

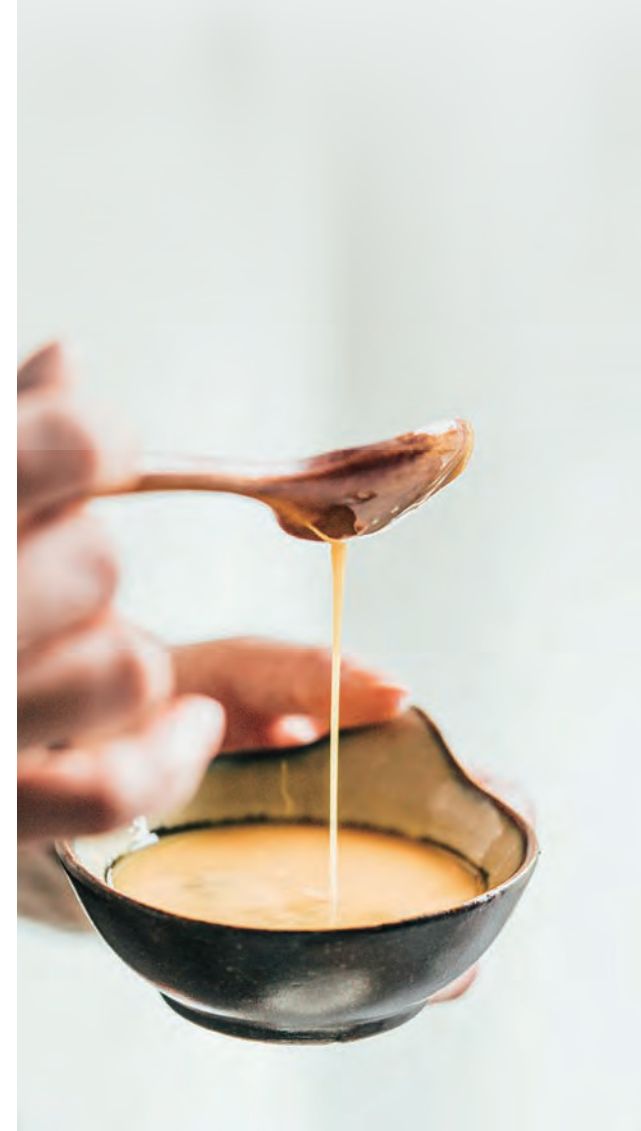
TOSHIBA

邂逅
—
東芝

東芝 — 微蒸烤一體機食譜



對美食的追求，
對料理的鑽研，
本質是對生活最真摯的熱愛



隨著烹飪技巧的精進，不再滿足於“做出來”，更要做得好：
每一個過程要精準控制，
每一個細節都追求完美，
讓食物的口感和形態達到最佳狀態，
是每個“好食者”的追求。

烹飪，不止是為了口腹之慾，
在一次次和時間、火候的博弈中得到成長，
用心準備食物，與在餐桌上享受它們一樣重要，
是對生活的致敬。

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烹飪模式介紹

烤焗

常用的烹飪方式——

常用的烹飪方式 - 發熱管加熱提供高溫環境，適用於雙面焙烤單層食物。

蒸氣烤焗

獨具特色的烹飪方式——

蒸氣烤焗輔助焙烤烹飪，讓肉類口感更加新鮮多汁。

蒸氣

傳統的烹飪方式——

恆溫純蒸營養高保留，適用於多種食材的蒸制。

注意事項

機器再初次使用前，需要進行空燒以去除爐腔裡面的異味

步驟：

- ①取出機器內所有的配件，並用濕布擦拭一遍；
- ②連續按自動菜單選擇除味菜單，按確定/開始鍵開始除味；
- ③打開爐門，待機器散熱完成即可正常使用；

食物放進機器前，提前預熱可以使爐腔的溫度更加恆定，烹飪成功率更高。

機器在烹飪過程中溫度較高，請注意不要觸碰到機器爐腔及內側玻璃，以免燙傷。

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



酸奶發酵技巧

- 牛 奶 選 擇** 選用純牛奶、常溫奶或巴氏殺菌奶均可，加一些奶粉會讓酸奶的質地更加醇厚。
- 發酵劑選擇** 推薦使用乳酸菌粉，操作方便，出品穩定，做出的酸奶味道溫和。也可以根據個人喜好用酸奶成品做引或使用開菲爾菌粒。
- 容 器 消 毒** 容器內的細菌可能會影響酸奶的質量，所以一定要做好消毒殺菌工作，最簡便的方法是用開水燙一下。
- 冷 藏 口 感** 將做好的酸奶放入冰箱冷藏 8 小時以上，酸奶會變得更加濃厚，香味也會更豐富。
- 調 酸 度** 如果覺得自釀的酸奶太酸，可以選擇低酸度菌粉，或者在酸奶凝固的前提下，縮短發酵時間，並儘快食用。食用之前加入蜂蜜、果醬或麥片也是個不錯的方法。

麵糰發酵技巧

- 酵 母** 在合適的範圍內，酵母用量越多，發酵速度越快；反之，則相反。保管不當或貯藏時間過長的酵母，色澤較深、發酵力低、發酵速度慢。
- 水 溫** 在常溫下採用 40℃ 左右左右的溫水和麪，製成的麵團溫度為 27℃ 左右，此溫度最適宜酵母繁殖。水溫過高，酵母易被烙死，水溫過低，酵母繁殖較慢。
- 鹽 和 糖** 一般來說，500 克麵粉添加 2 ~ 3 克食鹽，對酵母生長發育有利。使用佔麵團 5% 左右的糖，可以為酵母繁殖提供營養，使酵母繁殖速度加快。但要注意，糖和鹽的使用都不要過量。
- 溫 度** 一般要求為 28℃ ~ 30℃，可通過提高或降低和面用的水溫來調節。春天室溫在 20℃ 左右時，水溫可控制在 35℃ ~ 40℃。夏季室溫在 30℃ 左右時，水溫可控制在 13℃ ~ 15℃。
- 麵 團 發 酵 成 熟 的 標 識** 麵團頂部鼓起，摸上去很幹燥。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

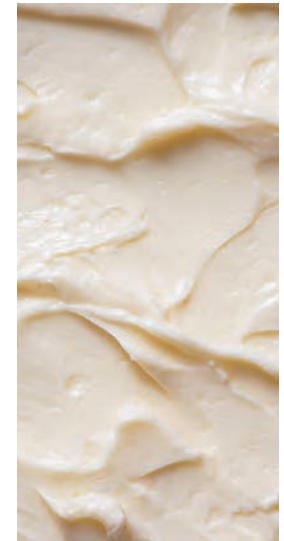
當牛油糊體積變大、出現紋路的時候，把電動打蛋器轉高速打發，當牛油呈現輕盈蓬鬆狀、顏色發白即完成打發。



step 1



step 2



step 3



肉類

醇美肉類經過精心烹製，口感鮮嫩多汁，香氣撲鼻，口感極佳，是肉食愛好者的最愛。



奧爾良烤雞翅

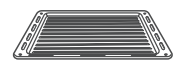
手羽先のオルレアン焼き

蒸氣烤焗

🕒 20 分鐘

👤 4 人份

烤盤 + 下層



主料

雞翼 10 個 (400-430g)

輔料

新奧爾良系列醃製調料 25g

1 準備好所有食材

雞翼洗淨，收幹水分。

2 醃製雞翼

將醃料加入雞翼抓均，蓋上保鮮膜放入冰箱冷藏醃製2小時以上，過夜更佳。

3 預熱

水盒加滿水，選擇【01 奧爾良烤雞翅】菜單預熱至 210℃。

4 將醃好的雞翼放入墊有油紙的烤盤上（醃製剩餘汁水不要倒入，以免燻底）。

5 烘焙

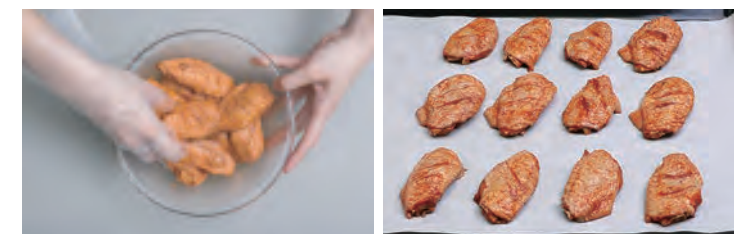
預熱完成後，裝有食物的烤盤放置於下層，關上爐門，烘焙 20 分鐘。

6 烹調完成

烹調結束後，馬上打開爐門取出，裝盤即可享用，小心燙嘴哦。

TIPS

腌制时，将调味料抓匀，给鸡翅稍加“按摩”，更入味。



蒜香排骨

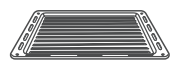
スペアリブのニンニク焼き

蒸氣烤焗

🕒 20 分鐘

👤 2 人份

烤盤 + 下層



主料

排骨

600g

輔料

烤肉醬

30g

蜜糖

20g

- 1 準備好所有食材
排骨洗淨，收幹水分。
- 2 醃製排骨
排骨加入烤肉醬和蜜糖醃製 30 分鐘。
- 3 把腌制好的排骨排放在墊有油紙的烤盤上。
- 4 預熱 & 烘焙
水盒加滿水，選擇【02 蒜香排骨】菜單預熱至 220℃。
預熱完成後，裝有食物的烤盤放置於下層，關上爐門，烘焙 20 分鐘。
- 5 烹飪完成
烹飪結束後，取出，裝盤即可享用。

TIPS

醃製時，將調味料抓勻，給排骨稍加“按摩”，更入味。



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⌚ 12 分鐘

 2 人份



鮮魷魚 500g

輔料

白糖	5g
辣椒粉	5g
芝麻	5g
甜麵醬	20g

- 



焼き鮭

鹽燒三文魚

蒸氣烤焗

🕒 14 分鐘

👤 1-2 人份

烤盤 + 下層



主料

三文魚 200g

輔料

黑胡椒碎 0.5g

橄欖油 3g

鹽 1g

1 準備好所有食材

將三文魚清洗乾淨，用廚房紙擦去表面水分，切片厚約 2 公分。

2 將烘焙紙放入烤盤，三文魚平放在烘焙紙上，撒上鹽和黑胡椒碎，再塗抹橄欖油。

3 預熱 & 烤焗

水盒加滿水，選擇【04 鹽燒三文魚】菜單預熱至 220℃。

預熱完成後，裝有食物的烤盤放置於下層，關上爐門，烤焗 14 分鐘。

4 烹飪完成

烹飪結束後，取出，裝盤即可享用。

香烤秋刀魚

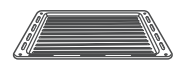
さんまの塩焼き

蒸氣烤焗

🕒 15 分鐘

👤 2 人份

烤盤 + 下層



主料

秋刀魚 3 條 (255g)

輔料

橄欖油 6g

鹽 2.5g

檸檬汁 4g

1 準備好所有食材

用刀刮掉魚鱗，去除內臟和魚鰓沖洗乾淨，用廚房紙吸乾水分。

2 醃製秋刀魚

秋刀魚上均勻抹上檸檬汁，表面撒鹽，室溫醃製半小時。

3 預熱

烤焗前15分鐘，選擇 **【05 香烤秋刀魚】** 菜單預熱至 230℃。

4 烤焗

醃製好的秋刀魚放置在墊了烘焙紙的烤盤上，兩面刷上橄欖油，預熱結束後，將烤盤放置於下層，水盒加滿水，關上爐門，烤焗 15 分鐘。

5 烹飪完成

烹飪結束後取出，即可享用。

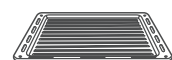
烤五花肉

蒸氣烤焗

🕒 15 分鐘

👤 3 人份

烤盤 + 下層



主料

五花肉 250g

輔料

韓式烤肉醬 20g

- 1 準備好所有食材
五花腩洗淨，收幹水分，切成厚度5mm的薄片。
- 2 製備五花腩
將韓式烤肉醬加入五花腩裡，抓均。放入冰箱製備 1 小時以上，過夜味道更佳。
- 3 預熱
水盒加滿水，選擇【06 烤五花肉】菜單預熱至 210℃。
- 4 將製備好的五花腩平鋪放入烤盤上，不要堆疊（製備剩餘的汁水不要倒入，以免燻底）。
- 5 烘焙
預熱結束後，將烤盤放置於下層，關上爐門，烤焗 15 分鐘。
- 6 烹調完成
烹飪結束後取出，即可享用。

脆皮叉燒

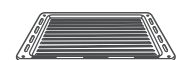
チャーシューのパン粉焼き

蒸氣烤焗

🕒 45 分鐘

👤 4 人份

烤盤 + 下層



主料

豬梅花肉 400-500g

輔料

叉燒醬 25g

料酒 10g

生抽 10g

黑椒粉 1g

1 大勺蜜糖 10g

麵包糠 50g

香葉粉 1g

1 準備好所有食材

將豬梅花肉洗幹淨，分切成厚 3cm* 寬 4cm 左右的長條，用竹簽在表面扎孔，以便醃製入味。

2 醃製豬梅花肉

將麵包糠和蜜糖以外的其他調味料，放入碗中和肉一起搖勻，包上保鮮膜放入雪櫃冷藏醃製 2 小時以上。

3 裹麵包糠

醃製好後，將豬梅花肉上下面均勻地刷一層蜂蜜，然後在豬梅花肉表面均勻地裹上一層麵包糠。

4 預熱

水盒裝滿水，選擇【07 脆皮叉燒】菜單預熱至 170℃。將裹好麵包糠的豬梅花肉平鋪在墊有錫紙的烤盤上。

5 烘焙

預熱結束後，將烤盤放置於下層，關上爐門，焙烤 45 分鐘。

6 烹調完成

烹飪結束後，取出切塊即可享用。



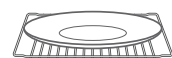
スズキの蒸し物 清蒸鱸魚

純蒸

🕒 14 分鐘

👤 4 人份

盤子 | 蒸烤架+
下層



主料

新鮮鱸魚 1 條 (400g)
(去掉內臟、魚鰓鱗後重量)

輔料

薑片 4 片
薑絲 12g
蔥絲 8g
蒸魚豉油 10g
粟米油 20g

1 准备好所有食材

殺魚，除去內臟、鰓鱗洗淨後揮乾水分。沿鱸魚脊骨兩側剪開，使魚平趴著。

切好蔥絲、姜絲放入涼水中浸泡，備用。

2 醃製魚

魚盤上墊筷子，將處理好的魚趴著，放於墊有筷子的魚盤上。在魚身上放幾片姜，用於去腥。

3 蒸製

將魚盤放在蒸烤架上，置於下層，關上爐門，水盒加滿水，選【08 清蒸鱸魚】菜單蒸製 14 分鐘。

4 烹飪完成

烹飪結束後，把蒸魚盤取出去掉薑片、筷子，倒掉魚裡面的湯汁，然後在魚身上撒入蔥絲、薑絲，澆上熱油，在魚四周淋上蒸魚豉油（可根據個人口味加入適量調料）。

TIPS

- 1 蒸魚盡量選用專業的蒸魚盤，或底部較薄的容器，使魚受熱均勻。
- 2 對於肉厚的魚。建議根據實際情況手動追加蒸汽烹調時間。
- 3 可依個人喜好，增減自動菜單時間，調整烹飪口感。



蒸排骨

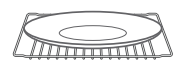
スペアリブの蒸し物

純蒸

🕒 20 分鐘

👤 2-3人份

盤子 | 蒸烤架+
下層



主料
排骨

400g

輔料
生抽
鹽
料酒

10g

2g

5g

1 準備好所有食材

2 醃製排骨

排骨洗淨瀝乾，剝小塊後加配料醃製入味。

3 把醃製好的排骨，平鋪在碟中。

4 蒸製

把碟子放蒸烤架上，放置於下層，水盒加滿水，關上爐門，選擇【09 蒸排骨】菜單蒸製 20 分鐘。

5 烹飪完成

烹飪結束後，取出即可享用。

あさりの豆鼓蒸し

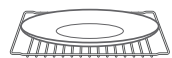
豆豉蒸花蛤

純蒸

🕒 14 分鐘

👤 2 人份

盤子 | 蒸烤架+
下層



主料

新鮮花蛤 400g

輔料

蒜頭 5 瓣

青辣椒 1 根

紅辣椒 1 根

鹽 1g

豆豉 5g

生抽 適量

植物油 適量

1 準備好所有食材

把蒜頭切碎，青紅辣椒切細絲，豆豉洗淨後切碎備用。
花蛤用清水沖洗乾淨，瀝乾備用。

2 把所有材料放入大且平的陶瓷碟中，搖勻。

3 蒸製

把碟子放蒸烤架上，把蒸烤架放置於下層，水盒加滿水，關上爐門，選擇【10 豆豉蒸花蛤】菜單蒸製 14 分鐘。

4 烹飪完成

烹飪結束後，取出即可享用。

蒸豉汁扇貝

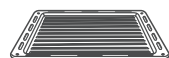
ほたてがいの豆鼓蒸し

高温蒸

🕒 11 分鐘

👤 4 人份

烤盤 + 下層



主料

帶半殼扇貝	400g
粉絲	20g

輔料

豆豉	20g
蒜	25g
花生油	20g
蔥花	5g
鹽	1g
白糖	2g
小米椒	5g

1 準備好所有食材

用小刀把貝肉和殼分開，清理乾淨扇貝，殼也洗刷乾淨備用。
蒜剁成蓉備用。
粉絲用熱水浸泡約 15 分鐘左右至完全泡軟備用。

2 製作豆豉蒜蓉汁

鍋內放入 1 大勺花生油，燒至 5 成熱，放入蒜蓉煸炒至變黃時關火，炒好的蒜蓉和油倒入豆豉中，往豆豉中加入白糖和 1 小撮鹽，拌勻備用。

3

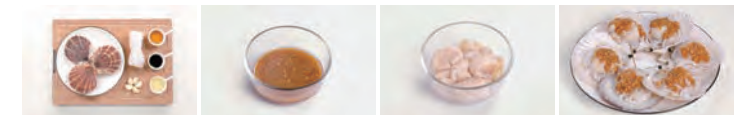
泡軟的粉絲瀝乾水後，卷成圓形放在貝殼中，貝肉放在粉絲上，再淋上蒜蓉豆豉汁。

4 蒸製

把扇貝放在烤盤上，置於下層，水盒加滿水，關上爐門，選擇【11 蒸豉汁扇貝】菜單蒸製 11 分鐘。

5 烹飪完成

烹飪結束後取出，依個人喜好撒上蔥花和小米椒做裝飾，即可享用。



肉じゃが 日式土豆炖肉

微波

🕒 38 分鐘

👤 4 人份

陶瓷湯煲 | 加蓋 +
平板



主料

3-4cm 薄切牛肉片	270g
4 個土豆	600g
2 個洋蔥	400g
紅蘿蔔	80g

輔料

2 大勺酒	30g
3 大勺醬油	45g
3 大勺砂糖	39g
3 大勺水	45g
1 大勺味淋	15g

1 準備好所食材

土豆、洋蔥、胡蘿蔔切成 2cm 塊備用。

2 牛肉片和蔬菜塊還有調料全部放在微波適用陶瓷湯煲裡混合均勻，加蓋留孔。

3 烹飪

將微波適用陶瓷湯煲放置於爐腔平板上，關上爐門，選擇【12 日式土豆炖肉】菜單烹飪 38 分鐘。

4 中途攪拌

聽到提示音時，取出攪拌，再放入爐腔平板上，繼續烹飪。

5 烹飪完成

烹飪結束後，取出，攪拌均勻即可享用

TIPS

倒計時剩餘25分鐘時，取出攪拌，請留意提示音。



採用當造新鮮蔬菜，快速
翻熱至熟，保留蔬菜營養
和口感，是一道道簡單卻
美味的菜品。



茶碗蒸し

蒸蛋

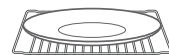


純蒸

🕒 11 分 30 秒

👤 2 人份

碟子 | 蒸烤架 + 下層



主料

新鮮雞蛋	2 個
水	200g

輔料

鹽	1g
糖	1g
生抽	適量
香油	適量
香蔥	1 根

- 1 準備好所有食材
香蔥切成末備用。
- 2 攪拌雞蛋液
雞蛋打散，充分攪拌雞蛋液，加入鹽、糖和水，再次充分攪拌。
把蛋液倒入陶瓷碟裡，把表面的泡泡去掉。
- 3 蒸製
碟子擺放在蒸烤架上，蒸烤架置於下層，關上爐門，選擇【13 蒸蛋】菜單蒸制 11 分 30 秒。
- 4 烹飪完成
烹飪結束後，取出，倒入適量的香油和生抽，撒上蔥末即可享用。

蒜蓉蒸娃娃菜

白菜のニンニク蒸し

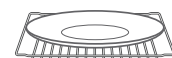


純蒸

🕒 13 分鐘

👤 2 人份

陶瓷碟 | 蒸烤架 + 下層



主料

娃娃菜 400g

輔料

香蔥 1 根
蒜頭 8 瓣
生抽 適量
蠔油 適量
植物油 20g
鹽 1g
小米辣 1 根

- 準備好所有食材**
把娃娃菜切開，洗乾淨準備，香蔥、蒜頭和小米辣切碎準備。
- 調配醬汁**
蒜頭和小米辣中加入生抽、蠔油、植物油和鹽，調配成醬汁以準備。
- 把娃娃菜平鋪在陶瓷碟中，均勻淋上醬汁。
- 蒸製**
陶瓷碟擺放在蒸烤架上，蒸烤架置於下層，關上爐門，選擇【14 蒜蓉蒸娃娃菜】菜單蒸製 13 分鐘。
- 烹飪完成**
烹飪結束後，取出，撒上蔥末即可享用。

金針菇蒸粉絲

エノキと春雨のヘルシー蒸し

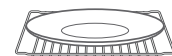


純蒸

🕒 11 分鐘

👤 2 人份

陶瓷碟 | 蒸烤架 + 下層



主料

金針菇	200g
水發粉絲	250g

輔料

香蔥	10g
剁椒	30g
花椒	5g
薑	15g
生抽	5g
食用油	10g
大蒜	30g
鹽	2g

1 準備好所有食材

將發好的粉絲切成段，洗淨金針菇，切去老莖拔小份，香蔥切碎，大蒜切碎，薑切絲備用。

2 陶瓷碟底部先鋪上粉絲，再放上金針菇，撒上薑絲、蒜、剁椒和鹽，再漿上生抽。

3 蒸製

陶瓷碟擺放在蒸烤架上，蒸烤架置于下層，关上爐門，選擇【15 金針菇蒸粉絲】菜單蒸制 11 分鐘。

4 烹飪完成

烹飪結束後，取出，撒上蔥花，起鍋熱油，放入花椒爆香後，澆在金針菇粉絲上即可享用。

和風茶碗蒸 日式茶碗蒸

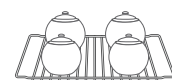


純蒸

⌚ 20 分鐘

⚖ 4 人份

茶碗 | 蒸烤架 +
下層



主料

乾香菇（泡發）	2 個
蝦	4 隻
5mm 厚魚糕	4 片
雞胸肉	100g

材料 A

2 大勺香菇水	30g
1 大勺醬油	15g
1 大勺砂糖	10g

材料 B

1/2 小勺酒	5g
1/2 小勺淡口醬油	5g

蛋液

雞蛋	2 個
2 杯高湯	400ml
淡口醬油	1 小匙
味淋	2 小匙
鹽	少許

1 準備好所有食材

2 加熱香菇水

乾香菇對半切開，和材料 A 一起放入微波適用茶碗中，放置於爐腔平板上，選擇【微波】功能 600W 加熱 1 分鐘。

3 醃製雞胸肉

雞胸肉去筋，切塊加入材料 B 里，混合均勻。蝦去殼留尾，去蝦線。

4 混合蛋液

雞蛋打散，加入高湯混合均勻，再加入淡口醬油、味淋、鹽混合均勻，過篩備用。

5 將香菇、蝦、魚糕、雞胸肉均勻分配在 4 個微波適用茶內，蛋液分成 4 等分倒入茶碗中（約 8 分滿），蓋上蓋子。

6 蒸製

將茶碗放在蒸烤架上，蒸烤架放置於下層，關上爐門，選擇【16 日式茶碗蒸】菜單蒸製 20 分鐘。

7 烹飪完成

烹飪結束後，取出即可享用。

烤番薯

焼きいも



烤焗

🕒 50 分鐘

👤 2 人份

烤盤 + 上層



主料

紅薯 3 根 (200g/個)

- 1 準備好所有食材**
選擇大小均勻，個頭稍長的紅薯，洗淨瀝乾表面水分，用牙籤扎幾個小孔。
- 2 烤盤上墊烘焙紙或錫箔紙，將紅薯均勻擺放於烤盤上。**
- 3 烤焗**
將裝有食物的烤盤放置於上層，關上爐門，選擇【17 烤番薯】菜單烤焗 50 分鐘。
- 4 烹飪完成**
烹飪結束後，取出即可享用。

蒜香烤茄子

なすのニンニク焼き



微波 + 烤焗

🕒 16 分 30 秒

👤 2 人份

陶瓷盤 + 平板



主料

茄子 1 條 (350g)

輔料

生抽	5g
鹽	2g
細砂糖	3g
蠔油	5g
香蔥	10g
紅辣椒	3g
花生油	15g
蒜頭	25g

1 準備好所有食材

把蒜頭、紅辣椒、香蔥分別切碎備用。

2 調製醬汁

將生抽、蠔油、花生油、細砂糖、鹽和少許蔥花倒入碗中搖勻，然後加入蒜蓉、辣椒碎搖勻成醬汁備用。

3 塗抹醬汁

茄子切除柄，縱切兩半，不要劃穿茄子底部。將之前準備的醬汁均勻塗抹在茄子表面和肉間隙中。

4 烹飪

將茄子平放在鋪有烘焙紙的微波適用陶瓷盤上，放在爐腔平板上，關上爐門，選擇【18 蒜香烤茄子】菜單烹飪 16 分 30 秒。

5 烹飪完成

烹飪結束後，取出即可享用。

孜然土豆片

スパイシーフライドポテト



烤焗

🕒 30 分鐘

👤 2-3 人份

烤盤 + 下層



主料

小土豆 400g (40g/ 個)

輔料

2 大匙粟米油	25g
1 小勺孜然粉	3g
1 小勺辣椒面	3g
鹽	2g
蔥花	5g

1 準備好所有食材

選擇大小均勻的小土豆，土豆表皮光滑，呈橢圓形狀，顏色淡黃的最好。
將土豆用水沖洗去表面的泥，然後用清水浸泡 15 分鐘後再搓洗乾淨表皮。

2 醃製土豆

把洗淨的土豆瀝水，沿著長邊切2半，再把每邊切開，一個土豆切成均勻的4塊。
把切好的土豆塊放入一個大的容器裡，加入除了蔥花以外的其它所有調料，並混合均勻。

3 把調好味道的土豆塊均勻擺放在墊了烘焙紙的烤盤上。

4 烤焗

將烤盤放置於下層，關上爐門，選擇【19 孜然土豆片】菜單烤焗 30 分鐘。

5 烹飪完成

烹飪結束後，取出，撒上蔥花即可享用。

麻婆豆腐

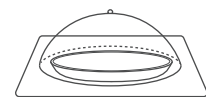


微波

🕒 7 分 30 秒

👤 2-3 人份

碟子 | 加蓋 + 平板



主料 (以 400g 為例)

嫩豆腐	350g
袋裝麻婆豆腐調料	40g

輔料

肉末	100g
水	50g
蔥花	5g

1 準備好所有食材

2 製作調料汁

把麻婆豆腐料包倒入碗中，加水及肉沫攪拌均勻備用。

3 嫩豆腐切 1-2cm 大小的塊，用開水燙過，瀝乾水後平鋪在微波適用陶瓷碟中。

4 烹飪

把調料汁淋在豆腐上，加蓋留孔，放在爐腔平板上，關上爐門，選擇【20 麻婆豆腐】菜單烹飪 7 分 30 秒。

5 烹飪完成

烹飪結束後，取出撒上蔥花，即可享用。

口感綿密，入口即化的蛋糕，只需一啖，即可讓你感受到濃濃幸福感，讓味蕾沉浸在馥郁香氣中。



葡式蛋撻

エッグタルト

烤焗

🕒 34 分鐘

👤 4 人份

烤盤 + 下層



主料

大號急凍蛋撻皮	9 個
純牛奶	120g
2 個雞蛋液	110g

輔料

煉乳	10g
幼砂糖	25g

1 準備好所有食材

2 製作蛋撻液

幼砂糖加入到純牛奶中搖勻至溶解，接著加入蛋液、煉乳搖勻。

把蛋撻液過篩一次。

3 蛋撻皮提前從冰箱冷凍室拿出來解凍 20 分鐘，將過篩的蛋撻液倒入蛋撻皮中，九分滿即可。

4 預熱 & 烘焙

選擇【21 葡式蛋撻】菜單預熱至 185℃。

預熱結束後，將烤盤放置於下層，關上爐門，烤焗 34 分鐘。

5 烹飪完成

烹飪結束後，取出即可享用。

TIPS

- 1 請將蛋撻皮提前從雪櫃冷凍層取出自然解凍。
- 2 蛋撻烤製時間短，易於焗爛，最後幾分鐘請一定要在旁邊觀察。



戚風蛋糕

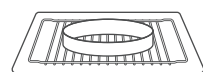
シフォンケーキ

烤焗

🕒 53 分鐘

👤 4 人份

8 吋蛋糕模 | 蒸烤架 + 平板上



主料

低筋麵粉	100g
粟米粉	10g
冷藏雞蛋白	150g
雞蛋黃	72g

輔料

牛奶	60g
色拉油	60g
幼砂糖	110g

TIPS

- 1 在打發蛋白時加入幾滴檸檬汁，蛋白更容易起泡硬性發泡：提起打蛋器，形成短短的、直立的尖角，即為硬性發泡。
- 2 做蛋糕糊，混合蛋黃和蛋白液時，需用刮刀翻拌或切拌，過度攪拌可能會導致麵糊塌陷。



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 個幹淨無水無油的盆裡，蛋白放入冰箱冷藏 備用。

準備另外一個大盆，倒入色拉油、牛奶和雞蛋黃，用手動打蛋器搖打至呈濃米糊狀。

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幹粉狀態。* 不要劃圈圈攪拌。

3 製作蛋白霜

將冷藏蛋白取出，用電動打蛋器低速檔打發蛋白，打發出現泡泡狀。

加入約三分之一的幼砂糖，轉中速打發至泡泡狀消失變細膩即可。

加入剩餘幼砂糖的一半，轉高速打發蛋白出現輕微紋路。

加入剩餘幼砂糖和粟米粉（澱粉建議過網篩），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。* 不要劃圈圈攪拌，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。* 不要劃圈圈攪拌，避免消泡

5 接著把蛋糕糊倒入 8 吋蛋糕模中。

6 為了排出蛋糕模的空氣，端起蛋糕模，距離桌面約 15 公分高處放手，輕擺 2 到 3 下。

7 預熱 & 烤焗

選擇【22 戚風蛋糕】菜單預熱至 150℃。

預熱完成後，將蛋糕模放在蒸架烤上（蒸烤架凸起向上），蒸烤架放在爐腔平板上，烤焗 53 分鐘。

8 烹飪完成

烹飪結束後，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

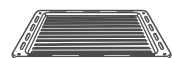
クランベリークッキー

烤焗

15 分鐘

8 人份

烤盤 + 下層



主料

低筋麵粉	170g
蔓越莓幹	50g

輔料

奶粉	9g
黃油	125g
全蛋液	25g
糖粉	70g

TIPS

- 1 可用抹茶粉 / 可可粉替代等量麵粉，這樣就可以製作出抹茶曲奇和可可曲奇啦。
- 2 倒數計時 3 分鐘時，會提醒翻轉烤盤，請留意提示音。
- 3 做好的麵糊需冷藏 1 小時。
- 4 雞蛋液加入牛油時，一定要分次加入，且每次都將雞蛋液和牛油完全融合再加下一次。
- 5 曲奇烤製時間短，容易爛底，最後幾分鐘請一定要在旁邊觀察。

1 準備好所有食材

室溫軟化牛油至能用手指輕易壓出洞，蔓越莓幹切碎，雞蛋打散備用。

2 打發牛油

牛油裡加入糖粉，用手動打蛋器搖勻，不需要打發。蛋液分 3 次加入牛油中，每一次與牛油搖勻後，再加入下一次，打至奶油糊非常蓬鬆即可。

3 製作麵糊

加入蔓越莓幹碎搖勻，再加入過篩的低筋麵粉、奶粉，用刮刀切拌成沒有幹粉的麵糊。

4 將麵糊放入墊有保鮮膜的方形模具中整好型後，倒出放入冰箱冷凍約 1 小時。

5 預熱

選擇【23 蔓越莓曲奇】菜單預熱至 160℃。

6 冷凍麵糊切塊

取出冷凍好的曲奇，切成約 5mm 厚的片狀，如果餅乾冷凍得太硬，可以常溫回溫一會兒再切。

7 切好的餅乾有間距地鋪在墊有油紙的烤盤上。

8 烘焙

預熱完成後，將烤盤放置於下層，烘焙 15 分鐘。

9 中途翻轉烤盤

倒計時剩餘 3 分鐘時，取出烤盤，翻轉，繼續烘焙。

10 烹飪完成

烹飪結束後，取出放涼，待完全冷卻後再食用，更酥脆哦。



牛角包

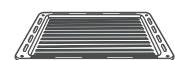
クロワッサン

烤焗

🕒 18 分鐘

👤 4 人份

烤盤 + 下層



麵團

高筋麵粉	210g
糖	18g
鹽	3g
乾酵母	3g
牛奶	110g
雞蛋液	30g
黃油	40g

刷麵

雞蛋液	25g
鹽	0.2g

1 準備好所有食材

室溫軟化牛油至能用手指輕易壓出洞。

2 製作麵團

除了牛油，將麵團其他全部材料倒入廚師機攪拌到出厚膜後，加入軟化的牛油繼續攪拌到出手套膜即可。

3 發酵

取出攪拌好的麵團，團圓後放在寬口深容器中，蓋上保鮮膜，放入爐腔中，選擇【發酵】功能 38℃，發酵至兩倍大，約 1 小時。

4 二次發酵

發酵好的麵團排氣後，平均分成 9 個，團圓蓋保鮮膜醒發 20 分鐘，醒發結束後，將麵團揉成水滴狀。用擠麵杖長從寬的一端捲起，形成小牛角包依次做好，放在墊了烘焙紙的烤盤上，放置於下層，選擇【發酵】功能 35℃ 進行二次發酵，發酵 30 分鐘左右至兩倍大即可。

5 預熱 & 烤焗

取出發酵好的麵團，選擇【24 牛角包】菜單預熱至 170℃。預熱完成後，將烤盤放置於下層，烘焙 18 分鐘。

6 烹調完成

烹飪結束後，取出，稍微放涼即可享用。

橙香紙杯蛋糕

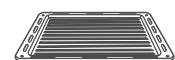
カップケーキ

烤焗

🕒 19 分鐘

👤 2 - 3 人份

烤盤 + 下層



主料

3 個雞蛋	170g
糖	70g
低筋麵粉	90g
黃油	23g

輔料

水飴（糖漿）	5g
鮮榨橙汁	36g
橙皮屑	3g
檸檬汁	0.1g

1 準備好所有食材

蛋白和蛋黃分離備用。

2 打發蛋白

蛋白加入檸檬汁後打發至粗泡，再加入糖繼續打發至硬性泡。

3 製作麵糊

打發後的蛋白加入蛋黃繼續打發均勻，倒入過篩後的低筋麵粉翻拌均勻。

4 製作蛋糕糊

橙皮屑 + 橙汁 + 牛油 + 水飴加熱至 40℃ 後，沿著刮刀表面淋入麵糊裡，繼續翻拌均勻。

5 預熱 & 烘焙

將蛋糕糊裝入裱花袋，擠入小紙杯中，八分滿（約 32g），選擇【25 橙香紙杯蛋糕】菜單預熱至 170℃。

預熱完成後，將裝有紙杯蛋糕的烤盤放置於下層，焙烤 19 分鐘。

6 烹調完成

烹飪結束後，取出，稍微放涼即可享用。

雙皮奶

ミルクプリン

純蒸

🕒 14 分鐘

👤 2 人份

陶瓷碗 | 蒸烤架
+ 下層



主料

全脂牛奶	250g
蛋清	90g
糖粉	10g

- 1 準備好所有食材
- 2 蒸製牛奶
在碗裡倒入 20ml 的全脂牛奶，水盒裝滿水，全脂牛奶放在蒸烤架上，蒸烤架放置於下層，選擇【蒸汽】功能 100℃ 蒸製 8 分鐘。
- 3 製作第一層奶皮
蒸好的牛奶放涼後表面起皮，用牙籤沿碗壁劃開奶皮，倒出牛奶，碗底留少許奶與皮。
- 4 製作牛奶蛋液
蛋清稍攪打一下，將與剩餘的牛奶混合，加入糖粉搖勻。
- 5 將混合好的牛奶蛋液過濾掉泡沫。
- 6 將過濾好的蛋奶液緩慢沿碗邊緣倒進剛留奶皮的碗裡（分 2 小碗裝）。
- 7 蒸製
水盒裝滿水看，將陶瓷碗放在蒸烤架上，放置於下層，選擇，【26 雙皮奶】菜單，關上爐門，蒸製 14 分鐘。
- 8 烹飪完成
烹飪結束後，不要開門，燜 3 分鐘後取出，即可享用。可依個人喜好，在表面放上紅豆。



湯水

味道鮮美的中式湯羹，口感濃郁的西式甜湯，作為飯桌上不可或缺的美味佳餚，讓您胃口大開。



銀耳蓮子羹

シロキクラゲと蓮の実のスープ



微波

🕒 45 分鐘

👤 4 人份

陶瓷湯煲 | 加蓋 + 平板



主料

乾銀耳	10-15g
水	1200g
新鮮蓮子	100g

輔料

冰糖	30g
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1 準備好所有食材

幹銀耳用清水充分泡發] (約 3-4 個小時) 後洗淨去蒂，切小塊，瀝乾備用。
鮮蓮子洗淨備用 (不喜歡苦味的可以去掉蓮心)。

2 烹飪

在微波適用陶瓷湯煲中加入銀耳、蓮子和水、加蓋留孔，放入爐腔平板上，關上爐門，選擇【27 銀耳蓮子羹】菜單，關上爐門，烹飪 45 分鐘。

3 中途加冰糖

倒計時剩餘 5 分鐘時，取出加入冰糖。

4 烹飪完成

烹飪結束後，取出即可享用。

TIPS

倒計時剩餘 5 分鐘時，取出加入冰糖，請留意提示音。

パイアのミルクスープ

牛奶木瓜露



微波

🕒 25 分鐘

👤 4 人份

陶瓷湯煲 | 加蓋 +
平板



主料

夏威夷木瓜	400g
水	300g

輔料

冰糖	15g
牛奶	300g

1 準備好所 食材

將夏威夷木瓜洗淨，去皮去核，切小塊應用。

2 烹飪

在微波適用陶瓷湯煲中加入木瓜和水，加蓋留孔，放入爐腔平板上，關上爐門，選擇【28 牛奶木瓜露】菜單，關上爐門，烹飪 25 分鐘。

3 中途加冰糖

倒計時剩餘 5 分鐘時，取出加入冰糖和牛奶。

4 烹飪完成

烹飪結束後，取出即可享用。

TIPS

倒數計時 5 分鐘時，會提醒加入冰糖和牛奶，請留意提示音。

冰糖雪梨糖水

氷砂糖となしの煮込み



微波

⌚ 45 分鐘

👤 4 人份

陶瓷湯煲 | 加蓋 + 平板



主料

雪梨	2 个
冰糖	40g
水	1000g

1 準備好所有食材

雪梨洗淨，去皮切小塊備用。

2 烹飪

在微波適用陶瓷湯煲中加入雪梨和水，加蓋留孔，放入爐腔平板上，關上爐門，選擇【29 冰糖雪梨糖水】菜單，關上爐門，烹飪 45 分鐘。

3 中途加冰糖

倒計時剩餘 5 分鐘時，取出加入冰糖。

4 烹飪完成

烹飪結束後，取出即可享用

TIPS

倒計時 5 分鐘時，會提醒加入冰糖，請留意提示音。

蟲草花燉排骨

スペアリブの煮込み



微波

🕒 55 分鐘

👤 4 人份

陶瓷湯煲 | 加盖 +
平板



主料

排骨	300g
乾蟲草花	50g
水	1000g

輔料

鹽	2g
杞子	10g

1 準備好所有食材

排骨砍成約 4cm 的小段。
乾蟲草花洗淨，放碗裡浸泡備用，

2 排骨焯水

排骨焯水後，撈起清洗乾淨血沫。

3 烹飪

在微波適用陶瓷湯煲中加入，焯水後的排骨、蟲草花、虫草花、枸杞和水，加盖留孔，放入爐腔平板上，關上爐門，選擇【30 蟲草花燉排骨】菜單，關上爐門，烹飪 60 分鐘。

4 烹飪完成

烹飪結束後，取出，根據個人口味加入鹽拌勻，即可享用。

紅棗烏雞湯

ナツメと鶏の煮込み



微波 + 純蒸

🕒 60 分鐘

👤 4 人份

陶瓷湯煲 | 加蓋 + 平板



主料

半只烏雞 400g

輔料

3 顆紅棗 15g

枸杞 5g

黃耆 5g

水 800g

鹽 2g

1 準備好所有食材

把烏雞切成塊，焯水備用。

2 烹飪

把焯水後的烏雞塊放入微波適用陶瓷湯煲中，加入紅棗、枸杞、黃耆和水，加蓋留孔，放入爐腔平板上，關上爐門，選擇【31 紅棗烏雞湯】菜單，關上爐門，烹飪 60 分鐘。

3 烹飪完成

烹飪結束後，取出，根據個人口味加入鹽拌勻，即可享用。

味噌湯

味噌汁

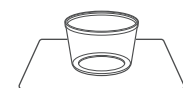


微波

🕒 5 分 30 秒

👤 4 人份

闊口深碗 + 平板



主料

味噌 (黃豆醬)	43g
豆腐	50g
海草	30g
2 個秋葵	23g
貝柱	9g
開水	200g

輔料

蔥花	3.5g
鹽	1g

1 準備好所有食材

秋葵洗淨後斜切，豆腐切小塊備用。

2 烹飪

把貝柱、豆腐和秋葵放入微波適用寬口深碗裡，加入滾水沒過食材，放入爐腔平板上，水盒加滿水，關上爐門，選擇【32 味噌湯】菜單，關上爐門，烹飪 5 分 30 秒。

3 中途加入食材

倒計時剩餘 2 分 30 秒時，取出，加入味噌和海草搖勻，繼續烹飪。

4 烹飪完成

烹飪結束後，取出，根據個人口味加入鹽和蔥花拌勻，即可享用。

TIPS

倒計時 2 分 30 秒時，會提醒加入味噌和海草，請留意提示音。

包類

作為飯桌上的主角，不管是香甜的米飯，或是軟糯的饅頭，都能填飽胃口，回味無窮。



蒸急凍麵點

冷凍肉まん

純蒸

🕒 13 分鐘

👤 4 人份

蒸烤架 + 下層



主料

急凍叉燒包一袋 420g(12 個)

- 1 準備好所有食材
- 2 將烘焙紙平鋪到蒸烤架上面，急凍包子平放在烘焙紙上。
- 3 蒸製
水盒裝滿水，將蒸烤架放置於下層，選擇【33 蒸急凍麵點】菜單，關上爐門，蒸製,13 分鐘。
- 4 烹飪完成
烹飪結束後，取出，即可享用。

マントウ

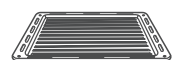
蒸饅頭

純蒸

🕒 40 分鐘

👤 2 人份

烤盤 + 下層



主料

中筋麵粉	500g
水	250g

輔料

糖	25g
乾酵母	5g

1 準備好所有食材

* 水也可以換成牛奶。

2 製作麵團

將中筋麵粉和酵母混合，分 3 次加入水，每次加入後先搖拌至水粉融合成絮狀。（如有廚師機，可每次加入水後低速搖拌 30 秒左右）

將絮狀面团不斷揉搓至完整的狀態，稍微粘手也可接受。（如有廚師機，中低速攪打面团至基本不粘壁的狀態）

3 壓面

在用揉麵墊和擀麵前事先用麵粉鋪上薄薄一層，避免面团較粘。將麵團揉成橢圓狀，用擠麵杖壓扁。上下對折 2 次，收口朝上，繼續用擠麵杖壓扁。重複數次至麵團表光滑，結構均勻緻密。（如有壓麵機，可選擇低速捋位壓麵。每次壓麵時，一邊接住壓好的麵一邊將壓好的麵不斷對折，折疊的麵餅寬度為適用於壓麵機的寬度。一次壓麵完成後，將折疊的褶皺麵正對壓麵機繼續壓麵。）

4 製作麵團

將揉好的麵團擠成長方形均勻厚度的麵皮，長邊的邊緣用手壓薄麵皮表噴水再將長邊捲起卷緊。接頭捏緊，用刀將長條的麵團沿一個方向快速剝成長短較一致的一個個麵團，將麵團均勻、間隔分佈放置在墊有蒸籠紙或屨布的烤盤上。

5 發酵 & 蒸制

水盒裝滿水，將烤盤放置於下層，選擇【34 蒸饅頭】菜單，關上爐門，發酵和蒸制 40 分鐘。

6 烹調完成

烹飪結束後，利用餘溫將饅頭燜 5 分鐘後再取出，取出後即可享用。

全粒粉パン

全麥麵包

烤焗

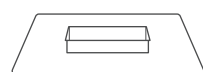
🕒 40 分鐘

👤 6 人份

發酵：
吐司模具 | 烤盤 +
下層



烤焗：
吐司模具 + 平板



主料

全麥粉	75g
高筋麵粉	275g

輔料

牛油	15g
雞蛋	50g
水	165g
白砂糖	20g
鹽	5g
乾酵母	3g

1 準備好所有食材

牛油提前室溫軟化，回到用手指可以輕鬆按壓出坑的狀態。

2 製作麵團

把高筋麵粉、全麥粉、幹酵母、白砂糖和鹽一起搖勻，雞蛋、水倒入麵粉中搖勻至面團表光滑。（由於不同牌子的麵粉吸水性不一致，可根據團的乾濕程度酌情增減）然後加入軟化的牛油繼續揉至完全擴展階段，麵皮拉伸後呈薄膜狀。取出麵團放在案板上，滾圓放入大盆中，蓋上保鮮膜。

3 一次發酵

將麵團放置溫暖處（約 35℃）發酵 1 小時左右至 2 倍大。（如果氣溫比較低，也可以放入烤箱，選擇【發酵】功能發酵）用手指蘸水水垂直插入麵團，抽出手指，如果洞口沒有變化說明發酵完成。

4 鬆弛麵糰

取出發酵好的麵團了，放在板上，用手輕拍打排氣分成 3 等份，揉圓後蓋上保鮮膜鬆弛 15 分鐘。

5 麵團鬆弛好後，每份用擠棒擠成長舌狀麵片狀。

6 把麵片自上而下卷起來。

7 二次發酵

依次卷好 3 個麵團後，放入吐司盒內，將吐司盒放在烤盤上，烤盤放置於下層，選擇【發酵】功能 38℃ 發酵 1 小時至 2 倍大。

8 烤焗

取出發酵好的麵包胚，將發酵好的麵包置於爐腔平板上，選擇【35 全麥麵包】菜單，關上爐門，烤焗 40 分鐘。

9 烹飪完成

烹飪結束後，取出放涼脫模後，即可享用。



意式薄批

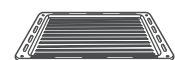
クリスピーピザ

烤焗

🕒 14 分鐘

👤 4 人份

烤盤 + 下層



餅底

中筋麵粉	150g
常溫水	90g
鹽	2g
乾酵母	2g

餡料

黃油	5g
口蘑	100g
火腿片	100g
馬蘇里拉 芝士	150g
番茄醬	100g

1 準備好所有食材

2 製作麵團

將中筋麵粉、乾酵母、鹽、常溫水放入廚師機攪拌桶內，揉成光滑的麵團。揉好的麵團能拉出較厚、不容易斷的膜即可。

3 一次發酵

麵團蓋上保鮮膜放在溫暖處，發酵 1 小時，約發到 2 倍大。

4 口菇切片，用牛油煎熟盛出備用。

5 鬆弛麵團

發酵好的麵團平均分成 2 份，擠圓後蓋好保鮮膜，常溫靜置 20 分鐘左右鬆弛。

6 擠麵皮

在案板上撒麵粉，把鬆弛好的麵團用擀杖做成薄長方形，長寬約 25x15cm。

7 把擠好的麵皮放入墊有油紙的烤盤上，先用叉子在麵皮插小洞，刷上番茄醬，先撒上一層馬蘇里拉芝士，再鋪上口菇片和火腿片。

8 預熱 & 烘焙

選擇【36 意式薄批】菜單預熱至 220℃。
預熱結束後，將烤盤放置於下層，關上爐門，烘焙 14 分鐘。

9 烹飪完成

烹飪結束後，取出切塊，即可享用。





设计源于日常
科技源于生活

用心致物



TOSHIBA

Encounter — Toshiba

Toshiba - Microwave Convection Oven Recipe Collection





With the refinement of cooking skills, one no longer settles for just 'making it,' but aims to make it well:
Every process must be precisely controlled,
every detail pursued to perfection,
to ensure that the texture and appearance of the food reach their optimal state,
this is the pursuit of every 'good eater.'

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

**The Pursuit of Fine Dining,
Drilling into the essence of Essence of Life,
the Most Sincere Love**



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パストリー
Pastery

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Conventional

Oven Roasting A Common Cooking Method ——

A Common Cooking Method - Heating Elements Provide a High-Temperature Environment, Suitable for Single-Layer Foods with Dual-Sided Baking.

Steam Bake

A Unique Cooking Method ——

Steam Bake Assisted Baking, Making Meat More Tender and Juicy.

Steam

A Traditional Cooking Method ——

Constant Temperature Pure Steam with High Nutrient Retention, Suitable for Steaming Various Ingredients.

Precautions

Before using the machine for the first time, it needs to be run empty to remove any odors inside the cavity.

Steps:

- ① Remove all accessories from inside the machine and wipe them down with a damp cloth;
- ② Continuously press the automatic menu selection until you reach the deodorizing option, then press the confirm/start button to begin deodorizing;
- ③ Open the door and allow the machine to cool down before normal use;

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

The machine reaches high temperatures during the cooking process; please be cautious not to touch the interior cavity or the inside glass to avoid burns.

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



Yogurt Fermentation Technique

- For milk selection** you can use pure milk, ambient temperature milk, or pasteurized milk. Adding some powdered milk will make the yogurt's texture richer and creamier.
- For the fermentation agent** it is recommended to use lactic acid bacteria powder, as it is convenient to operate and produces stable results, making the yogurt taste mild. You can also use finished yogurt as a starter or kefir grains based on personal preference.
- Sterilize the container** Bacteria inside the container may affect the quality of the yogurt, so it is essential to do a good job of sterilization. The simplest method is to scald the container with boiling water.
- Chill for texture** Place the prepared yogurt in the refrigerator and chill for more than 8 hours. The yogurt will become thicker and its aroma will be richer.
- Adjust acidity** If you find your homemade yogurt too sour, you can choose a low-acidity starter culture, or shorten the fermentation time while ensuring the yogurt has set, and consume it as soon as possible. Adding honey, jam, or oatmeal before eating is also a good method.

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

Dough Fermentation Tips



How to Whip Butter

step 1

Cut the butter into small pieces or slices and place it in an environment around 25°C (room temperature) to soften to a soft paste consistency. It should be soft enough that a light press with your finger leaves an impression, which is the ideal state for whipping;

step 2

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

step 3

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



step 1



step 2



step 3

How to Whip Egg Whites

step 1

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

step 2

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

step 3

add the remaining fine sugar, switch the mixer to high speed and beat until the egg whites form distinct, lasting patterns, and when the whisk is lifted, the peaks are soft and drooping, this stage is known as soft peaks;

step 4

Set the electric whisk to medium speed and continue whipping until the meringue feels noticeably resistant. Lift the whisk; if the meringue forms stiff peaks, this stage is known as stiff peaks.





It is the, with a
tender texture
Aromatically
rich, extremely
tasty Delicious meat
is juicy, fully
cooked favorite of
meat lovers.

Meat

手羽先のオルレアン焼き Orleans Style Chicken Wings

Steam Bake

🕒 20 minutes

🍽 Serves 4

Baking tray + lower rack



Main Ingredients

Chicken Wings 10 pieces
(400-430g)

Secondary Ingredients

New Orleans Style
Marinating Seasoning 25g

1 Prepare all ingredients

Wash the chicken wings clean, and drain the water.

2 Marinate the chicken wings

Add the marinade to the chicken wings and mix well, cover with cling film and refrigerate for more than 2 hours, overnight is better.

3 Preheat

Fill the water tray with water, select the [01 Orleans Style Chicken Wings] menu and preheat to 210 °C.

4 Place the marinated chicken wings on a baking tray lined with parchment paper (do not pour in the remaining marinade to avoid burning).

5 Baking

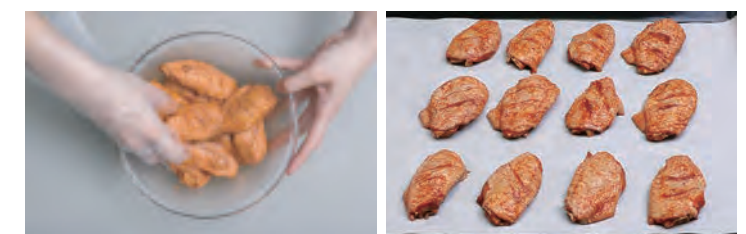
After preheating is complete, place the baking tray with food on the lower rack, close the oven door, and bake for 20 minutes.

6 Cooking Complete

After cooking is finished, immediately open the oven door to remove the dish, serve on a plate, and enjoy. Be careful not to burn your mouth.

TIPS

When marinating, mix the seasonings evenly, and give the chicken wings a slight "massage" to enhance flavor penetration.



スぺアリブのニンニク焼き

Garlic Ribs

Steam Bake

🕒 20 minutes

👤 For 2 People

Baking tray + lower rack



Main Ingredients

Spare Ribs 600g

Seasonings

Barbecue Sauce 30g

Honey 20g

1 Prepare all ingredients

Wash the spare ribs and drain the water.

2 Marinate the spare ribs

Add barbecue sauce and honey to the spare ribs and marinate for 30 minutes.

3 Place the marinated spare ribs on a baking tray lined with parchment paper.

4 Preheat & Bake

Fill the water container with water, select the [02 Garlic Ribs] menu and preheat to 220 °C.

After preheating is complete, place the baking tray with food on the lower rack, close the oven door, and bake for 20 minutes.

5 Cooking Complete

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

TIPS

When marinating, mix the seasoning evenly, giving the ribs a slight "massage" for better flavor penetration.



Soy Sauce Grilled Squid

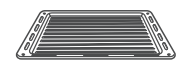
いかの甘辛焼き

Steam Bake

 12 minutes

 2 servings

Baking tray + lower rack



Main Ingredients

Fresh Squid	500g
-------------	------

Secondary Ingredients

Sugar 5g

Chili Powder 5g

Sesame 5g

Sweet bean sauce	20g
------------------	-----

1 Prepare all ingredients

Remove the internal organs of the fresh squid and wash it clean.

2 Marinate the squid

Cut the squid into uniform small pieces. Pour boiling water over it, soak for 5 minutes, then remove and drain the water.

Sesame Mix the seasoning evenly, add the squid and stir well.

3 Place the marinated squid on a baking tray lined with parchment paper.

4 Preheat & Bake

Fill the water container with water, select the [03 Soy Sauce Grilled Squid] menu, and preheat to 230 °C.

After preheating is complete, place the baking tray with the food on the lower rack, close the oven door, and bake for 12 minutes.

5 Cooking Complete

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



焼き鮭

Salt-Grilled Salmon

Steam Bake

🕒 14 minutes

🍽️ 1-2 servings

Baking tray + lower rack



Main Ingredients

Salmon	200g
--------	------

Secondary Ingredients

black pepper	0.5g
olive oil	3g
Salt	1g

1 Prepare all ingredients

Wash the salmon clean, pat dry with kitchen paper to remove surface moisture, and slice to a thickness of about 2 cm.

2 Place the baking paper in the baking tray, lay the salmon flat on the baking paper, sprinkle with salt and black pepper, black pepper then coat with olive oil.

3 Preheating & Baking

Fill the water container with water, select the [04 Salt -Grilled Salmon] menu and preheat to 220 °C.

After preheating is complete, place the baking tray containing the food on the lower rack, close the oven door, and bake for 14 minutes.

4 Cooking complete

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

Grilled Saury

さんまの塩焼き

Steam Bake

🕒 15 minutes

🍽️ 2 servings

Baking tray + lower rack



Main Ingredients

Saury 3 pieces (255g)

Seasonings

Olive Oil 6g

Salt 2.5g

Lemon Juice 4g

1 Prepare all ingredients

Use a knife to scrape off the fish scales, remove the internal organs and gills, rinse clean, and pat dry with kitchen paper.

2 Marinate Saury

Evenly apply lemon juice on the saury, sprinkle salt on the surface, and marinate at room temperature for half an hour.

3 Preheat

15 minutes before baking, select the [05 Grilled Saury] menu and preheat to 230 °C.

4 Baking

Place the marinated saury on a baking tray lined with baking paper, brush both sides with olive oil, after preheating is complete, place the tray on the lower rack, fill the water tray with water, close the oven door, and bake for 15 minutes.

5 Cooking Complete

After cooking is complete, remove and serve immediately.

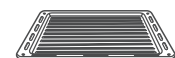
豚バラのロースト Grilled Prok Belly

Steam Bake

🕒 15 minutes

🍽️ 3 servings

Baking tray + lower rack



Main Ingredient

Pork Belly 250g

Seasoning

Korean BBQ Sauce 20g

1 Prepare all ingredients

Wash the pork belly clean, drain the water, and cut it into thin slices of 5 mm.

2 Marinate the pork belly

Add Korean barbecue sauce to the pork belly, mix well. Place in the refrigerator to marinate for more than 1 hour, overnight for better flavor.

3 Preheat

Fill the water tray with water, select the [06 Grilled Prok Belly] menu and preheat to 210 °C.

4 Lay the marinated pork belly flat on the baking tray without stacking (do not pour in the remaining marinade to avoid burning).

5 Baking

After preheating is complete, place the baking tray on the lower rack, close the oven door, and bake for 15 minutes.

6 Cooking Complete

After preheating is complete, place the baking tray on the lower rack, close the oven door, and bake for 15 minutes.

チャーシューのパン粉焼き

Crispy Roast Char Siu

Steam Bake

🕒 45 minutes

🍽 4 servings

Baking tray + lower rack



Main Ingredients

Pork Shoulder400-500g

Seasonings

Barbecue Sauce25g

Shaoxing Wine10g

Soy Sauce10g

Black Pepper Powder1g

1 tablespoon Honey10g

Breadcrumbs50g

Bay Leaf Powder1g

1 Prepare all ingredients

Wash the pork shoulder meat clean, cut it into strips about 3cm thick * 4cm wide, and use bamboo skewers to pierce holes on the surface to allow for better marination.

2 Marinate the pork shoulder meat

Place all the seasonings except the breadcrumbs and honey in a bowl, mix them evenly with the meat, wrap with cling film and refrigerate for marination for more than 2 hours.

3 Coat with breadcrumbs

After marination, brush a layer of honey evenly on both sides of the pork shoulder meat, then coat the surface of the pork shoulder meat evenly with a layer of breadcrumbs.

4 Preheat

Fill a box with water, select the [07 Crispy Roast Char Siu] menu and preheat to 170 °C. Lay the pork shoulder coated with breadcrumbs flat on a baking tray lined with aluminum foil.

5 Baking

After preheating is complete, place the baking tray on the lower rack, close the oven door, and bake for 45 minutes.

6 Cooking Complete

After cooking is complete, remove and slice before serving.



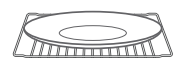
スズキの蒸し物 Steamed Perch

Pure Steam

🕒 14 minutes

🍽️ 4 Serves

Steaming rack +
Lower level



Main Ingredients

Fresh Squid 1 Piece (400g)
(Weight after removing internal organs, gills, and scales)

Seasonings

Ginger Slices 4 Slices
Ginger Threads 12g
Green Onion 8g
Threads, Steamed Fish,
Soy Sauce, 10g
Corn Oil 20g

1 Prepare all ingredients

Clean the fish by removing the internal organs, gills, and scales, then dry it. Cut along both sides of the perch's spine, Main Ingredients Lay the fish flat.

Cut the green onions and ginger into strips, soak them in cold water, and set aside.

2 Marinate the Fish

Place chopsticks on the serving plate, lay the prepared fish flat on the chopsticks.

Place a few slices of ginger on the fish to remove the fishy smell.

3 Steaming

Place the fish plate on the steaming rack, position it at the lower level, close the oven door, fill the water tray with water, select the [08 Steamed Perch] menu, and steam for 14 minutes.

4 Cooking complete

After cooking, remove the steamed fish plate, take off the ginger slices and chopsticks, pour out the broth inside the fish, then sprinkle scallion threads and ginger threads over the fish, pour hot oil over it, and drizzle steamed fish soy sauce around the fish (you can add appropriate seasonings according to personal taste).

TIPS

- 1 For steaming fish, it is recommended to use a specialized steamed fish plate or a container with a thin bottom to ensure even heating of the fish.
- 2 For thick-fleshed fish, it is suggested to manually increase the steaming time based on the actual situation.
- 3 Depending on personal preference, you can increase or decrease the automatic menu time to adjust the cooking texture.



スペアリーブの蒸し物

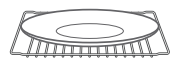
Steamed Ribs

Pure Steam

🕒 20 minutes

🍽️ 2-3 Serves

Steaming rack +
Lower level



Main Ingredients

Spare Ribs 400g

Seasonings

Soy Sauce 10g

Salt 2g

Shaoxing Wine 5g

1 Prepare all ingredients

2 Marinate the spare ribs

Wash the ribs, drain, cut into small pieces, and marinate with seasonings to infuse the flavors.

3 Place the well-marinated ribs evenly on the plate.

4 Steaming

Place the plate on the steaming rack, position it on the lower level, fill the water tray with water, close the oven door, select the [09 Steamed Ribs] menu, and steam for 20 minutes.

5 Cooking Complete

After cooking is complete, remove and enjoy.

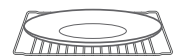
あさりの豆鼓蒸し Bean Curd Steamed Clams

Pure Steam

14 minutes

2 Serves

Steaming rack +
Lower level



Main Ingredients

Fresh Clams

400g

Secondary Ingredients

Garlic

5 cloves

Green Pepper

1 stalk

Red Pepper

1 stalk

Salt

1g

Fermented Black Beans

5g

Soy Sauce

As needed

Vegetable Oil

As needed

1 Prepare all ingredients

Chop the garlic, slice the green and red peppers into thin strips, and wash and chop the fermented black beans for later use. Rinse the clams clean with water, drain them, and set aside.

2 Put all the ingredients in a large and flat ceramic dish, mix well.

3 Steaming

Place the dish on the steaming rack, position the rack at the bottom, fill the water tray with water, close the oven door, select the [\[10 Bean Curd Steamed Clams\]](#) menu, and steam for 14 minutes.

4 Cooking complete

After cooking is complete, remove and enjoy.

ほたてがいの豆鼓蒸し Steamed Scallop with Black Bean Sauce

High Temp. Steam

🕒 11 minutes

🍽️ 4 Serves

Baking tray + lower rack



Main Ingredients

Half-shell Scallops	400g
Vermicelli	20g

Secondary Ingredients

Fermented Black Beans	20g
Garlic	25g
Peanut Oil	20g
Chopped Green Onions	5g
Salt	1g
White sugar	2g
Xiaomi pepper	5g

1 Prepare all ingredients

Use a small knife to separate the scallop meat from the shell, clean the scallops thoroughly, and also wash the shells clean for later use. Chop the garlic into a paste for later use. Soak the vermicelli in hot water for about 15 minutes until it is completely softened for later use.

2 Prepare the fermented black bean and garlic sauce

Place 1 tablespoon of peanut oil in the pan, heat until it is 50% hot, add the garlic paste and stir-fry until it turns yellow, then turn off the heat. Pour the stir-fried garlic and oil into the fermented black beans, add white sugar and a pinch of salt to the fermented black beans, and mix well for later use.

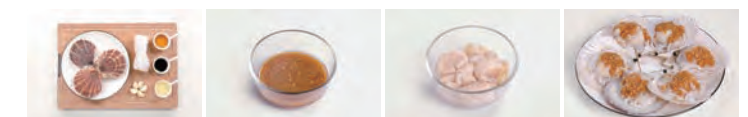
3 Soak servings of vermicelli until soft, drain the water, then roll into a circular shape and place in the shell, put the scallop meat on top of the vermicelli, and pour the garlic and fermented black bean sauce over it.

4 Steaming

Place the scallops on a baking tray, position them on the lower rack, fill the water tray with water, close the oven door, select the [11 Steamed Scallop with Black Bean Sauce] menu, and steam for 11 minutes.

5 Cooking Complete

After cooking is complete, remove it and garnish with chopped green onions and diced red chili peppers according to personal preference, then it is ready to enjoy.



Japanese Braised Pork with Potatoes

Microwave

 38 minutes

 4 Serves

Ceramic Soup Pot | Covered + Flat Plate





Main Ingredients

3-4cm Thin Sliced Beef	270g
4 Potatoes	600g
2 onions	400g
carrot	80g

Secondary ingredients

2 tablespoons of sake	30g
3 tablespoons of soy sauce	45g
3 tablespoons of sugar	39g
3 tablespoons of water	45g
1 tablespoon of mirin	15g

1 Prepare all ingredients

Cut potatoes, onions, and carrots into 2cm cubes and set aside.

2 Place 2 slices of beef, vegetable chunks, and seasonings in a microwave-safe ceramic pot, mix well, cover leaving a vent.

3 cooking

Place the microwave-safe ceramic pot on the turntable, close the door, select the **[12 Japanese Braised Pork with Potatoes]** menu and cook for 38 minutes.

4 Stir halfway through

When you hear the prompt tone, remove and stir, then place back on the turntable, and continue cooking.

5 Cooking Complete

After cooking is complete, remove and stir evenly before serving.

TIPS

When the countdown reaches 25 minutes remaining, remove and stir, please pay attention to the prompt tone.





Retaining use fresh
seasonal vegetables,
to preserve the
nutrition and texture
of the Quickly heat
until cooked, making
each dish simple yet
delicious.

Dishes

茶碗蒸し

Steamed Egg

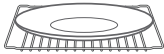


Pure Steam

⌚ 11 minutes and 30 seconds

🍽️ 2 Serves

Dish | Steaming Rack + Lower level



Main Ingredients

Fresh Eggs	2
Water	200g

Secondary Ingredients

Salt	1g
Sugar	1g
Soy Sauce	As needed
Sesame Oil	As needed
Green Onions	1 stalk

- 1 Prepare all ingredients
- Chopped scallions are set aside.
- 2 Stir the egg mixture
- Beat the eggs and thoroughly stir the egg mixture, add salt, sugar, and water, and stir again thoroughly.
Pour the egg mixture into a ceramic dish, and remove any bubbles from the surface.
- 3 Steaming
- Place the plate on the steaming rack, position the steaming rack at the lower level, close the oven door, and select the [13 Steamed Egg] menu to steam.
Lower level Steam for 11 minutes and 30 seconds.
- 4 Cooking complete
- After cooking is complete, remove it, pour in an appropriate amount of sesame oil and soy sauce, sprinkle with chopped green onions, and serve.

Steamed Baby Chinese Cabbage with Garlic

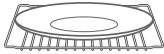


Pure Steam

🕒 13 minutes

🍽️ 2 Serves

Ceramic Plate | Steam
Bake Rack + Lower Level



Main Ingredients

Baby Bok Choy 400g

Secondary Ingredients

Green Onions 1 stalk
Garlic 8 cloves
Soy Sauce As Needed
Oyster Sauce As Needed
Vegetable Oil 20g
Salt 1g
Chili Pepper 1 stalk

- 1 Prepare all ingredients**
Cut the baby bok choy, wash it clean, and set aside; chop the scallions, garlic, and chili pepper and set aside.
- 2 Prepare the Sauce**
Mix garlic and chili pepper with soy sauce, oyster sauce, vegetable oil, and salt to prepare the sauce and set aside.
- 3** Lay heads of baby bok choy flat on a ceramic plate, and evenly drizzle with sauce.
- 4 Steaming**
Place the ceramic plate on the steaming rack, position the rack at the lower level, close the oven door, select [14 Steamed Baby Chinese Cabbage with Garlic] menu and steam for 13 minutes.
- 5 Cooking Complete**
After cooking is complete, remove the dish, sprinkle with chopped green onions, and it is ready to enjoy.

Steamed Enoki Mushrooms with Vermicelli

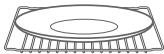


Pure Steaming

⌚ 11 minutes

🍽 2 Serves

Ceramic Plate | Steam
Bake Rack + Lower Level



Main Ingredients

Enoki Mushrooms	200g
Soaked Vermicelli	250g

Secondary Ingredients

Green Onions	10g
Chopped Chili	30g
Sichuan Pepper	5g
Ginger	15g
Soy Sauce	5g
Vegetable Oil	10g
Garlic	30g
Salt	2g

1 Prepare all ingredients

Soak the vermicelli until softened, cut into segments, wash the enoki mushrooms, trim the tough stems and separate into small bunches, chop the green onions, and mince the garlic, slice the ginger and set aside.

2 In ceramic dishes, line the bottom with vermicelli, then place the enoki mushrooms on top, sprinkle with ginger strips, minced garlic, chopped chili, and salt, and drizzle with soy sauce.

3 Steaming

Place the ceramic plate on the steaming rack, which should be positioned at the lower level. Close the oven door and select [15 Steamed Enoki Mushrooms with Vermicelli]. The menu steams for 11 minutes.

4 Cooking complete

After cooking, remove the dish, sprinkle with green onions, heat oil in a pan, add Sichuan pepper to fry until fragrant, then pour over the enoki mushroom vermicelli and serve immediately.

和風茶碗蒸し

Chawanmushi



Pure Steaming

⌚ 20 minutes

🍲 4 Serves

Tea Bowl | Steaming
Rack + Lower level



Main Ingredients

Dried Shiitake Mushrooms (Rehydrated) 2 pieces

Shrimp 4 pieces

5mm thick Fish Cake 4 Slices

Chicken Breast 100g

Ingredient A

2 tablespoons Rehydrated Shiitake Mushroom Broth 30g

1 tablespoon Soy Sauce 15g

1 tablespoon Sugar 10g

Ingredient B

1/2 teaspoon Sake 5g

1/2 teaspoon Light Soy Sauce 5g

Egg Liquid

Eggs 2 pieces

2 Cups of Broth 400ml

Light Soy Sauce 1 teaspoon

Mirin 2 teaspoon

Salt a little

1 Prepare all ingredients

2 cups Rehydrated Shiitake Mushroom Broth

Dry shiitake mushrooms cut in half, and place them in a microwave-safe teacup along with ingredients A. Place on the cavity plate, select the [Microwave] function at 600W and heat for 1 minute.

3 Marinated Chicken Breast

Remove the tendons from the chicken breast, cut into pieces, and mix evenly with ingredients B. Peel the shrimp but leave the tails intact, and remove the veins.

4 Mix Egg Liquid

Beat the eggs, mix with broth until well combined, then add light soy sauce, mirin, and salt, mix evenly, and strain for later use.

5 Evenly distribute the shiitake mushrooms, shrimp, fish cake, and chicken breast among 4 microwave-safe teacups. Divide the egg mixture into 4 equal parts and pour it into each teacup (about 80% full), then cover with a lid.

6 Steam

Place the teacups on the steaming rack, position the rack on the lower level, close the oven door, select the [16 Chawanmushi] menu, and steam for 20 minutes.

7 Cooking Complete

After cooking is complete, remove and enjoy.

Roasted Sweet Potatoes



Grill

 50 minutes

 2 Serves

Upper rack + Baking Tray



Main Ingredients

Sweet Potato 3 pieces
(200g each)

1 Prepare all ingredients

Choose sweet potatoes that are uniform in size and slightly elongated, wash them, drain off the surface moisture, and pierce them with a toothpick several times.

2 Line a baking tray with baking paper or aluminum foil, and arrange the sweet potatoes evenly on the tray.

3 Bake

Place the tray containing the food on the upper rack, close the oven door, select the [17 Roasted Sweet Potatoes] menu, and bake for 50 minutes.

4 Cooking complete

After cooking is complete, remove and enjoy.

なすのニンニク焼き

Garlic Roasted Eggplant



Microwave + Grill

16 minutes
30 seconds

2 Serves

Ceramic Dish + Flat Plate



Main Ingredients

Eggplant 1 piece (350g)

Secondary Ingredients

Soy Sauce 5g
Salt 2g
Granulated sugar 3g
Oyster Sauce 5g
Green onions 10g
Red pepper 3g
Peanut oil 15g
Garlic 25g

1 Prepare all ingredients

Chop the garlic, red chili, and green onion separately and set aside.

2 Prepare the Sauce

Mix soy sauce, oyster sauce, peanut oil, granulated sugar, salt, and a small amount of chopped green onions in a bowl until well combined, then add minced garlic, and finely chopped chili, stirring until the sauce is evenly mixed and set aside.

3 Apply the sauce

Cut off the stem of the eggplant, cut it lengthwise into two halves without cutting through the bottom. Evenly apply the prepared sauce on the surface of the eggplant and in the flesh gaps.

4 Cooking

Place the eggplant flat on a microwave-safe ceramic plate lined with baking paper, place it on the cavity tray, and close the door, Select the [18 Garlic Roasted Eggplant] menu and cook for 16 minutes and 30 seconds.

5 Cooking Complete

After cooking is complete, remove and enjoy.

スパイシーフライドポテト

Cumin Potato Slices

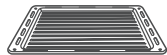


Grill

 30 minutes

 2-3 Serves

Baking tray + lower rack



Main Ingredients

Small Potatoes 400g
(40g / Piece)

Secondary Ingredients

2 Tablespoons Corn Oil 25g
1 Teaspoon Cumin Powder 3g
1 Teaspoon Chili Powder 3g
Salt 2g
Chopped Green Onions 5g

1 Prepare all ingredients

Choose small potatoes that are uniform in size, with smooth skin, an oval shape, and a light yellow color.
Rinse the potatoes under water to remove surface dirt, then soak them in clean water for 15 minutes before scrubbing the skin clean.

2 Marinate Potatoes

Drain the washed potatoes, cut them in half along the long side, then cut each half again, so that one potato is evenly divided into 4 pieces. Place the cut potato pieces in a large container, add all the seasonings except the green onions, and mix well.

3 Arrange the seasoned potato pieces evenly on a baking tray lined with parchment paper.

4 Baking

Place the baking tray on the lower rack, close the oven door, select the [19 Cumin Potato Slices] menu, and bake for 30 minutes.

5 Cooking Complete

After cooking, remove and sprinkle with green onions before serving.

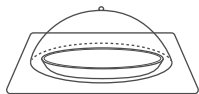
麻婆豆腐
 Mapo Tofu



Microwave

 7 minutes
 30 seconds
 2-3 Serves

Plate | Cover + Flat
 Plate



Main Ingredients (for 400g)

Soft Tofu 350g
 Pre-packaged
 Mapo Tofu Seasoning 40g

Ingredients

Ground meat 100g
 Water 50g
 Chopped green onions 5g

- 1 Prepare all ingredients**
- 2 Prepare the seasoning sauce**
 Pour the Mapo Tofu seasoning packet into a bowl, add water and minced meat, and mix well.
- 3** Cut tender tofu into 1-2cm cubes, blanch in boiling water, drain, and arrange flat on a microwave-safe ceramic plate.
- 4 Cooking**
 Pour the seasoning sauce over the tofu, cover leaving a vent, place on the cavity tray, close the door, and select the [20 Mapo Tofu] menu to cook for 7 minutes 30 seconds.
- 5 Cooking Complete**
 After cooking, remove and sprinkle with green onions, and it is ready to enjoy.

Dessert

The texture is smooth and melts in your mouth. of the cake, one bite down, lets you feel a strong sense of happiness, letting your taste buds sink into the rich aroma.



Portuguese Egg Tart

エッグタルト

Grill

🕒 34 minutes

🍽️ 4 Serves

Baking tray + lower rack



Main Ingredients

Large frozen egg tart shells	9
Pure milk	120g
2 egg yolks	110g

Ingredients

Condensed milk	10g
Fine sugar	25g

1 Prepare all ingredients

2 Prepare the egg tart filling

Add fine sugar to pure milk and stir until dissolved, then add egg mixture and condensed milk and stir until well combined. Strain the egg tart liquid once.

3 Take out egg tart shells from the freezer and let them thaw for 20 minutes. Pour the strained egg tart liquid into the tart shells, filling them nine-tenths full.

4 Preheat & Bake

Select the [21 Portuguese Egg Tart] menu and preheat to 185 °C. After preheating is complete, place the baking tray on the lower rack, close the oven door, and bake for 34 minutes.

5 Cooking Complete

After cooking is complete, remove and enjoy.

TIPS

- 1 Remove the tart shells from the freezer and let them thaw naturally.
- 2 Tart baking time is short and they can easily burn; please be sure to observe during the last few minutes.



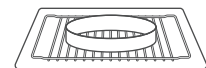
シフォンケーキ Chiffon Cake

Grill

🕒 53 minutes

🍽️ 4 Serves

8 -inch cake mold |
steaming and baking
Frame + Plate on



Main Ingredients

Low-gluten flour	100g
Cornstarch	10g
Cold egg whites	150g
Egg yolks	72g

Secondary Ingredients

Milk	60g
Salad oil	60g
Granulated sugar	110g

TIPS

- 1 When whipping egg whites, add a few drops of lemon juice; the egg whites will be easier to whip to stiff peaks: when lifting the whisk, short, straight peaks should form, indicating stiff peaks.
- 2 When making the cake batter, mix the egg yolk and egg white mixture using a spatula with folding or cutting motions; overmixing may cause the batter to collapse.



1 Prepare all ingredients

Prepare a flour sifter, manual whisk, spatula, gloves, egg beating bowl, cake mold, electronic scale, and electric mixer. Weigh all ingredients in advance.

2 Prepare the egg yolk paste

Crack the eggs, and pour the egg whites and yolks into 2 clean, water-free, and oil-free bowls separately.

Place the egg whites in the refrigerator for chilling and reserve.

Prepare another large bowl, pour in salad oil, milk, and egg yolks, and use a manual whisk to beat until it forms a thick rice paste-like consistency.

Sift the low-gluten flour into the mixture from the previous step using a sieve, and use a manual whisk to quickly mix the flour in a "Z" shape until there are no dry flour particles. * Do not stir in circles

3 Making Egg White Frost

Remove the chilled egg whites and beat them at low speed with an electric mixer until bubbles form.

Add about one-third of the fine sugar and switch to medium speed to beat until the bubbles disappear and become smooth.

Add half of the remaining fine sugar and switch to high speed to beat until slight patterns appear in the egg whites.

Add the remaining fine sugar and cornstarch (it is recommended to sift the starch) and switch to medium speed to beat until clear, firm patterns appear.

Switch to low speed and beat, checking the state of the egg white foam during the process; stop beating when the foam forms stiff peaks.

4 Prepare the cake batter

After the egg whites are well beaten, use a spatula to take 1/3 of the egg white foam and add it to the egg yolk mixture, folding from the bottom to mix the egg white foam and egg yolk mixture evenly. * Do not stir in circles to avoid deflating the foam. Then pour the mixed batter back into the remaining egg white foam.

Similarly, use a spatula to fold the remaining meringue into the cake batter until it is smooth and well combined.

* Do not stir in circles to avoid deflating the meringue.

5 Then pour the cake batter into an 8-inch cake pan.

6 To remove air bubbles from the cake pan, lift it and drop it from a height of about 15 centimeters onto the countertop. Release it and lightly tap it 2 to 3 times.

7 Preheat & Bake

Select the [22 Chiffon Cake] menu and preheat to 150 °C. After preheating is complete, place the cake mold on the steaming rack (with the protrusions facing up) for steaming and baking. Place the rack on the cavity tray and bake for 53 minutes.

8 Cooking complete

After cooking is complete, wear heat-resistant gloves to remove the cake mold, immediately tap it 2 to 3 times to vibrate, Steam comes out, then invert the mold onto a cooling rack and let it cool completely before unmolding to prevent the cake from shrinking.

9 After the cake has cooled, use your hands to gently separate the cake from the sides of the mold by moving around the circumference, then push the bottom of the mold to release the cake. Finally, use the same method to separate the part of the cake that is stuck to the bottom of the mold, completing the unmolding process.

クランベリークッキー Cranberry Cookies

Grill

🕒 15 minutes

🍽 8 Serves

Baking tray + lower rack



Main Ingredients

Cake Flour	170g
Dried Cranberries	50g

Ingredients

Milk Powder	9g
Butter	125g
Whole Egg	25g
Icing Sugar	70g

TIPS

- 1 Matcha powder / cocoa powder can be used as a substitute for an equal amount of flour, this way you can make matcha cookies and cocoa cookies.
- 2 When the countdown reaches 3 minutes, it will remind you to flip the baking tray, please pay attention to the prompt sound.
- 3 The prepared batter needs to be refrigerated for 1 hour.
- 4 When adding egg liquid to butter, it must be added in portions, and each time the egg liquid and butter must be fully blended before adding the next portion.
- 5 Cookies have a short baking time and can easily burn; please be sure to observe them during the last few minutes.

1 Prepare all ingredients

Allow butter to soften at room temperature until it can be easily indented with a finger, chop dried cranberries, and beat the egg Set aside.

2 Beat Butter

Add powdered sugar to the butter and mix evenly with a manual whisk; there is no need to whip it. Add the egg liquid to the butter in 3 portions, and after each portion is thoroughly mixed with the butter, add the next, beat until the butter mixture is very fluffy.

3 Prepare the batter

Add crushed dried cranberries and mix evenly, then add sifted cake flour and milk powder, and use a spatula to fold until there is no dry flour left in the batter.

- 4 Place the batter in a square mold lined with plastic wrap, shape it well, then invert it into the refrigerator and freeze for about 1 hour.

5 Preheat

Select the [23 Cranberry Cookies] menu and preheat to 160 °C.

6 Frozen dough pieces

Remove the frozen cookies and cut them into slices about 5mm thick. If the cookies are too hard, let them warm up at room temperature for a while before cutting.

- 7 Place the cut cookies on a baking sheet lined with parchment paper, leaving some space between each one.

8 Baking

After preheating is complete, place the baking tray on the lower rack and bake for 15 minutes.

9 Midway through flipping the tray

When the countdown has 3 minutes remaining, remove the tray, flip it, and continue baking.

10 Cooking complete

After cooking is finished, remove and let cool. Wait until they are completely cooled before eating for a crispier texture.



クロワッサン Croissant

Grill

🕒 18 minutes

🍽 4 Serves

Baking tray + lower rack



Dough

High-gluten flour	210g
Sugar	18g
Salt	3g
Dry Yeast	3g
Milk	110g
Egg wash	30g
Butter	40g

Brushing Surface

Egg wash	25g
Salt	0.2g

1 Prepare all ingredients

Allow the butter to soften at room temperature until it can be easily indented with a finger.

2 Prepare the dough

Except for the butter, add all other ingredients to the stand mixer and mix until a thick film forms, then add the softened butter and continue mixing until a glove-like membrane forms.

3 Fermentation

Remove the mixed dough, shape it into a ball, place it in a wide-mouthed deep container, cover with plastic wrap, and put Place in the cavity, select the [Fermentation] function at 38 °C, ferment until it doubles in size, about 1 hour.

4 Second Fermentation

After the fermented dough has been degassed, divide it evenly into 9 portions, shape them into rounds, cover with cling film, and let them rest for 20 minutes. After resting, roll each portion into a teardrop shape, use a rolling pin to roll it out from the wider end, then roll it up to form small croissants. Place them on a baking tray lined with parchment paper, position them on the lower rack, select the [Fermentation] function at 35 °C for the second fermentation, ferment for about 30 minutes until they double in size.

5 Preheating & Baking

Remove the well-fermented dough, select the [24 Croissant] menu and preheat to 170 °C. After preheating is complete, place the baking tray on the lower rack and bake for 18 minutes.

6 Cooking Complete

After cooking is complete, remove and let cool slightly before enjoying.

Orange Scented Cupcake

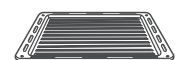
カップケーキ

Grill

🕒 19 minutes

🍽️ 2 - 3 Serves

Baking tray + lower rack



Main Ingredients

3 eggs	170g
Sugar	70g
Cake Flour	90g
Butter	23g

Secondary Ingredients

Corn Syrup	5g
Freshly Squeezed Orange Juice	36g
Orange Zest	3g
Lemon Juice	0.1g

1 Prepare all ingredients

Separate the egg whites and yolks and set aside.

2 Whipped Egg Whites

Whip the egg whites until coarse foam forms after adding lemon juice, then continue whipping until stiff peaks form after adding sugar.

3 Prepare the batter

After whipping the egg whites, mix them with the egg yolks until well combined, then fold in the sifted low-gluten flour until evenly mixed.

4 Prepare the cake batter

Orange zest + orange juice + butter + glucose syrup heated to 40 °C, then drizzle over the batter along the surface of the spatula, and continue to fold until evenly mixed.

5 Preheating & Baking

Transfer the cake batter into a piping bag, and pipe into small paper cups, filling them about eight-tenths full (approximately 32g), and select the [25 Orange Scented Cupcake] menu to preheat to 170 °C. After preheating is complete, place the baking tray with the paper cup cakes on the lower rack and bake for 19 minutes.

6 Cooking Complete

After cooking is complete, remove and let cool slightly before enjoying.

Double Skin Milk

ミルクプリン

Pure Steam

🕒 14 minutes

🍽️ 2 Serves

Ceramic Bowl | Steaming Rack + Lower Level



Main Ingredients

Whole Milk	250g
Egg white	90g
Powdered sugar	10g

1 Prepare all ingredients

2 Steam milk

Pour 20ml of whole milk into a bowl, fill the water container with water, place the whole milk on the steaming rack, and position the steaming rack at the bottom layer. Select the **[Steam]** function and steam at 100°C for 8 minutes.

3 Make the first layer of skin

After the milk has been steamed and cooled, a skin will form on the surface. Use a toothpick to make a slit along the edge of the bowl, pour out the milk, and leave a small amount of milk and skin at the bottom of the bowl.

4 Prepare the milk egg mixture

Slightly beat the egg whites, mix with the remaining milk, and stir in powdered sugar until well combined.

5 Filter the mixed milk egg mixture to remove foam.

6 Slowly pour the filtered egg milk mixture along the edge of the bowl containing the milk skin (divide into 2 small bowls).

7 Steam cooking

Fill the water tray with water, place the ceramic bowl on the steaming rack, position it on the lower level, select the **[26 Double Skin Milk]** menu, close the oven door, and steam for 14 minutes.

8 Cooking complete

After cooking, do not open the door; let it sit for 3 minutes before removing and serving. Honey beans can be placed on top according to personal preference.





Delicious dishes,
making youan
indispensable
part of the dining
table with rich flavors
of Western-style
sweet soups, and
deliciously fresh
Chinese soups.
Greatly stimulated
Appetite.

Soup

シロキクラゲと蓮の実のスープ

White Fungus Lotus Seed Soup



Microwave

⌚ 45 minutes

🍲 Serves 4

Ceramic Soup Pot |
Covered + Flat Plate



Main Ingredients

Dried Silver Ear	10-15g
Water	1200g
Fresh Lotus Seeds	100g

Secondary Ingredients

Rock Sugar	30g
------------	-----

1 Prepare all ingredients

Soak dried silver ear fungus in water until fully rehydrated (about 3-4 hours), then wash, remove the stem, cut into small pieces, and drain for later use. Wash fresh lotus seeds and set aside (if you do not like a bitter taste, you can remove the lotus hearts).

2 Cooking

In a microwave-safe ceramic soup pot, add the silver ear fungus, lotus seeds, and water, cover leaving a vent, place on the cavity plate, close the door, select the [27 White Fungus Lotus Seed Soup] menu, close the door, and cook for 45 minutes.

3 Add rock sugar halfway through

When the countdown has 5 minutes remaining, take out and add rock sugar.

4 Cooking complete

After cooking is complete, remove and enjoy.

TIPS

When the countdown has 5 minutes remaining, take out and add rock sugar, please pay attention to the prompt sound.

パパイヤのミルクスープ

Papaya Milk



Microwave

⌚ 25 minutes

🍲 Serves 4

Ceramic Soup Pot |
Lidded + Turntable



Main Ingredients

Hawaiian Papaya	400g
Water	300g

Auxiliary Ingredients

Rock Sugar	15g
Milk	300g

- 1 Prepare all ingredients
- Wash the Hawaiian papaya, peel it, remove the seeds, and cut it into small pieces for later use.
- 2 Cooking
- In a microwave-safe ceramic soup pot, add the papaya and water, cover leaving a vent, place on the turntable, close the door, select the [28 Papaya Milk] menu, close the door, and cook for 25 minutes.
- 3 Add rock sugar halfway through
- When the countdown has 5 minutes remaining, take it out and add rock sugar and milk.
- 4 Cooking complete
- After cooking is complete, remove and enjoy.

TIPS

When the countdown reaches 5 minutes, it will remind you to add rock sugar and milk, please pay attention to the prompt sound.

氷砂糖となしの煮込み Rock Sugar Pear Drink



Microwave

🕒 45 minutes

🍲 Serves 4

Ceramic Soup Pot |
Covered + Flat Plate



Main ingredients

Pears	2 pieces
Rock sugar	40g
Water	1000g

1 Prepare all ingredients

Wash the pears, peel them, and cut them into small pieces for later use.

2 Cooking

Add pears and water to a microwave-safe ceramic soup pot, cover leaving a vent, place on the turntable, close the door, select the [29 Rock Sugar Pear Drink] menu, close the door, and cook for 45 minutes.

3 Add rock sugar halfway through

When the countdown has 5 minutes remaining, take out and add rock sugar.

4 Cooking complete

After cooking is complete, remove and enjoy.

TIPS

Five minutes before the end of the countdown, there will be a reminder to add rock sugar; please pay attention to the prompt sound.

スぺアリブの煮込み

Cordyceps Boiled Rork Rib Soup



Microwave

-  55 minutes
-  Serves 4

Ceramic Soup Pot |
Lidded + Turntable



Main Ingredients

Spare Ribs	300g
Dried Cordyceps sinensis flower	50g
Water	1000g

Secondary Ingredients

Salt	2g
Goji berries	10g

- 1

Prepare all ingredients

Cut the spareribs into pieces about 4 cm long.

Wash the dried Cordyceps sinensis flower and soak it in a bowl for later use.
- 2

Blanch the spareribs

After blanching the spareribs, scoop them out and wash off the blood foam thoroughly.
- 3

Cooking

In a microwave-safe ceramic pot, add the blanched spareribs, Cordyceps sinensis flower, goji berries, and water, cover leaving a vent, place on the cavity plate, close the oven door, select the **[30 Cordyceps Boiled Rork Rib Soup]** menu, close the oven door, and cook for 55 minutes.
- 4

Cooking complete

After cooking, remove and add salt according to personal taste, mix well, and it is ready to enjoy.

ナツメと鶏の煮込み

Red Date Black Chicken Soup



Microwave + Pure Steam

⌚ 60 minutes

🍲 Serves 4

Ceramic Soup Pot |
Covered + Flat Plate



Main Ingredients

Half a black chicken 400g

Ingredients

3 jujubes 15g
Goji berries 5g
Astragalus 5g
Water 800g
Salt 2g

1 Prepare all ingredients

Cut the black chicken into pieces, blanch it, and set aside.

2 Cooking

Place the blanched black chicken pieces in a microwave-safe ceramic pot, add red dates, goji berries, astragalus, and water, cover leaving a vent, place on the cavity tray, close the door, select the [31 Red Date Black Chicken Soup] menu, close the door, and cook for 60 minutes.

3 Cooking Complete

After cooking, remove and add salt according to personal taste, mix well, and it is ready to enjoy.

味噌汁

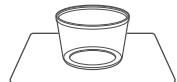
Miso Soup



Microwave

-  5 Minutes and 30 Seconds
-  Serves 4

Wide-Mouth Deep Bowl + Flat Plate



Main Ingredients

Miso (Soybean Paste)	43g
Tofu	50g
Seaweed	30g
2 Okra	23g
Scallop	9g
Boiling Water	200g

Secondary Ingredients

Chopped Green Onions	3.5g
Salt	1g

- 1 Prepare all ingredients
Wash Okra and Slice Diagonally, Cut Tofu into Small Pieces and Set Aside.
- 2 Cooking
Place scallops, tofu, and okra in a microwave-safe wide-mouth deep bowl, add boiling water to cover the ingredients, place on the cavity flat plate, fill the water box with water, close the oven door, select the [32 Miso Soup] menu, close the oven door, cook for 5 minutes and 30 seconds.
- 3 Add Ingredients Midway
When the countdown reaches 2 minutes and 30 seconds remaining, remove, add miso and seaweed, stir evenly, and continue cooking.
- 4 Cooking complete
After Cooking, Remove and Add Salt and Green Onion According to Personal Taste, Mix Well and Enjoy.

TIPS

At 2 Minutes and 30 Seconds Countdown, It Will Remind You to Add Miso and Seaweed, Please Pay Attention to the Prompt Sound.



Whether it is sweet
rice or the main
dish on the table,
filling your stomach
and leaving you with
a lingering taste is
the soft and chewy
steamed bun, they
can all

Pastry

冷凍肉まん Steamed Frozen Pastry

Pure Steam

🕒 13 minutes

🍽️ Serves 4

Steaming Rack +
Lower Level



Main Ingredients

A bag of frozen BBQ
pork buns 420g (12 pieces)

1 Prepare all ingredients

2 Place the baking paper flat on the steaming rack, and place the frozen buns flat on the baking paper.

3 Steaming

Fill the water container with water, place the steaming rack on the lower level, select the [33 Steamed Frozen Pastry] menu, close the oven door, and steam for 13 minutes.

4 Cooking complete

After cooking is complete, remove and enjoy.

Steamed Bun

Pure Steam

⌚ 40 minutes

👤 For 2 People

Baking tray +
lower rack



Main Ingredients

All-purpose Flour	500g
Water	250g

Ingredients

Sugar	25g
Dry Yeast	5g

1 Prepare all ingredients

* Water can also be replaced with milk.

2 Prepare the dough

Mix all-purpose flour and yeast, add water in three portions, stirring each time until the water and flour blend into a shaggy mass. (If using a stand mixer, stir at low speed for about 30 seconds after each addition of water) Knead the crumbly dough until it reaches a complete state; it is acceptable if it is slightly sticky. (If using a stand mixer, beat the dough at medium-low speed until it is basically not sticking to the sides)

3 Roll out the dough

Before kneading and rolling, sprinkle a thin layer of flour on the kneading mat to prevent the dough from being too sticky. Knead the dough into an oval shape, flatten it with a rolling pin. Fold it in half twice, with the seam facing up, and continue to flatten it with the rolling pin. Repeat several times until the surface of the dough is smooth and the structure is uniform and dense. (If you have a pasta machine, you can choose a low-speed setting to roll out the dough. Each time you roll the dough, catch the rolled dough on one side while continuously folding the rolled dough, ensuring the folded dough sheet width is suitable for the pasta machine. After one pass through the machine, align the folded edges directly with the pasta machine and continue rolling.)

4 Make Dough Balls

Roll the kneaded dough into a rectangular sheet of uniform thickness, thinning the edges along the longer sides by hand. Spray water on the surface of the dough sheet, then roll it tightly along the long side. Pinch the seam tightly, and quickly chop the long strip of dough into uniformly sized pieces in one direction using a knife. Place the dough balls evenly and spaced apart on a baking tray lined with steamer paper or a cloth.

5 Fermentation & Steaming

Fill the water container with water, place the baking tray on the lower level, select the [34 Steamed Bun] menu, close the oven door, and ferment and steam for 40 minutes.

6 Cooking Complete

After cooking, use the residual heat to steam the buns for an additional 5 minutes before removing them. Once removed, they are ready to enjoy.

全粒粉パン

Whole Wheat Bread

Grill

⌚

40 minutes

🍷

6 servings

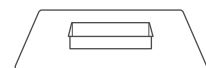
Fermentation:

Loaf Pan | Baking Tray + Lower Level



Grill:

Loaf Pan + Flat Plate



Main Ingredients

Whole Wheat Flour75g

High Gluten Flour275g

Secondary Ingredients

Butter15g

Eggs50g

Water165g

Granulated Sugar20g

Salt5g

Dry Yeast3g

1 Prepare all ingredients

Butter should be softened at room temperature, until it can be easily indented with

2 Prepare the dough

Mix high gluten flour, whole wheat flour, dry yeast, white sugar, and salt evenly, then add eggs and water to the flour and stir until the dough is smooth. (Due to different brands of flour having varying water absorption, adjust the amount as needed based on the dough's moisture level) Then add the softened butter and continue kneading until the complete expansion stage, where the dough stretches into a thin film. Remove the dough and place it on the work surface, shape it into a ball, and put it in a large bowl, covering it with plastic wrap.

3 First Proofing

Place the dough in a warm spot (about 35 °C) to proof for about 1 hour until it has doubled in size. (If the temperature is low, you can also place it in the oven and select the [Proofing] function to proof.) Dip your finger in water and vertically insert it into the dough; if the hole does not change when you pull your finger out, the proofing is complete.

4 Relax the dough

Take out the well-fermented dough, place it on a board, and gently pat it to release air. Divide it into 3 equal portions, shape each into a ball, cover with plastic wrap, and let it relax for 15 minutes.

- 5 After the dough has relaxed, roll each portion into a long tongue-shaped sheet using a rolling pin.
- 6 Roll up the sheets from top to bottom.

7 Second fermentation

After rolling up all 3 portions of dough, place them in a loaf pan. Place the loaf pan on a baking tray, set the tray on the lower rack, select the [Fermentation] function at 38°C, and ferment for 1 hour until doubled in size.

8 Baking

Remove the well-fermented bread dough, place the fermented bread on the cavity tray, select the [35 Whole Wheat Bread] menu, close the oven door, and bake for 40 minutes.

9 Cooking Complete

After cooking is complete, remove the bread, let it cool and unmold before enjoying.



クニスコープ

Italian Thin Pizza

Grill

 14 minutes

 Serves 4

Baking tray +
lower rack



Dough Base

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

Filling

Butter	5g
Button Mushrooms	100g
Ham slices	100g
Mozzarella cheese	150g
Tomato sauce	100g

1 Prepare all ingredients

2 Prepare the dough

Place the all-purpose flour, dry yeast, salt, and room temperature water into the mixing bowl of the stand mixer, and knead until a smooth dough forms. The kneaded dough should be able to stretch into a thick, not easily torn film.

3 First Proofing

Cover the dough with plastic wrap and place it in a warm spot to ferment for 1 hour, until it has risen to about twice its size.

4 Slice mushrooms, sauté them in butter until cooked, then set aside.

5 Relax the dough

Divide the well-fermented dough into 2 portions, roll them into rounds, cover with cling film, and let rest at room temperature for about 20 minutes to relax.

6 Roll out the dough

Sprinkle flour on the work surface, roll out the rested dough into a thin rectangle, approximately 25x15cm in size.

7 Place the rolled-out dough on a baking tray lined with parchment paper, pierce the dough with a fork to create small holes, brush with tomato sauce, sprinkle a layer of mozzarella cheese, then lay slices of mushrooms and ham.

8 Preheat & Bake

Select the [36 Italian Thin Pizza] menu and preheat to 220 °C. After preheating, place the baking tray on the lower rack, close the oven door, and bake for 14 minutes.

9 Cooking Complete

After cooking, remove and slice, then enjoy.





Design originates from daily life

Technology originates from living

Devote oneself wholeheartedly to things