛋液過濾篩，倒入茶碗至 8 分滿。蓋上茶碗蓋，把茶碗全部放在蒸烤架上，蒸烤架放入爐內平板上，關上爐門，選擇 **【日式茶碗蒸】菜單烹飪** 20 分鐘。
- 烹飪完成  
烹飪結束後，取出，開蓋撒入適量香蔥末即可。



# 玉子豆腐蒸蝦仁

鮮蝦的Q彈和豆腐的滑嫩，共同構成了這道佳餚。  
口味清淡，每吃一口都能口齒留香。



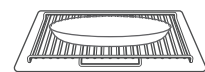
## 蒸氣

100℃

10 分鐘

3 人份

## 碟子 | 蒸烤架 + 平板



## 主料

日本豆腐	400g
鮮蝦	100g

## 輔料

粟粉	3g
青豆	40g
水	30g
生抽	8g
料酒	3g
鹽	2g

## 1 準備好所有食材

## 2 醃製蝦

鮮蝦清洗後挑出蝦線去除表殼，洗淨、每隻蝦平均切成 2 段，蝦仁加入鹽和料酒醃一下。

## 3 用刀把日本豆腐從中間切開，分成兩段後拎起包裝底部，輕輕把豆腐放到砧板上，切成約 2 cm 厚度。切好的日本豆腐放在淺盤上，豆腐表面各放一段蝦仁，並擺上青豆點綴，撒上少許鹽調味。

## 4 蒸煮

水箱裝滿水，將裝有食物的淺碟放在蒸烤架上，蒸烤架放入爐內平板上，關上爐門，選擇【玉子豆腐蒸蝦仁】菜單烹飪 10 分鐘。

## 5 烹飪完成

烹飪結束後，取出，把盤中蒸出來的水分倒入碗中，加少許粟粉調均勻（如果水分過少，可適量添加少許冷水），加入少許生抽，微波 1000W 火力加熱 1 分鐘，趁熱澆在蒸好的豆腐蝦仁上。



# 漢堡扒

肉餅表面輕微上色，香氣四溢。可以搭配漢堡，也可以沾上番茄醬直接喫，都非常美味。



## 烤焗

220℃  
20 分鐘  
4 人份

## 烤盤 + 下層



## 主料

洋蔥 200g  
五花肉餡 200g  
牛肉餡 200g

## 輔料

牛奶 45g  
雞蛋液 30g  
麵包糠 30g  
牛油 10g  
植物油 5g  
胡椒粉 1g  
食鹽 2g  
肉豆蔻粉 1g

1 準備好所有食材

2 煮軟洋蔥

洋蔥切碎，放入微波適用盤中，加入牛油，加蓋留孔，放入爐內平板中，選擇【微波】W，加熱 2分鐘，讓洋蔥煮軟，取出放涼備用。

3 牛奶倒入麵包糠中，混合均勻。

4 製作肉餡

兩種肉餡放入大碗中，先調入食鹽，混合均勻，揉至出膠狀，然後加入煮軟的洋蔥碎、牛奶麵包糠混合物、蛋液、肉豆蔻粉和胡椒粉，混合均勻。  
混合均勻的肉餡平均分成 4 等份，搓圓，揉成 1 cm 的圓形，中心稍稍壓扁。  
烤盤表面刷一層植物油，把肉餅排放在烤盤上，然後在表面再刷一層植物油。

5 預熱 & 烘烤

選擇【漢堡扒】菜單開始預熱，預熱結束後，烤盤置於下層，關上爐門，烘烤 2 分鐘。

6 烹飪完成

烘烤結束後，取出裝盤即可。



# 土豆燉肉

兩種常見食材的相遇成就了經典美味。燜好的肉塊  
醬汁鮮美濃鬱，土豆酥軟，含有微量元素、氨基酸、  
蛋白質、和優質澱粉等營養元素。



## 微波

🔥 高火轉中火

🕒 1 小時 10 分鐘

👤 5 人份

砂鍋 / 微波深口大碗 +  
平板



## 主料

土豆	500g
牛後腿肉	500g

## 輔料

乾辣椒	3g
薑片	15g
水	500g
植物油	16g
醬油	20g
豆瓣醬	25g
料酒	20g
八角	3g
花椒	2g
白糖	5g
鹽	4g

## 1 準備好所有食材

## 2 醃制牛肉

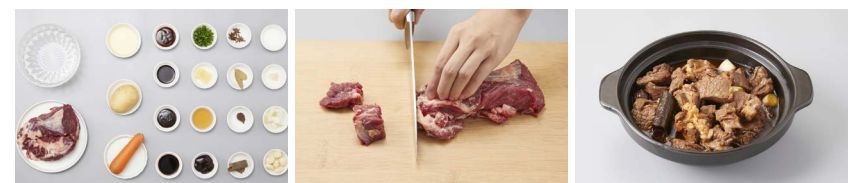
土豆洗淨去皮，切 3 cm 大小的塊，牛後腿肉剝約 3 釐米大小的塊，準備一隻大碗，放入土豆塊和牛肉，調入植物油、醬油、白糖、料酒、豆瓣醬、乾辣椒、鹽、花椒和八角，醃制 10 分鐘。

## 3 烹飪

微波適用寬口深容器中加入醃製牛肉、土豆塊、薑片和水，加蓋留孔，放入平板中，選擇【土豆燉肉】菜單烹飪 1 小時 10 分鐘。

## 4 烹飪完成

烹飪結束後，取出即可食用。





## 開胃鮮肉

不再需要和油煙共處，  
只需簡單處理和等待，  
即可做出成就感滿滿  
的美味料理。  
烹飪的樂趣，  
在於它的無限可能。





# 蜜糖雞中翼

## 烤焗

🔥 200℃  
🕒 24 分鐘  
👤 4 人份

## 烤盤 + 下層



這款蜜汁雞中翅使用 烤焗 的方式烹飪，外香內嫩，好吃到停不下來。

## 主料

雞中翼 500g

## 輔料

大蒜粉 5g  
生抽 15g  
蠔油 30g  
料酒 30g  
蜜糖 30g

- 1 準備好所有食材
- 2 醃製雞翼  
雞翼洗淨，用廚房紙吸乾水分，加入所有調味料拌勻醃製 3-4 小時。
- 3 預熱 & 烤焗  
醃製好的雞翼放在墊有烘焙紙的烤盤上（用廚房紙吸掉表面多餘的醃料汁，避免烤焦）。  
選擇【蜜糖雞中翼】菜單開始預熱，預熱結束後，烤盤置於下層，關上爐門，烤 24 分鐘。
- 4 烹飪完成  
烘烤結束後，取出裝盤食用。



# 黑椒牛扒



## 烤焗

🔥 230°C  
🕒 7 分鐘  
👤 4 人份

## 烤盤 + 上層



煎牛扒看似簡單，但對火候的掌握有著嚴格的要求。  
牛扒輔以黑椒和海鹽，烘托出牛肉的鮮甜細膩，回味無窮。

## 主料

牛扒 500g  
(約 2 塊、2.5cm 厚)

## 輔料

沙拉油 15g  
黑胡椒碎 4g  
海鹽 4g

- 1 準備好所有食材  
牛扒建議購買厚度約 2.5cm。
- 2 牛排解凍  
冷凍牛扒不要拆真空袋，提前放在常溫水中自然解凍。
- 3 醃製牛扒  
解凍後，拆開包裝，用廚房紙吸乾牛扒表面水分。在牛扒上撒上黑胡椒碎、海鹽醃製 10 分鐘。
- 4 選擇【黑椒扒】菜單開始預熱。烤盤表面刷一層油，將醃好的牛扒擺進烤盤中，表面刷一層橄欖油。(烤盤不墊油紙或者錫紙，烤出來的效果更加好)
- 5 烤焗  
預熱完成後，裝有食物的烤盤置於上層，烤 7 分鐘。倒計時剩餘 3 分鐘時，打開爐門，快速翻面，烤完剩餘時間即可。
- 6 烹飪完成  
烤焗結束後，取出，靜置 3 分鐘左右，切塊食用，可以根據個人口味，沾上黑椒醬一起食用。





我們在西餐廳點牛扒，總會遇到生熟程度的選擇，在家如何烹調一塊極品牛排呢？首先要會判斷牛排的生熟程度，以厚度 3cm 的西冷牛扒為例，作生熟程度的分析：

	<p><b>一分熟 Rare</b></p> <p>外觀：外表有焦痕，內部呈血紅色，中心血紅色部分約佔整塊牛排 75% 的體積。</p> <p>口感：入口微涼，由於生肉比例較多，略微難以咀嚼。</p>
	<p><b>三分熟 Medium Rare</b></p> <p>外觀：外表有焦痕，內部有少許粉紅色，中心血紅色部分約佔整塊牛排 50% 的體積。</p> <p>口感：入口溫熱，中心柔、嫩、順滑，能感受到肉汁在嘴中逐漸化開的過程。</p>
	<p><b>五分熟 Medium</b></p> <p>外觀：外表有焦痕，內部完全呈粉紅色。</p> <p>口感：入口溫熱，柔軟度均勻，肉汁豐富。</p>
	<p><b>七分熟 Medium Well</b></p> <p>外觀：外表有焦痕，內部呈淡褐色，中心有淡淡粉紅色。</p> <p>口感：入口微燙，柔軟度適中，稍具韌性。</p>
	<p><b>全熟 Well Done</b></p> <p>外觀：外表有焦痕，呈深褐色；內部全部呈褐色；由於汁水流失，牛排體積縮水變小。</p> <p>口感：燙口，無肉汁，肉質柴且硬。</p>

吃牛扒當然離不開黑胡椒醬，嫩烤的牛扒佐以親手熬製的黑胡椒醬，原來在家 裡也能有西餐廳主廚般的出品！！

<b>配料</b>	
洋蔥	10g
大蒜	5g
牛油	5g
黑胡椒碎	5g
番茄沙司	15g
蠔油	15 ml
糖	2g
鹽	2g

- 做法**
- 將洋蔥和大蒜切成碎末。
  - 將牛油放入平底鍋中融化成液體。
  - 把洋蔥碎和大蒜末放入鍋中翻炒，至洋蔥變軟變透明，有香味。
  - 將黑胡椒碎倒入，快速翻炒，炒出香味。
  - 鍋中倒入適量水，沒過食材即可，轉小火煮至沸騰。
  - 倒入番茄沙司、蠔油、糖和鹽，繼續小火煮制。
  - 煮的過程中要不停攪動翻炒，以免糊鍋，煮至湯汁變濃稠後即可。

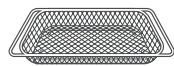
# 椒鹽烤蝦



空氣炸

200℃  
9 分鐘  
2 人份

炸籃 + 上層



想做出美味的椒鹽蝦，需選用活蝦烹製，外殼鹹香，內裡肉質軟嫩鮮美，且易於消化，是夏日裡絕佳的下酒菜。

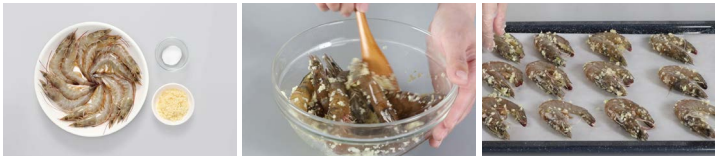
## 主料

沙蝦 400g

## 輔料

蒜蓉 15g  
玉米油 7g  
料酒 7g  
椒鹽 7g  
白糖 4g  
鹽 2g

- 準備好所有食材
- 醃製蝦  
沙蝦洗淨，剪掉蝦須，去除蝦線，放入大碗中，加入蒜蓉、料酒、玉米油、鹽、白糖、椒鹽一起攪拌均勻，醃製 30 分鐘。
- 預熱 & 烤焗  
選擇【椒鹽烤蝦】菜單開始預熱，把醃製好的蝦擺放在墊了錫紙或烘焙紙的炸籃上，預熱完成後，將炸籃置於上層，烤 9 分鐘。
- 烹飪完成  
烤焗結束後，取出食用。





# 韓式烤魷魚

## 烤焗

🔥 230℃

🕒 7 分鐘

👤 3 人份

## 烤盤 + 上層



說到韓式烤魷魚，不少人會被它明艷的色澤所吸引，聞着醬香濃郁，入口彈韌勁道，辣味十足，讓人慾罷不能。

## 主料

魷魚鬚 750g

## 輔料

白芝麻 5g

芝麻油 20g

韓式辣椒醬 20g

蒜泥 8g

辣椒粉 8g

白糖 15g

1 準備好所有食材

2 醃製魷魚

魷魚鬚清洗乾淨，切成條狀，用滾水稍微焯一下水，瀝乾水分後，加入所有輔料攪拌均勻。

3 預熱 & 烤焗

選擇【韓式烤魷魚】菜單開始預熱，魷魚鬚平鋪在墊有錫紙的烤盤上，預熱完成後，裝有食物的烤盤置於上層，烤 7 分鐘。

4 烹飪完成

烤焗結束後，取出食用。





# 蘿蔔炆牛腩

## 微波

- 🔥 高火轉中火
- 🕒 1 小時 10 分
- 👤 5 人份

砂鍋 / 微波深口大碗 + 平板



牛腩與白蘿蔔一起燉煮，恰好起到了寒熱中和的效果，相得益彰，最適合秋冬時節進補，濃濃的牛肉原汁，還有蘿蔔自身的甜味，滋味無窮。

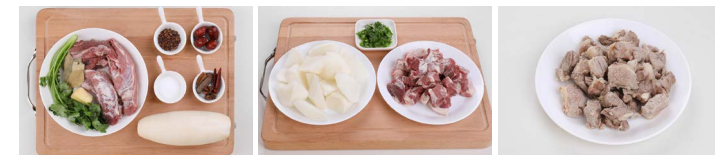
## 主料

白蘿蔔	500g
牛腩	500g

## 輔料

桂皮	2g
乾辣椒	3g
薑片	15g
香菜	10g
紅棗	10g
水	400g
八角	2g
花椒	5g
香葉	2g
鹽	3g

- 1 準備好所有食材  
牛腩切塊狀，白蘿蔔去皮切成滾刀塊狀，香菜切碎。
- 2 牛腩先用水洗淨，再放清水中浸泡 2 個小時左右去除血水，撈起牛腩塊用滾水汆水。
- 3 烹飪  
準備 1 個微波適用的大砂煲，把牛腩放入煲裡，加入適量的清水（沒過牛腩表面），把八角、香葉、桂皮、乾辣椒、花椒、薑片、紅棗也放進去。  
選擇【蘿蔔炆牛腩】菜單烹飪 1 小時 10 分鐘，倒計時剩餘 30 分鐘時，取出加入蘿蔔塊，繼續烹飪至結束。
- 4 烹飪完成  
烹飪結束後，取出，夾掉香料，調入鹽調味，撒上香菜即可。



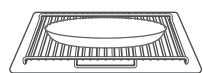


# 剁椒魚頭

蒸氣

100℃  
20 分鐘  
4 人份

碟子 | 蒸烤架 + 平板



剁椒魚頭是傳統名菜之一，用新鮮的魚頭與火紅的剁椒一起蒸熟，淋上熱油，剁椒鹹香鮮辣的滋味撲鼻而來，魚頭肥美而不膩，讓人喫過就欲罷不能。

## 主料

大魚頭 600g

## 輔料

蒜 10g  
香蔥 5g  
薑末 5g  
米酒 15g  
食用油 15g  
蠔油 5g  
剁椒 100g  
白胡椒粉 1g  
白糖 2g  
鹽 1g

## 1 準備好所有食材

## 2 醃制魚頭

魚頭清洗乾淨，用米酒、鹽、白胡椒粉，醃制 10 分鐘。薑蔥切末，香蔥切蔥花。

## 3 炒制醬料

剁椒 瀝乾多餘的水分，燒熱鍋後，下 1 勺油，再下薑末炒香，接著下剁椒繼續翻炒，最後加入蠔油、白糖、白胡椒粉拌勻，熄火盛起備用。

## 4 蒸制

水盒裝滿水，先在碟子底部墊上兩根筷子，再把魚頭放上去，將炒好的剁椒均勻地鋪在魚頭上。

碟子放在蒸烤架上，蒸烤架置於下層，選擇【剁椒魚頭】菜單蒸 20 分鐘。

## 5 烹飪完成

烹飪結束後，取出倒掉多餘的湯汁，抽出筷子，撒上蔥花淋上熱油即可。





# 辣味豬手

## 微波

🔥 高火轉中火

🕒 1 小時 10 分

👤 5 人份

砂鍋 / 微波深口大碗 +  
平板



豬手含有豐富的膠原蛋白，是難得的營養食物，但不少人因其油膩而敬而遠之。這次就讓我們換一種新吃法吧。

## 主料

豬手 1000g

## 輔料

桂皮	1g
辣妹子	10g
乾辣椒	6g
蒜	20g
香蔥	20g
姜	20g
豆瓣醬	20g
八角	2g
乾花椒	2g
香葉	2g
冰糖	20g
草果	2g
清水	600g
米酒	15g
生抽	20g
老抽	2g
辣椒粉	5g
鹽	1g

1 準備好所有食材

2 豬手斬成小塊洗淨，瀝水。

3 烹飪

在砂鍋裡放入所有食材，清水沒過豬手。

蓋上蓋子，留小孔出氣。放入爐內平板上，關上爐門，選擇【辣味豬手】菜單烹飪 1 小時 10 分鐘。

4 烹飪完成

烹飪結束後，取出擺盤。





# 川式焗銀鱈魚



## 烤焗

- 230℃
- 10 分鐘
- 2 人份

## 烤盤 + 上層



一款中式與西式相碰撞的創意料理，鮮香微辣，肉質鮮嫩。

## 主料

銀鱈魚 250g

## 輔料

新鮮迷迭香 20g  
小紅辣椒 15g  
蒜 10g  
乾蔥頭 10g  
薑 10g  
茺茜 20g

## 調味料

辣鮮露 15g  
燒汁 5g  
橄欖油 30g  
蜜糖 10g  
鹽 3g  
生抽 10g  
乾花椒 3g  
乾辣椒 5g

## 芒果醬汁

芒果蓉 150g  
乳酪 50g  
檸檬汁 3g

- 準備好所有食材  
銀鱈魚提前自然解凍。
- 調製醃魚料  
將所有輔料切碎與調味料混合，攪拌均勻調成醃魚料。
- 醃製魚  
解凍後的銀鱈魚，用廚房紙吸乾水分，放入醃魚料醃製 4 小時後再取出，用廚房紙吸乾水分，放在墊有錫紙的烤盤中，刷上橄欖油及放上迷迭香。
- 預熱 & 烤焗  
選擇【川式焗銀鱈魚】菜單開始預熱，預熱完成後，將裝有食物的烤盤置於上層，烤 10 分鐘。
- 烹飪完成  
烤焗結束後，取出擺盤，搭配由芒果蓉、檸檬汁、乳酪混合而成的芒果醬汁食用即可。





# 東北醬骨架

## 微波

- 🔥 高火轉中火
- 🕒 1 小時 10 分
- 👤 5 人份

砂鍋 / 微波深口大碗 + 平板



剛出爐的醬骨架鹹香撲鼻，骨香肉爛，鮮香而不膩，可以盡情享受大口吃肉的暢快。

## 主料

豬脊骨 1000g

## 輔料

八角 2 個  
桂皮 1g  
草果 1 個  
豆蔻 2 個  
乾花椒 2g  
京蔥白 3 段  
薑 4 片  
鹽 2g  
豆瓣醬 10g  
生抽 20g  
老抽 2g  
黃豆醬 30g  
冰糖 20g  
清水 1000g  
( 浸沒豬脊骨為準 )

## 1 準備好所有食材

## 2 烹飪

把豬脊骨清洗乾淨並瀝水，在砂鍋裡放入所有輔料，蓋上鍋蓋，留小孔出氣。  
放入爐內平板上，關上爐門，選擇【東北醬骨架】菜單烹飪 1 小時 10 分鐘。

## 3 烹飪完成

烹飪結束後，取出擺盤。

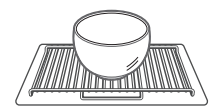


# 檸檬酸辣鳳爪

蒸氣

100°C  
30 分鐘  
5 人份

玻璃碗 | 蒸烤架 + 平板



炎炎夏日的打開方式，酸鹹開胃，吃到停不下來。

## 主料

鳳爪	500g
檸檬	4 片
茺茜	適量
清水	500g
冰水	適量
香葉	1 片
八角	1 個
乾花椒	1g
米酒	10g
薑	2 片

## 輔料

檸檬汁	5g
小米椒圈	5g
蒜末	20g
生抽	20g
鹽	1g
老抽	1g
辣椒油	10g
糖	5g
陳醋	15g
白醋	2g
果醋	15g

## 1 準備好所有食材

鳳爪洗淨去掉指甲，砍成兩半。  
將輔料倒入碗中混合，攪拌均勻調成調料備用。

## 2 蒸制

水盒加滿水，在玻璃碗中放入洗淨的鳳爪和其他主料，再倒入清水，放入腔體平板中，關上爐門，選擇【檸檬酸辣鳳爪】菜單烹飪 30 分鐘。

## 3 烹飪完成

烹飪結束後取出，把鳳爪沖洗乾淨並放進冰水裡浸泡至涼。  
撈出瀝乾水分，倒入調料，放入檸檬和香菜攪拌均勻，封保鮮膜冷藏 4 小時以上。





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，最是撫慰身心。



# 蒸娃娃菜

娃娃菜清甜軟嫩，搭配特有的蒜香，好吃又健康。



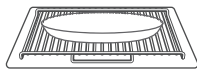
## 蒸氣

100℃

13 分鐘

2-3 人份

碟子 | 蒸烤架 + 平板



## 主料

娃娃菜 400g

## 輔料

蒜頭 38g ( 約 5 瓣 )

生抽 7g

蠔油 7g

植物油 20g

鹽 1g

小米辣 6g ( 1 根 )

- 準備好所有食材  
將娃娃菜掰開，洗淨。
- 醬汁  
蒜頭和小米辣切末，蒜末中拌入生抽、蠔油、植物油和鹽調配成醬汁備用。
- 蒸制  
水盒裝滿水，將娃娃菜平鋪在陶瓷碟中，淋上醬汁，把碟子放在蒸烤架上，蒸烤架放入爐內平板上，關上爐門，選擇【**蒸娃娃菜**】菜單烹飪 13 分鐘。
- 烹飪完成  
烹飪結束，取出即可享用。



# 清蒸檸檬鱸魚

鱸魚肉嫩味鮮甜，而清蒸能最大程度帶出鮮味，加上檸檬的酸味，兩者混合一起，別有一番風味。



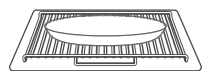
## 蒸氣

100℃

15 分鐘

3 人份

## 碟子 | 蒸烤架 + 平板



## 主料

鱸魚 500g

## 輔料

紅彩椒 20g

香蔥 20g

薑 45g

檸檬 45g

植物油 15g

鹽 3g

## 1 準備好所有食材

將檸檬分別切出 2-5 片 0.2cm 厚的薄片留用，剩下的檸檬擠壓出檸檬汁於碗中備用。將蔥白和青蔥分切開來，蔥白留用，青蔥切成細絲。薑切片。紅甜椒切開去籽，切成細絲，備用。

## 2 醃製魚

鱸魚處理乾淨後，在魚背上順著魚脊骨劃一刀。取 3g 鹽，在魚身內、外側塗抹均勻。接著淋上檸檬汁，醃製 10 分鐘。

## 3 蒸制

將蔥白段平鋪在魚盤底部，再放上魚，薑片均勻地平鋪在魚身上。

\* 不同重量，烹飪時間有差異，建議按照食譜選擇魚的重量。

水盒裝滿水，魚盤放在蒸烤架上，蒸烤架放入爐內平板上，選擇【清蒸檸檬鱸魚】菜單烹飪 15 分鐘。

## 4

### 烹飪完成

烹飪結束後，取出蒸好的魚，去除薑片和蔥白段。在魚身上鋪上提前準備的蔥絲和彩椒絲做點綴，澆上熱油後，用切好的檸檬片做裝飾，即可食用（也可以依個人喜好，加入少許蒸魚豉油一起食用）。



# 清蒸大閘蟹

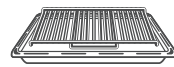
大閘蟹的蟹肉鮮甜，用蒸的方式更大程度地保留了營養和原味。



## 蒸氣

100℃  
18 分鐘  
3 人份

蒸烤架 | 烤盤 + 下層



## 主料

大閘蟹 600g

## 輔料

生薑 40g  
芝麻油 2g  
香醋 20g  
生抽 10g  
白糖 15g

## 1 準備好所有食材

\* 蟹的數量可適當調整。

## 2 蒸制

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烤架上，蒸烤架放在烤盤上，放置於下層，選擇【清蒸大閘蟹】菜單烹飪 18 分鐘左右至全熟。

\*單只 2兩 (約 100 克) 左右的蟹，蒸 16分鐘左右，如果是其它類型個頭比較大的蟹，建議稍微延長時間。

## 3 準備醬汁

薑磨成薑蓉，放入碗中，加入香醋、生抽、白糖、芝麻油拌勻，做成薑醋汁。

## 4 烹飪完成

烹飪結束後，將蒸熟的大閘蟹取出，拆開取肉，沾薑醋汁食用即可。



# 蒸燒賣

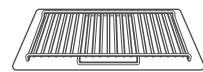
這款純肉餡版的燒賣，做法簡單，餡料清爽，營養均衡。



## 蒸氣

100℃  
15 分鐘  
2 人份

## 蒸烤架 + 平板



## 主料

雲吞皮 50g  
豬肉末 150g

## 輔料

生粉 5g  
香蔥 10g  
薑蓉 10g  
芝麻油 2g  
生抽 5g  
鹽 2g  
雞粉 2g  
雞蛋 50g

## 1 準備好所有食材

## 2 製作餡料

在裝有豬肉末的碗中，放入芝麻油、薑蓉、雞粉、生抽、蔥花、鹽，雞蛋、生粉攪拌，同方向攪拌均勻，製成餡料待用。

## 3 包燒賣

取一張雲吞皮放在手上，取適量餡放在中間，左手託著燒賣底部，用右手的虎口將燒賣頸部慢慢收緊，再將開口處的麪皮向外拉，稍稍打開就可以了，整齊擺放在墊有油紙的蒸盤上。

## 4 蒸制

把裝有燒賣的蒸烤架，水盒裝滿水，放入爐內平板上，選擇【蒸燒賣】菜單烹飪 15 分鐘左右至全熟。

## 5

## 烹飪完成

烹飪結束後，取出即可食用。



# 紅棗杞子滑雞

這是一道營養豐富的養生佳餚，紅棗枸杞補氣養身，蒸煮後的雞肉嫩滑甜口，味鮮汁甜，是口感與營養具備的美味。



## 蒸氣

100℃

20 分鐘

4 人份

碟子 | 蒸烤架 + 平板



## 主料

雞肉 400g

## 輔料

乾百合 20g

枸杞 15g

紅棗 20g

蔥花 10g

薑片 17g

生粉 5g

食用油 10g

生抽 8g

料酒 6g

雞粉 2g

鹽 3g

- 1 準備好所有食材  
乾百合提前用清水泡軟。
- 2 紅棗洗淨切開，去除核，再把棗肉切碎。雞肉洗淨斬成小塊。百合、枸杞洗淨備用。
- 3 醃製雞塊  
雞塊裝入碟子中，放入棗肉、百合、枸杞、薑片、鹽、雞粉、料酒、生抽、食用油、生粉攪拌均勻，醃製約 15 分鐘。
- 4 蒸制  
裝食物的碟子放在蒸烤架上，放入爐內平板上，水盒裝滿水，選擇【紅棗杞子滑雞】菜單烹飪 20 分鐘。
- 5 烹飪完成  
烹飪結束後，取出，趁熱撒上蔥花即可享用。



# 焗蔬菜串

常見的土豆、胡蘿蔔和黃甜椒只需用簡單的調料，經過短時間的無油煙烤焗，微微的酥香中帶著清甜，越吃越香。



## 烤焗

180℃  
20 分鐘  
3 人份

## 烤盤 + 下層



## 主料

馬鈴薯	150g
紅蘿蔔	150g
黃甜椒	50g

## 輔料

油（可放可不放）	10g
黑胡椒碎	2g
鹽	10g

## 1 準備好所有食材

將馬鈴薯、紅蘿蔔去皮，黃甜椒切開去籽，土豆、胡蘿蔔和黃甜椒切成大小一致的小塊（厚度與黃甜椒差不多）。

## 2 醃製蔬菜

竹籤提前泡水，把馬鈴薯、胡蘿蔔和黃甜椒間隔串起來，擺放在墊有油紙或者錫紙的烤盤上，刷上一層油，均勻地撒上鹽和黑胡椒碎。

## 3 烤焗

將烤盤置於下層，關上爐門，選擇【焗蔬菜串】菜單烤 20 分鐘。

## 4

### 烹飪完成

烤焗結束後，取出，趁熱食用。

# 小青瓜撈貝絲

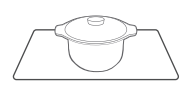
黃瓜花是帶著花的黃瓜仔，如此鮮嫩的食材，加入北寄貝絲和調料做成涼拌菜，清香美味，口感爽脆，正好喚醒疲憊的腸胃。



## 微波

- ⌋ 高火
- ⌚ 5 分鐘
- 👤 2 人份

砂鍋 / 微波深口大碗 + 平板



## 主料

黃瓜花	160g
北寄貝	40g

## 輔料

雞汁	2g
蒜蓉	2g
清水	100g
冰水	500g
蔥油	2g
芝麻油	0.5g
鹽	1g

- 1 準備好所有食材
- 2 烹飪  
黃瓜花摘掉過長的蒂、洗淨，在玻璃碗中放入黃瓜花和清水，放入爐內底部，選擇【小青瓜撈貝絲】菜單烹飪 5 分鐘。
- 3 烹飪完成  
烹飪結束後，把黃瓜花放入冰水裡浸泡至涼透，撈出瀝乾水分。
- 4 擺盤食用  
北寄貝絲切細絲。黃瓜花和北寄貝絲放入盤裡，加入所有調料攪拌均勻即可食用。



# 孔雀開屏魚

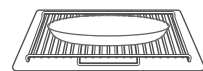
將味道鮮美的武昌魚切成連貫的段狀，擺出孔雀開屏的形狀，在熱力的燻蒸下，孔雀開屏的造型越發靈動，形、色、味俱佳。



## 蒸氣

100℃  
18 分鐘  
3 人份

## 碟子 | 蒸烤架 + 平板



## 主料

武昌魚 700g

## 輔料

青美人椒 10g  
蔥白 3g  
香蔥 5g  
薑 20g  
米酒 5g  
食用油 30g  
蒸魚豉油 20g  
鹽 2g  
紅椒 10g

1 準備好所有食材

2 醃製魚

武昌魚去鱗後 斬去魚頭魚尾，內外洗淨。從魚的背部切片，厚度為 0.5cm，魚腹部處留出 1cm 不要切斷，米酒和鹽塗抹在魚上，醃製 10 分鐘去除腥味。

3 蒸制

在淺盤底部放入薑片和蔥白段，再放入切好的魚擺出孔雀開屏的形狀。把蒸魚盤放在蒸烤架上，放入爐腔平板上，水盒裝滿水，選擇【孔雀開屏魚】菜單烹飪 18 分鐘。

4 烹飪完成

烹飪結束後，取出蒸好的魚，倒掉盤裡多餘汁水，挑出薑蔥，魚肉面擺上紅椒圈，淋上熱油，沿著淺盤周邊倒入蒸魚豉油即可。



悠長悠長的午後，  
從忙碌中解放出來，  
享受歡愉的好食光。





# 香烤紅薯

紅薯香甜粉糯，常吃粗糧對身體有好處哦



## 空氣炸

🔥 230℃

🕒 50 分鐘

👤 4 人份

## 炸籃 + 下層



## 主料

紅薯（蕃薯）4個 約250 g/個

- 1 準備好所有食材  
選擇大小均勻的紅薯（蕃薯），洗淨，瀝乾表面水分，用牙籤扎幾個小孔。
- 2 將紅薯均勻擺放於炸籃上。
- 3 烤焗  
將炸籃置於下層，關上爐門，選擇【香烤紅薯】菜單烤 50 分鐘。
- 4 烹飪完成  
烤焗結束後，取出即可享用。

# 急凍炸薯條

薯條是很多大朋友小朋友的最愛之一，非油炸更健康，想喫就吃，也不用擔心上火了。



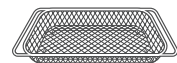
## 空氣炸

200℃

20 分鐘

3 人份

## 炸籃 + 上層



## 主料

10\*10mm 冷凍薯條 500g

1 準備好所有食材

2 烤焗

冷凍薯條不需解凍，倒入炸籃鋪平，盡量不重疊。將炸籃置於上層，關上爐門，選擇【急凍炸薯條】菜單烤 20 分鐘至金黃。

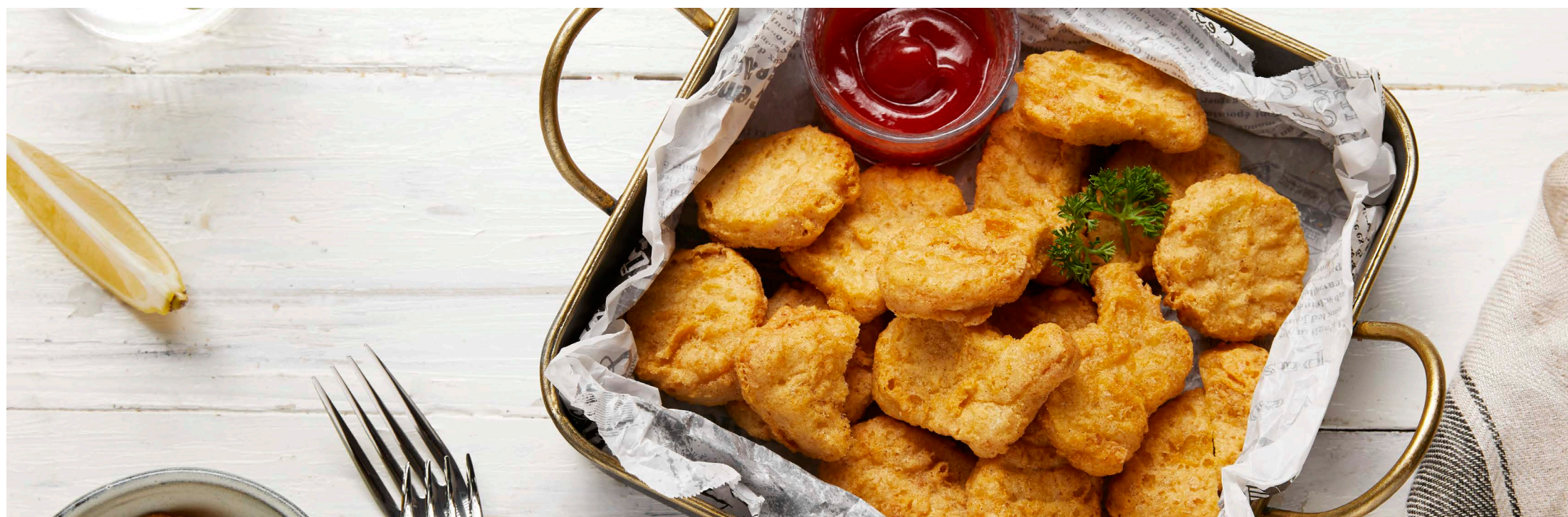
3 烹飪完成

烤焗結束後，取出，即可搭配番茄醬或海鹽食用。



# 急凍炸雞塊

非油炸更健康，簡單快手的小食，在家也能做烤雞塊，大小朋友都喜歡。



## 空氣炸

220℃

23 分鐘

4 人份

## 炸籃 + 上層



## 主料

急凍炸雞柳 500g(約 23塊 )

## 1 準備好所有食材

## 2 烤焗

冷凍雞塊不需解凍，直接平鋪放在炸籃上。將炸籃置於上層，關上爐門，選擇【急凍炸雞塊】菜單烤 23 分鐘至金黃。

## 3 烹飪完成

烤焗結束後，取出，即可食用。



# 小酥肉

氣炸更健康，只需要把酥肉半成品放入烤箱，稍等片刻後，一份金黃酥脆的酥肉就做好了。



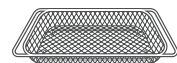
## 空氣炸

220℃

20 分鐘

3 人份

## 炸籃 + 上層



## 主料

冷凍小酥肉

350g

## 1 準備好所有食材

## 2 烤焗

小酥肉不需解凍，直接放 350g 在炸籃上，去掉太薄的邊角料，盡量鋪平。  
將炸籃置於上層，選擇【小酥肉】菜單烤 20 分鐘至金黃。

## 3 烹飪完成

烤焗結束後，取出冷卻，可以搭配 醬料 一起食用。



# 炸雞柳

空氣炸雞柳，無油炸更健康，外皮酥脆，內裡嫩滑，輕鬆完美復刻美食。



## 空氣炸

190℃

20 分鐘

4 人份

## 炸籃 + 下層



## 主料

急凍炸雞柳

350g

1 準備好所有食材

2 烤焗

雞柳不需解凍，直接平鋪放在炸籃上，不要重疊。將炸籃置於下層，選擇【炸雞柳】菜單烤 20 分鐘，倒計時剩餘 7 分鐘時，翻轉烤籃並翻面雞柳，關上爐門繼續烤焗。

3 烹飪完成

烤焗結束後，取出放微涼後再食用。

# 蜜糖雞髀

這道烤雞腿，加入叉燒醬和蜂蜜一起烤，色澤油亮形成脆皮，肉質肥厚鮮嫩，特別好喫。



## 空氣炸

200℃  
40 分鐘  
4 人份

## 炸籃 + 下層



## 主料

雞髀 900g

## 輔料

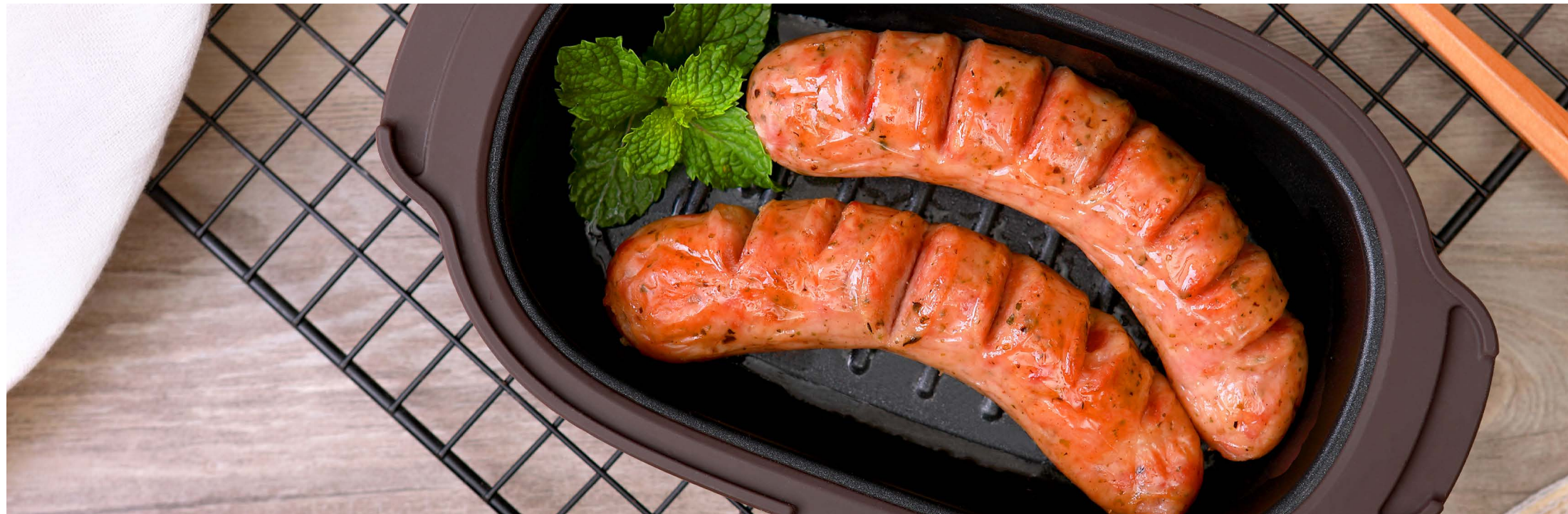
大蒜粉	6g
生抽	15g
蠔油	30g
叉燒醬	60g
料酒	30g
蜜糖	40g

- 1 準備好所有食材
- 2 醃製雞髀  
雞髀清洗乾淨，兩面各劃 2 刀，雞髀用料酒、蠔油、叉燒醬、大蒜粉、生抽、蜂蜜攪勻，裝入保鮮袋，放進冰箱冷藏 2 個小時以上（保鮮層），中途記得取出攪勻讓其更加入味。
- 3 雞髀放入墊有油紙的炸籃上（醃制剩餘的汁水不要倒入，避免烤焦）。
- 4 烤焗  
將炸籃置於下層，關上爐門，選擇【蜜糖雞髀】菜單烤 40 分鐘，倒計時剩餘 15 分鐘時，取出翻面，繼續烤焗。
- 6 烹飪完成  
烤焗結束後，取出裝盤食用。



# 烤腸

烤香腸是最常見也最受歡迎的街邊小吃之一，把香腸直接放入焗爐焗，方便乾淨又美味。



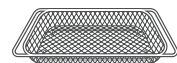
## 空氣炸

160℃

13 分鐘

4 人份

## 炸籃 + 上層



## 主料

香腸 300g ( 8 條 )

## 輔料

水	3g
植物油	5g
生抽	2g
燒烤醬料	2g
糖	3g

## 1 準備好所有食材

\* 冷凍香腸需要提前解凍 1 小時。

## 2 調製醬料

糖、生抽、水放入小碗中，混合均勻作為醬汁備用，竹籤泡水備用。

## 3 解凍好的香腸洗淨瀝乾後，插入竹籤，香腸兩邊開花刀，表面塗一層油，再刷上調配好的醬汁。

\* 沒有籤也可以不插。

## 4 烤焗

香腸放在墊了錫紙或油紙的炸籃上，將炸籃置於上層，關上爐門，選擇【烤腸】菜單烤 13 分鐘，倒計時剩餘 3 分鐘時，取出翻面，繼續烤焗。

## 5 烹飪完成

烤焗結束後，立即取出，可以根據個人喜好撒孜然粉、辣椒粉等燒烤撒料一起食用。



# 蜂蜜栗子

這款蜂蜜栗子鮮甜軟糯，而且很方便剝開，大人小朋友都喜歡。



## 空氣炸

200℃  
15 分鐘  
3 人份

## 炸籃 + 下層



## 主料

帶皮板栗 500g

## 輔料

油 10g  
蜜糖 20g  
水 10g

## 1 準備好所有食材

## 2 處理板栗

板栗洗淨瀝乾水分，板栗表面開個十字口，滾水煮 15分鐘，瀝乾水後，加入油、水和蜂蜜混合均勻後放在炸籃上。

\* 剩餘的油水不要倒掉

## 3 烤焗

將炸籃置於下層，關上爐門，選擇【蜂蜜栗子】菜單烤 15 分鐘，倒計時剩餘 5 分鐘時，取出炸籃，再塗抹一層油水在板栗上，點擊繼續 烤焗。

## 4 烹飪完成

烤焗結束後，取出稍涼即可食用。



# 炸花生米

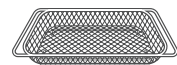
簡便快捷，下酒小菜必選之一，也可以當做  
零食，香香脆脆的，大愛  
??



## 空氣炸

160℃  
23 分鐘  
3 人份

## 炸籃 + 下層



## 主料

新鮮花生米 300g

## 輔料

油 5g  
鹽 0.5g

## 1 準備好所有食材

## 2 烤焗

花生米加油混合均勻，平鋪放在炸籃裡。炸籃放置於下層，選擇【炸花生米】菜單烤 23 分鐘。倒計時剩餘 16分鐘時，取出炸籃將花生米翻拌，繼續 烤焗，倒計時剩餘 10分鐘時，取出炸籃調轉並繼續 烤焗至結束。

## 3 烹飪完成

烤焗結束後，取出稍涼即可食用。



# 奶香燕麥脆蝦球

奶香燕麥脆蝦球是一道創意菜，用燕麥、奶粉和成麵糊，包裹著新鮮彈牙的蝦球進行烤焗，口感層次豐富。



## 空氣炸

🔥 180℃  
⌚ 12 分鐘  
👤 2 人份

## 炸籃 + 下層



## 主料

即食燕麥	200g
大海蝦仁	350g

## 輔料

生粉	50g
全脂奶粉	50g
雞蛋黃	20g
清水	50g
辣椒粉	10g
鹽	1g
雞汁	3g

## 1 準備好所有食材

2 350g 大海蝦仁用廚房紙吸乾水分，並在背部開一刀。

## 3 麵糊製作

將全脂奶粉、辣椒粉、雞蛋黃和清水放入碗中，攪拌均勻，再加入鹽、雞汁和生粉攪拌均勻，製成麵糊備用。

## 4 裹麵糊及燕麥

手抓著蝦尾，放入麵糊裹上一層漿。裹有粉漿的大海蝦仁，放入 200g 燕麥裡均勻裹上燕麥，然後用手輕輕捏緊。

## 5 烤焗

在烤盤上鋪上錫紙或油紙，並在錫紙或油紙上刷上一層油，將裹好燕麥的蝦球均勻放入烤盤上。將炸籃置於下層，關上爐門，選擇【奶香燕麥脆蝦球】菜單烤 12 分鐘。

## 6 烹飪完成

烤焗結束後，取出，即可食用。



從原材料開始，發酵、  
造型、入爐烤焗，用  
雙手和眼睛感受食材  
蛻變的過程。烘焙是  
溫暖的生活儀式感。



# 葡 撻

## 烤焗

🔥 180℃轉 220℃

🕒 23 分鐘

👤 4 人份

## 烤盤 + 下層



葡式蛋撻是一種小型奶油酥皮餡餅。在1989年，英國人安德魯帶到澳門，成為澳門地標美食。

## 主料

牛奶	50g
淡奶油	125g
雞蛋	50g
細砂糖	23g
大號冷凍撻皮	9 個

- 1 準備好所有食材  
蛋撻皮室溫狀態下解凍 20 分鐘。
- 2 製作蛋撻液  
細砂糖加入到牛奶中攪拌均勻至溶化，接著加入蛋液、淡奶油攪拌均勻。  
把蛋撻液過篩一次。
- 3 將蛋撻皮擺放在烤盤上，將過篩的蛋撻液倒入蛋撻皮，九分滿即可。
- 4 預熱 & 烤焗  
選擇【葡撻】菜單開始預熱。預熱完成後，將烤盤置於下層，烤 23 分鐘。
- 5 烹飪完成  
烤焗結束後，取出，即可食用。





# 戚風蛋糕

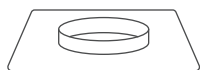
## 風爐烤

150℃轉 130℃  
轉 140℃

50 分鐘

8 人份

蛋糕模具 + 平板



優化烹飪曲線後的蛋糕內部組織更鬆軟，如雲朵般柔軟有空氣感，且香甜。

## 主料

低筋麵粉	100g
粟粉	10g
大號冷藏雞蛋	240g
純牛奶	60g
玉米油	60g
細砂糖	70g

## 輔料

檸檬汁	3-4 滴
-----	-------

- 1 準備好所有食材  
準備麵粉篩，手動打蛋器，刮刀，手套，打蛋盤，蛋糕模具，電子秤，電動打蛋器。所有食材提前稱量好重量。
- 2 製作蛋黃糊  
把雞蛋磕開，蛋清蛋黃分別倒入 2 個乾淨無水無油的盤裡，蛋白放入冰箱冷藏備用。  
準備另外一個大盆，倒入玉米油和牛奶，用手動攪拌器攪拌融合後，加入雞蛋黃攪拌均勻。  
用網篩將低筋麵粉篩入上步的糊狀混合物中，用手動打蛋器畫“Z”字形快速地把麵粉混合至無乾粉狀態。\* 不要畫圈圈攪拌
- 3 製作蛋白霜  
冷藏蛋白中加入 3-4 滴檸檬汁，用電動打蛋器低速檔打發蛋白，打發出魚眼狀泡泡。  
加入約三分之一的細砂糖和 粟粉，轉中速打發至泡泡狀消失變細膩即可。  
加入剩餘細砂糖和 粟粉 一半，轉高速打發蛋白出現輕微紋路。加入剩餘細砂糖和粟粉（ 粟粉建議過網篩），轉中速打發至出現明顯結實紋路即可。  
轉低速打發，過程中檢查打蛋器蛋白霜狀態，出現蛋白霜直立小尖狀停止打發。
- 4 製作蛋糕糊  
蛋白打發好後，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。\* 不要畫圈圈攪拌，避免消泡  
接著把攪拌後的麵糊倒回剩餘的蛋白霜中。  
同樣用刮刀以兜底翻拌的方式，把剩餘蛋白霜混合均勻成細膩蛋糕糊。\* 不要畫圈圈攪拌，避免消泡
- 5 接著把蛋糕糊倒入 8 寸非中空蛋糕模中。
- 6 為了排出蛋糕模的空氣，端起蛋糕模，距離桌面約 1 個掌心高度放手，輕摔 2 到 3 下。
- 7 預熱 & 烤焗  
選擇【戚風蛋糕】菜單開始預熱。預熱完成後，將蛋糕模放入爐內平板上，烤焗 50 分鐘。
- 8 烹飪完成  
烤焗結束後，戴隔熱手套取出，先馬上震動蛋糕模 2~3 次，振出熱氣，再倒扣模具在涼網上靜置冷卻，待完全冷卻後再脫模，以免蛋糕回縮。
- 9 蛋糕放涼後，用手由外向內扒蛋糕體，直到轉動一圈，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。

# 蔓越莓曲奇

## 風爐烤

- 140℃轉 160℃
- 23 分鐘
- 多人份

## 烤盤 + 下層



平日裡總喜歡喫點小餅乾或零食解解饞，這份酸甜可口的蔓越莓餅乾就最合適不過了。自製更健康哦！

## 主料

低筋麵粉	115g
蔓越莓乾	43g
牛油	65g
雞蛋	17g
糖粉	35g

- 準備好所有食材  
蔓越莓乾切碎，雞蛋打散備用。
- 打發牛油  
牛油室溫軟化至能用手指輕易壓出洞後，加入糖粉，用刮刀稍微翻拌。  
電動打蛋器打發至牛油發白、體積變大，蛋液分 3 次加入牛油中，每一次與牛油攪拌均勻後，再加入下一次，打至牛油糊非常蓬鬆即可。
- 製作麵糊  
加入蔓越莓乾碎攪拌均勻，再加入過篩的麵粉，用刮刀切拌成沒有乾粉的麵糊。
- 將麵糊放入墊有保鮮膜的方形模具中整好形後，在平整的碟子上脫模，放入冰箱冷凍約 1 小時。
- 預熱  
選擇【蔓越莓曲奇】菜單開始預熱。
- 冷凍麵糊切塊  
取出冷凍好的餅乾，切成約 5mm 厚的片狀，如果餅乾凍得太硬，可以常溫回溫一會兒再切。
- 切好的餅乾有間距地鋪在墊有油紙的烤盤上。
- 烤焗  
預熱完成後，將烤盤置於下層，烤 23 分鐘。
- 烹飪完成  
烤焗結束後，取出放涼，待完全冷卻後再食用，更酥脆哦。

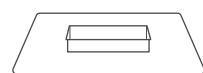


# 吐司

## 烤焗

🔥 160℃  
🕒 40 分鐘  
👤 5 人份

## 吐司模具 + 平板



想要喫得飽，還要吃得好，不妨試試這款吐司麵包。吐司奶香濃郁，松軟拉絲有嚼勁，肯定不會令你失望。

## 主料

低筋麵粉	100g
高筋麵粉	400g

## 輔料

純牛奶	40g
奶粉	12g
牛油	32g
煉奶	15g
雞蛋液	30g
清水	75g
細砂糖	46g
鹽	3g
酵母	3g

- 1 準備好所有食材  
牛油提前室溫軟化。
- 2 材料混合  
將除了牛油以外的材料混合均勻，攪拌揉至面團有延展性後，加入軟化的牛油繼續攪拌至能拉出手套膜，面團揉成光滑狀態。
- 3 一次發酵  
蓋上保鮮膜，放置溫暖處 (約 30℃) 發酵 1 小時左右至 2 倍大。
- 4 麵團鬆弛  
取出發酵好的面團，平均分為 2 等份，滾圓後表面蓋上保鮮膜，鬆弛 20 分鐘。
- 5 鬆弛好的麵團擀成片狀，左右往中間對折一次。自上而下捲成卷。依次做好 2 個麵團。
- 6 二次發酵  
放入吐司模中，蓋上保鮮膜，放置溫暖處 (約 35℃) 發酵 1 小時左右至 2 倍大。
- 7 預熱 & 烤焗  
選擇【吐司】菜單開始預熱，預熱完成後，吐司模具去掉保鮮膜，模具放入爐內平板上，烤 40 分鐘，入爐 5 分鐘後加蓋錫紙。
- 8 烹飪完成  
烤焗結束後，取出脫模，食用。



# 紙杯蛋糕

## 烤焗

🔥 170°C  
🕒 17 分鐘  
👤 3 人份

## 烤盤 + 下層



小巧可愛，入口鬆軟的蛋糕，搭配小紙杯的造型，棒極了，怎麼吃都不膩。

## 主料

牛油	85g
細砂糖	85g
全蛋液	75g
低筋麵粉	100g
泡打粉	5g

- 1 準備好所有食材  
將牛油室溫軟化備用。
- 2 製作牛油糊  
牛油和細砂糖用打蛋器攪到變軟，顏色呈灰白色；全蛋液分 3 次倒入牛油糊中，每次攪拌均勻後再放剩餘的蛋液。  
再將篩過的麵粉，泡打粉、鹽倒入，用刮刀攪拌均勻。
- 3 準備好 9 個小蛋糕紙杯，每個蛋糕紙杯中倒入約 28 克蛋糕漿，把蛋糕紙杯均勻擺放在烤盤上。
- 4 預熱 & 烤焗  
選擇【紙杯蛋糕】菜單開始預熱，預熱完成後，烤盤置於下層，關上爐門，烤 17 分鐘。
- 5 烹飪完成  
烤焗結束後，放涼後即可食用。





# 牛角卷

## 烤焗

- 160°C
- 15 分鐘
- 3 人份

## 烤盤 + 上層



把麵包做成牛角造型，可愛軟萌，表皮顏色金燦燦，內裡裹入鬆軟香甜的豆沙餡料，外酥內軟，好看又美味，很受小朋友的歡迎。

## 主料

低筋麵粉	50g
高筋麵粉	300g

## 輔料

牛奶	100g
奶粉	8g
牛油	15g
雞蛋液	30g
細砂糖	20g
鹽	3g
乾酵母	3g
紅豆沙 (可不放)	30g
全蛋液 (刷表面用)	20g

- 準備好所有食材  
牛油提前室溫軟化備用。
- 揉麵  
高筋麵粉、低筋麵粉、奶粉、鹽、細砂糖、乾酵母、雞蛋液和牛奶放入廚師機鋼盆中，打至麵團光滑，能拉出比較厚的膜。\*牛奶也可以換成同等重量的水。
- 攪拌麵團  
接著加入常溫軟化的牛油，繼續用廚師機攪打麵團至光滑，能拉出半透明的、不容易破的薄膜即可，揉麵完成。\*沒有廚師機，也可以用手揉。
- 一次發酵  
麵團滾圓後放入大盆中，蓋好保鮮膜，利用發酵功能，設定 35-38°C 發酵約 50 分鐘至麵團變成 2 倍大，用手指沾麵粉，在麵團中間戳一個洞，洞口不反彈即可。\*發酵時間需要根據麵團發酵的狀態來適當調整，時間僅供參考。
- 排氣 & 分割 & 滾圓 & 鬆弛  
取出發酵好的麵團，放在案板上輕輕拍打排氣，平均分成 8 等份，每份麵團滾圓，逐個搓成錐形，按扁後蓋上保鮮膜，常溫鬆弛 10-20 分鐘。
- 整形  
鬆弛好後，取一份按扁的面團擰長，約 1.5-2 個手掌的長度。
- 豆沙抹在中間，在頂部中間切個小口，向口子的兩邊卷下來，口子收緊，兩端向中間窩著，整成牛角形狀。\*沒有豆沙，也可以不放。
- 二次發酵  
做好的牛角卷胚收口朝下，有間距地排放在墊了油紙的烤盤上，噴少許水霧，溫度 35-38°C 發酵約 50 分鐘至 2 倍大。\*如果室溫比較低，可以放入烤箱發酵。發酵時間僅供參考，具體以麵包胚發酵狀態調整。
- 預熱 & 烤焗  
二次發酵好後，選擇【牛角卷】菜單開始預熱。雞蛋液打散攪拌均勻後，在麵包胚表面均勻地刷上一層蛋液。預熱好後，開爐門，烤盤放入上層，關上爐門，烤 15 分鐘左右至麵包膨脹、表面金黃。
- 烹飪完成  
烤焗結束後，取出冷卻食用。

# 焦糖布甸

## 烤焗

🔥 140°C  
🕒 20 分鐘  
👤 6 人份

## 烤盤 + 下層



滑嫩香甜的焦糖布丁，熱喫是香甜如蜜的雞蛋羹，放入冰箱冷藏再吃，淋上牛奶或者咖啡，又是一番獨特風味。

## 主料

牛奶	400g
大雞蛋	200g

## 輔料

白砂糖（布甸）	40g
水	40g
白砂糖（焦糖）	120g

- 1 準備好所有食材  
準備好 9 個布甸碗。
- 2 製作焦糖  
120g 白砂糖和 40g 水放入鍋中，置於電磁爐上不斷攪拌，熬至焦糖色。將熬好的焦糖倒入布甸碗中，約 5mm 厚。
- 3 布甸液製作  
400g 牛奶、40g 白砂糖混合後加熱並不斷攪拌至白糖完全融化，然後冷卻至常溫。
- 4 取另外一隻碗，將雞蛋打散，加入到冷卻的牛奶中拌勻並過篩，布甸液製作完成。
- 5 預熱 & 烤焗  
選擇【**焦糖布甸**】菜單開始預熱。預熱完成後，將布甸碗放在烤盤裡，把布甸液輕輕地倒入裝有焦糖的布甸碗，在烤盤裡注入 1/3（約 500ml）的熱水，置於下層，關上爐門，烤 20 分鐘至蛋液凝固。  
\*布甸液厚度不同，烤焗時間有差異，實際以烤至凝固為準，適當增減時間。
- 6 烹飪完成  
烤焗結束後，取出放至常溫，放入冰箱冷藏 2 個小時，然後取出倒扣到餐盤上。





# 海鮮 Pizza

## 烤焗

🔥 180℃  
🕒 18 分鐘  
👤 5 人份

## 烤盤 + 下層



自己做的披薩，不但料足，喫起來也比外面的踏實，海鮮，蔬菜和肉類可以隨意搭配，喜歡馬蘇里拉奶酪和芝士也可以多放一些。

## 主料

低筋麵粉	60g
高筋麵粉	150g

## 輔料

青甜椒	50g
洋蔥	50g
煙肉	50g
蝦仁	50g
白砂糖	15g
車厘茄	40g
馬蘇里拉芝士碎	100g
室溫水	110g
食用油	15g
披薩醬	45g
精鹽	5g
乾酵母	3g

- 1 準備好所有食材  
青椒、洋蔥和車厘茄切絲，煙肉切成片。
- 2 麵團發酵  
150g 高筋麵粉、60g 低筋麵粉、15g 白砂糖、3g乾酵母、15g食用油、5g 精鹽和 110g溫水攪拌揉成光滑的麵團，麵團是擴展階段，能拉出大片薄膜，蓋上保鮮膜，放置溫暖處發酵至兩倍大（約 1 小時左右）。
- 3 麵團靜置  
發好的麵團放到揉麵墊上充分揉勻，用保鮮膜蓋著靜置 10 分鐘。
- 4 製作披薩  
麵團擀成 28cm左右的圓餅皮，放入烤盤，平鋪後對餅皮邊緣進行整理一下，用叉子在麵皮上戳出小孔，然後均勻的刷滿披薩醬。撒一層馬蘇里拉芝士，鋪上蔬菜，再撒一層芝士，最後放上培根和蝦仁。
- 5 選擇 & 烤焗  
啟動【海鮮pizza】菜單開始預熱，預熱完成後，把裝有披薩的烤盤置於下層，烤 18 分鐘。
- 6 烹飪完成  
烤焗結束後，取出切塊食用。



# 意式薄批

## 烤焗

- 180°C 轉 200°C
- 16 分鐘
- 4-5 人份

## 烤盤 + 下層



自己做的披薩，不但料足，吃起來也比外面的踏實，海鮮，蔬菜和肉類可以隨意搭配，喜歡馬蘇里拉奶酪和芝士也可以多放一些。

## 餅底

中筋麵粉	150g
鹽	2g
乾酵母	3g
水	90g

## 餡料

蘑菇	50g
番茄醬	50g
火腿片	100g
馬蘇里拉芝士	150g
牛油	5g

- 1 準備好所有食材  
將口蘑、火腿切小片，口蘑用牛油煎熟盛出備用。
- 2 麵團發酵  
將製作餅底的食材放入廚師機攪拌均勻，揉成能拉出較厚、不容易斷的膜即可。  
麵團蓋上保鮮膜放在溫暖處，發酵 1 小時，約發到 2 倍大小。  
發酵好的麵團平均分成 2 份，滾圓後蓋好保鮮膜，常溫靜置 20 分鐘左右鬆弛。
- 3 製作披薩  
在案板上撒上麵粉，把鬆弛好的麵團用擀麵杖擀成薄薄的長方形，長寬約 25x13 cm，放入墊有油紙的烤盤上。  
用叉子在麵皮上插上小洞，刷上番茄醬，先撒上一層馬蘇里拉芝士，再鋪上口蘑和火腿片。
- 4 預熱 & 烤焗  
選擇【意式薄批】菜單開始預熱，預熱完成後，把裝有披薩的烤盤置於下層，烤 16 分鐘。
- 5 烹飪完成  
烤焗結束後，取出切塊食用。



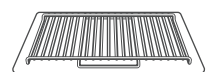


# 艾草茶粿

## 蒸氣

100°C  
15 分鐘  
6 人份

## 蒸烤架 + 平板



清明時節，艾草的芬芳瀰漫，用鮮綠的艾草做成軟糯甜蜜的青團，可以搭配甜味或者鹹味的餡料同樣美味。

## 主料

糯米粉	300g
紅豆沙	200g
艾草	40g

## 輔料

開水	45g
豬油	25g
澄粉	45g
白糖	20g
冰水（用於冷卻）	60g
冰水（用於揉麪）	40g
溫開水（約 70-80°C）	180g
清水	100g

- 1 準備好所有食材
- 2 蒸艾草葉  
新鮮的艾草摘下葉子，清洗乾淨，艾草和 100g 清水放入玻璃碗內，放在蒸烤架上，蒸烤架放入爐腔平板上，關上爐門，水盒加滿水，使用【純蒸】100°C 功能，烹飪 4 分鐘。
- 3 製作艾草蓉  
烹調結束後，迅速把艾草放進冰水中冷卻，再撈出擠乾水分，用攪拌機打成蓉（適量加點水），攪拌後濾去汁水取艾草蓉備用。
- 4 製作澄麵團  
盆內放入澄粉、倒入 45g 開水攪拌至沒有顆粒，製成澄麵團。
- 5 用另外一個盆倒入糯米粉、白糖、溫開水攪拌均勻，加入冷水 40g 將面團揉勻，再把澄面團加入，最後加入艾草泥和豬油充分揉勻。
- 6 製作青團  
將揉好的青團皮分成 12 份，約 30g/ 份，豆沙約 20g/ 份，取一個青團皮揉圓按扁，捏成四周薄中間厚的皮，放上豆沙餡，把皮向中間收圓捏緊，搓圓即可。
- 7 蒸制  
蒸籠內放上油紙，再放入包好的艾草團，將蒸籠放置在蒸烤架上，蒸烤架放入腔體平板中，關上爐門，水盒加滿水，選擇【艾草青粿】菜單，烹飪 15 分鐘。
- 8 烹飪完成  
烹飪結束後，取出放涼食用。

# 楊枝甘露

## 微波

- 高火
- 13 分鐘
- 3 人份

砂鍋 / 微波深口大碗 + 平板



香甜美味的芒果，和夏天的陽光一樣金黃耀眼，搭配西米、紅心甜柚做成港式甜品。甜蜜冰涼，夏天的味道本該如此。

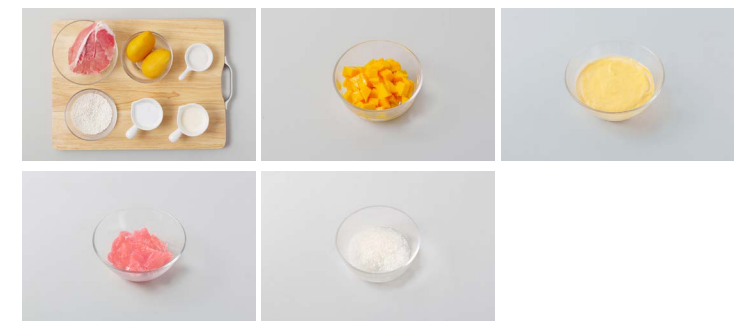
## 主料

西米	100g
西柚	100g
芒果	300g

## 輔料

淡奶	30g
椰漿	80g
熱開水	500g
冷水	600g
白糖	8g

- 1 準備好所有食材
- 2 製作椰奶芒果汁  
芒果削皮後，切粒，留一點作為裝飾果肉，將芒果肉與椰漿、白糖和淡奶油混合，用攪拌機打成椰奶芒果汁，放入冰箱冷藏。
- 3 西柚取果肉掰成絲，冷藏片刻。
- 4 烹飪  
在微波適用的大碗內倒入 500ml 熱開水，加入西米，放入爐內平板上，關上爐門，選擇【楊枝甘露】菜單烹飪 13 分鐘。
- 5 取出煮熟的西米，加冷水浸泡片刻，再沖洗掉西米表面的黏液。
- 6 烹飪完成  
烹飪結束後，把椰奶芒果汁和西米攪拌均勻，放進玻璃杯中，用芒果粒、西柚絲、薄荷葉裝飾即可。







設計源於日常  
科技源於生活

用心  
致物



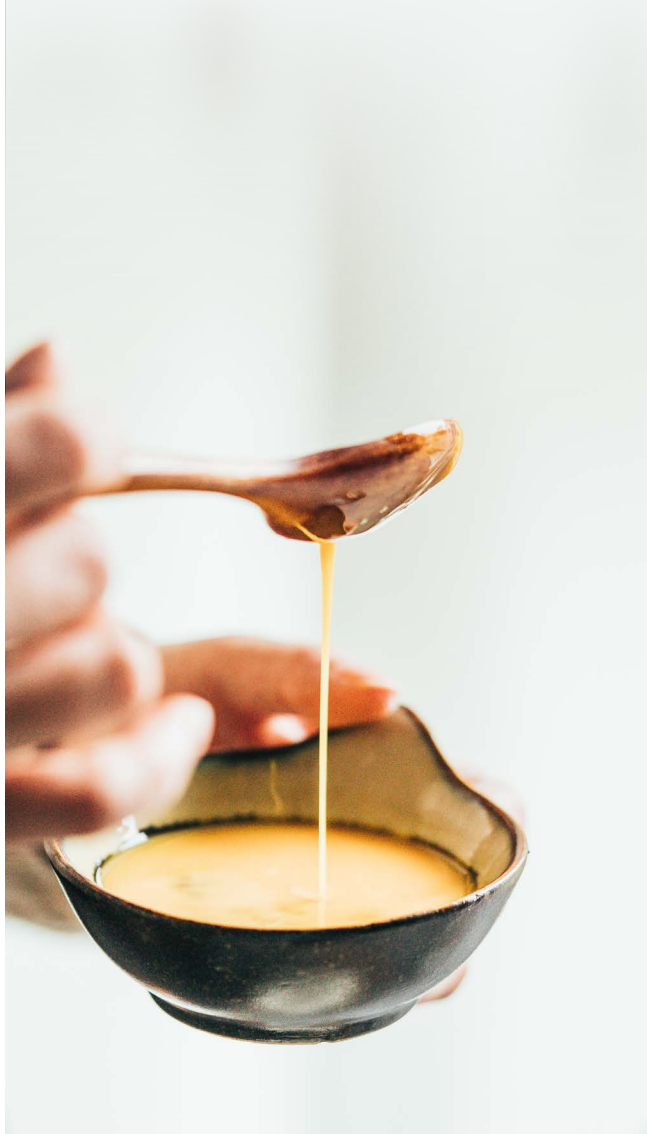


# TOSHIBA

Encounter — TOSHIBA Cookbook

Steam, Roast, Air Fry & Microwave: 4-in-1 Cooking Recipes





Cooking techniques keep pace with the times, we are not only pursuing "doing it", but also "doing it well".  
The steps must be precisely controlled;  
Details must be perfect.  
Optimizing the taste and shape of food is the unremitting pursuit of every foodie.

Cooking is a wonderful game of time and heat.  
Why not start here and enjoy a wonderful kitchen life!

The pursuit of gourmet food,  
The exploration of culinary arts,  
Is essentially the most sincere love for life.



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Culinary Knowledge

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## Introduction to cooking modes

### Roast

Common cooking methods —

Dual heating from upper and lower heating elements, suitable for baking single-layer foods on both sides.

### Superheated steam

A unique cooking method——

Using superheated steam-assisted baking, the meat becomes more tender and juicy.

### Air frying

An easy cooking method——

Hot air circulation cooking, suitable for all kinds of delicious crispy fried foods.

## Precautions

Before using the machine for the first time, it is necessary to perform a dry run to remove any odors from the cavity. Please refer to the manual for detailed steps.

For the automatic menu of microwave cooking, the use of metal utensils (including aluminum foil, the provided steaming rack, and baking tray) is prohibited.

Preheating the machine before placing food inside can help maintain a more consistent temperature in the cavity, resulting in a higher success rate for cooking.

The machine operates at a high temperature during cooking, please be careful not to touch the machine cavity and inner glass to avoid burns.

Cooking methods are closely related to the characteristics of food. The ingredient quantities and cooking times provided in this book are verified suitable matches.

You may adjust them according to your required quantities, personal taste, and preferences.





Milk Selection

You can use pure milk, room temperature milk, or pasteurized milk; adding some milk powder will make the yogurt's texture richer.

Yeast Selection

It is recommended to use lactic acid bacteria powder, which is convenient to operate, produces stable results, and makes yogurt with a mild flavor. You can also use finished yogurt as a starter or use kefir grains according to personal preference.

Container Sterilization

Bacteria in the container may affect the quality of the yogurt, so it is essential to ensure proper disinfection and sterilization. The simplest method is to scald it with boiling water.

Cold Storage Texture

Place the prepared yogurt in the refrigerator for 8 hours or more; the yogurt will become thicker, and the aroma will be richer.

Adjusting Acidity

If you find the homemade yogurt too sour, you can choose low-acidity bacteria powder, or shorten the fermentation time while ensuring the yogurt has set, and consume it as soon as possible. Adding honey, jam, or cereal before eating is also a good method.

Yogurt fermentation techniques

Dough fermentation techniques

Yeast	Mother	Within an appropriate range, the more yeast used, the faster the fermentation; conversely, the opposite is true. Yeast that is improperly stored or has been kept for too long will have a darker color, lower fermentation power, and slower fermentation speed.
Water	Temperature	Using water at around 40 °C at room temperature to mix with flour results in a dough temperature of around 27 °C, which is the most suitable for yeast reproduction. If the water temperature is too high, the yeast can be scalded; if the water temperature is too low, yeast reproduction is slower.
Salt and Sugar		Generally speaking,500grams of flour should be added with 2 ~ 3grams of salt, which is beneficial for yeast growth and development. Using about 5% of sugar in the dough can provide nutrients for yeast reproduction, accelerating the yeast reproduction rate. However, it is important to note that both sugar and salt should not be used excessively.
Temperature	Degree	The general requirement is 28°C ~ 30°C, which can be adjusted by increasing or decreasing the temperature of the water used for mixing. In spring, when the room temperature is around 20°C, the water temperature can be controlled at 35°C ~ 40°C. In summer, when the room temperature is above 30°C, the water temperature can be controlled at 13°C ~ 15°C.
Dough Fermentation Maturity Indicator		The top of the dough is puffed up and feels dry to the touch. When lifted by hand, the dough naturally stretches and slowly retracts when released. At this point, the dough has many air pockets inside and emits a fragrant aroma of alcohol.





## How to whip egg whites

### Step 1

Place the egg whites in a clean mixing bowl, add 1/3 of the fine sugar, and use an electric mixer on low speed to beat until the egg whites reach a coarse bubble stage;

### Step 2

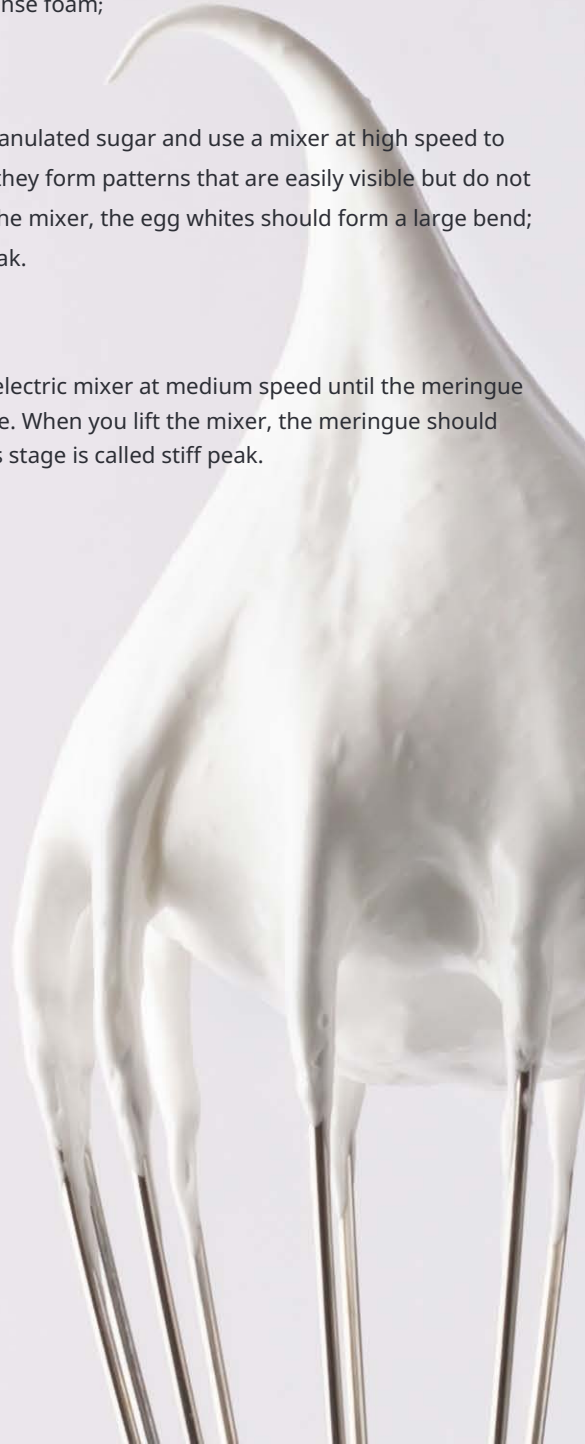
Add the remaining 1/2 of the fine sugar, and continue beating with the mixer on medium-low speed until the egg whites form a fine, dense foam;

### Step 3

Add the remaining fine granulated sugar and use a mixer at high speed to beat the egg whites until they form patterns that are easily visible but do not disappear. When you lift the mixer, the egg whites should form a large bend; this stage is called soft peak.

### Step 4

Continue to beat with an electric mixer at medium speed until the meringue has a noticeable resistance. When you lift the mixer, the meringue should form small stiff peaks; this stage is called stiff peak.



## How to whip butter

### Step 1

Cut the butter into small pieces or slices and let it soften in an environment of around 25 °C (room temperature) until it reaches a paste-like consistency. When you gently press it with your finger, it should leave a mark; this state is the most suitable for whipping.

### Step 2

Use an electric mixer on low speed to slightly cream the butter until it lightens in color; Add fine granulated sugar or powdered sugar, and mix the butter and sugar on low speed with the electric mixer, then switch to medium speed to cream; the butter will lighten in color and increase in volume;

### Step 3

When the butter mixture has increased in volume and shows streaks, switch the electric mixer to high speed to whip until the butter is light and fluffy, and has turned white, indicating it is fully creamed.



Step 1



Step 2



Step 3





You don't have to cross mountains and seas,  
confined to a corner of the kitchen,  
you can still embark on a  
romantic adventure of deliciousness,  
encountering a new culinary life.



Shrimp Tempura

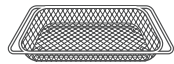
Oil-free frying is healthier, and baking can achieve the crispy texture of frying; the shrimp inside is still tender and juicy.



Air frying

- 200 °C
- 7 minutes
- 2 servings

Frying basket + Lower layer



Main ingredients

Black tiger shrimp About 400g

Auxiliary ingredients

Flour 50g  
Eggs 110g  
Yellow breadcrumbs 100g  
Vegetable oil 20g  
Black pepper 0.5g  
Salt 1g

- 1 Prepare all the ingredients
- 2 Marinate the shrimp  
Remove the heads and shells of the fresh shrimp (leave the tails), devein them, make a few cuts on the abdomen to cut the internal tendons, place them in a bowl, add black pepper and salt, and mix well to marinate for 5 minutes.
- 3 Prepare another 1 large bowl, pour in 100g of breadcrumbs and 20g of vegetable oil, and mix well. Prepare another 1 bowl, crack 2 eggs into it, beat and mix well.
- 4 Coat with breadcrumbs  
Hold the marinated shrimp tails in your hand, coat the shrimp meat with a layer of flour, shake off the excess flour, then dip in a layer of egg wash, and finally coat with a layer of breadcrumbs (you can gently press with your hand to help the bread-crumbs adhere better to the surface of the shrimp), and place them in a frying basket lined with parchment paper.
- 5 Baking  
Place the frying basket on the lower level, close the oven door, and start the 【Shrimp Tempura】 menu to bake for 7minutes.
- 6 Cooking completed  
After baking, take it out and serve.



Tonkatsu

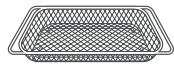
Try it and you'll know how delicious it is!  
No oil frying, healthier and lower in fat than traditional frying methods, easy to make.



Air frying

- 220 °C
- 25 minutes
- 4 servings

Frying basket + Lower layer



Main ingredients

Pork loin 500g

Auxiliary ingredients

Starch 50g  
Egg 100g  
Yellow breadcrumbs 100g  
Oil 10g  
Black pepper 4g  
Salt 5g

- 1 Prepare all the ingredients
- 2 Marinated Pork  
Wash the pork belly, cut it into thick slices about 2cm thick, use kitchen paper to absorb excess moisture, tenderize the meat with a meat mallet, then place it in a large bowl, add salt and black pepper, and marinate for 20 minutes.  
Prepare another bowl, mix the breadcrumbs with oil evenly and set aside. Crack the eggs into another bowl and beat them well, then set aside.
- 3 Coat with breadcrumbs  
The marinated pork belly is dipped in flour, egg wash, and breadcrumbs in turn, and placed on a baking tray lined with baking paper.
- 4 Baking  
Place the frying basket in the lower level, close the oven door, and start 【Tonkatsu】 menu bake 25minutes.
- 5 Cooking completed  
After baking, take it out, let it cool, and cut into pieces for serving.








Aromatic and not fishy at all.  
How can grilling season be complete without mackerel pike,  
seasoned with lemon juice?

# Grilled Saury

## Roast

-  200 °C
-  15 minutes
-  3 servings

## Baking tray + Upper level



## Main ingredients

Mackerel Pike 300g

## Auxiliary ingredients

Lemon 50g  
Cooking oil 15g  
Cooking wine 5g  
Cumin powder 2.5g  
Black pepper flakes 1g  
White sugar 5g  
Salt 2g  
Barbecue sauce 10g

- 1 Prepare all the ingredients
- 2 Marinated Fish  
Take half a lemon and slice it. After cleaning the internal organs of the mackerel, make shallow cuts on the fish, add the juice of half a squeezed lemon and cooking wine, and marinate for 10 minutes.
- 3 Making the Sauce  
Prepare a bowl, add salt, barbecue sauce, white sugar, cooking wine, and crushed black pepper, and mix well to make the sauce for later use.
- 4 Brush both sides of the mackerel with cooking oil and sauce. Line the baking tray with parchment paper, place a few slices of lemon at the bottom, then arrange the mackerel, and place more lemon slices on top.
- 5 Preheat & Bake  
Start **【Grilled Saury】** Menu begins preheating. After preheating is complete, place the baking tray on the upper level, close the oven door, Bake 15 minutes. When there are 5 minutes remaining on the countdown, open the oven door to flip the fish, brush another layer of sauce on the surface, and bake for the remaining time.
- 6 Cooking completed  
After baking is complete, take it out and serve on a plate.






Grilled Shishamo

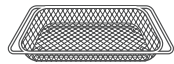
It's really very simple and very delicious! The simple crispy grilled shishamo has become a family favorite, tender and smooth.



Air frying

-  230 °C
-  20 minutes
-  2 servings

Frying basket + Lower layer



Main ingredients

Mullet 250g

Auxiliary ingredients

Cornstarch 50g  
Egg 50g  
Oil 15g  
Yellow breadcrumbs 80g  
White pepper 1g  
Salt 2g

- 1 Prepare all the ingredients
- 2 Marinated mullet  
Beat the eggs and set aside, pour the cornstarch into a plate and set aside, mix the yellow breadcrumbs with oil and set aside, clean the mullet, drain the water, and marinate with salt and white pepper for 15 minutes.
- 3 Coat with breadcrumbs  
Evenly coat the marinated mullet with egg liquid, then dip it in a layer of cornstarch, and finally coat it with a layer of breadcrumbs mixed with oil, placing it on a frying basket lined with baking paper.
- 4 Baking  
Place the frying basket in the lower level, close the oven door, and click 【Grilled Shishamo】 menu to bake 20minutes.
- 5 Cooking completed  
After baking, take it out and it is ready to eat.





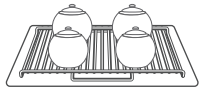
A convenient and quick Japanese nutritious meal.  
A delicacy created from the combination of meat and vegetables, nutritious and delicious!

# Chawannmushi

## Steam

- 100 °C
- 20 minutes
- 4 servings

## Chawan | Steaming Rack + Tray



## Main ingredients

Dried Shiitake Mush-	12g
rooms Chicken Breast	100g
Eggs	120g
Tiger Prawns Chives	32g
	10g

## Auxiliary ingredients

Water	400g
Japanese Soy Sauce	10g
Sake	5g
Japanese Mirin	10g
Salt	5g

- Prepare all the ingredients  
Chop the scallions finely and soak the dried shiitake mushrooms for later use.
- Marinate the shrimp  
Rinse the shrimp, remove the shrimp veins, and slice the chicken breast evenly into 4 pieces. Marinate the chicken breast with 5 grams of sake and 5 grams of Japanese soy sauce for about 5 minutes.
- After fully beating the eggs, add 400 grams of water, 5 grams of Japanese soy sauce, 10 grams of Japanese mirin, and 5 grams of salt, and mix well.
- Steaming  
Fill the water box with water and prepare 4 tea bowls specifically for steaming. Place 1 each of shiitake mushrooms, chicken breast, and shrimp in each bowl, then filter the egg mixture and pour it into the bowls until they are 8 parts full. Cover the tea bowl, place all the tea bowls on the steaming rack, put the steaming rack on the cavity tray, close the oven door, and start the **【Chawanmushi】 menu cooking** 20 minutes.
- Cooking completed  
After cooking, take it out, open the lid, and sprinkle with an appropriate amount of chopped green onions.





Fresh Shrimps bounce and the smoothness of the tofu together create this exquisite dish. The flavor is light, and every bite leaves a lingering taste.

# Steamed Shrimps with Japanese Tofu

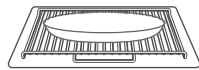
## Steam

100 °C

10 minutes

3 servings

Plate | Steam and Bake Rack + Flat Plate



## Main ingredients

Japanese Tofu	400g
Fresh Shrimp	100g

## Auxiliary ingredients

Starch	3g
Green Peas	40g
Water	30g
Soy Sauce	8g
Cooking Wine	3g
Salt	2g

- 1 Prepare all the ingredients
- 2 Marinate the shrimp  
After washing the fresh shrimp, remove the shrimp thread and shell, rinse, and cut each shrimp into 2 pieces. Marinate the shrimp with salt and cooking wine.
- 3 Use a knife to cut the Japanese tofu in half, lift the bottom of the packaging after dividing it into two pieces, and gently place the tofu on the cutting board, cutting it into about 2 centimeter thickness. Place the cut Japanese tofu on a shallow plate, put a piece of shrimp on the surface of each tofu, and garnish with green peas, sprinkling a little salt for seasoning.
- 4 Steaming  
Fill the water box with water, place the shallow dish containing food on the steaming rack, put the steaming rack onto the cavity tray, close the oven door, and start **【Steamed Shrimps with Japanese Tofu】** cooking menu 10 minutes.
- 5 Cooking completed  
After cooking, take it out, pour the steamed water from the dish into a bowl, add a little starch and mix well (if the water is too little, you can add a little cold water), add a little light soy sauce, and microwave 1000W for 1 minute, then pour it hot over the steamed tofu and shrimp.



Hamburg Steak

The surface of the meat patty is slightly colored, with a fragrant aroma. It can be paired with a hamburger, or dipped in ketchup to eat directly, both are very delicious.



Conventional oven baking

- 220 °C
- 20 Minutes
- 4 servings

Baking Tray + Lower Layer



Main ingredients

Onion	200g
Pork Belly Filling	200g
Beef Filling	200g

Auxiliary ingredients

Milk	45g
Egg Mixture	30g
Breadcrumbs	30g
Butter	10g
Vegetable Oil	5g
Pepper	1g
Salt	2g
Nutmeg	1g

- 1 Prepare all the ingredients
- 2 Cook the onions until soft  
Chop the onions and place them in a microwave-safe dish, add butter, cover with a lid leaving a vent, place in the cavity tray, select **【Microwave】** 1000W , heat for 2 minutes to soften the onions, then remove and let cool for later use.
- 3 Pour the milk into the breadcrumbs and mix well.
- 4 Prepare the meat filling.  
Place the two types of meat filling into a large bowl, first add salt, mix well, and knead until it becomes sticky. Then add the softened chopped onions, the milk and breadcrumb mixture, the egg mixture, nutmeg powder, and pepper, and mix well. Divide the well-mixed meat filling into 4equal portions, roll into balls, and shape into 10centimeter rounds, slightly flattening the center.  
Brush a layer of vegetable oil on the surface of the baking tray, arrange the patties on the tray, and then brush another layer of vegetable oil on the surface.
- 5 Preheat & Bake  
Start **【Hamburg Steak】** Menu begins preheating, after preheating is complete, place the baking tray on the lower level, close the oven door, and bake 20 minutes.
- 6 Cooking completed  
After baking is complete, take it out and serve.



Nikujaga

The encounter of two common ingredients creates a classic deliciousness. The braised meat chunks have a rich and flavorful sauce, with soft potatoes that contain trace elements, amino acids, proteins, and high-quality starch among other nutrients.



Microwave

- High heat to medium heat
- 1 hour 10minutes
- 5 servings

Clay pot / Deep microwave-safe bowl + Flat plate



Main ingredients

Potato	500g
Beef hind leg meat	500g

Auxiliary ingredients

Dried chili	3g
Ginger slices	15g
Water	500g
Vegetable oil	16g
Soy sauce	20g
Doubanjiang	25g
Cooking wine	20g
Star anise	3g
Sichuan peppercorn	2g
White sugar	5g
Salt	4g

1 Prepare all the ingredients

2 Marinated beef

Wash and peel the potatoes, cut into 3 centimeter-sized pieces, chop the beef hind leg into pieces of about 3 centimeters, prepare a large bowl, add the potato chunks and beef, season with vegetable oil, soy sauce, sugar, cooking wine, doubanjiang, dried chili, salt, Sichuan pepper, and star anise, and marinate for 10 minutes.

3 Cooking

In a microwave-safe wide deep container, add marinated beef, potato chunks, ginger slices, and water. Cover with a lid leaving a vent, place it in the cavity flat plate, and start the **[Nikujaga]** cooking 1 hour 10 minutes.

4 Cooking completed

After cooking, take it out and it is ready to eat.







No longer needing to coexist with oil smoke, just simple preparation and waiting can yield a sense of accomplishment with delicious dishes. The joy of cooking lies in its infinite possibilities.



# Honey Baked Chicken Wings

Conventional oven baking

200℃

24 minutes

4 servings

Baking Tray + Lower Layer



This honey-glazed chicken wing recipe uses baking as the cooking method, resulting in a fragrant exterior and tender interior that is irresistibly delicious.

## Main ingredients

Chicken Wings	500g
---------------	------

## Auxiliary ingredients


Garlic Powder	5g
Soy Sauce	15g
Oyster Sauce	30g
Cooking Wine	30g
Honey	30g


- 1 Prepare all the ingredients
- 2 Marinating Chicken Wings  
Wash the chicken wings and pat them dry with kitchen paper, then mix in all the seasonings and marinate for 3–4 hours.
- 3 Preheat & Bake  
Place the marinated chicken wings on a baking tray lined with baking paper (use kitchen paper to absorb excess marinade on the surface to avoid burning).  
Start **[Honey Baked Chicken Wings]** Menu begins preheating, after preheating is complete, place the baking tray on the lower level, Close the oven door, bake for 24 minutes.
- 4 Cooking completed  
After baking, take it out and serve.




# Grilled Steak with Black Pepper


Conventional oven baking

 230°C

 7 minutes

 4 servings

Baking tray + Upper level





Pan-searing a steak may seem simple, but it requires strict control over the cooking time.

The steak, complemented by black pepper and sea salt, highlights the tender sweetness of the beef, leaving an unforgettable aftertaste.

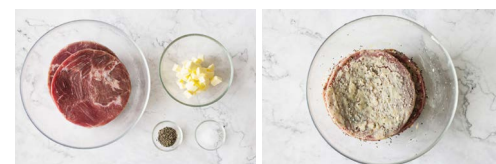
## Main ingredients

Steak	500g
	(approximately 2pieces,2.5cmthick)

## Auxiliary ingredients


Salad oil	15g
Crushed black pepper	4g
Sea salt	4g

- 1 Prepare all the ingredients**  
For steak, it is recommended to purchase a thickness of about 2.5cm.
- 2 Thawing steak**  
Do not open the vacuum bag of frozen steak; place it in room temperature water to thaw naturally in advance.
- 3 Marinating steak**  
After thawing, open the packaging and use kitchen paper to absorb the moisture on the surface of the steak. Sprinkle crushed black pepper and sea salt on the steak and marinate for 10 minutes.
- 4 Preheating**  
Start the 【Grilled Steak with Black Pepper】 menu to begin preheating. Brush a layer of oil on the surface of the baking tray, place the marinated steak in the tray, and brush a layer of olive oil on the surface. (If the baking tray is not lined with parchment paper or aluminum foil, the results will be even better )
- 5 Baking**  
After preheating is complete, place the tray with food on the upper level and bake for 7minutes. The countdown remaining At 3 minutes remaining, open the oven door, quickly flip the food, and bake for the remaining time.
- 6 Cooking completed**  
After baking is finished, take it out and let it sit for about 3 minutes, then cut into pieces for consumption. You can dip it in black pepper sauce according to personal taste.





When we order steak at a Western restaurant, we always encounter the choice of doneness. How can we cook a perfect steak at home? First, we need to know how to judge the doneness of the steak. Taking a 3 cm thick sirloin steak as an example, let's analyze the doneness levels:



**Rare**

Appearance : The exterior has char marks, while the interior is blood red, with the center blood red portion accounting for approximately 75% of the total volume of the steak.

Texture : It feels slightly cool upon entry, and due to the higher proportion of raw meat, it is somewhat difficult to chew.



**Medium Rare**

Appearance : The exterior has char marks, while the interior has a slight pink color, with the center blood red portion accounting for approximately 50% of total the volume of the steak.

Texture : The entrance is warm, the center is tender, soft, and smooth, allowing one to feel the juices of the meat gradually melting in the mouth.



**Medium Medium**

Appearance : The exterior has char marks, while the interior is completely pink.


Texture : The entrance is warm, with an even softness and rich juices.



**Medium WellMedium Well**

Appearance : The exterior has char marks, the interior is light brown, with a hint of pink in the center.

Texture : The entrance is slightly hot, with moderate softness and a bit of chewiness.



**Well DoneWell Done**

Appearance : The exterior has char marks and is dark brown; the interior is entirely brown; due to the loss of juices, the steak shrinks in size.

Texture : Overcooked, lacking meat juice, the meat is dry and tough.

Eating steak is of course inseparable from black pepper sauce. A tender grilled steak paired with homemade black pepper sauce can truly bring the experience of a fine dining restaurant right into your home!!

Ingredients

Onion	10g
Garlic	5g
Butter	5g
Crushed Black Pepper	5g
Tomato Ketchup	15g
Oyster Sauce	15 ml
Sugar	2g
Salt	2g

- Method
- 1 Chop the onion and garlic into fine pieces.
  - 2 Melt the butter in a frying pan until it becomes liquid.
  - 3 Add the chopped onion and minced garlic to the pan and stir-fry until the onion becomes soft, translucent, and fragrant.
  - 4 Pour in the crushed black pepper and stir-fry quickly to release the aroma.
  - 5 Add enough water to the pan to cover the ingredients, then reduce to low heat and bring to a boil.
  - 6 Add tomato sauce, oyster sauce, sugar, and salt, and continue to simmer on low heat.
  - 7 During the cooking process, keep stirring and tossing to prevent sticking to the pot; cook until the sauce thickens.

# Grilled Shrimps with Salt & Pepper

Air frying

200 °C

9 minutes

2 servings

Frying Basket + Upper Layer

To make delicious salt and pepper shrimp, you need to use live shrimp for cooking. The shell is savory, while the meat inside is tender, fresh, and easy to digest, making it an excellent dish to accompany drinks in summer.

Main ingredients	
Sand Shrimp	400g
Auxiliary ingredients	
Minced Garlic	15g
Corn Oil	7g
Cooking Wine	7g
Pepper Salt	7g
Sugar	4g
Salt	2g

1

Prepare all the ingredients

2

Marinate the shrimp

Clean the sand shrimp, cut off the whiskers, remove the intestinal vein, place them in a large bowl, add minced garlic, cooking wine, corn oil, salt, sugar, and pepper salt, and mix well. Marinate for 30 minutes.

3

Preheat & Bake

Start **Grilled Shrimps with Salt & Pepper** menu to begin preheating. Place the marinated shrimp on a basket lined with alu-minum foil or baking paper. After preheating is complete, place the basket on the upper level and grill for 9 minutes.

4

Cooking completed

After baking, take it out to eat.

38

39



# Korean-style Grilled Squid

## Conventional oven baking

- 230 °C
- 7 minutes
- 3 servings

## Baking tray + Upper level



When it comes to Korean grilled squid, many people are attracted by its bright color, the rich aroma of the sauce, and its chewy texture with a strong spiciness that makes it hard to resist.

## Main ingredients

Squid Tentacles 750g

## Auxiliary ingredients

White Sesame 5g  
Sesame Oil 20g  
Korean Chili Paste 20g  
Garlic Paste 8g  
Chili Powder 8g  
White Sugar 15g

- 1 Prepare all the ingredients
- 2 Marinated Squid  
Clean the squid tentacles thoroughly, cut them into strips, blanch them briefly in boiling water, drain the water, and then mix in all the seasonings evenly.
- 3 Preheat & Bake  
Start **[Korean-style Grilled Squid]** Menu begins preheating, lay the squid tentacles on a baking tray lined with alu-minum foil, after preheating is complete, place the tray with food on the upper rack, and grill 7 minutes.
- 4 Cooking completed  
After baking, take it out to eat.



Braised Beef Brisket with Radish

Microwave

Turn from high heat to medium heat

1 hour 10minutes

5 servings

Clay pot / Deep microwave-safe bowl + Flat plate



Braised beef brisket with white radish achieves a perfect balance of cold and heat, complementing each other beautifully. It is most suitable for nourishing the body in autumn and winter, with rich beef juices and the natural sweetness of the radish, creating an endless flavor.

Main ingredients

White radish	500g
Beef brisket	500g

Auxiliary ingredients

Cinnamon	2g
Dried chili	3g
Ginger slices	15g
Coriander	10g
Red dates	10g
Water	400g
Star anise	2g
Sichuan peppercorn	5g
Bay leaves	2g
Salt	3g

- 1

Prepare all the ingredients

Cut the beef brisket into chunks, peel the white radish and cut it into rolling knife pieces, and chop the coriander.
- 2

First, wash the beef brisket with water, then soak it in clean water for about 2 hours to remove the blood, then take the beef brisket and blanch it in boiling water.
- 3

Cooking

Prepare 1 microwave-safe large clay pot, place the beef brisket in the pot, add an appropriate amount of clean water ( just covering the surface of the beef brisket), and also add star anise, bay leaves, cinnamon, dried chili peppers, Sichuan peppercorns, ginger slices, and red dates. Start 【Braised Beef Brisket with Radish】 cooking menu for 1 hour 10 minutes, when the countdown shows 30 minutes remaining, take out and add the radish pieces, continue cooking until finished.
- 4

Cooking completed

After cooking, take it out, remove the spices, add salt to taste, and sprinkle with cilantro.



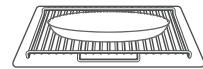


Steamed Fish Head with Chopped Chili Pepper

Steam

- 100 °C
- 20 minutes
- 4 servings

Plate | Steam and Bake Rack + Flat Plate



Chopped Pepper Fish Head is one of the traditional famous dishes, made by steaming fresh fish heads with fiery red chopped peppers. Drizzled with hot oil, the salty, fragrant, and spicy aroma of the chopped peppers wafts through the air. The fish head is rich and not greasy, making it irresistible once tasted.

Main ingredients	
Big Fish Head	600g
Auxiliary ingredients	
Garlic	10g
Scallions	5g
Ginger minced	5g
Rice wine	15g
Cooking oil	15g
Oyster sauce	5g
Chopped chili	100g
White pepper powder	1g
Sugar	2g
Salt	1g

- 1 Prepare all the ingredients
- 2 Marinated Fish Head  
Clean the fish head thoroughly, marinate with rice wine, salt, and white pepper powder for 10 minutes. Mince the ginger and garlic, and chop the scallions.
- 3 Stir-frying the Sauce  
Drain the excess water from the chopped chili, heat the pan, add 1 spoon of oil, then add minced ginger to sauté until fragrant, followed by the chopped chili to continue stir-frying. Finally, add oyster sauce, sugar, and white pepper powder, mix well, and turn off the heat to set aside.
- 4 Steaming  
Fill the water box with water, first place two chopsticks at the bottom of the plate, then put the fish head on top, and evenly spread the stir-fried chopped chili on the fish head.  
Place the plate on the steam and bake rack, position the rack on the lower level, and start the **【Steamed Fish Head with Chopped Chili Pepper】** menu to steam 20 minutes.
- 5 Cooking completed  
After cooking, remove and discard the excess broth, take out the chopsticks, sprinkle with chopped green onions, and drizzle with hot oil.





# Spicy Pork Trotter



## Microwave

- Turn from high heat to medium heat
- 1 hour 10 minutes
- 5 servings

Clay pot / Deep microwave-safe bowl + Flat plate



Pork trotters are rich in collagen, making them a rare nutritious food, but many people shy away from them due to their greasiness. This time, let's try a new way of eating them.

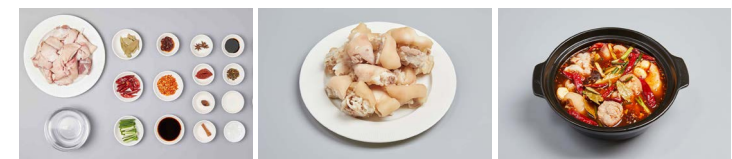
## Main ingredients

Pork trotters 1000g

## Auxiliary ingredients

Cinnamon Spicy 1g  
peppers Dried chili 10g  
peppers Garlic 6g  
Green 20g  
onions Ginger 20g  
Doubanjiang 20g  
(fermented broad bean paste) 2g  
Star anise Dried 2g  
Sichuan pepper-corns Bay leaves 20g  
Rock sugar Grass 2g  
fruit Water 600g  
Rice wine 15g  
Light soy sauce Dark 20g  
soy sauce Chili powder 5g  
Salt 1g

- 1 Prepare all the ingredients
- 2 Cut the pork trotters into small pieces and wash them clean, then blanch them.
- 3 Cooking  
Put all the ingredients into the clay pot, and add enough water to cover the pig's trotters. Cover with a lid, leaving a small hole for steam to escape. Place in the cavity tray, close the oven door, and start the **【Spicy Pork Trotter】** cooking menu for 1 hour 10 minutes.
- 4 Cooking completed  
After cooking, take it out and plate it.





# Sichuanese Grilled Cod

Conventional oven baking

- 230 °C
- 10 minutes
- 2 servings

Baking tray + Upper level



A creative dish that blends Chinese and Western styles, fragrant with a hint of spiciness, and the meat is tender.

## Main ingredients

Cod 250g

## Auxiliary ingredients

Fresh rosemary 20g  
Small red chili peppers 15g  
Garlic 10g  
Shallots 10g  
Ginger 10g  
Cilantro 20g

## Seasoning

Chili sauce 15g  
Barbecue sauce 5g  
Olive oil 30g  
Honey 10g  
Salt 3g  
Soy sauce 10g  
Dried Sichuan pepper 3g  
Dried chili 5g

## Mango sauce

Mango puree 150g  
Yogurt 50g  
Lemon juice 3g

- 1 Prepare all the ingredients  
Thaw the silver cod naturally in advance.
- 2 Prepare the fish marinade  
Chop all the auxiliary ingredients and mix them with the seasonings, stirring well to make the fish marinade.
- 3 Marinated Fish  
After thawing the silver cod, use kitchen paper to absorb the moisture, then marinate it in the fish marinade for 4 hours. After that, take it out, absorb the moisture with kitchen paper, place it on a baking tray lined with aluminum foil, brush with olive oil, and add rosemary.
- 4 Preheat & Bake  
Start **[Sichuanese Grilled Cod]** Menu begins preheating. After preheating is complete, place the food-filled baking tray on the upper level and bake 10 minutes.
- 5 Cooking completed  
After baking is finished, take it out and plate it, served with a mango sauce made from mango puree, lemon juice, and yogurt.





# Dong Pei Big Bone



## Microwave

- Turn from high heat to medium heat
- 1 hour 10 minutes
- 5 servings

Clay pot / Deep microwave safe bowl + Flat plate



The just-out-of-the-oven soy sauce ribs are fragrant and savory, with tender meat that falls off the bone, fresh and not greasy, allowing you to fully enjoy the pleasure of eating meat.

## Main ingredients

Pork Backbone 1000g

## Auxiliary ingredients

Star Anise 2 pieces  
Cinnamon 1g  
Grass Fruit 1 piece  
Cardamom 2 pieces  
Dried Sichuan Pepper 2g  
Green Onion White 3 sections  
Ginger 4 slices  
Salt 2g  
Doubanjiang 10g  
Light Soy Sauce 20g  
Dark Soy Sauce 2g  
Yellow Bean Sauce 30g  
Rock Sugar 20g  
Water 1000g

( Enough to submerge the pork backbone )

1 Prepare all the ingredients

2 Cooking

Clean the pork backbone thoroughly and blanch it. Place all the auxiliary ingredients in a clay pot, cover with a lid, leaving a small opening for steam to escape.

Place it in the cavity tray, close the oven door, and start the **【Dong Pei Big Bone】** cooking menu for 1 hour 10 minutes.

3 Cooking completed

After cooking, take it out and plate it.





# Spicy & Sour Chicken Feet



## Steam

- 100°C
- 30 minutes
- 5 servings

Glass Bowl | Steaming and Baking Rack + Flat Plate



On a scorching summer day, with the air conditioning on my left and a plate of trendy lemon spicy chicken feet on my right, the tangy and savory flavors are irresistible, making it hard to stop eating.

## Main ingredients

Chicken Feet	500g
Lemon Co-riander Clear	4 pieces
Water Ice Water	Appropriate amount
Bay Leaves	Appropriate amount
Star Anise	1 piece
Dried Sichuan	1 piece
Peppercorns Rice	1g
Wine Ginger	10g
	2 pieces

## Auxiliary ingredients

Lemon Juice	5g
Small Chili Rings	5g
Minced Garlic	20g
Soy Sauce	20g
Salt	1g
Dark soy sauce	1g
Chili oil	10g
Sugar	5g
Chinkiang vinegar	15g
White vinegar	2g
Fruit vinegar	15g

## 1 Prepare all the ingredients

Clean the chicken feet, remove the nails, and cut them in half.

Pour the auxiliary ingredients into a bowl, mix them, and stir well to prepare the seasoning.

## 2 Steaming

Fill the water box with water, place the cleaned chicken feet and other main ingredients in a glass bowl, then pour in clean water, place it in the cavity tray, close the oven door, and start the **[Spicy & Sour Chicken Feet]** cooking menu for 30 minutes.

## 3 Cooking completed

After cooking, take out the chicken feet, rinse them clean, and soak them in ice water until cool. Drain the water, add the seasoning, toss in lemon and cilantro, mix well, cover with plastic wrap, and refrigerate for 4 hours or more.





Fresh ingredients are a tribute to gourmet food; nature is flavor, and the most authentic and pure taste is the greatest comfort for the body and mind.



Steamed Baby Chinese Cabbage with Minced Garlic

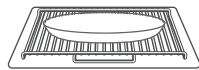
Wawa cabbage is sweet and tender, paired with a unique garlic aroma, delicious and healthy.



Steam

- 100°C
- 13 minutes
- Serves 2-3

Plate | Steam and Bake Rack + Flat Plate



Main ingredients

Wawa Cabbage 400g

Auxiliary ingredients

Garlic 38g (approximately 5cloves)  
Soy Sauce 7g  
Oyster Sauce 7g  
Vegetable Oil 20g  
Salt 1g  
Dried Chili 6g (1 root)

- 1 Prepare all the ingredients  
Tear the Wawa cabbage apart and wash it clean.
- 2 Sauce  
Chop the garlic and dried chili, mix the minced garlic with soy sauce, oyster sauce, vegetable oil, and salt to prepare the sauce.
- 3 Steaming  
Fill the water box with water, lay the Wawa cabbage flat on a ceramic plate, drizzle with sauce, place the plate on the steaming rack, insert the steaming rack into the cavity tray, close the oven door, and start the **[Steamed Baby Chinese Cabbage with Minced Garlic]** cooking menu for 13 minutes.
- 4 Cooking completed  
Cooking is finished, take it out and enjoy.



Steamed Sea Bass with Lemon

The sea bass is tender and sweet, and steaming it brings out the freshness to the fullest. Combined with the acidity of the lemon, the two create a unique flavor.



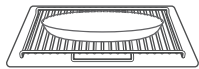
Steam

100 °C

15 minutes

3 servings

Plate | Steam and Bake Rack + Flat Plate



Main ingredients

Sea Bass 500g

Auxiliary ingredients

Red Bell Pepper 20g  
Green Onion 20g  
Ginger 45g  
Lemon 45g  
Vegetable Oil 15g  
Salt 3g

1 Prepare all the ingredients

Cut the lemon into 2-5 pieces 0.2cm thick slices for later use, and squeeze the remaining lemon juice into a bowl for later. Separate the white part of the green onion and the green part; keep the white part and slice the green part into thin strips. Slice the ginger. Cut the red bell pepper open, remove the seeds, and slice it into thin strips for later use.

2 Marinated Fish

After cleaning the bass, make a cut along the spine on the back of the fish. Take 3g of salt and evenly apply it inside and outside the fish. Then drizzle with lemon juice and marinate for 10 minutes.

3 Steaming

Lay the white sections of green onion at the bottom of the fish plate, then place the fish on top, and evenly distribute ginger slices over the fish.  
\* Cooking times vary with different weights; it is recommended to choose the weight of the fish according to the recipe.  
Fill the water box with water, place the fish plate on the steaming rack, and insert the steaming rack into the cavity tray, then start the **【Steamed Sea Bass with Lemon】** menu to cook for 15 minutes.

4 Cooking completed

After cooking, take out the steamed fish and remove the ginger slices and green onion white sections. Lay the prepared shredded green onions and colorful pepper strips on the fish for decoration, drizzle with hot oil, and use sliced lemon for garnish. It is ready to eat (you can also add a little steamed fish soy sauce according to personal preference).



Steamed Hairy Crabs

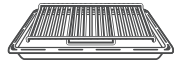
The crab meat of the hairy crab is fresh and sweet, and steaming preserves its nutrition and original flavor to the greatest extent.



Steam

- 100℃
- 18 minutes
- 3 servings

Steam and Bake Rack | Baking Tray + Lower Level



Main ingredients

Hairy Crab 600g

Auxiliary ingredients

Ginger 40g  
Sesame oil 2g  
Vinegar 20g  
Soy sauce 10g  
Sugar 15g

- 1 Prepare all the ingredients  
\* The number of crabs can be adjusted as appropriate.
- 2 Steaming  
Clean the hairy crabs with a brush, place them belly up in a shallow dish, fill the water box with water, place the dish with hairy crabs on the steam and bake rack, put the steam and bake rack on the baking tray, position it on the lower level, and start the **【Steamed Hairy Crabs】** menu cooking for about 18 minutes until fully cooked.  
\* For a single crab weighing about 2 taels ( approximately 100 grams ), steam for about 16 minutes; if it is another type of larger crab, it is recommended to extend the time slightly.
- 3 Prepare the sauce  
Grate the ginger into a paste, place it in a bowl, add fragrant vinegar, light soy sauce, white sugar, and mix well to make ginger vinegar sauce.
- 4 Cooking completed  
After cooking, take out the steamed hairy crabs, remove the meat, and dip it in the ginger vinegar sauce to enjoy.

Siu Mai

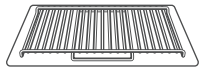
This pure meat filling version of Shaomai is simple to make, with a refreshing filling that is nutritionally balanced.



Steam

- 100 °C
- 15 minutes
- 2 servings

Steaming rack + flat tray



Main ingredients

Wonton wrappers	50g
Ground pork	150g

Auxiliary ingredients

Cornstarch	5g
Chopped green onions	10g
Minced ginger	10g
Sesame oil	2g
Light soy sauce	5g
Salt	2g
Chicken powder	2g
Egg	50g

- 1 Prepare all the ingredients
- 2 Prepare the filling  
In a bowl containing minced pork, add sesame oil, minced ginger, chicken powder, light soy sauce, chopped green onions, salt, egg, and cornstarch. Stir in one direction until well combined to make the filling
- 3 Wrap the Shaomai  
Take a piece of wonton skin and place it in your hand. Put an appropriate amount of filling in the center. Use your left hand to support the bottom of the Shaomai, and with your right hand, gently tighten the neck of the Shaomai using your thumb and index finger. Then, pull the edges of the skin outward slightly to open it up, and arrange them neatly on a steaming tray lined with oil paper.
- 4 Steaming  
Place the steaming rack with the Shaomai, fill the water box with water, put it into the cavity flat plate, and start the **【Siu Mai】** menu to cook 15 minutes or so until fully cooked.
- 5 Cooking completed  
After cooking, take it out and it is ready to eat.





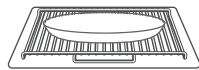
This is a nutritious and healthful dish. Red dates and goji berries nourish and invigorate the body, while the steamed chicken is tender and sweet, with a fresh and sweet flavor, making it a delicious combination of taste and nutrition.

## Steamed Chicken with Red Dates & Goji Berry

### Steam

- 100 °C
- 20 minutes
- 4 servings

Plate | Steam and Bake Rack + Flat Plate



### Main ingredients

Chicken 400g

### Auxiliary ingredients

Dried Lily Bulbs 20g  
Goji Berries 15g  
Red Dates 20g  
Chopped Green Onions 10g  
Ginger Slices 17g  
Cornstarch 5g  
Cooking Oil 10g  
Soy Sauce 8g  
Cooking Wine 6g  
Chicken Powder 2g  
Salt 3g

- 1 Prepare all the ingredients  
Soak the dried lily bulbs in clean water in advance.
- 2 Wash the red dates, cut them open, remove the pits, and then chop the date flesh. Wash the chicken and cut it into small pieces. Wash the lily bulbs and goji berries and set aside.
- 3 Marinate the chicken pieces  
Place the chicken pieces in a dish, add the chopped dates, lily bulbs, goji berries, ginger slices, salt, chicken powder, cooking wine, soy sauce, edible oil, and cornstarch, and mix well. Marinate for about 15 minutes.
- 4 Steaming  
Place the dish with the food on the steaming rack, put it into the cavity's flat tray, fill the water box with water, and start the **【Steamed Chicken with Red Dates & Goji Berry】** menu to cook for 20 minutes.
- 5 Cooking completed  
After cooking, take it out and sprinkle with chopped green onions while it's hot to enjoy.





Common potatoes, carrots, and yellow bell peppers require only simple seasonings. After a short time of oil-free roasting, they become slightly crispy with a hint of sweetness, making them increasingly delicious with each bite.

## Grilled Vegetable

Conventional oven baking

- 180 °C
- 20 minutes
- 3 servings

Baking Tray + Lower Layer



Main ingredients

Potato	150g
Carrot	150g
Yellow Bell Pepper	50g

Auxiliary ingredients

Oil (optional)	10g
Crushed Black Pepper	2g
Salt	10g

- 1 Prepare all the ingredients**  
Peel the potatoes and carrots, cut the yellow bell pepper in half and remove the seeds. Cut the potatoes, carrots, and yellow bell pepper into uniformly sized small pieces (about the same thickness as the yellow bell pepper).
- 2 Pickled Vegetables**  
Soak bamboo skewers in water beforehand, then thread potatoes, carrots, and yellow bell peppers onto the skewers, placing them on a baking tray lined with parchment paper or aluminum foil. Brush with a layer of oil and evenly sprinkle with salt and crushed black pepper.
- 3 Baking**  
Place the baking tray on the lower rack, close the oven door, and start the **【Grilled Vegetable】** menu to bake 20minutes.
- 4 Cooking completed**  
After baking, take them out and enjoy while hot.



Scallops Mixed with Melon

Cucumber flowers are young cucumbers with blossoms, such fresh ingredients, combined with shredded Arctic shellfish and sea-sonings, make a refreshing cold dish that is fragrant and delicious, with a crisp texture that perfectly awakens a tired stomach.



Microwave

- High heat
- 5 minutes
- 2 servings

Clay pot / Deep microwave-safe bowl +

Flat plate



Main ingredients

Cucumber flowers	160g
Arctic shellfish	40g

Auxiliary ingredients

Chicken broth	2g
Garlic paste	2g
Clear water	100g
Ice water	500g
Scallion oil	2g
Sesame oil	0.5g
Salt	1g

- 1 Prepare all the ingredients
- 2 Cooking  
Remove the long stems from the cucumber flowers, wash them, place the cucumber flowers and clear water in a glass bowl, put it at the bottom of the cavity, and start the **[Scallops Mixed with Melon]** menu cooking 5 minutes.
- 3 Cooking completed  
After cooking, soak the cucumber flowers in ice water until completely cool, then drain the water.
- 4 Plate for serving  
Slice the Arctic surf clams into thin strips. Place the cucumber flowers and Arctic surf clam strips on a plate, add all the seasonings and mix well before serving.





Cut the delicious Wuchang fish into coherent segments, arranging them in the shape of a peacock spreading its tail. Under the heat of steaming, the peacock's tail shape becomes even more lively, with excellent form, color, and flavor.

## Steamed Conger Eel

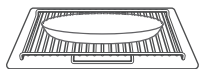
### Steam

100 °C

18 minutes

3 servings

Plate | Steam and Bake Rack + Flat Plate



### Main ingredients

Wuchang Fish 700g

### Auxiliary ingredients

Green Bell Pepper	10g
White Onion	3g
Scallions	5g
Ginger	20g
Rice Wine	5g
Cooking Oil	30g
Steamed Fish Soy Sauce	20g
Salt	2g
Red Bell Pepper	10g

### 1 Prepare all the ingredients

### 2 Marinated Fish

After scaling the Wuchang fish, remove the head and tail, and clean the internal cavity. Slice from the back of the fish, with a thickness of 0.5cm , leaving 1cm untouched at the belly, then apply rice wine and salt on the fish, marinating for 10 minutes to remove the fishy smell.

### 3 Steaming

Place ginger slices and green onion segments at the bottom of a shallow dish, then arrange the cut fish in the shape of a peacock spreading its tail. Put the steamed fish dish on the steaming rack, place it in the cavity flat tray, fill the water box with water, and start the **【Steamed Conger Eel】** cooking menu for 18 minutes.

### 4 Cooking completed

After cooking, take out the steamed fish, pour out the excess juice from the dish, remove the ginger and green onions, arrange the fish fillet with rings of green and red bell peppers, drizzle with hot oil, and pour steamed fish soy sauce around the edge of the shallow dish.





In the long, long afternoon,  
freed from the busyness,  
enjoy the delightful moments of good  
food.



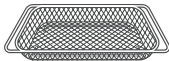
Sweet potatoes are fragrant and sticky, and regularly eating whole grains is beneficial for health.

Grilled Sweet Potato

Air frying

- 230 °C
- 50 minutes
- 4 servings

Frying basket + Lower layer



Main ingredients

- 4 Sweet Potatoes
- About250 g/each

- 1 Prepare all the ingredients

Choose sweet potatoes that are uniform in size and slightly longer, wash them, and drain the surface moisture, then poke a few small holes with a toothpick.
- 2 Evenly place the sweet potatoes in the frying basket.
- 3 Baking

Place the frying basket in the lower layer, close the oven door, and start the 【Grilled Sweet Potato】 menu to bakefor 50minutes.
- 4 Cooking completed

Once baking is finished, take it out and enjoy.





French fries are one of the favorites of many adults and children; non-fried is healthier, so you can eat as much as you want without worrying about getting heavy.

# French Fries

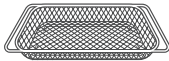
Air frying

200 °C

20 minutes

3 servings

Frying Basket + Upper Layer



Main ingredients

10\*10mm      Frozen French Fries      500g

1 Prepare all the ingredients

2 Baking

Frozen French fries do not need to be thawed; pour them into the frying basket and spread them out as much as possible without overlapping. Place the frying basket on the upper layer, close the oven door, start the **French Fries** menu to bake 20 minutes until golden.

3 Cooking completed

Once baking is finished, take it out and it can be enjoyed with ketchup or sea salt.



# Fried Chicken Drumsticks

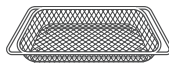
Healthier without frying, a simple and quick snack that can be made at home, loved by both kids and adults.



## Air frying

- 220 °C
- 23 minutes
- 4 servings

## Frying Basket + Upper Layer



## Main ingredients

Frozen Chicken Nuggets 500g(About 23 pieces)

- 1 Prepare all the ingredients
- 2 Baking  
Frozen chicken nuggets do not need to be thawed, simply lay them flat in the frying basket. Place the frying basket on the upper level, close the oven door, and start the **Fried Chicken Drumsticks** menu to bake 23 minutes until golden.
- 3 Cooking completed  
After baking, take it out and it is ready to eat.






No oil frying is healthier; just place the semi-finished crispy pork in the oven, and after a short wait, a golden and crispy dish will be ready.

## Fried Crispy Pork Slices

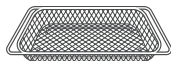
### Air frying

 220 °C

 20 Minutes

 3 servings

### Frying Basket + Upper Layer



### Main ingredients

Frozen Crispy Pork 350g

### 1 Prepare all the ingredients

### 2 Baking

The crispy pork does not need to be thawed; directly place 350 grams in the frying basket, removing any overly thin edges, and try to spread it out evenly. Place the frying basket on the upper level, start the **【Fried Crispy Pork Slices】** menu, and bake for 20 minutes until golden.

### 3 Cooking completed

After baking, take it out to cool; it can be enjoyed with dipping sauce.



Fried Chicken Fillets

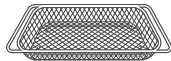
Air-fried chicken strips,healthier without oil, crispy on the outside, tender on the inside, easily replicate delicious food.



Air frying

- 190 °C
- 20 minutes
- 4 servings

Frying basket + Lower layer



Main ingredients

Frozen Battered Chicken Strips 350g

- 1 Prepare all the ingredients
- 2 Baking

The chicken strips do not need to be thawed; lay them flat in the frying basket without overlapping. Place the frying basket in the lower layer, start the [Fried Chicken Fillets](#) menu to bake for 20 minutes, when there are 7 minutes remaining, flip the frying basket and turn the chicken strips over, close the oven door and continue baking.
- 3 Cooking completed

After baking, take it out and let it cool slightly before consuming.



Honey Baked Chicken Legs

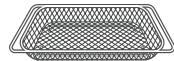
This roasted chicken leg is baked with char siu sauce and honey, resulting in a shiny color and crispy skin, with thick and tender meat that is particularly delicious.



Air frying

- 200 °C
- 40 minutes
- 4 servings

Frying basket + Lower layer



Main ingredients

Chicken Leg 900g

Auxiliary ingredients

Garlic Powder 6g  
Soy Sauce 15g  
Oyster Sauce 30g  
Char Siu Sauce 60g  
Cooking Wine 30g  
Honey 40g

- 1 Prepare all the ingredients
- 2 Marinated Chicken Legs  
Clean the chicken legs thoroughly, make 2 cuts on each side, and mix the chicken legs with cooking wine, oyster sauce, char siu sauce, garlic powder, soy sauce, and honey. Place the mixture in a ziplock bag and refrigerate for 2 hours or more (in the fresh-keeping layer). Remember to take it out and mix it again halfway to enhance the flavor.
- 3 Place the chicken legs in the frying basket lined with oil paper (do not pour in the remaining marinade to avoid burning).
- 4 Baking  
Place the frying basket on the lower level, close the oven door, and start the **【Honey Baked Chicken Legs】** menu to bake 40 minutes. When there are 15 minutes remaining, take it out, flip it over, and continue baking.
- 6 Cooking completed  
After baking, take it out and serve.

Grilled Sausages

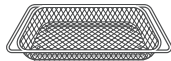
Grilled sausage is one of the most common and popular street snacks. Simply place the sausage in the oven to grill, making it convenient, clean, and delicious.



Air frying

- 160℃
- 13 minutes
- 4 servings

Frying Basket + Upper Layer



Main ingredients

Sausage 300g ( 8 pieces)

Auxiliary ingredients

Water 3g  
Vegetable Oil 5g  
Soy Sauce 2g  
Barbecue Seasoning 2g  
Sugar 3g

- 1 Prepare all the ingredients  
\* Frozen sausages need to be thawed in advance 1 hour.
- 2 Prepare the sauce  
Mix sugar, soy sauce, and water in a small bowl until well combined, set aside as sauce, and soak the bamboo skewers in water.
- 3 After the thawed sausages are cleaned and drained, insert them into the bamboo skewers, make cuts on both sides of the sausages, brush a layer of oil on the surface, and then brush on the prepared sauce.  
\* If you don't have skewers, you can skip this step.
- 4 Baking  
Place the sausages in a frying basket lined with aluminum foil or parchment paper, position the basket on the upper level, close the oven door, and start the **【Grilled Sausages】** menu for 13 minutes. When there are 3 minutes left on the countdown, take them out, flip them over, and continue baking.
- 5 Cooking completed  
After baking is finished, take it out immediately. You can sprinkle cumin powder, chili powder, and other barbecue seasonings according to personal preference to enjoy.



Honey Roasted Chestnut

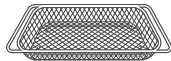
These honey chestnuts are sweet, soft, and easy to peel, making them popular with both adults and children.



Air frying

- 200 °C
- 15 minutes
- 3 servings

Frying basket + Lower layer



Main ingredients

Chestnuts with Skin 500g

Auxiliary ingredients

Oil 10g  
Honey 20g  
Water 10g

- 1 Prepare all the ingredients
- 2 Processing Chestnuts  
Wash the chestnuts and drain the water. Make a cross incision on the surface of the chestnuts, boil in hot water for 15 minutes, drain the water, then mix with oil, water, and honey evenly before placing in the frying basket.  
\* Do not pour out the remaining oil and water
- 3 Baking  
Place the frying basket in the lower layer, close the oven door, and start **[Honey Roasted Chestnut]** menu bake 15 minutes. When there are 5 minutes remaining, take out the frying basket, and apply another layer of oil and water on the chestnuts, then click to continue baking.
- 4 Cooking completed  
After baking is finished, take it out and let it cool slightly before serving.

Deep-fried Peanuts

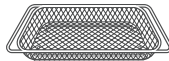
Simple and quick, a must-have appetizer, can also be a snack, fragrant and crispy, absolutely love it



Air frying

- 160 °C
- 23 minutes
- 3 servings

Frying basket + Lower layer



Main ingredients

Fresh peanuts 300g

Auxiliary ingredients

Oil 5g  
Salt 0.5g

- 1 Prepare all the ingredients
- 2 Baking  
Mix the peanuts with oil evenly and spread them in the frying basket. Place the frying basket in the lower layer, start **Deep-fried Peanuts** menu bake 23 minutes. When there are 16 minutes remaining on the countdown, take out the frying basket, stir the peanuts, and continue baking. When there are 10 minutes remaining, take out the frying basket, turn it over, and continue baking until finished.
- 3 Cooking completed  
After baking is finished, take it out and let it cool slightly before serving.



Oatmeal Shrimps

Creamy Oatmeal Shrimp Balls are a creative dish made with oatmeal, milk powder, and a batter that wraps around fresh, bouncy shrimp balls, resulting in a rich and layered texture.



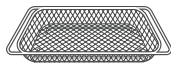
Air frying

180 °C

12 minutes

2 servings

Frying basket + Lower layer



Main ingredients

Instant Oats	200g
Sea Shrimp	350g

Auxiliary ingredients

Cornstarch	50g
Whole Milk Powder	50g
Egg Yolks	20g
Water	50g
Chili Powder	10g
Salt	1g
Chicken broth	3g

- 1 Prepare all the ingredients
- 2 350g of large shrimp, pat dry with kitchen paper, and make a cut on the back.
- 3 Batter preparation  
In a bowl, combine whole milk powder, chili powder, egg yolk, and water, stirring well. Then add salt, chicken broth, and cornstarch, mixing until smooth to prepare the batter.
- 4 Batter and Oats  
Hold the shrimp by the tail and dip it into the batter to coat it with a layer of paste. The shrimp coated with batter is placed into 200g of oats and evenly coated, then gently squeezed with your hand.
- 5 Baking  
Line the baking tray with aluminum foil or parchment paper, and brush a layer of oil on the foil or paper, then evenly place the oat-coated shrimp balls onto the baking tray. Place the frying basket in the lower layer, close the oven door, and start the **【Oatmeal Shrimps】** menu to bake for 12 minutes.
- 6 Cooking completed  
After baking, take it out and it is ready to eat.





Starting from the raw materials, fermentation, shaping, and baking in the oven, feel the transformation of the ingredients with your hands and eyes. Baking is a warm ritual of life.



# Portuguese Egg Tart



## Conventional oven baking

- 🔥 180°C to 220°C
- 🕒 23 minutes
- 🍽️ 4 servings

## Baking Tray + Lower Layer



The Portuguese Egg Tart is a small buttery pastry filled with custard. In 1989, a British man named Andrew brought it to Macau, becoming a landmark delicacy of the region.

## Main ingredients

Milk	50g
Light cream	125g
Eggs	50g
Fine granulated sugar	23g
Large frozen tart shells	9 <small>pieces</small>

- 1 Prepare all the ingredients**  
Thaw the tart crust at room temperature for 20 minutes.
- 2 Making egg tart filling**  
Add fine granulated sugar to the milk and stir until dissolved, then add the egg mixture and light cream and stir well. Strain the egg tart filling once.
- 3 Place the tart shells on the baking tray, pour the strained egg tart filling into the tart shells until nine-tenths full.**
- 4 Preheat & Bake**  
Start [ **Portuguese Egg Tart** ] menu to begin preheating. Once preheating is complete, place the baking tray on the lower level, Bake 23 minutes.
- 5 Cooking completed**  
After baking, take it out and it is ready to eat.

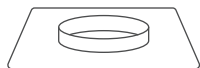


# Chiffon Cake

## Convection baking

-  150 °C to 130°C then 140°C
-  50 minutes
-  Serves 8

## Cake mold + Baking tray



The internal structure of the cake is softer and more elastic after optimizing the cooking curve, feeling as soft as a cloud, filled with air, sweet, soft, and delicate.

## Main ingredients

Cake flour	100g
Cornstarch	10g
Large cold eggs	240g
Whole milk	60g
Corn oil	60g
Fine granulated sugar	70g

## Auxiliary ingredients

Lemon juice	3-4 drops
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- 1 Prepare all the ingredients**  
Prepare a flour sifter, manual whisk, spatula, gloves, egg bowl, cake mold, electronic scale, and electric whisk. Weigh all ingredients in advance.
- 2 Making Egg Yolk Mixture**  
Crack the eggs and separate the egg whites and yolks into 2 clean, dry, and oil-free bowls. Place the egg whites in the refrigerator to chill for later use.  
Prepare another large bowl, pour in corn oil and milk, and use a manual whisk to blend them together. Then, add the egg yolks and mix well.  
Sift the cake flour into the mixture from the previous step using a fine mesh sieve, and quickly mix the flour into the batter with a manual whisk in a 'Z' shape until there are no dry flour particles left. \* Do not stir in circles.
- 3 Making Meringue**  
Add 3-4 drops of lemon juice to the chilled egg whites, and use an electric mixer on low speed to whip the egg whites until they form fish-eye bubbles.  
Add about one-third of the fine granulated sugar and cornstarch, and switch to medium speed to whip until the bubbles disappear and the mixture becomes smooth.  
Add the remaining fine granulated sugar and half of the cornstarch, and switch to high speed to whip the egg whites until slight streaks appear.  
Add the remaining fine granulated sugar and cornstarch (it is recommended to sift the cornstarch), and switch to medium speed to whip until distinct firm streaks appear.  
Beat on low speed, checking the state of the egg white foam during the process ; stop beating when the egg white foam forms stiff peaks.
- 4 Prepare the cake batter.**  
Once the egg whites are whipped well, use a spatula to take 1/3 of the egg white foam and add it to the egg yolk mixture, folding gently from the bottom to mix the egg white foam and egg yolk mixture evenly. \* Do not stir in circles to avoid deflating the foam. Next, pour the mixed batter back into the remaining egg white foam.  
Similarly, use a spatula to fold the remaining meringue into the batter until smooth. \* Do not stir in circles to avoid deflating.
- 5 Next, pour the cake batter into a 8 -inch non-hollow cake mold.**
- 6 To release the air from the cake mold, lift it up and drop it from a height of about 1 palm's width above the table, letting it fall 2 to 3 times.**
- 7 Preheat & Bake**  
Start the **【Chiffon Cake】** menu to begin preheating. After preheating is complete, place the cake mold into the cavity flat and bake 50 minutes.
- 8 Cooking completed**  
After baking is finished, wear heat-resistant gloves to take it out, then immediately shake the cake mold 2~3 times to release the steam, then invert the mold onto a cooling rack to cool. Wait until completely cooled before unmolding to prevent the cake from shrinking.
- 9 Once the cake has cooled, use your hands to gently pry the cake from the outside in, until you make a full rotation, allowing the cake to detach from the sides of the mold. Then push from the bottom of the mold to release the cake, and finally use the same method to separate the cake that is stuck to the bottom of the mold. Unmolding is complete.**



# Cranberry Cookies



## Main ingredients

Cake flour	115g
Dried cranberries	43g
Butter	65g
Eggs	17g
Powdered sugar	35g

- 1 Prepare all the ingredients  
Chop the dried cranberries and beat the eggs for later use.
- 2 Cream the butter.  
Soften the butter at room temperature until you can easily press a hole with your finger, then add the powdered sugar and gently fold with a spatula. Use an electric mixer to beat the butter until it turns white and increases in volume. Add the egg mixture in 3 batches, mixing well with the butter after each addition before adding the next. Beat until the butter mixture is very fluffy.
- 3 Prepare the batter.  
Add the chopped dried cranberries and mix well, then add the sifted flour, using a spatula to fold until there are no dry flour spots.
- 4 After placing the batter into a square mold lined with plastic wrap and shaping it, unmold it onto a flat plate and freeze in the refrigerator for about 1 hour.
- 5 Preheating  
Start the **【Cranberry Cookies】** menu to begin preheating.
- 6 Cut the frozen batter into pieces.  
Take out the frozen cookies and cut them into slices about 5mm thick. If the cookies are too hard, you can let them sit at room temperature for a while before cutting.
- 7 Place the cut cookies spaced apart on a baking tray lined with parchment paper.
- 8 Baking  
After preheating is complete, place the baking tray on the lower rack and bake for 23 minutes.
- 9 Cooking completed  
After baking, take it out and let it cool completely before eating, it will be crispier.

## Convection baking

-  140 °C to 160°C
-  23 minutes
-  Serves multiple

## Baking Tray + Lower Layer



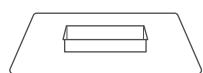
I always enjoy having some cookies or snacks to satisfy my cravings on ordinary days, and these sweet and sour cran-berry cookies are just perfect. Homemade is healthier!

# Toast Bread

## Conventional oven baking

- 160°C
- 40 minutes
- 5 servings

## Toast mold + baking tray



If you want to eat well and feel full, you might want to try this toast bread. The toast is rich in milky aroma, soft and chewy, and will definitely not disappoint you.

## Main ingredients

Cake flour	100g
Bread flour	400g

## Auxiliary ingredients

Whole milk	40g
Milk powder	12g
Butter	32g
Condensed milk	15g
Egg liquid	30g
Water	75g
Granulated sugar	46g
Salt	3g
Yeast	3g

- 1 Prepare all the ingredients**  
Soften the butter at room temperature in advance.
- 2 Mix the ingredients**  
Mix all the ingredients evenly except for the butter, knead until the dough is elastic, then add the softened butter and continue kneading until a windowpane effect is achieved, and the dough is smooth.
- 3 First fermentation**  
Cover with plastic wrap and place in a warm area ( about 30 °C ) to ferment for 1 hour or until it doubles in size.
- 4 Dough relaxation**  
Take out the fermented dough, divide it into 2 equal parts, roll them into balls, cover the surface with plastic wrap, and let it relax for 20 minutes.
- 5** Roll the relaxed dough into a flat sheet, fold it in half from the sides towards the center. Roll it up from top to bottom. Prepare 2pieces of dough in sequence.
- 6 Second fermentation**  
Place in the toast mold, cover with plastic wrap, and let it ferment in a warm place ( about 35 °C ) for about 1 hour until it doubles in size.
- 7 Preheat & Bake**  
Start the **[Toast Bread]** menu to preheat. After preheating is complete, remove the plastic wrap from the toast mold, place the mold into the cavity tray, and bake for 40 minutes. After 5 minutes in the oven, cover with aluminum foil.
- 8 Cooking completed**  
After baking, remove from the mold and enjoy.





# Cupcakes



## Conventional oven baking

- 170°C
- 17 minutes
- 3 servings

## Baking Tray + Lower Layer



Cute and lovely, a soft and melt-in-your-mouth cake, paired with the shape of a small paper cup, it's fantastic, and it never gets boring no matter how you eat it.

## Main ingredients

Butter	85g
Granulated sugar	85g
Whole egg liquid	75g
Cake flour	100g
Baking powder	5g

- 1 Prepare all the ingredients**  
Soften the butter at room temperature and set aside.
- 2 Make the butter mixture**  
Beat the butter and granulated sugar with a whisk until soft and the color turns light grayish-white; Pour the whole egg liquid 3 times into the butter mixture, stirring evenly after each addition before adding the remaining egg liquid. Then sift the flour ,baking powder, and salt into the mixture, and stir evenly with a spatula.
- 3 Prepare 9 small cupcake liners, pouring about 28 grams of cake batter into each liner, and arrange the liners evenly on the baking tray.**
- 4 Preheat & Bake**  
Start the **Cupcake** menu to preheat, and after preheating is complete, place the baking tray on the lower level, close the oven door, and bake 17 minutes.
- 5 Cooking completed**  
After baking is complete, let it cool before serving.



Croissant



Conventional oven baking

- 160°C
- 15 minutes
- 3 servings

Baking tray + Upper level



Shape the bread into a croissant form, cute and soft, with a golden-brown exterior and a filling of soft, sweet red bean paste. It's crispy on the outside and soft on the inside, visually appealing and delicious, making it very popular among children.

Main ingredients

Cake flour	50g
Bread flour	300g

Auxiliary ingredients

Whole milk	100g
Milk powder	8g
Butter	15g
Egg liquid	30g
Fine granulated sugar	20g
Salt	3g
Dry yeast	3g
Red bean paste (optional)	30g
Whole egg liquid (for brushing the surface)	20g

- 1 Prepare all the ingredients  
Soften the butter at room temperature in advance.
- 2 Knead the dough.  
Add high-gluten flour, low-gluten flour, milk powder, salt, fine sugar, dry yeast, egg liquid, and milk into the mixing bowl of the stand mixer, and mix until the dough is smooth and can stretch into a relatively thick membrane. \* Milk can also be replaced with an equal weight of water.
- 3 Knead the dough.  
Next, add the softened butter at room temperature, and continue to knead the dough with the stand mixer until it is smooth and can stretch into a translucent, non-breakable thin membrane, completing the kneading process. \* If you don't have a stand mixer, you can also knead by hand.
- 4 First fermentation  
After rolling the dough into a ball, place it in a large bowl, cover it with plastic wrap, and use the fermentation function to set the temperature to 35-38 °C for about 50 minutes until the dough doubles in size. Dip your finger in flour and poke a hole in the center of the dough; if the hole does not spring back, it is ready. \* The fermentation time needs to be adjusted according to the state of the dough; the time is for reference only.
- 5 Degassing &Dividing &Rolling into balls &Resting  
Take out the fermented dough, gently pat it to release the gas on the work surface, divide it into 8 equal portions, roll each portion into a ball, shape them into cones, flatten them, and cover with plastic wrap to rest at room temperature for 10-20 minutes.
- 6 Plastic surgery  
After relaxing, take a portion of the flattened dough and roll it out to a length of about 1.5-2hand spans.
- 7 Spread the red bean paste in the middle, make a small cut at the top center, and roll down both sides of the cut, tightening the ends and shaping it into a horn shape. \* If there is no red bean paste, it can be omitted.
- 8 Second fermentation  
Place the prepared horn-shaped bread dough with the seam side down, spaced apart on a baking tray lined with parchment paper, spray a little water mist, and let it ferment at a temperature of 35-38 °C for about 50 minutes until it doubles in size. \* If the room temperature is relatively low, it can be placed in the oven to ferment . The fermentation time is for reference only; adjust according to the fermentation state of the dough.
- 9 Preheat &Bake  
After the second fermentation is complete, start the **[Croissant]** menu to preheat. After beating the egg mixture until well combined, evenly brush a layer of egg wash on the surface of the bread dough. Once preheated, open the oven door, place the baking tray on the upper rack, close the oven door, and bake for about 15 minutes until the bread expands and the surface turns golden.
- 10 Cooking completed  
After baking, take it out and let it cool before serving.



# Caramel Pudding

## Conventional oven baking

- 140 °C
- 20 minutes
- 6 servings

## Baking Tray + Lower Layer



The smooth and sweet caramel pudding, when served hot, is a delightful egg custard; when chilled in the refrigerator and drizzled with milk or coffee, it offers a unique flavor experience.

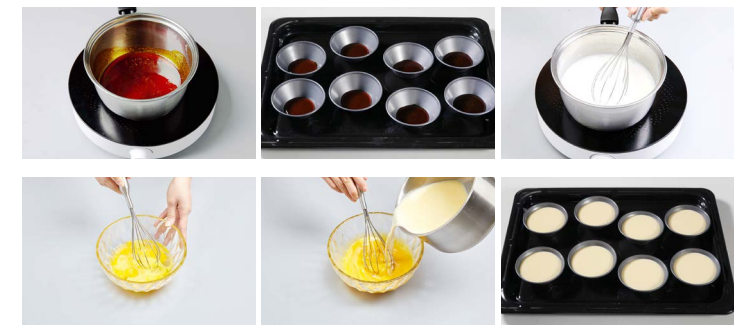
## Main ingredients

Whole milk	400g
Large eggs	200g

## Auxiliary ingredients

Granulated sugar (for pudding)	40g
Water	40g
Granulated sugar (for caramel)	120g




- 1 Prepare all the ingredients  
Prepare 9 pudding cups.
- 2 Making caramel  
120g granulated sugar and 40g water are placed in a pot, stirred continuously on the induction cooker until caramel color is achieved. Pour the finished caramel into the pudding cups, about 5mm thick.
- 3 Making the pudding mixture  
400g milk and 40g granulated sugar are mixed, heated, and stirred continuously until the sugar is completely dissolved, then cooled to room temperature.
- 4 Take another bowl, beat the eggs, add them to the cooled milk, mix well and strain; the pudding mixture is complete.
- 5 Preheat & Bake  
Start **Caramel Pudding** menu to begin preheating. After preheating is complete, place the pudding bowl in the baking tray, gently pour the pudding mixture into the bowl containing caramel, and add 1/3 (about 500ml) of hot water into the baking tray, place it on the lower rack, close the oven door, and bake for 20 minutes until the egg mixture is set.  
\* The thickness of the pudding mixture varies, so the baking time may differ; adjust the time as needed based on when it is set.
- 6 Cooking completed  
After baking, take it out and let it cool to room temperature, then refrigerate for 2 hours, and then take it out and invert it onto a plate.



# Seafood Pizza



## Conventional oven baking

-  180°C
-  18 minutes
-  5 servings

## Baking Tray + Lower Layer



Making your own pizza not only ensures generous toppings but also tastes more authentic than those from outside. You can freely combine seafood, vegetables, and meats, and if you love mozzarella cheese and other cheeses, feel free to add more.

## Main ingredients

Cake flour	60g
Bread flour	150g

## Auxiliary ingredients

Green bell pepper	50g
Onion	50g
Bacon	50g
Shrimp	50g
White sugar	15g
Cherry tomatoes	40g
Shredded mozzarella cheese	100g
Warm water	110g
Cooking oil	15g
Pizza sauce	45g
Salt	5g
Dry yeast	3g




- 1 Prepare all the ingredients**  
Chop the green pepper, onion, and cherry tomatoes into strips, and slice the bacon.
- 2 Dough fermentation**  
Mix and knead 150g high-gluten flour, 60g low-gluten flour, 15g white sugar, 3g dry yeast, 15g cooking oil, 5g fine salt, and 110g warm water into a smooth dough. The dough is in the expansion stage, capable of stretching into large thin membranes. Cover with plastic wrap and let it rise in a warm place until it doubles in size (about 1 hour).
- 3 Dough resting**  
Place the fermented dough on a kneading mat and knead it thoroughly, then cover with plastic wrap and let it rest for 10minutes.
- 4 Making Pizza**  
Roll the dough into a round shape about 28 centimeters in diameter, place it in the baking tray, flatten it out, and tidy up the edges of the dough. Use a fork to poke small holes in the dough, then evenly spread pizza sauce over it. Sprinkle a layer of mozzarella cheese, add vegetables, then sprinkle another layer of cheese, and finally top with bacon and shrimp.
- 5 Preheat & Bake**  
Start **【Seafood Pizza】** menu to preheat. Once preheating is complete, place the baking tray with the pizza on the lower rack and bake for 18 minutes.
- 6 Cooking completed**  
After baking, take it out and cut it into pieces to serve.





## Thin Crust Pizza

### Conventional oven baking

-  180 °C to 200°C
-  16 minutes
-  Serves 4-5

### Baking Tray + Lower Layer



Making your own pizza not only ensures generous toppings but also tastes more authentic than those from outside. You can freely combine seafood, vegetables, and meats, and if you love mozzarella cheese and other cheeses, feel free to add more.

### Pizza Base

All-Purpose Flour	150g
Salt	2g
Dry Yeast	3g
Water	90g

### Filling

Button Mushrooms	50g
Tomato Sauce	50g
Ham Slices	100g
Mozzarella Cheese	150g
Butter	5g

### 1 Prepare all the ingredients

Cut the button mushrooms and ham into small pieces, sauté the mushrooms in butter until cooked, then set aside.

### 2 Dough fermentation

Put the ingredients for the pizza base into the mixer and mix well until a thick, elastic dough that can stretch without breaking is formed.

Cover the dough with plastic wrap and place it in a warm area to ferment 1 hour, until it rises to about 2 times its size.

Divide the fermented dough into 2 pieces, roll them into balls, cover with plastic wrap, and let them rest at room temperature for about 20 minutes to relax.

### 3 Making Pizza

Sprinkle flour on the work surface, and roll out the relaxed dough with a rolling pin into a thin rectangular shape, approximately 25x13 centimeters, and place it in a baking tray lined with parchment paper.

Use a fork to poke small holes in the dough, brush with tomato sauce, sprinkle a layer of mozzarella cheese, and then layer with mushrooms and ham slices.

### 4 Preheat & Bake

Start **【Thin Crust Pizza】** Menu begins preheating. After preheating is complete, place the pizza pan on the lower level and bake 16 minutes.

### 5 Cooking completed

After baking, take it out and cut it into pieces to serve.



# Sweet Green Rice Ball

Steam

100℃

15 minutes

6 servings

Steaming rack + flat tray

During the Qingming Festival, the fragrance of mugwort fills the air. Soft and sweet Qingtuan made from fresh green mugwort can be deliciously paired with either sweet or savory fillings.

## Main ingredients

Glutinous rice flour	300g
Red bean paste	200g
Mugwort	40g

## Auxiliary ingredients

Boiling water	45g
Lard	25g
Tapioca flour	45g
White sugar	20g
Ice water (for cooling)	60g
Ice water (for kneading)	40g
Warm water (about 70–80℃)	180g
Clear water	100g

1 Prepare all the ingredients

2 Steamed Mugwort Leaves

Fresh mugwort leaves are picked, washed clean, and placed in a glass bowl with 100g of clean water. The bowl is then placed on the steaming rack, which is inserted into the cavity tray. Close the oven door, fill the water box, and use the **【Pure Steam】** 100℃ function to cook for 4 minutes.

3 Making Mugwort Paste

After cooking, quickly place the mugwort in ice water to cool, then remove and squeeze out the excess water. Use a blender to puree (adding a little water as needed), then strain to obtain the mugwort paste for later use.

4 Making Clear Flour Dough

In a bowl, add the clear flour and pour in 45g of boiling water, stirring until there are no lumps to form the clear flour dough.

5 In another bowl, pour in glutinous rice flour, white sugar, and warm water, stirring until well combined. Add cold water 40g and knead the dough until smooth. Then add the clear flour dough, and finally mix in the mugwort paste and lard thoroughly.

6 Making Green Rice Balls

Divide the kneaded green dough into 12 pieces, about 30g/ piece, with red bean paste about 20g/ piece. Take one piece of green dough, roll it into a ball, flatten it, and pinch the edges to make the sides thin and the center thick. Place the red bean paste filling in the center, gather the edges towards the middle, pinch tightly, and roll it into a ball.

7 Steaming

Place oil paper in the steamer, then put the wrapped mugwort balls on top, place the steamer on the steaming rack, insert the steaming rack into the cavity tray, close the oven door, fill the water box with water, and start the **【Sweet Green Rice Ball】** menu, cooking for 15 minutes.

8 Cooking completed

After cooking, take it out and let it cool before serving.

114

115



# Chilled Mango Sago Cream with Pomelo

## Microwave

- High heat
- 13 minutes
- 3 servings

Clay pot / Deep microwave-safe bowl + Flat plate



The fragrant and sweet mango, as golden and dazzling as the summer sun, is paired with sago and ruby grapefruit to create a Hong Kong-style dessert. Sweet and refreshing, this is how summer should taste.

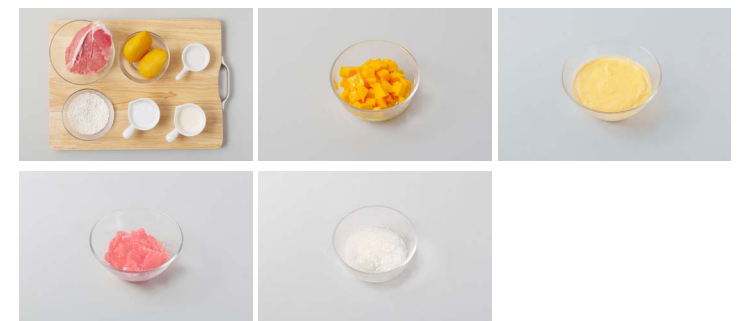
## Main ingredients

Sago	100g
Grapefruit	100g
Mango	300g

## Auxiliary ingredients

Heavy cream	30g
Coconut milk	80g
Hot water	500g
Cold water	600g
Sugar	8g

- Prepare all the ingredients
- Making Coconut Mango Juice**  
Peel the mango, cut it into cubes, leaving a little for decoration. Mix the mango flesh with coconut milk, sugar, and heavy cream, and blend it into coconut mango juice. Place it in the refrigerator to chill.
- Take the grapefruit flesh and tear it into shreds, then chill for a moment.
- Cooking**  
In a microwave-safe large bowl, pour in 500ml hot water, add the sago, place it in the cavity tray, close the oven door, and start the **【Chilled Mango Sago Cream with Pomelo】** cooking menu for 13 minutes.
- Take the cooked sago, soak it in cold water for a moment, and then rinse off the surface starch.
- Cooking completed**  
After cooking, mix the coconut milk mango juice and sago evenly, pour it into a glass, and decorate with mango cubes, grapefruit strips, and mint leaves.





Design & technology from daily life



#DetailsMatter.