

TOSHIBA

東芝食譜

ER-SD99HKW



料理集 目錄

燒烤食譜

★ 漢堡扒	3
★ 照燒雞	3
★ 鹽烤三文魚	4
鹽烤青花魚	4
錫紙烤三文魚	5
★ 焗飯01-白汁焗通心粉	5
白汁	6
★ 焗飯02-白汁焗雙茄	7
★ 日式炒麵	8

健康炸

春卷	9
★ 炸雞塊	10
★ 黃金炸蝦	10
★ ◎ 爆漿豬排	11
◎ 土豆炸肉餅	11
蕃薯天婦羅	12
炸蝦天婦羅	12

蒸製品

★ 茶碗蒸	13
棒棒雞	13
酒蒸蛤蜊	14
★ 蒸鱸魚	15
★ 蒸沙薑雞	16
★ 蒸水蛋	16
蒜蓉粉絲蒸扇貝	17
荷葉蒸排骨	17
墨魚蒸肉餅	18
豉汁盤龍鰻	19
清蒸青蟹	20
水晶蒸餃	21
板栗蒸雞	22
花蟹蒸蛋	22
一爐四蒸	23
蒜蓉粉絲蒸娃娃菜	24

★：可自動烹飪的功能表。

◎：提前準備的短時間烹飪菜式，稱為“快速·簡易菜譜”。

燉煮食譜 微波燉燉

豬肉咖喱飯	17
燉牛肉	17
◎ 椰菜肉卷	18
南瓜煮肉碎	19
煮芋頭	19

簡易菜譜

<3分鐘菜譜>

★ ◎ 炒蛋·火腿炒蛋·芝士炒蛋	20
★ ◎ 芝士焗秋葵	20
★ ◎ 肉碎豆腐	21
★ ◎ 芝士焗牛油果	21
★ ◎ 咖喱土豆條炒肉	22
★ ◎ 煙肉炒菠菜	22
★ ◎ 蝦仁醃菜	23

<其它>

◎ 燉漢堡扒	24
◎ 手工豆腐	25
★ 簡易意粉	25

麵包、披薩

★ 常溫吐司/冷凍吐司/蒸氣吐司	26
★ ◎ 簡易麵包的其它種類	27
★ ◎ 簡易法式小麵包	28
◎ 簡易減糖麵包	29
★ ◎ 簡易蜜瓜麵包	30
★ ◎ 簡易咖喱麵包	31
★ ◎ 簡易法式麵包	32
★ ◎ 簡易披薩	33
麵包麵團的做法	34
麵包製作技巧	35
★ 牛油卷	36
豆沙包	37
方包	37
石窯烤麵包	38
★ 法式小餐包	39
法式麵包製作技巧	40
法式麩皮麵包	41
蜜瓜包的其它種類	42
★ 披薩&金槍魚玉米披薩	43
★ 香脆披薩	44
芝士小包	44

甜品

蘋果派	53
★ 曲奇	54
★ 岩石曲奇	55
瑞士卷	55
★ 柔滑布丁	56
★ 海綿蛋糕	57
★ 戚風蛋糕	59
★ 奶油泡芙	61
淡奶油	62
磅蛋糕	63
烤酒心蘋果	63
馬芬的其它類型	64

甜品

芝士蛋糕	64
巧克力蛋糕	65
草莓果醬	65
蘋果果醬	65
奇異果果醬	65
藍莓果醬	65
布朗尼	66
★ 生巧克力	66
甘薯	67
★ 烤番薯	67
草莓大福	68

微波加熱烹飪時 28

烹飪時的須知事項

● 開始烹飪前

所示照片是烹飪後裝盤示例。

受室溫、形狀、份量、大小、初始溫度、電源電壓等影響，烹飪照片與實物成品可能有所差異。

烹飪時間因食物的種類、形狀、大小、初始溫度、室溫等而有所差異。料理集中所示烹飪時間、溫度僅供參考。加熱不充分時，請延長加熱時間。

雞蛋的大小以中號為標準。雞蛋的大小可能會導致成品的膨脹程度等不盡相同。（中號為含殼58~64克）

請剪裁或折一下廚房用紙，以免從烤盤邊緣突出。（否則可能無法順利烤制、廚房用紙焦糊等）

1ml = 1CC、1杯 = 200ml

請按照市面上銷售的烹飪書等食譜烹飪時請邊觀察邊烹飪。

● 自動功能

已設置與產品相符的材料、份量。

如變更材料、份量，請使用火力或手動烹飪模式邊觀察邊加熱。

加熱不充分時，請延長加熱時間或按手動烹飪模式繼續加熱。

● 為了更順利烘烤

烘烤效果可能因室溫、形狀、數量、尺寸、初始溫度、電源電壓而有所差異。擔心烘烤不均勻時，若加熱期間調換食物的前後方或部分裹上錫紙，則可順利烹飪。


*請戴上隔熱手套取出烤盤，以免被燙傷。

受蛋糕模具和條件等影響，即使依照功能表所示溫度加熱也可能效果不佳。請嘗試將功能表所示溫度設置為高於或低於其10~20℃。

● 關於配件、加水

微波加熱時請勿使用烤盤。

配件、容器請採用與烹飪方法（加熱方法）相匹配的器具。

菜譜名稱旁邊有  時，請用蒸氣烹飪。請務必安裝好加過水的加水盒後烹飪。若未牢固安裝好加水盒，則烹飪效果不佳。

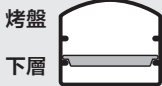
● 料理集即食譜

漢堡扒

自動功能表
18漢堡扒

加熱時間
約20分鐘

附件和放置位置



材料/2個的量 (2人份)

混合肉碎 150g
鹽 少許
洋蔥 (切碎) 100g
黃油 6g (1/2大勺)
胡椒、肉豆蔻 少許
麵包粉 20g (1/2杯)
牛奶 1+1/2大勺

<調味汁>

辣醬油 適量
番茄調味醬 適量

• 做4個 (4人份) 時，採用原份量的2倍，手動加熱。

做法1

(微波600W 3分30秒~4分30秒)

做法4

(無預熱烘烤 250°C 21~26分鐘)

手動烹飪的設置標準

無預熱烘烤 250°C 18~23分鐘



做法

1 將洋蔥、牛油放入耐熱容器，包保鮮膜，放入爐內中央按〈微波600W·2~3分鐘〉加熱後冷卻。將麵包粉放入容器，泡在牛奶中。



不使用烤盤

2 將混合肉碎和鹽放入大碗，攪拌至黏稠狀 (約2分鐘)。成黏稠狀後放入1、胡椒、肉豆蔻進行攪拌。

3 將2分成2等份，做成漢堡的形狀後放入薄塗一層沙拉油 (規定原料以外) 的烤盤，並把漢堡中央按壓成凹陷狀態。

4 將3放入爐內下層，用旋鈕選擇【18漢堡扒】按下加熱開始鍵。
→ 開始加熱

5 混合調味汁的材料後製作調味汁，澆在烤制好的漢堡扒上。

溫馨提示

脂肪含量較多的肉時，溶解的油脂可能會飛濺，冒出煙霧。

照燒雞

自動功能表
19 照燒雞

加熱時間
約17分鐘
(預熱時間除外)

附件和放置位置



材料/2人份

雞腿肉 1塊 (250g)
A [醬油 1大勺
甜料酒 1大勺

• 做4人份時，採用原份量的2倍，手動加熱。

做法4

(過熱水蒸氣 (有預熱) 200°C 18~23分鐘)

(有預熱烘烤 200°C 18~23分鐘)

• 無法自動烹飪。

手動烹飪的設置標準

過熱水蒸氣 (有預熱) 200°C 15~20分鐘

有預熱烘烤 200°C 15~20分鐘



做法

1 在加水盒中加滿水。

2 用叉子給雞肉紮孔，用刀切肉厚的地方，保持厚度均勻。

3 將2和A放入保鮮袋，醃制約30分鐘。

4 用旋鈕選擇【19照燒雞】，按下加熱開始鍵。
→ 開始預熱

5 在烤盤上薄塗一層沙拉油 (規定原料以外)，將3中有皮的一面朝上放置。

6 預熱完成後，將5放入爐內下層，然後按下開始鍵進行加熱。

鹽烤三文魚

自動功能表
20 烤三文魚

加熱時間
約22分鐘

附件和放置位置

烤盤

下層



材料/2人份

鹽烤三文魚(片).....2片(1片80g)

- 做4人份時，採用原份量的2倍，手動加熱。
做法3
(過熱水蒸氣(無預熱) 200°C 22~27分鐘)
▪ 無法自動烹飪。

手動烹飪的設置標準

過熱水蒸氣(無預熱) 200°C 20~25分鐘



燒烤食譜

做法

- 1 在水盒中加滿水。
- 2 烤盤上薄塗一層沙拉油(規定原料以外)並放入鹽烤三文魚。
- 3 將2放入爐內下層，用旋鈕選擇【20烤三文魚】按下加熱開始鍵。
→ 開始加熱

鹽烤青花魚

燒烤

加熱時間
13~18分鐘

附件和放置位置

烤盤

上層



材料/2人份

鹽烤青花魚(片).....(1片100g)

做法

- 1 烤盤上薄塗一層沙拉油(規定原料以外)。
- 2 在鹽烤青花魚的魚皮上劃口，將魚皮一面朝下放入1的中央。
- 3 將2放入爐內上層，按〈燒烤13~18分鐘〉加熱。約10分鐘後(顯示剩餘時間3~8分鐘)翻面，再次按下加熱開始鍵進行加熱。

*請注意不要被燙傷。



錫紙烤三文魚

無預熱烘烤
250℃

加熱時間
23~28分鐘

附件和放置位置



材料/4人份

三文魚（撒鹽、胡椒）..... 4塊（1塊80g）
胡蘿蔔（薄片）..... 8片
嫩豌豆..... 8片
蟹味菇（分成小塊）..... 100g
金針菇（分成小塊）..... 1袋
鹽..... 少許
酒..... 2大勺
牛油..... 2大勺

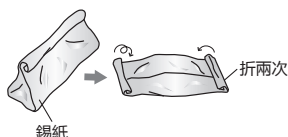
做法

1 在深底耐熱容器中放入胡蘿蔔，灑上水，整個包上保鮮膜後放入爐內中央，按〈微波600W·約1分鐘〉加熱。



不使用烤盤或烤架

2 將材料分成4等份，按每個人的分量分別用錫紙包裹。將三文魚、胡蘿蔔、蟹味菇、金針菇、嫩豌豆放入錫紙，加上鹽、酒，灑上牛油，然後用錫紙包好。



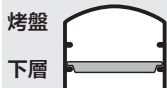
3 將2放入烤盤，放入爐內下層，按〈無預熱烘烤 250℃·23~28分鐘〉加熱。

焗飯01-白汁焗通心粉

自動功能表
21 焗飯

加熱時間
約20分鐘

附件和放置位置



材料/2人份

通心粉..... 40g
雞胸肉（一口大小）..... 50g
牛油..... 6g（1/2大勺）
蝦仁..... 50g
洋蔥（切碎）..... 40g
白葡萄酒..... 1/2大勺
鹽、胡椒..... 少許
蘑菇（水煮薄片）..... 25g
（白汁）
低筋麵粉..... 25g
牛油..... 25g
牛奶..... 300 ml
鹽..... 少許
胡椒..... 少許
天然芝士（披薩用）..... 40g

• 做4人份時，採用原份量的2倍，手動加熱。

（白汁的鹽為1/3小勺）

做法2

〈微波600W 約4分鐘〉

→ 〈微波600W 約1分鐘〉

做法5

〈無預熱烘烤 220℃ 20~25分鐘〉

• 無法自動烹飪。



做法

1 將通心粉煮軟。（烹煮時間請參考包裝說明上標註的時間）

2 將A放入耐熱容器中，整個包裹保鮮膜並放入爐內中央，按〈微波600W·約2分鐘〉進行加熱並攪拌均勻。加入蘑菇，再次按〈微波600W 約30秒〉加熱。



不使用烤盤或烤架

3 用B調製白汁（請見以下內容）。在2/3量的白汁中加入2和通心粉，並充分攪拌。

4 在2個焗飯烤盤中薄塗一層黃油（規定原料以外），將3分成相同份量放入其中。澆上剩餘的白汁，放上芝士，放入烤盤中。

5 將4放入爐內下層，用旋鈕選擇【21焗飯】，按下加熱開始鍵，→開始加熱。

• 冷卻後請按微波600W加熱後烤制。

手動烹飪的設置標準

無預熱烘烤 220℃ 18~23分鐘

白汁

加熱時間
微波600W 約1分鐘
▼
微波600W 約5分鐘

附件和放置位置

無需
配件



材料/2人份

低筋麵..... 25g
牛油..... 25g
牛奶..... 300 ml
鹽..... 少許
胡椒..... 少許

- 做4人份時...採用原份量的2倍。

(鹽為1/3小勺)

做法1

〈微波600W 約2分鐘〉

做法2

〈微波600W 約7分30秒〉

做法

- 1 將牛油和低筋麵粉倒入耐熱容器，不使用保鮮膜，直接放入爐內中央，按〈微波600W · 約1分鐘〉加熱，用打蛋器充分攪拌。



- 做法1中，將牛油和低筋麵粉加熱到沸騰狀態，即發出撲撲撲的聲音為止。請注意，加熱過度時可能會燒焦，變成茶色。

- 2 在1中加入一次牛奶，再次攪拌。不使用保鮮膜，直接放入爐內中央，按〈微波600W · 約5分鐘〉加熱至黏稠狀。為確保烹飪均勻，中途用打蛋器充分攪拌2~3次。



- 3 加熱完成後，用鹽和胡椒調味。

燒烤
食譜

焗飯02- 白汁焗雙茄

自動功能表
21焗飯
[小火 ■■]
加熱時間
約18分鐘

附件和放置位置

烤盤



下層

材料/2人份

茄子 (7~8mm的薄片) 200g
鹽、胡椒 少許
番茄 (7~8mm的薄片、撒上鹽、胡椒) 100g

(番茄調味汁)

混合肉末 50g
洋蔥 (切碎) 中號1/4個 (50g)
牛油 6g (1/2大勺)
番茄醬 1/4杯
紅酒 2大勺
A 調味醬、砂糖 各1/2小勺
濃湯寶 1/2個
鹽、胡椒 少許
天然芝士 (披薩用) 50g

手動烹飪的設置標準

無預熱烘烤 220°C 16~21分鐘



做法

- 1 在平底鍋中加熱色拉油 (2大勺)，炒茄子，然後放入鹽和胡椒粉。
- 2 在耐熱容器中放入混合肉末、牛油後攪拌。整個裹上保鮮膜，放入爐內中央，按〈微波 600W · 約2分鐘〉加熱。



不使用烤盤或烤架

- 3 將A放入2中攪拌均勻，不使用保鮮膜並放入爐內中央，按〈微波 600W · 約2分鐘〉進行加熱，制作番茄醬。



不使用烤盤或烤架

- 4 在2個焗飯烤盤上薄塗一層牛油 (規定原料以外)，將一半番茄醬等份放入，擺放好番茄和茄子，撒上剩餘的番茄醬，將芝士放到烤盤上
- 5 將4放入爐內下層，用旋鈕鍵選擇【21焗飯】，通過火力調節鍵選擇 [小火 ■■] 並按下加熱開始鍵。
➔ 開始加熱

日式炒麵

自動功能表
27 日式炒麵

加熱時間
約30分

附件和放置位置

烤盤

下層



材料/4人份

炒麵（蒸麵用麵、帶調味粉包）

.....3團（450g）

椰菜（一口大小）.....1/4個

胡蘿蔔（薄片）.....1/2根（100g）

青椒（切長條）.....2個

豆芽（去根）.....200g

五花豬肉薄片（一口大小）..150~200g

手動烹飪的設置標準

過熱水蒸氣（無預熱）230°C 28~33分鐘



燒烤食譜

做法

- 1 加水盒中加滿水。
- 2 在烤盤上鋪上廚房用紙，依次將面、椰菜、胡蘿蔔、青椒、豆芽、豬肉平鋪上去。
- 3 將2放入爐內下層，用旋鈕選擇【27 日式炒麵】，按下加熱開始鍵。
→ 開始加熱。
- 4 加熱結束後，撒上調味汁。
※ 拔開上面的食材，將調味汁澆在面上攪拌，以更入味

春卷

健康炸

無預熱烘烤
210℃
加熱時間
24~29分鐘

附件和放置位置

烤盤
下層



材料/10支的量

五花豬肉薄片（切長條）.....	100g
酒.....	2大勺
澱粉.....	1小勺
鹽.....	一小撮
大蔥（切絲）.....	30g
胡蘿蔔（切絲）.....	30g
醬油.....	1大勺
蠔油.....	1大勺
澱粉.....	1大勺
泡發乾香菇水.....	1大勺
A 砂糖.....	2小勺
酒.....	2小勺
芝麻油.....	2小勺
生薑汁.....	1小勺
胡椒.....	少許
水蒸竹筍（切絲）.....	50g
芹菜（切絲）.....	50g
乾香菇（泡發後切長條）.....	
B 3張	
豆芽.....	100g
粉絲.....	15g
（泡發後瀝幹水，切成5cm長）	
春卷皮.....	10張



做法

1 將豬肉放入耐熱容器中，加上酒、澱粉、鹽後充分攪拌。再加入大蔥、胡蘿蔔攪拌，不使用保鮮膜，直接放入爐內中央按〈微波600W・約2分鐘〉進行加熱並解開。



不使用烤盤或烤架

2 在1中加入混合的A和B後充分攪拌，整個裹上保鮮膜，放入爐內中央，按〈微波600W・約5分鐘〉加熱。



不使用烤盤或烤架

3 加熱完成之後，混合所有的材料，等待冷卻。散去餘熱後，分成10等份，放到春卷皮上，先摺疊正面春卷皮，再摺疊兩邊卷好，以免變形。卷好後，用溶水澱粉（規定原料以外）定型。

4 在薄塗一層沙拉油（規定原料以外）的烤盤上擺放上3並放入下層。按〈無預熱烘烤・210℃・24~29分鐘〉加熱。



第9~12頁的健康炸（不用油炸的炸製品）與真正油炸的口感有所不同，但健康且做法簡單，不需要去處理油炸後的油。

炸雞塊

自動功能表
15 炸雞塊

加熱時間
約23分

附件和放置位置

烤盤

下層



材料/2人份

雞腿肉 1塊 (250g)

炸粉 (市面上銷售的產品) 2大勺

- 做4人份時，採用原份量的2倍，手動加熱。

做法 2

(無預熱烘烤 230°C 20 ~ 25分鐘)

手動烹飪的設置標準

無預熱烘烤 230°C 20 ~ 25分鐘



健康炸

做法

- 1 將雞肉分成8等份，與炸粉一起放入保鮮袋，然後輕輕晃動袋子，以充分攪拌油炸粉與雞肉。

- 2 在烤盤上鋪上烘培紙，將1中有雞皮的一面朝上放入爐內下層，用旋鈕選擇【15炸雞塊】按下加熱開始鍵。
➡ 開始加熱。

黃金炸蝦

自動功能表
16黃金炸蝦
[小火 ■]

加熱時間
約21分

附件和放置位置

烤盤

下層



材料/4人份

蝦 8只 (1只25g)

胡椒 少許

低筋麵粉 適量

蛋黃醬 適量

麵包糠 適量

手動烹飪的設置標準

無預熱烘烤 240°C 19 ~ 24分鐘

做法

- 1 去掉蝦頭，剝殼，留下尾部最後一節，取出蝦線，在蝦的腹部輕輕劃三刀，使之能保持筆直狀態。用廚房用紙吸乾水分。



- 2 在1上撒上胡椒，裹上低筋面粉，蘸上薄薄一層蛋黃醬，再裹上一層麵包糠。

- 3 在薄塗一層沙拉油 (規定原料以外) 的烤盤上擺放上2並放入下層。用旋鈕選擇【16黃金炸蝦】，通過火力調節鍵選擇[小火 ■] 並按下加熱開始鍵。
➡ 開始加熱。



爆漿豬排

自動功能表
17 爆漿豬排

加熱時間
約22分

附件和放置位置

烤盤

下層



材料/4人份

豬里脊肉片.....16片（合計400g）
麵包糠.....3/4杯
披薩用芝士.....60g
橄欖油.....1大勺
鹽.....適量
胡椒.....適量
中等濃度調味汁.....適量
番茄調味醬.....適量

手動烹飪的設置標準

無預熱烘烤 250°C 20~25分鐘

做法

- 1 在烤盤上鋪上錫紙，塗上橄欖油（規定原料以外），均勻撒上1/3量的麵包糠。
- 2 將豬肉攤開，鋪在麵包糠上，疊放2片豬肉。一共做四個。
- 3 豬肉上撒上鹽、胡椒，將芝士分成相同分量，放在豬肉正中位置。
- 4 攤開豬肉，在3上分別疊放2片肉，用手指按壓一下邊緣。
- 5 將剩餘的麵包糠均勻撒在豬肉上，包括灑落在烤盤中的麵包糠，聚攏後撒在肉上，用手輕輕按壓入味，繞圈澆上橄欖油。



- 6 將5放入爐內下層，用旋鈕選擇【17爆漿豬排】，按下加熱開始鍵。
→ 開始加熱。
- 7 加熱完成後裝盤，配上中等濃度調味汁和番茄調味醬。

土豆炸肉餅

有預熱烘烤
200°C

加熱時間
8~13分鐘

附件和放置位置

烤盤

下層



材料 / 2~3人用的烤盤 1個

土豆.....3個（350g）
混合肉末.....150g
洋蔥（切碎）.....60g
沙拉油.....1大勺
中等濃度調味汁.....2大勺
胡椒、肉豆蔻.....少許
麵包糠.....4大勺
芝士粉.....1大勺
A 中等濃度調味汁.....2大勺
番茄調味醬.....1大勺
墨西哥辣椒汁.....少許

做法

- 1 將土豆帶皮分成4~6等份，瀝水，放入耐熱容器中，整個裹上保鮮膜。放入爐內中央，按〈微波600W·約6分鐘〉加熱至可壓碎。
- 2 加熱後，散去餘熱，去掉土豆的皮，用叉子搗碎土豆。
- 3 將洋蔥、沙拉油、中等濃度調味汁放入耐熱容器進行混合，再加入混合肉末、胡椒、肉豆蔻等攪拌均勻。不使用保鮮膜，直接放入爐內中央，按〈微波600W·4~5分鐘〉加熱。



不使用烤盤或烤架



不使用烤盤或烤架

- 4 按〈有預熱烘烤·200°C〉進行預熱。



- 5 將2放入焗飯烤盤中並攤開，然後將3連同湯汁一起澆在上面。
- 6 將芝士粉與麵包糠混合，均勻撒在5上。
- 7 預熱完成後，將6放入烤盤，將烤盤放入爐內下層。按下開始鍵，加熱約〈8~13分鐘〉。
- 8 加熱完成後，加上混合有A的調味汁。

蕃薯天婦羅

無預熱烘烤
200℃

加熱時間
25～30分鐘

附件和放置位置



材料/12個的量

蕃薯.....12片(約260g)

低筋麵粉.....1大勺

A 低筋麵粉.....30g

水.....30g

蛋黃醬.....1大勺



健康炸

做法

- 1 將蕃薯切成厚約7mm的薄片，泡在水中去除浮渣，放在瀝水盆中，用廚房用紙擦掉水分。
- 2 將A放入大碗進行攪拌。
- 3 將1放入保鮮袋，放入低筋麵粉進行混合。
- 4 將3放入2中的大碗並裹上面衣。
- 5 在烤盤上鋪上廚房用紙，擺放上4，放入爐內下層。
- 6 按〈無預熱烘烤・200℃・25～30分鐘〉加熱。

炸蝦天婦羅

無預熱烘烤
200℃

加熱時間
19～26分鐘

附件和放置位置



材料/8條的量

蝦.....8只(1只25g)

低筋麵粉.....1大勺

A 低筋麵粉.....30g

水.....30g

蛋黃醬.....1大勺



做法

- 1 去除蝦殼，只剩下尾部一節，取出蝦線，在蝦的腹部輕輕劃三刀，使之保持筆直狀態。用廚房用紙擦掉水分。
- 2 將A放入大碗進行攪拌。
- 3 將1放入保鮮袋，放入低筋麵粉進行混合。
- 4 將3放入2中的大碗並裹上面衣。
- 5 在烤盤上鋪上廚房用紙，擺放上4，放入爐內下層。
- 6 按〈無預熱烘烤・200℃・19～26分鐘〉加熱。

茶碗蒸

自動功能表
28 茶碗蒸

加熱時間
約40分鐘

附件和放置位置

烤盤

下層



材料/2人份

(帶蓋子的茶碗(陶瓷)2個的量)

雞蛋 中號1個
A 鯉魚海帶湯 200ml
鹽 1/3小勺
淡口醬油 1/3小勺
甜料酒 1/3小勺

(輔料)

蝦 2只
雞胸肉 30g
醬油 1/2小勺
乾香菇(泡發後切薄片) 1片
日本魚糕(切5mm厚) 2片
白果(罐頭) 4個
鴨兒芹 適量

須知事項

製作日式蒸蛋時，若使用容器等比較有重量的餐具烹飪，請務必使用市面上銷售的厚連指手套雙手端出。

手動烹飪的設置標準

蒸氣 約40分鐘~

·請邊觀察邊加熱直到凝固。



做法

- 1 水盒中加滿水。
- 2 在大碗中打入雞蛋並充分打散，加入冰鎮過的A攪拌均勻，然後用紗布或篩檢程式過濾。
- 3 蝦去殼，去蝦線。雞肉切絲，放入容器中加醬油入味。
- 4 將3和香菇平鋪在耐熱容器中，整個蓋上保鮮膜。放入爐內中央，按〈微波600W·約1分鐘〉加熱。



不使用烤盤或烤架

- 5 在茶碗內各加入4和等量的日本魚糕、白果，將2分成等量後加蓋。

- 6 將5放在烤盤上後放入爐內下層，用旋鈕選擇【28 茶碗蒸】按下加熱開始鍵。→ 開始加熱。

- 7 加熱完成後撒上鴨兒芹。

- 蛋液初始溫度保持在25°C (20 ~ 30°C) 左右為宜。若溫度偏高或偏低，請適當調整加熱時間。
- 加熱時請務必蓋上蓋子。如茶碗沒有蓋子，請用錫紙覆蓋。
- 同時使用烘烤加熱，因此請勿使用不耐熱的保鮮膜等。
- 若凝固效果不佳，請加蓋靜置片刻，餘溫可使蛋液凝固。

棒棒雞

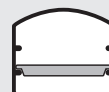
蒸氣微波

加熱時間
約7分鐘

附件和放置位置

蒸架

下層



材料/4人份

雞胸肉 1塊 (200g)
鹽 少許
酒 2大勺
大蔥(切小段) 1/4根
生薑(薄片) 1/2片

(調料汁)

A 醬油 略少於1/4杯
醋 2/3大勺
砂糖 2/3小勺
芝麻油 少許
辣油 適量
大蔥(切碎) 1/4根
生薑(切碎) 1/2片
炒芝麻 2/3大勺
番茄(薄片)、黃瓜(切絲) ... 各適量



做法

- 1 加水盒中加滿水。
- 2 雞肉平鋪，用刀在較厚處劃口後平放，用叉子在表面均勻紮孔。
- 3 將2中的雞肉放入耐熱容器，加鹽、酒，放上蔥、生薑後靜置約20分鐘。

- 4 將3中的蔥和生薑挑去，放入爐內中央，按〈蒸氣微波·約7分鐘〉加熱。

- 5 待4冷卻後用手撕碎，與番茄、黃瓜等一起裝盤，澆上攪拌了A的調料汁即可。

酒蒸蛤蜊

微波600W

加熱時間
約4分30秒

附件和放置位置

無需
配件



材料/4人份

蛤蜊（帶殼）..... 400g

酒..... 3大勺

做法

- 1 將蛤蜊放入扁平的容器內，頭部略伸出，放入淡鹽水（規定原料以外）後稍等片刻。讓蛤蜊吐完沙後，互相摩擦蛤蜊殼，將其洗淨。
- 2 將1中的蛤蜊放入深底耐熱容器中，撒上酒，整個裹上保鮮膜。
- 3 將2放入爐內中央，按〈微波600W・約4分30秒〉加熱至殼打開。



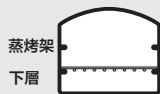
蒸製品

蒸鱸魚

自動功能表
22蒸鱸魚

加熱時間
約15分鐘

附件和放置位置



材料 (2人份)

新鮮鱸魚	700g
香蔥	20g
薑	30g
玉米油	20g
蒸魚豉油.....	10g



做法

- 1 準備好所有食材。
- 2 鱸魚除去內臟、魚鰓、魚鱗，洗淨後抹乾水分，沿鱸魚魚脊骨兩側剪開，使魚趴著。薑一半切片、一半切絲，香蔥葉切絲，薑絲和蔥絲放在涼水中浸泡備用。
- 3 把魚趴著放於魚盤上，在魚身上放幾片薑片，用來去腥。
- 4 水盒裝滿水，用旋鈕選擇【22蒸鱸魚】。打開爐門，魚盤放蒸架上，放入爐內下層，關上爐門按下加熱開始鍵。
➔ 開始加熱
*如果魚的重量偏大或偏小，建議適量增加時間。
- 5 蒸好後，取出魚盤，去除薑片，倒掉湯汁，魚身上撒入蔥絲、薑絲，澆上熱油，在魚四周淋上蒸魚豉油(可依個人口味加入適量調味料)。

溫馨提示

魚肉整體全熟，魚肉邊緣有炸開的現象，肉溫約 68℃。

蒸沙薑雞

自動功能表
23蒸沙薑雞

加熱時間
約16分鐘

附件和放置位置

蒸烤架
下層



材料 (2人份)

沙薑	15g
乾香菇	30g
雞	400g
鹽	3g
澱粉	3g
植物油	20g
生抽	6g



蒸製品

做法

- 1 準備好所有食材，乾香菇提前半小時泡發。
- 2 香菇泡發後，擠乾水份，切小塊備用。雞洗淨瀝乾水份，剁小塊，放入大碗中，加入香菇塊和所有調味攪拌均勻，醃製30分鐘入味。
- 3 把醃製入味的雞塊平放入淺盤中，放在烤架上，放入爐內的下層位置，水盒裝滿水，用旋鈕選擇【23蒸沙薑雞】按下加熱開始鍵。→ 開始加熱
- 4 加熱完成後，取出即可享用。

溫馨提示

整體全熟，肉溫95℃以上，肉質口感較嫩。

蒸水蛋

自動功能表
24蒸水蛋

加熱時間
約27分鐘

附件和放置位置

蒸烤架
下層



材料 (2人份)

雞蛋	120g
香蔥(切碎)	20g
不燙手的溫水	240g
香油	3g
生抽	5g
鹽	1g



做法

- 1 雞蛋打入大碗中打散，加入鹽、不燙手的溫水(約38℃)，用打蛋器或筷子往同一個方向充分攪拌均勻。雞蛋和溫水比例約1:1.5-1:2。
- 2 將拌勻的蛋液倒入淺碟，用湯匙撇去表面泡沫，碟子放蒸架上，放入爐內下層，關爐門，水盒裝滿水，用旋鈕選擇【24蒸水蛋】按下加熱開始鍵。→ 開始加熱
蒸約27分鐘左右至凝固(其中前5分鐘是微蒸烹飪，後22分鐘是純蒸)。
- 3 取出，撒上少許蔥花裝飾，依個人口味淋上少許生抽和香油即可食用。

溫馨提示

整體凝固，邊緣和底部有少量孔洞，整體嫩滑。

蒜蓉粉絲蒸扇貝

蒸氣模式

加熱時間
約10分鐘

附件和放置位置

蒸烤架

下層



材料（4人份）

扇貝	400g(8個)
乾粉絲	20g
蒜	30g
油	30g
生抽	10g
料酒	5g
鹽	2g
香蔥	10g



做法

- 1 粉絲熱水泡軟、扇貝洗淨，蒜切蓉備用；
- 2 碗內倒適量油，倒入切好的蒜蓉，選用微波模式 - 1000W火力加熱2分鐘，拿出，加入鹽和生抽，攪勻備用；
- 3 將洗淨的扇貝肉用料酒醃製15分鐘；
- 4 粉絲熱水泡軟後，放入扇貝殼上，把扇貝肉放在粉絲上，再淋上備好的蒜蓉料汁；
- 5 把裝食物的碟子放入蒸架上，放入爐腔下層，關上爐門，水箱加滿純淨水，選用蒸氣模式，設置10分鐘，➡開始烹飪直至結束。

荷葉蒸排骨

蒸氣模式

加熱時間
約30分鐘

附件和放置位置

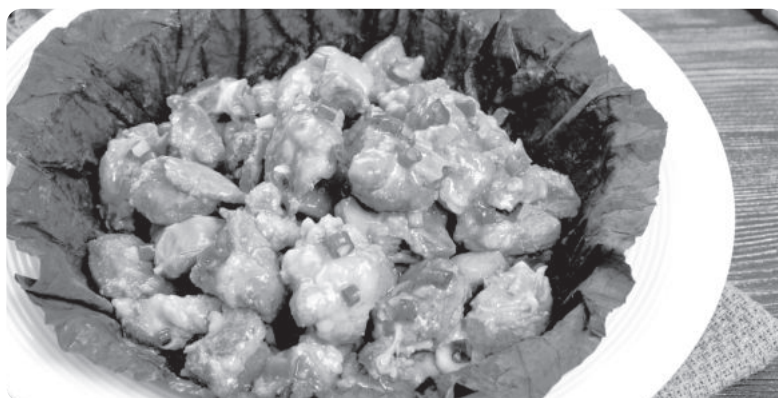
蒸烤架

下層



材料（4人份）

排骨	500g
荷葉	1張
鹽	3g
幼砂糖	5g
生抽	10g
蠔油	10g
香蔥	10g



做法

- 1 準備好所有食材；
- 2 排骨斬成2公分長的塊狀，泡洗沖乾淨血水；
- 3 將所有的調味料加進排骨中，醃製30分鐘左右；
- 4 將乾荷葉放入水中煮約1分鐘後，撈出備用（或者使用新鮮的荷葉）；
- 5 將荷葉鋪在碟子上，放上醃製好的排骨包裹起來；
- 6 把裝食物的碟子放入蒸架上，蒸架置於爐腔下層，關上爐門，水箱加水，選用蒸氣模式，設置30分鐘，➡開始烹飪直至結束。蒸好之後取出，打開荷葉，灑上蔥花即可。

墨魚蒸肉餅

蒸氣模式

加熱時間
約23分鐘

附件和放置位置

蒸烤架
下層



材料（4人份）

豬肉碎	350g
墨魚	150g
鹽	3g
糖	1g
胡椒粉	少許
蠔油	15g
粟粉	5g
水	15g
油	10g



蒸製品

做法

- 1 準備好所有食材。
- 2 豬肉放入水中浸泡20分鐘左右去除血水，這樣蒸出來的肉餅就不會有白色的沫，撈出瀝乾水分，先切成條，再切粒，然後剁碎。
- 3 處理乾淨的墨魚切成粒，約尾指甲大小。
- 4 碗中放入豬肉碎、墨魚粒、鹽、糖、胡椒粉、蠔油、粟粉攪拌均勻、分2次加入水，每次都需要等肉末完全吸收再放下一次，摔打1-2分鐘至起膠，再加入油封面，鬆散平鋪在碟子上醃製10分鐘。
- 5 放在蒸架上，放入爐腔下層，關爐門，水箱裝滿水，選用蒸氣模式，設置23分鐘，➡開始烹飪至肉餅變淺色。
- 6 取出，撒上少許蔥花裝飾，趁熱食用。

豉汁盤龍鰻

蒸氣模式

加熱時間
約18分鐘

附件和放置位置

蒸烤架
下層



材料（4人份）

<主料>

鰻魚 500g

<調料>

豆豉 15g

老抽 8g

蠔油 20g

黃酒 30g

香油 10g

大蒜 10g

薑 10g

白胡椒粉 3g

<輔料>

調和油 20g

香蔥 10g



做法

- 1 準備好所有材料；
- 2 香蔥切碎，大蒜剝成蒜蓉，薑去皮切碎待用；
- 3 在1小碗中調入豆豉、老抽、蠔油、黃酒、香油、胡椒粉、蒜蓉和薑沫混合均勻，調成調味汁備用；
- 4 將海鰻頭斬去，去除內臟，清洗乾淨，接著把海鰻放入開水中汆水後撈出，把表面的白膜刮除乾淨；
- 5 把海鰻從頭部開始，每間隔2公分在背部垂直切開1刀，但注意不要切斷，直至切到尾部；
- 6 把海鰻從頭部開始，每間隔2公分在背部垂直切開1刀，但注意不要切斷，直至切到尾部；
- 7 把裝食物的碟子放入蒸架上，蒸架置於爐腔下層，關上爐門，水箱加水，選用蒸氣模式，設置18分鐘，➡開始烹飪直至結束。
- 8 把盤子取出，撒上香蔥，把油加熱後淋上去即可。

清蒸青蟹

蒸氣模式

加熱時間

約300g/隻 蒸25-28分鐘
約400g/隻 蒸30-33分鐘
約500g/隻 蒸35-38分鐘

附件和放置位置

蒸烤架
下層



材料（3人份）

青蟹	3隻（300g/隻）
香醋	20g
生抽	10g
白糖	15g
芝麻油	2g
薑片	46g
黃酒	10g



蒸製品

做法

- 1 準備好所有材料；
- 2 用筷子戳蟹的嘴，攪動一下，讓蟹暈過去後再刷洗乾淨。
- 3 蟹肚朝上放在碟子上，每隻蟹身上放一片薑，也可以淋上少許黃酒或花雕酒去腥。
- 4 碟子放在鏤空的蒸架上，有利於蒸氣循環熟透，放入爐腔中層，關爐門，水箱裝滿水。選用蒸氣模式，設置25分鐘，➡開始烹飪直至蟹殼變紅、全熟。
- 5 薑磨成薑蓉，放入碗中，加入香醋、生抽、白糖、芝麻油撈勻，調製為薑醋汁。
- 6 蒸熟的蟹，拆開取肉，蘸薑醋汁食用。

• 越大隻的蟹，需設置更長的烹飪時間
約300g/隻 蒸25-28分鐘
約400g/隻 蒸30-33分鐘
約500g/隻 蒸35-38分鐘

水晶蒸餃

蒸氣模式

加熱時間
約20分鐘

附件和放置位置

蒸烤架
下層



材料（6人份）

<餃子皮>

澄面 150g

生粉 45g

開水(可根據面團的實際軟硬程度
稍微調整水量) 130g

植物油 10g

<餃子餡>

五花肉 200g

乾香菇 10朵

馬蹄肉 80g

紅蘿蔔 80g

鹽 3g

植物油 15g

生抽 15g

糖 5g

蠔油 10g



做法

- 1 準備好所有材料；
- 2 將乾香菇、紅蘿蔔、五花肉、馬蹄洗淨，切成小粒再剁細，與肉餡和稱好的調味料攪拌均勻至粘稠，放置備用；
- 3 將澄粉和生粉放入盆中混合攪勻，開水分多次加到麵粉中，邊加邊攪拌，使麵團成雪花狀，無乾麵存在；
- 4 將麵粉稍微放涼後加入植物油用手揉捏成光滑的麵團，蓋保鮮膜醒發約10分鐘；
- 5 麵團搓成長條，分割成大小均勻的劑子；
- 6 將劑子搓圓，拍扁，用擀麵杖擀成薄薄的餃子皮狀，包入餡料，捏成餃子狀，將碟子鋪上吸油紙，把包好的餃子擺放整齊；
- 7 把裝餃子的碟子放在蒸架上，蒸架放置於爐腔下層，水箱加水，選用蒸氣模式，設置20分鐘，
➔ 開始烹飪直至餃子熟透。

板栗蒸雞

蒸氣模式

加熱時間
約30分鐘

附件和放置位置

蒸烤架
下層



材料（5人份）

土雞	550g
栗子	300g
西蘭花	80g
生抽	5g
薑	20g
鹽	3g
蔥	15g
花椒	5g
料酒	6g
八角	3g
蠔油	5g
花生油	5g



蒸製品

做法

- 1 準備好所有材料；
- 2 土雞洗淨斬塊，鍋中加水放入土雞，加入蔥、薑、料酒、花椒、八角大火煮滾水撈出。
- 3 取出煮好的雞，加入少許的鹽、蠔油、生抽攪勻。
- 4 栗子焯水10分鐘，切成4瓣，放在盤子底部，再放入雞塊。把裝食物的碟子放在蒸架上，將蒸架放入爐腔下層，關上爐門，水箱加滿水，選用蒸氣模式，設置30分鐘，→開始烹飪至熟透。
- 5 烹調完成後，鍋中放水煮滾，加幾滴油和一點鹽，放入西蘭花汆水撈出，放在正好的雞肉周圍即可。

花蟹蒸蛋

蒸氣模式

加熱時間
約13分鐘

附件和放置位置

蒸烤架
下層



材料（3人份）

花蟹	120g
雞蛋	120g（約2個）
溫水	150g
料酒	10g
鹽	1g
生抽	少量



做法

- 1 準備好所有食材；
- 2 花蟹洗乾淨，去腮，拆開蟹蓋，一開二，用料酒醃製10分鐘去腥。
- 3 雞蛋打入蒸碗中，打散調勻，倒入150g溫水，加入鹽，快速攪拌均勻。
- 4 放入花蟹，倒入蛋液，去掉表面泡沫備用。
- 5 把裝食物的碟子放入蒸架上，蒸架置於爐腔下層，關上爐門，水箱加水，選用蒸氣模式，設置13分鐘，蒸至蛋液凝固，花蟹變紅。
- 6 烹飪結束後取出，撒上蔥花，倒入少量生抽即可。

一爐四蒸 (栗子飯+雞胸肉捲心菜+蝦仁蒸蛋+椰花菜紅蘿蔔)

蒸氣模式

加熱時間
約40分鐘

附件和放置位置

蒸烤架
下層



材料 (1人份)

板栗仁	3個 (約30g)
大米	70g
雞胸肉	100g
捲心菜	30g
雞蛋	1個
蝦仁	50g
花菜	150g
紅蘿蔔	80g
新鮮香菇	1朵
熱水	85-105g
蒜末	10g
蜜糖	10g
蠔油	5g
生抽	5g
鹽	4.5g
油	18g



做法

- 1 準備好所有材料；
- 2 【板栗飯】預處理：
洗淨的大米、切小粒的板栗仁(一切四)放入碗中，加入約1.5倍的熱水。
- 3 【雞胸肉捲心菜】預處理：
洗淨的雞胸肉切粗條，加入10g蜜糖、10g蒜末、5g蠔油、5g生抽、1.5g鹽和5g油攪勻，醃製15分鐘左右。洗淨的捲心菜切絲，平鋪放在碟子上，再放上醃製好的雞胸肉平鋪在捲心菜上。
- 4 【蝦仁蒸蛋】預處理：
洗淨的香菇去蒂切片。雞蛋打入碗中攪散，加入約1.5倍的溫水攪拌均勻，加入香菇片、洗淨的蝦仁、1g鹽、3g油攪拌均勻，蓋上保鮮膜扎幾個小孔。
- 5 【花菜紅蘿蔔】預處理：
洗淨的花菜切小朵，洗淨的胡蘿卜切粗絲，放入碟子中，加入2g鹽、10g油抓拌均勻，平鋪放在碟子上。
- 6 【板栗飯】放在蒸架上，蒸架置於爐腔下層，關爐門，水箱裝滿水，選用蒸氣模式，設置40分鐘，→開始烹飪；剩餘15分鐘時，把【雞胸肉捲心菜】、【蝦仁蒸蛋】、【花菜紅蘿蔔】放入爐內，關爐門，繼續烹飪完剩餘時間至熟透。烹飪中途如遇水箱缺水，請及時加水，避免影響烹飪。
- 7 取出蒸熟的飯菜，趁熱食用。

蒜蓉粉絲蒸娃娃菜

蒸氣模式

加熱時間
約18分鐘

附件和放置位置

蒸烤架
下層



材料（4人份）

<主料>

娃娃菜..... 2顆（約500g）

乾龍口粉絲..... 30g

<輔料>

香蔥..... 10g

蒜頭..... 40g

生抽..... 7g

蠔油..... 7g

白糖..... 3g

植物油..... 20g

鹽..... 2g



蒸製品

做法

- 1 粉絲用溫水泡發，切成小段，調入適量食鹽備用，娃娃菜切開或剝開後，洗淨瀝水；
- 2 香蔥和蒜頭切蓉，蒜末中撈入生抽、蠔油、植物油和鹽，調配成醬汁備用；
- 3 先把醃好的粉絲鋪在平底碟裡，然後再放上娃娃菜，在娃娃菜上淋上步驟2的醬汁；
- 4 把裝食物的碟子放入蒸架上，蒸架置於下層，關上爐門，水箱加水，選用**蒸氣模式**，設置**18分鐘**，蒸至全熟變軟
- 5 烹飪結束後，取出，撒上蔥末裝飾，即可享用。

<關於燉煮食品 微波燉煮料理>

- 請使用深底、可用于微波的耐熱容器。
尺寸標準建議為口徑18-22cm、高8-10cm的耐熱玻璃大碗。
- 使用廚房用紙做沉底蓋時，請按大碗尺寸剪裁廚房用紙，並在中間紮出排氣孔，以排出蒸氣。
- 烹飪期間多攪拌幾次，可使加熱更均勻，菜肴更美味。

❗ 撕掉保鮮膜和廚房用紙時請當心蒸氣，以免導致燙傷。

【沉底蓋】



*〈微波燉煮〉的設置方法

按7次微波定溫加熱鍵，選擇〈微波燉煮〉，調整600W模式下的時間，並按下開始鍵確定後調整200W模式下的時間，然後按下開始鍵。

微波燉煮食譜

豬肉咖喱飯

微波〈微波燉煮〉

加熱時間
微波600W 約5分鐘

微波200W 約40分鐘

附件和放置位置

無需
配件



材料/2人份

- 豬肉（咖喱用切塊）..... 150g
鹽、胡椒 少許
胡蘿蔔（切碎）..... 1/2片
生薑（切碎）..... 1/2片
A 洋蔥（切成月牙形，中號1個）（200g）
胡蘿蔔（隨意切塊）.1/2根（100g）
土豆（隨意切塊）.....1個（150g）
B 市面上銷售的咖喱塊 60g
水..... 250 ml

做法

- 1 在平底鍋內加2大勺用中火■■■熱的沙拉油（規定原料以外），放入大蒜、生薑，將放入鹽和胡椒的豬肉翻炒盛出，再放入A翻炒。
- 2 取耐熱玻璃大碗，放入B中的水和切碎的咖喱塊，整個裹上保鮮膜。放入爐內中央，按〈微波600W·約6分鐘〉加熱。加熱完成後攪拌均勻，當心燙傷。
- 3 在2中放入1，攪拌均勻，整個裹上保鮮膜。

- 肉和蔬菜需完全浸在湯汁中，否則容易燒焦。



- 4 將3放入爐內中央，按〈微波燉煮*：微波600W·約5分鐘→微波200W·約40分鐘〉加熱。
*〈...微波燉煮〉的設置方法請參考上述內容，同時中途攪拌2~3次，當心燙傷。

燉牛肉

微波〈微波燉煮〉

加熱時間
微波600W 約5分鐘

微波200W 約40分鐘

附件和放置位置

無需
配件



材料/2人份

- 五花牛肉（切成3cm小塊）..150g
鹽、胡椒 少許
低筋麵粉 1大勺
紅酒 1+1/2大勺
胡蘿蔔（隨意切塊）..... 100g
洋蔥（切成月牙形）.....200g
土豆（隨意切塊）..... 100g
牛油.....18g（1+1/2大勺）
低筋麵粉 2+1/2大勺
湯汁（水+濃湯寶）..... 250 ml
A 番茄醬 1/4杯
砂糖.....1/4大勺
鹽.....1/4小勺
月桂葉 1片

做法

- 1 牛肉用鹽、胡椒醃制，撒上低筋麵粉。
- 2 在平底鍋內放入1大勺沙拉油（規定原料以外）加熱，放入胡蘿蔔、洋蔥、土豆，翻炒後盛出。
- 3 在2中的平底鍋內放入1大勺沙拉油（規定原料以外）加熱，放入牛肉，大火燒至牛肉變色後加入紅酒燒開。
- 4 換一個平底鍋，放入牛油，融化加入低筋麵粉，開小火燒至黃褐色，一點點加入湯汁拌勻。
- 5 取大號耐熱玻璃大碗，放入2、3、4和A，攪拌均勻，整個裹上保鮮膜。



- 6 將5放入爐內中央，按〈微波燉煮*：微波600W·約5分鐘→微波200W·約40分鐘〉加熱。
*〈...微波燉煮〉的設置方法請參考上述內容，同時中途攪拌2

- 做法4中也可以不做醬，用市面上銷售的燉牛肉料替代。
- 肉和蔬菜需完全浸在湯汁中，否則容易燒焦。

椰菜肉卷

微波600W

加熱時間
約15分

附件和放置位置

無需
配件



材料/4人份

椰菜	300g	
切塊番茄罐頭（水煮）	100g	
混合肉末	300g	
鹽	1/4小勺	
A	中等濃度調味汁	1大勺
	牛奶	1大勺
	麵包粉	10g
	炒洋蔥	15g
	胡椒	少許
濃湯寶（顆粒）	1大勺	
熱開水	400ml	
芝士粉（按個人喜好）	適量	
荷蘭芹（按個人喜好）	適量	

- 混合肉末需充分攪拌使其粘稠緊湊。
- 椰菜的外層葉片較硬，請儘量使用裡層葉片。較硬的菜葉請墊在底層。
- 椰菜可手撕，無需使用菜刀。



做法

- 1 椰菜切大塊（約一口大）。
- 2 將混合肉末放入大碗中，加鹽，攪拌至黏稠狀後加入A，充分攪拌。（肉餡）
- 3 取耐熱玻璃大碗，將1/3量的卷心菜鋪在底部。在椰菜上平鋪一半肉餡，再鋪上一半番茄。
- 4 用1/3量的椰菜覆蓋肉餡。在卷心菜上平鋪剩餘的肉餡，再鋪上剩餘的番茄。
- 5 用剩下的椰菜覆蓋肉餡。
- 6 用熱開水化開濃湯寶，倒入5。
- 7 用保鮮膜沉底覆蓋，放入爐內中央，按〈微波600W·約15分鐘〉加熱。
- 8 可直接用勺子享用，也可用刀切開後與湯汁一起盛盤，並按個人喜好撒上芝士和荷蘭芹。

微燉
波煮
燉食
燉譜

南瓜煮肉碎

微波〈微波炊燉〉

加熱時間

微波600W 約7分鐘

微波200W 約5分鐘

附件和放置位置

無需
配件



材料/2人份

南瓜（冷凍）.....200g

雞肉碎50g

市面上銷售的調味料（按照調味料說明稀釋）..... 140ml

做法

1 在冷凍的南瓜放入耐熱玻璃大碗中，打散雞肉碎後放入。加入調味料，整個裹住保鮮膜。

2 將1放入爐內中央，按〈微波炊燉*〉：微波600W・約7分鐘→微波200W・約5分鐘）加熱。
*〈微波炊燉〉的設置方法請參考→P.17



微波
炊燉
食譜

煮芋頭

微波〈微波炊燉〉

加熱時間

微波600W 約9分鐘

微波200W 約10分鐘

附件和放置位置

無需
配件



材料/2人份

芋頭（冷凍）.....250g

A 市面上銷售的調味料（按照調味料說明稀釋）..... 240ml

砂糖1小勺

做法

1 將A放入耐熱玻璃大碗中攪拌，化開砂糖。放入冷凍的芋頭，整個裹住保鮮膜。

2 將1放入爐內中央，按〈微波炊燉*〉：微波600W・約9分鐘→微波200W・約10分鐘）加熱。
*〈微波炊燉〉的設置方法請參考→P.17

3 加熱完成後，攪拌一下，在湯汁中浸泡片刻後備用。



微波加熱烹飪時

耐熱容器建議使用耐熱玻璃大碗或陶器。

- 請勿使用帶有金銀或彩繪的容器。若使用含有金銀的容器，則會火星飛濺、彩繪剝落。
- 油脂、糖分多的烹飪方式、含有調味醬、鹽、鹽分的調味料溫度會升高，因此即使是耐140°C以上的塑料容器也會變形或熔化。
- 雞蛋請充分打散。請使用深底耐熱容器，勿覆蓋保鮮膜。（否則保鮮膜可能會破裂、蛋液膨脹後溢出容）
- 加熱不充分時，請延長加熱時間或手動微波模式下邊觀察邊加熱。根據食材的切法和容器等，可能會出現加熱不充分的情況。

炒蛋 火腿炒蛋 芝士炒蛋

自動功能表
25 3分鐘食譜
【小火■ ■】
加熱時間
約2分40秒

附件和放置位置

無需
配件



材料/2人份

〈原味〉

雞蛋.....中號2個

牛奶.....2大勺

鹽、胡椒.....各少許

〈火腿炒蛋〉

原味食材.....全部

火腿（切碎）.....2片

〈芝士炒蛋〉

原味食材.....全部

加工芝士（切碎）.....30g

！ 注意事項

雞蛋請充分打散。請使用深底耐熱容器，勿覆蓋保鮮膜。（否則保鮮膜可能會破裂、蛋液膨脹後溢出容器）



做法

- 1 取深底耐熱玻璃大碗，放入全部食材，充分打散。火腿炒蛋、芝士炒蛋時，在打散雞蛋後加入並攪拌。
（請按種類分別加熱）
- 2 不裹保鮮膜，直接將1放入爐內中央，通過旋鈕選擇【25 3分鐘食譜】；按下火力調節鍵，選擇【小火■ ■】，並按下加熱開始鍵。
→ 開始加熱
雞蛋凝固後，中途攪拌3次左右，充分打散。

手動烹飪的設置標準

微波500W 約2分40秒

芝士焗秋葵

自動功能表
25 3分鐘食譜
加熱時間
約3分鐘

附件和放置位置

無需
配件



材料/2人份

秋葵.....10根

天然芝士（披薩用）.....30g

〈調味噌〉

A 味噌.....1小勺

甜料酒.....1/2小勺

酒.....1/2小勺

砂糖.....1/2小勺

海苔絲（按個人喜好）.....適量

做法

- 1 將鹽撒在秋葵上搓掉毛，洗淨後瀝幹水分，切去莖部。
- 2 將A拌勻，做成調味噌。擺放在耐熱容器中，塗上調味噌，放上芝士。
- 3 不裹保鮮膜，直接將2放入爐內中央，通過旋鈕選擇【25 3分鐘食譜】，按下加熱開始鍵。
→ 開始加熱
- 4 按個人喜好撒上海苔絲即可。



手動烹飪的設置標準

微波500W 約3分20秒

肉碎豆腐

自動功能表
25 3分鐘食譜

加熱時間
約3分鐘

附件和放置位置

無需
配件



材料/2人份

豆腐.....半塊
豬肉碎.....50g
大蔥（切碎）.....5m
味噌.....1/2大勺
砂糖.....1/2大勺
酒.....1大勺
鯉魚海帶湯.....1+1/2大勺

做法

- 1 將豆腐以外的食材全部放入耐熱玻璃大碗中拌勻。用保鮮膜整個裹住1，放入爐內中央，通過旋鈕選擇【25 3分鐘食譜】，按下加熱開始鍵。
→ 開始加熱

- 2 加熱完成後攪拌均勻，澆在豆腐上。
※ 希望食用熱豆腐時，只需將豆腐放入耐熱容器中，按〈微波500W·約3分鐘〉加熱後放上肉末即可。



手動烹飪的設置標準

微波500W 約3分20秒

芝士焗牛油果

自動功能表
25 3分鐘食譜

加熱時間
約3分鐘

附件和放置位置

無需
配件



材料/2人份

牛油果（熟果）.....1個
天然芝士（披薩用）.....30g
鹽、胡椒.....少許

做法


- 1 〈牛油果的切法〉
牛油果豎切入刀，沿著果核繞一圈，握住左右兩半果實扭開。將刀刃前端插入果核中，扭刀取出果核。用手指插入果肉與果皮之間，剝去果皮，豎切成片。
- 2 在耐熱容器中依次放入牛油果、芝士，撒上鹽、胡椒。
- 3 不裹保鮮膜，直接將2放入爐內中央，通過旋鈕選擇【23 3分鐘食譜】，按下加熱開始鍵。
→ 開始加熱



手動烹飪的設置標準

微波500W 約3分20秒

咖喱土豆條炒肉

自動功能表 25 3分鐘食譜 [大火 ■■■■■] <hr/> 加熱時間 約4分鐘	附件和放置位置 無需 配件 
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材料/2人份
 土豆（切成5cm長的粗長條） 1個（150g）
 混合肉碎 50g
 咖喱粉 1/2大勺
 鹽、胡椒 少許
 荷蘭芹（切碎） 適量

做法


- 1 將荷蘭芹以外的食材放入耐熱玻璃大碗中拌勻，以免混合肉碎變硬，然後整個蓋上保鮮膜。
- 2 將1放入爐內中央，通過旋鈕選擇【25 3分鐘食譜】；按下火力調節鍵，選擇[大火 ■■■■■]，並按下加熱開始鍵。
→ 開始加熱
- 3 加熱完成後將混合肉末打散，攪拌均勻，撒上荷蘭芹即可。



手動烹飪的設置標準

微波500W 約4分20秒

煙肉炒菠菜

自動功能表 25 3分鐘食譜 [大火 ■■■■■] <hr/> 加熱時間 約4分鐘	附件和放置位置 無需 配件 
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材料/2人份
 菠菜 200g
 煙肉 50g
 牛油 10g
 鹽、胡椒 少許

做法

- 1 菠菜洗淨，切成5cm長。煙肉切成1cm寬。
- 2 在耐熱玻璃大碗中放入1和黃油，整個裹上保鮮膜。
- 3 將2放入爐內中央，通過旋鈕選擇【25 3分鐘食譜】；按下火力調節鍵，選擇[大火 ■■■■■]，並按下加熱開始鍵。
→ 開始加熱
- 4 加熱完成後，用鹽和胡椒調味。



手動烹飪的設置標準

微波500W 約4分20秒

簡易菜譜

~ 3分鐘菜譜 ~

蝦仁醃菜

自動功能表
25 3分鐘食譜

加熱時間
約3分鐘

附件和放置位置

無需
配件



材料/2人份

蝦仁(小).....50g(12只)
洋蔥(切成5mm寬的薄片).50g(1/4個)
小番茄(切2~4個).....60g
橄欖(切成3等份薄片).....5個
嫩豌豆(去筋並斜切成兩半)
.....12片(20g)
A [橄欖油.....1大勺
鹽.....1/4小勺
胡椒.....適量
檸檬汁.....1大勺
芝士粉.....適量

做法

- 1 在蝦仁中加2小勺澱粉(規定原料以外)和少量清水,用指尖輕輕捏動後洗淨,瀝乾水分。
- 2 將蝦仁、洋蔥、小番茄、橄欖、嫩豌豆依次放入耐熱玻璃大碗中,加入A,整個裹上保鮮膜。
- 3 將2放入爐內中央,通過旋鈕選擇【25 3分鐘食譜】,按下加熱開始鍵。
→ 開始加熱
- 4 加熱完成後拌勻,散去餘熱,加入檸檬汁、芝士粉即可。

● 若選用的蝦仁偏大,請將蝦仁從背部剖成兩半,按火力調節的“大火 ■■■■ 或 ■■■■ ”進行加熱。



手動烹飪的設置標準

微波500W 約3分20秒

簡易菜譜

~ 3分鐘菜譜 ~

燉漢堡扒

微波500W

加熱時間
約13分鐘

附件和放置位置

無需
配件



材料/4人份

A	混合肉碎	400g
	鹽	1/2小勺
	胡椒、肉豆蔻	少許
	炒洋蔥	15g
	麵包粉	2/3杯
B	酒	80ml
	攪勻雞蛋	中號1個的量
	灰樹花菌	100g
	洋蔥（切碎）	60g
	番茄調味醬	70g
B	中等濃度調味汁	60g
	醬油	1小勺
	酒	2大勺



做法

- 1 拌勻B備用。
- 2 將A放入大碗拌勻（整體混合的程度。請注意過分混合後容易變硬）。
將肉餡扔到碗底按壓數次，排出其中的空氣。
- 3 將2攤開在直徑約20cm、高約1.5cm的深底大號耐熱容器中，撒上灰樹花菌。
- 4 將1拌勻後澆到3上，然後整個裹住保鮮膜。
- 5 將4放入爐內中央，按〈微波500W・約13分鐘〉加熱。
- 6 加熱完成後，將周圍的調味汁一起裝盤。

簡易菜譜

~ 其它 ~

手工豆腐

微波500W

加熱時間
約2分鐘

附件和放置位置

無需
配件



材料/耐熱廣口小碗2個

豆乳（無添加/可製作豆腐）

..... 250 ml

鹵水

（請遵照鹵水包裝上標注的分量）

※請使用在冰箱冷藏過的豆乳（10℃以下）。

做法

- 1 將豆乳倒入大碗中，加入鹵水後用湯勺平緩攪拌，注意不要打發（豆乳液）。
- 2 將1均勻倒入耐熱容器，用保鮮膜將每個容器整個裹住。（為了成品美觀，請用湯勺將表面的泡泡去除）
- 3 將2中的容器靠爐內中央擺放，按〈微波500W・約2分鐘〉加熱。加熱完成後，直接放入爐內靜置約5分鐘。



- 希望做得柔嫩時→可使用無添加、大豆固體物含量為10～12%的豆乳
希望做得較為緊即時→可使用無添加、大豆固體物含量為12%以上的豆乳
- 根據豆乳及鹵水的種類，成品（凝固方式）可能會有所差異。
- 希望在豆腐中加入其它食材時，請使用大豆固體物含量較多的豆乳。
- 市面上銷售的鹵水中，製造商及種類不同，濃度也有所差異。分量請遵照鹵水上標注的比例（豆乳及鹵水的比例）。

趁熱吃或冰箱冷藏
後享用都很美味。

簡易意粉

自動功能表
26簡易意粉

加熱時間
約10分鐘

附件和放置位置

無需
配件



材料/1個的量（1人份）

意粉 100g

水 400ml



做法

- 1 在容器中加入 100g 意粉、400ml 水，用筷子攪拌意粉，溶於水中。
- 2 不裹保鮮膜、不蓋蓋子，直接將①放入爐內中央。
- 3 用旋鈕選擇【26簡易意粉】按下加熱開始鍵。
→ 開始加熱

常溫吐司/冷凍吐司/蒸氣吐司

自動功能表

42 常溫吐司
43 冷凍吐司
44 蒸氣吐司

加熱時間

42: 約6分5秒
43: 約8分
44: 約8分15秒

附件和放置位置

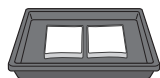
烤盤

上層



烤制方法

1 〈例：常溫吐司・2片（吐司厚度：可切成6片）〉在烤盤中央放2片吐司。
・做蒸氣吐司時做好加水準備。



2 將1放入爐內上層，用旋鈕選擇【42-2常溫吐司】後按下加熱開始鍵，→ 開始加熱
・按3開始後會顯示剩餘時間。



※旋轉旋鈕，則依次顯示片數（1→2）。

・請按個人喜好選擇效果。通過烤制方法2選擇功能表後，通過火力調節鍵進行設置。...
・共有五檔火力。

3 翻面

蜂鳴器響起後應立即將吐司翻面，然後再次按下加熱開始鍵進行烤制。（請將吐司放在中央）

烤盤較熱，請戴上市面上銷售的連指手套取出烤盤。

4 蜂鳴器響起後則烤制完成。請立即取出。

※烤制顏色較淺時，烤制完成後將需要繼續烤制的面朝上，在延長加熱時間或按手動“燒烤”模式邊觀察邊烤制。

手動烹飪的設置標準

燒烤

3~5分鐘

立即翻面後再烤制 1~3分鐘



〈烤盤 上層〉

有預熱烘烤

250°C 2~7分鐘

※放入烤盤預熱。
（預熱約14分鐘）

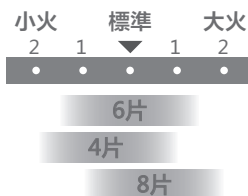


〈烤盤 下層〉

・蒸氣吐司無法按手動模式烤制。
・按上述方法烤製冷凍的吐司時，中間可能會烤制不充分或烤制顏色不均。

因厚度差異，建議火力調節

・爐內頂部內部有加熱管，因此按標準模式烤制時，厚麵包的烤制顏色可能較深，薄麵包的烤制顏色可能較淺。



加熱時間標準

程序	42 常溫吐司	43 冷凍吐司	44 蒸氣吐司
加熱時間	約6分5秒	約8分	約8分15秒
翻面之前	約4分20秒	約5分40秒	約5分30秒

- ・厚麵包、糖分和油脂含量高的麵包等烤制顏色較深。
- ・因吐司的種類、大小、含水量、爐內溫度、翻面時間等不同，烤制顏色會有所差異。
- ・冷凍吐司會因種類、大小、厚度、冷凍狀態等導致烤制顏色不均、烤制顏色變化、無法烤制到中間部分。

麵包、披薩

簡易麵包

自動功能表
29 簡易麵包

加熱時間
約40分鐘

附件和放置位置

〈做法10〉

烤盤

下層



材料/8個的量

高筋麵粉（過篩）.....160g
牛奶.....110g
牛油（切小塊、恢復至室溫）.....20g
砂糖.....20g
鹽.....2g
即用乾酵母
（無需提前發酵的顆粒型）.....4g

烤制顏色過淺時，完成後請放入爐內觀察，用餘熱上色。

做法

1 〈麵團製作〉

將牛奶、牛油、砂糖放入耐熱玻璃大碗中，不裹保鮮膜，直接放入爐內中央，按〈微波600W 30~50秒〉加熱。



不使用烤盤或烤架

2 用橡膠鏟充分攪拌1，化開牛油。（此時的溫度設為40℃以下）

3 在2中加入即用乾酵母並充分攪拌。加入1/2的高筋麵粉，用橡膠鏟充分攪拌。

4 攪拌剩餘的高筋麵粉和鹽並加入3中，用橡膠鏟充分攪拌，以使表面不再有粉狀物。如果難以攪拌，請用手按揉。

5 將4中的麵團輕輕鋪平。

6 一次發酵 微波加熱

用保鮮膜裹住5中的大碗後放入爐內中央，用旋鈕選擇【29 簡易麵包】，然後按下加熱開始鍵。

→ 開始加熱

（加熱時間標準合計約40分鐘）

· 一次發酵 約7分鐘



不使用烤盤或烤架

7 蜂鳴器響起後取出6。

*請勿按取消鍵。

一次發酵後的麵團僅會略微膨脹。即便膨脹得不像一般的麵包麵團那麼大也沒有關係。

8 成型

將麵團團起後用刮板或菜刀切成8等份（1個約38g），將切口卷向中間，同時揉成團，封嚴接合處。

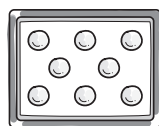


減糖菜單

→請參考P.29。

9 放置

在烤盤上鋪上廚房用紙或薄塗一層沙拉油（規定原料以外），將接合處朝下，蓋上用力擰乾的濕抹布，靜置約10分鐘。



10 成型發酵~烤制 加熱管加熱

取下9中的濕抹布，放入爐內下層，按下加熱開始鍵。

· 成型發酵/烤制 約33分鐘

繼續成型發酵、烤制後加熱。

手動烤制時

做法10

成型發酵：發酵40℃ 約15分鐘

烤制：無預熱烘烤

190℃ 16~21分鐘

簡易麵包的其它種類

將可可粉、即溶咖啡和抹茶等的粉末放入麵團

份量以5g為準，在做法3中同時加入高筋麵粉。

將葡萄乾、核桃、藍莓等顆粒較大的配料放入麵團

在做法4後加入做法中的40g材料後進行攪拌。

可可粉



簡易咖啡麵包



簡易抹茶麵包



簡易葡萄乾麵包



簡易核桃麵包



簡易藍莓麵包



用麵團捲入或包入香腸、芝士、紅豆餡等

在做法9後放入輔料成型。

簡易香腸麵包



將繩狀麵團捲繞在香腸上。

芝士麵包



將塊狀芝士（1個約5g）包入麵團，同時揉成團，並劃十字。

簡易紅豆抹茶麵包



在做法3中加入5g抹茶，以製作麵包的麵團。將紅豆餡（1個約20g）包入麵團，同時揉成團。

※在麵團中放入輔料後，請封好。否則烤焗期間可能會從中漏出。

※按個人喜好揉成團後，請將麵團分成8等份（1個約38g）。份量不同時可能無法順利烤焗。

簡易法式小麵包

自動功能表
29 簡易麵包

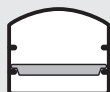
加熱時間
約40分鐘

附件和放置位置

〈做法15〉

烤盤

下層



材料/4個的量

高筋麵粉（過篩）.....160g
牛奶.....110g
牛油（切小塊、恢復至室溫）.....20g
砂糖.....20g
鹽.....2g
即用乾酵母
（無需提前發酵的顆粒型）.....4g

法式小麵包的其它類型



請按個人喜好夾入輔料食用！

做法

1 〈麵團製作〉

將牛奶、牛油、砂糖放入耐熱玻璃大碗中，不裹保鮮膜，直接放入爐內中央，按〈微波600W 30~50秒〉加熱。



不使用烤盤或烤架

2 用橡膠鏟充分攪拌1，化開牛油。（此時的溫度設為40°C以下）

3 在2中加入即用乾酵母並充分攪拌。加入1/2量的高筋麵粉，用橡膠鏟充分攪拌。

4 攪拌剩餘的高筋麵粉和鹽並加入3中，用橡膠鏟充分攪拌，以使表面不再有粉狀物。
· 如果難以攪拌，請用手按揉。

5 將4中的麵團輕輕鋪平。

6 一次發酵 微波加熱

用保鮮膜裹住5中的大碗後放入爐內中央，用旋鈕選擇【29 簡易麵包】，然後按下加熱開始鍵。

→ 開始加熱

（加熱時間標準合計約40分鐘）
· 一次發酵 約7分鐘



不使用烤盤或烤架

7 蜂鳴器響起後取出6。

*請勿按取消鍵。

· 一次發酵後的麵團僅會略微膨脹。即便膨脹得不像一般的麵包麵團那麼大也沒有關係。

8 放置

將麵團團起後用刮板或菜刀切成4等份（1個約76g）。將麵包麵團揉至表面光滑後揉成團，將接合處朝下放置，蓋上用力擰乾的濕抹布，靜置約10分鐘。

9 成型

用手將8中的麵團橫向攤開成橢圓形。



10 把外面麵團的1/3往面前一側卷回，大拇指的根部按壓接合處。



11 從面前卷回，用大拇指的根部按壓接合處。

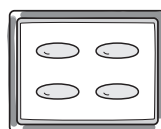


12 向面前折疊一半，封嚴接合處。



13 用雙手翻過來，卷成約14cm的卷葉狀。

14 在烤盤上鋪上廚房用紙或薄塗一層沙拉油（規定原料以外），將接合處朝下。



15 成型發酵~烤制 加熱管加熱

將14放入爐內下層，按下加熱開始鍵。

· 成型發酵/烤制 約33分鐘
繼續成型發酵、烤制後加熱。

烤制顏色過淺時，完成後請放入爐內觀察，用餘熱上色。

手動烤制時

做法15

成型發酵：發酵 40°C 約15分鐘

烤制：無預熱烘烤

190°C 16~21分鐘



麵包、披薩

麵團中使用豆腐，口感綿軟。與基礎功能表相比，膨脹幅度更小。

簡易減糖麵包

有預熱烘烤
210℃

加熱時間
6～11分鐘

附件和放置位置

烤盤



下層

※材料請選用“黃豆麵”或“杏仁粉”。

麵包、披薩

材料/8個的量

■黃豆粉

黃豆粉30g
高筋麵粉（過篩）.....130g
嫩豆腐100g
水.....40g
砂糖12g
鹽.....2g
即用乾酵母
（無需提前發酵的顆粒型）.....4g

材料/8個的量

■杏仁粉

杏仁粉30g
高筋麵粉（過篩）.....130g
嫩豆腐100g
水.....30g
砂糖12g
鹽.....2g
即用乾酵母
（無需提前發酵的顆粒型）.....4g



黃豆麵簡易減糖麵包

熱量：約86kcal^{※1}（1個）

減少約15%^{※2}

糖分：約13g^{※1}（1個）

減少約20%^{※2}

杏仁粉簡易減糖麵包

熱量：約92kcal^{※1}（1個）

減少約10%^{※2}

糖分：約13g^{※1}（1個）

減少約20%^{※2}

基礎簡易麵包→P.27

做法

1 〈麵團製作〉

將豆腐放入耐熱玻璃大碗中，用橡膠鏟按成糊狀。

2

在1中放入水、砂糖、即用乾酵母後充分攪拌，不裹保鮮膜，直接放入爐內中央，按〈微波600W・30～50秒〉加熱。



不使用烤盤或烤架

3

加熱完成後，用橡膠鏟充分攪拌加入1/2的高筋麵粉，用橡膠鏟充分攪拌。

4

攪拌剩餘的高筋麵粉、黃豆粉（或杏仁粉）、鹽，一並加入3中，用橡膠鏟充分攪拌，以使表面不再有粉狀物。
・如果難以攪拌，請用手按揉。

5

將4中的麵團輕輕鋪平。

6 一次發酵

在5中的碗上裹上保鮮膜，放入爐內中央，按〈微波100W・約2分鐘〉進行發酵。



不使用烤盤或烤架

7

加熱完成後，在爐內靜置約8分鐘。

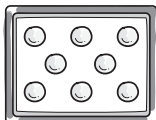
・一次發酵後的麵團僅會略微膨脹。即便膨脹得不像一般的麵包麵團那麼大也沒有關係。

8 成型

將麵團團起後用刮板或菜刀切成8等份（1個約38g），將切口卷向中間，同時揉成團，封嚴接合處。

・麵團粘手時，撒上麵粉（高筋麵粉、規定原料以外）。

在烤盤上鋪上廚房用紙或薄塗一層沙拉油（規定原料以外），將接合處朝下。



9 成型發酵

將8放入爐內下層，按〈發酵・40℃・約10分鐘〉進行發酵。

10 預熱

發酵完成後，將9連同烤盤一起取出，按〈有預熱烘烤・210℃〉進行預熱。

11 烤制

預熱完成後，將9放入爐內下層。按下加熱開始鍵，加熱約〈6～11分鐘〉。

※1：基於日本文部科學省“日本食品標準成分表（第八版）”的數值。（糖分是從碳水化合物中減去食物纖維後的量）。

※2：與料理集記載的基礎功能表“簡易麵包(P.35)”比較，僅供參考。

簡易蜜瓜麵包

自動功能表
29 簡易麵包
[大火■■■■]

加熱時間
約41分鐘

附件和放置位置

〈做法16〉

烤盤

下層



材料/6個的量

〈麵包麵團〉

高筋麵粉（過篩）.....160g

牛奶.....110g

牛油（切小塊、恢復至室溫）.....20g

砂糖.....20g

鹽.....2g

即用乾酵母

（無需提前發酵的顆粒型）.....4g

〈曲奇麵團〉

牛油（切小塊、恢復至室溫）.....35g

牛奶.....1大勺（15g）

砂糖.....3大勺（27g）

低筋麵粉.....7大勺（63g）

香草精.....適量

細砂糖（撒上）.....適量

做法

1 〈制作曲奇麵團〉

在耐熱容器中放入牛油、牛奶，不裹保鮮膜，直接放入爐內中央，按〈微波600W・20～30秒〉進行加熱，充分攪拌黃油和牛奶。



不使用烤盤或烤架

2 在1中加入砂糖、低筋麵粉、香草精，用橡膠鏟攪拌均勻。

3 在冰箱中冷藏備用。

4 〈麵團製作〉

將牛奶、牛油、砂糖放入耐熱玻璃大碗中，不裹保鮮膜，直接放入爐內中央，按〈微波600W・30～50秒〉加熱。



不使用烤盤或烤架

5 用橡膠鏟充分攪拌4，化開牛油。（此時的溫度設為40℃以下）

6 在5中加入即用乾酵母並充分攪拌。加入1/2的高筋麵粉，用橡膠鏟充分攪拌。

7 攪拌剩餘的高筋麵粉和鹽並加入6中，用橡膠鏟充分攪拌，以使表面不再有粉狀物。
・如果難以攪拌，請用手按揉。

8 將7中的麵團輕輕鋪平。

9 一次發酵 微波加熱

用保鮮膜裹住8後放入爐內中央，用旋鈕選擇【29 簡易麵包】；通過火力調節鍵選擇〔大火■■■■〕，然後按下加熱開始鍵。

→ 開始加熱

（加熱時間標準 合計約41分鐘）
・一次發酵 約7分鐘



不使用烤盤或烤架

10 蜂鳴器響起後取出9。

* 請勿按取消鍵。

・一次發酵後的麵團僅會略微膨脹。即便膨脹得不像一般的面包麵團那麼大也沒有關係。

11 放置

將麵團團起後用刮板或菜刀切成6等份（1個約50g），將切口卷向中間，同時揉成團，封嚴接合處。

12 將麵團的接合處向下放置，蓋上用力擰乾的濕抹布，靜置約10分鐘。

13 成型

用手按壓12中的麵包麵團，成扁平狀，擺放在鋪有廚房用紙（或薄塗一層沙拉油（規定原料以外））的烤盤中。

14 取出3中的曲奇麵團，分成6等份後揉成團。用雙手將其鋪平，緊緊蓋在13中的麵包麵團上。

15 表面入刀，劃成格子狀，撒上細砂糖。

成型發酵～烤制 加熱管加熱

將15放入爐內下層，按下加熱開始鍵。

・成型發酵/烤制 約34分鐘

繼續成型發酵、烤制後加熱。

烤制顏色過淺時，完成後請放入爐內觀察，用餘熱上色。

手動烤制時

做法16

成型發酵：發酵40℃ 約15分鐘

烤制：無預熱烘烤

190℃ 17～22分鐘



麵包、披薩

簡易咖喱麵包

自動功能表
29 簡易麵包
[大火 ■■■■]

加熱時間
約43分鐘

附件和放置位置

(做法15)

烤盤

下層



材料/4個的量

(麵包麵團)

高筋麵粉(過篩).....160g

牛奶.....110g

牛油(切小塊、恢復至室溫).....20g

砂糖.....20g

鹽.....2g

即用乾酵母

(無需提前發酵的顆粒型).....4g

(輔料)

咖喱餡.....200g

(面衣)

麵包糠.....適量



麵包、披薩

做法

1 (準備輔料)

為促進水分吸收，將2張廚房用紙疊放在耐熱容器中，放入咖喱餡，整個裹住保鮮膜，放入爐內中央，按〈微波600W・4~5分鐘〉加熱。



不使用烤盤或烤架

・因所使用的咖喱餡不同，烹調程度有所差異，請邊觀察邊加熱，以免烤焦。

2 加熱完成後，連同廚房用紙一起挪到方形平底盤中，放入冰箱冷卻20~30分鐘。

・冷卻後會變硬一些，易於包裹。

3 (麵團製作)

將牛奶、牛油、砂糖放入耐熱玻璃大碗中，不裹保鮮膜，直接放入爐內中央，按〈微波600W・30~50秒〉加熱。



不使用烤盤或烤架

4 用橡膠鏟充分攪拌3，化開牛油。(此時的溫度設為40℃以下)

5 在4中加入即用乾酵母並充分攪拌。加入1/2的高筋麵粉，用橡膠鏟充分攪拌。

6 攪拌剩餘的高筋麵粉和鹽並加入5中，用橡膠鏟充分攪拌，以使表面不再有粉狀物。

・如果難以攪拌，請用手按揉。

7 將6中的麵團輕輕鋪平。

8 一次發酵 微波加熱

用保鮮膜裹住7後放入爐內中央，用旋鈕選擇【29 簡易麵包】；通過火力調節鍵選擇〔大火■■■■〕，然後按下加熱開始鍵。

→ 開始加熱

(加熱時間標準合計約43分鐘)

・一次發酵 約7分鐘



不使用烤盤或烤架

9 蜂鳴器響起後取出8。

*請勿按取消鍵。

・一次發酵後的麵團僅會略微膨脹。即便膨脹得不像一般的面包麵團那麼大也沒有關係。

10 放置

將麵團團起後用刮板或菜刀切成4等份(1個約76g)，將切口卷向中間，同時揉成團，封嚴接合處。

11 將麵團的接合處向下放置，蓋上用力擰乾的濕抹布，靜置約10分鐘。

12 成型

用手將11中的麵包麵團攤成較大的圓形，將冷卻的咖喱分成4等份後放在面團中央，封嚴麵團邊緣。稍微卷起來接合處，再次封嚴。

・請確保麵團接合處沒有沾上咖喱。一旦沾上咖喱，則接合處會難以封嚴。

13 請滾動成型，以使兩端變細，輕輕用水沾濕手，在整個麵團上沾上水。撒上麵包糠後放上麵團，整個裹上麵包糠。

14 在烤盤上鋪上廚房用紙或薄塗一層沙拉油(規定原料以外)，將接合處朝下放置。

15 成型發酵~烤制 加熱管加熱

將14放入爐內下層，按下加熱開始鍵。

・成型發酵/烤制約36分鐘

繼續成型發酵、烤制後加熱。

烤制顏色過淺時，完成後請放入爐內觀察，用餘熱上色。

手動烤制時

做法15

成型發酵：發酵40℃ 約15分鐘

烤制：無預熱烘烤

190℃ 19~24分鐘

簡易法式麵包

自動功能表
30 簡易法式麵包

加熱時間
約33分鐘
(預熱時間除外)

附件和放置位置

〈做法18〉

烤盤

下層



材料/約35cm 1根的量

高筋面粉 120g
低筋面粉 50g
鹽 2g
砂糖 3g
溫水 (30~35℃) 120g
即用乾酵母
(無需提前發酵的顆粒型) 2g



麵包、披薩

做法

1 準備好加水盒。

2 〈麵團製作〉

攪拌高筋麵粉和低筋麵粉後撒上，然後放入耐熱玻璃大碗。

3 在2中加入鹽攪拌。

4 在溫水中加入砂糖攪拌，砂糖化開後放入即用乾酵母充分攪拌。

5 將4放入3，用橡膠鏟充分攪拌，以使表面不再有粉狀物。

6 將5中的麵團輕輕鋪平。

7 一次發酵 微波加熱

用保鮮膜裹住6後放入爐內中央，用旋鈕選擇【30簡易法式麵包】，然後按下加熱開始鍵。

→ 開始加熱

(除預熱外的加熱時間標準合計約33分鐘)

· 一次發酵約13分鐘



不使用烤盤或烤架

8 成型

蜂鳴器響起後取出7，將麵團取出，放在撒有高筋麵粉(規定原料以外)的案板上。

*請勿按取消鍵。

· 一次發酵後的麵團僅會略微膨脹。即便膨脹得不像一般的麵包麵團那麼大也沒有關係。

9 將麵團橫向攤開成橢圓形。
※麵團容易粘到手上，因此請用高筋麵粉(規定原料以外)揉成型。

10 把外面麵團的1/3往自己側卷回，大拇指的根部按壓接合處。



11 從面前卷回，用大拇指的根部按壓接合處。

12 向面前折疊一半，封嚴接合處。
· 用大拇指按壓接合處，另一隻手封嚴接合處，則較易封嚴。

13 將接合處向下，用雙手翻過來，成約30cm的卷葉狀。

14 成型發酵 微波加熱

將接合處向下放置，在剪成烤盤大小的廚房用紙上放上13，左邊向裡，右邊向外，斜著放。

將麵團連同廚房用紙一起放入爐內中央，蓋上用力擰乾的濕抹布，然後按下開始鍵。

· 成型發酵約4分鐘



不使用烤盤或烤架

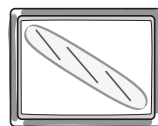
15 蜂鳴器響起後，將麵包麵團連同廚房用紙一起取出，放在烤盤上。
* 請勿按取消鍵。

! 注意事項

採用加熱管加熱，因此請務必連同廚房用紙一起取出。

16 預熱 加熱管加熱
爐內不放入任何食物，直接按下加熱開始鍵。(預熱時間標準約14分鐘)

17 預熱即將完成時，用沾油的菜刀刀劃3個凹口。(劃口)



18 烤制 加熱管加熱
預熱完成後，將17放入爐內下層，然後按下加熱開始鍵。
· 烤制約16分鐘

烤制顏色過淺時，完成後請放入爐內觀察，用餘熱上色。

手動烤制時

做法16、18

成型發酵：過熱水蒸氣(有預熱)
220℃ 7~9分鐘

↓

無預熱烘烤

200℃ 7~9分鐘

簡易披薩

自動功能表
31簡易披薩

加熱時間
約19分
(預熱時間除外)

附件和放置位置

〈做法13〉

烤盤

下層



材料/直徑20cm 1張的量

〈披薩麵團〉

高筋麵粉(過篩).....120g

牛奶.....80g

砂糖.....10g

鹽.....2g

即用乾酵母

(無需提前發酵的顆粒型).....2g

〈輔料〉

青椒(切絲).....中號1個

洋蔥(薄片).....50g

煙肉(切長條).....25g

香菇(水煮薄片).....20g

市面上銷售的披薩醬.....50g

披薩用芝士.....100g



做法

1 〈制作曲奇麵團〉

將牛奶、砂糖放入耐熱玻璃大碗中，不裹保鮮膜，直接放入爐內中央，按〈微波600W·20~30秒〉加熱。



不使用烤盤或烤架

2 用橡膠鏟充分攪拌1，化開砂糖。
(此時的溫度設為40℃以下)

3 在2中加入即用乾酵母並充分攪拌。

4 在3中加入1/2量的高筋麵粉，用橡膠鏟充分攪拌。

5 攪拌剩餘的高筋麵粉和鹽後加入4中，然後用橡膠鏟攪拌。

6 成型後，用手揉成團。
在大碗中將麵團從面前折疊一半，壓軟後從右側開始折疊一半，然後按壓，從裡面折疊一半。再次按壓，從左側折疊一半。重複此操作，直至麵團表面不再有粉狀物。

7 將6中的麵團輕輕鋪平。

8 一次發酵 微波加熱

用保鮮膜裹住7後放入爐內中央，用旋鈕選擇【31 簡易披薩】，然後按下加熱開始鍵。

→ 開始加熱

(除預熱外的加熱時間標準合計約19分鐘)

· 一次發酵 約7分鐘



不使用烤盤或烤架

9 放置

蜂鳴器響起後取出8並重新揉圓麵團，然後裹上保鮮膜，靜置約10分鐘。

*請勿按取消鍵。

· 一次發酵後的麵團僅會略微膨脹。即便膨脹得不像一般的麵包麵團那麼大也沒有關係。

10 成型

用擀麵杖將麵團擀成直徑約20cm的圓形，放在鋪有廚房用紙的烤盤(或薄塗一層沙拉油(規定原料以外)的烤盤)上。裹上保鮮膜，靜置約10分鐘。

11 預熱 加熱管加熱

爐內不放入任何食物，直接按下加熱開始鍵。(預熱時間標準約14分鐘)

12 撕掉10中的保鮮膜後塗上披薩醬，放上輔料，最後放上芝士。

13 烤制 加熱管加熱

預熱完成後，將12放入爐內下層，然後按下開始鍵。

· 烤制約12分鐘

烤制顏色過淺時，完成後請放入爐內觀察，用餘熱上色。

手動烤制時

做法11、13

烤制：有預熱烘烤

200℃ 10 ~ 15分鐘

麵包麵團的做法

使用即用乾酵母（無需提前發酵）

1 在大碗中撒入高筋麵粉，加入即用乾酵母攪拌。

2 在容器內放入牛奶（室溫），再加入砂糖和鹽充分攪拌。雞蛋制作麵包時，可將雞蛋打入牛奶。



3 在1的中央位置弄出凹陷處，在其中放入2，將周圍的高筋麵粉一點點地揉進去，用手指輕輕地攪拌，使高筋麵粉和水混合均勻。



4 繼續攪拌，以使水分充分滲入均勻



5 將弄成奶油狀的牛油放入4，將牛油均勻揉進麵團中。

※ 若為不放牛油等油脂的麵團，則省略此步驟。



6 將5取出，放在撒有高筋麵粉（規定原料以外）的案板上，在案板上揉麵團直至成型。成型後，揉至麵團變光滑。（剛開始時會粘手，在揉面過程中麵團會慢慢不再粘在案板和手上。）



7 試著拉伸麵團，在麵團成膜狀且可透過麵團看到手指時，則揉面完成。



8 一次發酵

將麵團揉出光滑的表面後揉成團，封嚴接合處。將接合處朝下，放入薄塗一層沙拉油（規定分量以外）的大碗中，裹上保鮮膜，放入烤盤，然後放入爐內下層。按〈發酵・40℃・30～40分鐘〉發酵至約2倍大。



9 手指測試

確認發酵狀態。在手指上蘸上高筋麵粉，按壓麵團的中央。若凹陷處不凸起，則發酵完成。



發酵不充分時

指痕恢復原樣



麵包變得又硬又重

請延長一次發酵的時間，若延長時間後麵團仍無膨脹跡象，則可能是使用的材料不新鮮，請加以確認。



發酵過度時

拔出手指後按壓處向下凹陷



麵包會變得粉乾粉幹

室溫及麵團初始溫度等條件不同，則發酵可能過度。以後請略微縮短發酵時間。



10 排出空氣

輕輕按壓麵團，將麵團揉成由外向內層疊的形狀，以排出空氣。（面團按揉過度則會失去彈性）



麵包麵團製作完成
請按料理集
製作麵包！

分割麵團時，請用菜刀或刮板切開。
用手撕的話會扯斷麵筋，從而使麵團難以膨脹。

麵包製作技巧

★製作麵團

為什麼使用溫水？

請注意，35～40℃是最適於酵母活性的溫度。反之，4℃以下則會失去活性。60℃以上無活性。

不太明白麵團要揉到什麼程度

一般認為用手一點點地拉扯麵團，另一側變得薄而透明時即可。
但由於麵團不同，特性也不一樣，並非所有的麵團都能拉伸至變得透明。
請將麵團揉至出現光澤且能夠輕鬆拉伸為止。

無論怎麼揉面都無法揉成團

按揉含有油脂和牛奶等材料較多的麵團會比較耗時。黏糊糊時請不要加太多的麵粉。
一直黏糊糊時多為揉面時間不夠，因此在揉成團之前請堅持揉面。
不過，夏季水溫過高時，即便一直揉面也可能一直黏糊糊的，無法揉成團。

麵團處理方式

請小心處理麵團。分割麵團時，請用菜刀或刮板切開。（請勿用手撕開）
發酵中和放置時、成型時、預熱中請注意避免麵團乾燥。
根據室溫及濕度、水分的分量（牛奶和水），請增減5g左右。

★烤制完成

中間的紋路較粗

成型時排氣不充分或是發酵過度時很容易出現紋路變粗的情況。
特別是使用模具烤麵包時，若麵團量比模具小時，就會出現發酵過度、紋路變粗的情況。
反之，若麵團量比模具大，則容易發酵不足，麵包的紋路就會擠在一起。

面包皮變硬

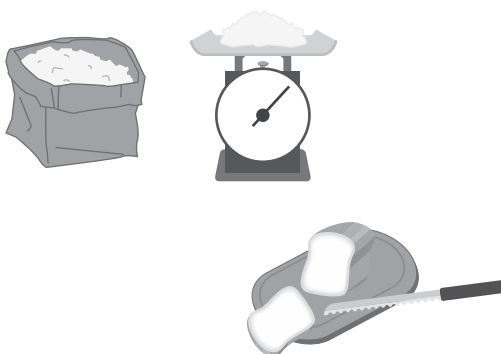
若烤制前麵團表面過於乾燥或在烤箱溫度較低的情況下烤制時間過長，則會變硬。請在烤制前在麵團上噴上水氣，切實預熱後再烤制。
*冷卻後面包皮會變硬。
冷卻到人體表面肌膚溫度後，請裝進保鮮袋，以防變乾燥。

不太明白成型發酵的標準

以麵團發酵到約2倍大小為準。（根據調和及發酵的狀態，有時不會膨脹到2倍大小）
用手指輕觸麵團表面時，麵團上的指痕恢復原樣--具備這樣的彈性時，則發酵完成。
若成型發酵的時間過短（發酵不充分），則發酵的力量會超過麵團的彈性，可能會造成麵團無法順利膨脹或底部、側面破裂。
此外，若成型發酵時間過長，則麵團就會沒有過多的餘力膨脹從而不夠蓬鬆，可能會出現麵包紋路變粗、皮變厚的情況。

劃口（劃開）後，發酵的麵團會萎縮

可能是發酵過度。根據發酵時的溫度和材料等，發酵的狀態會有所差異，因此即便按菜單設置時間，仍可能會出現發酵過度的情況。
請仔細觀察麵團的狀態來調整時間。



麵包整體較硬，不蓬鬆

水分不足時，麵團會變硬，從而缺乏彈性。
此外可能因攪拌麵粉的水溫度過高導致酵母無活性、材料的稱量不準確（發酵不充分、食鹽放入過多、高筋麵粉較少等）、發酵不充分、發酵過度等。

麵包的高度和形狀在每次製作時發生變化

麵包的高度、形狀、顏色很容易受到製作時的室溫、材料（麵粉、水等）的溫度以及品質、調和等的影響，即便是按照同樣的方式烤制，麵包的膨脹方式和烤制顏色都會產生變化。在習慣製作麵包前，請儘量在同樣的條件下、用同樣的材料先習慣“製作麵包”。
習慣之後逐漸改變製作的條件，試著做出自己喜歡的麵包吧。

牛油卷

自動功能表
32牛油卷

加熱時間
約8分鐘
(預熱時間除外)

附件和放置位置

烤盤

下層



材料/9個的量

高筋麵粉(過篩).....190g

即用乾酵母

(無需提前發酵的顆粒型).....3g

牛奶(室溫).....110 ml

砂糖.....15g

鹽.....2g

雞蛋.....25g(中號1/2個)

牛油(恢復至室溫).....40g

(蛋黃液)

蛋黃.....中號1個的量

水.....1大勺

※發酵溫度為40℃。

做法

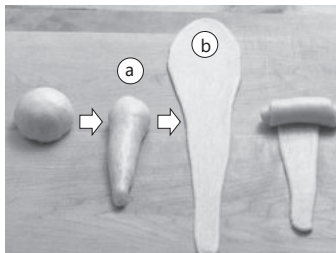
1 製作麵團，切成9等分(每個約40g)。(請參考P.34麵包麵團的做法1~10)

2 放置

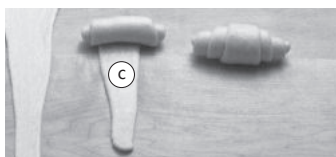
將麵包麵團揉至表面光滑後揉成團，蓋上用力擰乾的濕抹布或裹上保鮮膜，靜置約10分鐘。



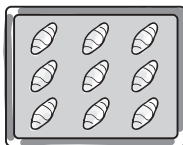
3 靜置後的麵團揉成約8cm長的胡蘿蔔狀(照片①處)，再用擀面杖擀約20cm長的三角形(照片②處)。



4 從較寬的一側開始卷攤成三角形的麵包麵團(照片③處)

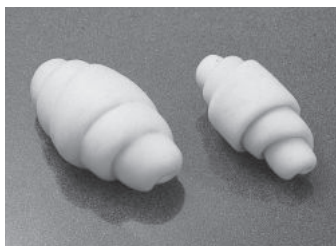


5 在烤盤上薄塗一層沙拉油(規定原料以外)，將4中的接合處朝下，擺放到烤盤上。



6 成型發酵

向5中的麵團和爐內噴水霧，將麵團放入爐內下層，按〔發酵・40℃・30~40分鐘〕發酵至約2倍大小。



7 發酵結束後，從爐內取出6，通過旋鈕選擇【32牛油卷】，按下加熱開始鍵。

➡ 開始加熱

8 烤制

用刷子在麵包表面塗上蛋黃液，預熱完成後放入爐內下層，按下加熱開始鍵加熱。加熱完成後放在烤架上冷卻。

• 若麵團外表出現乾燥跡象，則無法順利發酵，因此有乾燥跡象時請在發酵中途向爐內增加噴水霧的次數。

手動烹飪的設置標準

有預熱烘烤 190℃ 6 ~ 11分鐘

麵包、披薩

豆沙包

有預熱烘烤
190°C

加熱時間
6~11分鐘

附件和放置位置

烤盤

下層



材料/9個的量

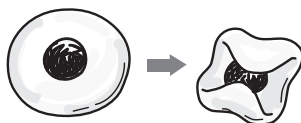
黃油卷的麵團.....全分量
紅豆沙.....270g
(蛋黃液)
蛋黃液.....中號1個的量
水.....1大勺
罌粟籽.....適量

※發酵溫度為40°C。

做法

1 請參考牛油卷的做法1、2製作面團。(請參考P.34)

2 將麵團中心擀略厚，攤成直徑10cm的圓形。將紅豆陷分成9等份後揉圓，放在面團中央包起來並封嚴接合處。



3 在烤盤上薄塗一層沙拉油(規定原料以外)，將2翻面擺放，向下壓出凹陷。

4 參考牛油卷做法6進行成型發酵。

5 發酵完成後，從爐內取出4，按〈有預熱烘烤·190°C〉進行預熱。



6 烤制

用刷子在麵包表面塗上蛋黃液，預熱完成後放入爐內下層。按下加熱開始鍵加熱(6~11分鐘)。加熱完成後放在烤架上冷卻。

● 塗上蛋黃液後撒上罌粟籽。

方包

有預熱烘烤
150°C

加熱時間
27~32分鐘

附件和放置位置

烤盤

下層

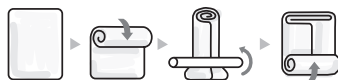


材料/金屬模具約8×17×6cm
磅蛋糕模具1個的量

高筋麵粉(過篩).....150g
即用乾酵母
(無需提前發酵的顆粒型).....3g
牛奶(室溫).....110g(105 ml)
砂糖.....10g
鹽.....2g
牛油(恢復至室溫).....13g

※發酵溫度為40°C。

3 用擀麵杖將每個靜置後的麵團擀成寬約10cm、長約15cm的長方形，後將麵團卷起來。將接合處放在中央，用擀麵杖擀開，從面前開始卷成旋渦狀。



4 在磅蛋糕模具上塗滿黃油(規定原料以外)，將3中的接合處向下放置，放入模具中。



5 成型發酵

將4放在烤盤上，向麵包麵團和爐內噴水霧，放入爐內下層，按〈發酵·40°C·15~20分鐘〉發酵至麵團表面略低於模具高度的程度。

6 發酵完成後，將5連同烤盤一起從爐內取出，按〈有預熱烘烤·150°C〉進行預熱。



7 烤制

預熱完成後，將5放入烤盤，將烤盤放入爐內下層。按下加熱開始鍵加熱(27~32分鐘)。上面的烤制顏色很深時，請中途蓋上錫紙。

8 加熱完成後，將麵包從模具中取出放在烤架上，趁熱塗上黃油(規定原料以外)後冷卻。

做法

1 製作麵包麵團。(請參考P.34麵包麵團的做法1~10)

2 放置

將麵團排氣後對半切開，揉出光滑的表面後揉成團，蓋上用力擰幹的濕抹布，靜置約30分鐘。

石窯烤麵包

有預熱烘烤
160℃

加熱時間
16 ~ 21分鐘

附件和放置位置

烤盤

下層



材料/直徑餘額18cm 1個的量

高筋面粉 225g

全麥粉（打細） 75g

即用乾酵母

（無需提前發酵的顆粒型） 5g

砂糖 1+1/2小勺

鹽 1+1/2小勺

檸檬汁 1小勺

溫水（30 ~ 35℃） 170 ~ 200g

橄欖油 1+1/2大勺

※發酵溫度為40℃。



麵包、披薩

做法

- 1 將高筋麵粉、全麥粉放入大碗，呈山形，在中間做出一個凹陷。凹陷處加入即用乾酵母、砂糖，少量多次加入2/3量的溫水並攪拌。粗略攪拌後加入檸檬汁、鹽，視情況加入剩餘的溫水，使其軟化至耳垂一般的軟硬程度並揉面。
- 2 麵團成團後，一邊往碗裡用力摔打揉面，表面變光滑後加入橄欖油，充分揉面，使其吸收。麵團變光滑且兩手將麵團薄薄攤開時能透過看到手指，則揉面完成。（請參考P.34麵包麵團的做法 6 ~ 7）
- 3 將2揉至表面光滑後揉成團，接合處向下，放入薄塗一層橄欖油（規定原料以外）的大碗中，然後裹上保鮮膜。
- 4 **一次發酵**
將3放在**烤盤**上，放入爐內下層，並按〈發酵・40℃・40 ~ 50分鐘〉發酵至約2倍大小。
- 5 發酵完成後，輕輕按壓麵包表面，排出空氣。
- 6 將麵團揉至表面光滑後揉成團，蓋上保鮮膜，靜置約15分鐘。
- 7 在**烤盤**上鋪上廚房用紙，將6攤開成直徑約18cm、高約5cm後輕輕噴霧。
- 8 **成型發酵**
將7放入爐內下層，按〈發酵・40℃・約30分鐘〉進行發酵。
- 9 發酵完成後，連同廚房用紙轉移到平底盤或平坦的場所。發酵完成後撒上高筋麵粉（規定原料以外），用保鮮膜裹好，以確保麵團在烤制前不會變乾燥。
- 10 僅將**烤盤**放入爐內下層，按〈有預熱烘烤・160℃〉進行預熱。
- 11 **劃口（劃開）**
撕掉保鮮膜，在9的表面用銳利小刀等的刀鋒斜向劃方格。
- 12 **烤制**
預熱完成後，戴上市面上銷售的連指手套取出**烤盤**。將11中的面團連同廚房用紙一起挪到**烤盤**中，向麵包麵團和爐內噴水霧，放入爐內下層。按下加熱開始鍵，加熱約〈16 ~ 21分鐘〉。

法式小餐包

自動功能表
33 法式麵包

加熱時間
約22分
(預熱時間除外)

附件和放置位置

烤盤

下層



材料/約6.5cm圓形、9個的量
法式麵包專用麵粉(過篩).....250g
即用乾酵母
(無需提前發酵的顆粒型).....3g
粉狀麥芽.....1.5g
鹽.....5g
水.....160g

※發酵溫度為30℃。
※預熱時間標準為約14分鐘。

(需準備的道具)

麵包溫度計(也可用條形溫度計)
帆布網
廚房用紙
法式麵包刀



麵包、披薩

做法

1 準備好加水盒。
僅在最初的1~2分鐘使用蒸氣。

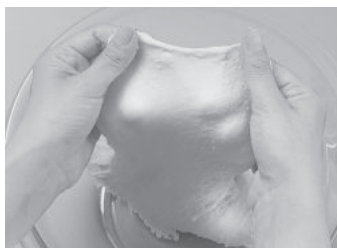
2 製作麵團
水中放鹽，充分化開。

3 將法式麵包專用麵粉、即用乾酵母和粉狀麥芽放入大碗，用手輕輕攪拌。

4 將2中的水倒入3後攪拌，以使所有麵粉充分吸收水分。揉成團後擀到撒有少許高筋麵粉(規定原料以外)的案板上。

5 將身體重心集中在手掌上揉面團，時不時將麵團從較低的位置擀到案板上，按揉約8~10分鐘。

6 拉伸麵團形成薄膜後，則揉面完成。揉面完成後的麵團溫度約為24℃。



7 一次發酵 第1次
將6中的麵團放入塗有沙拉油(規定原料以外)的大碗中。裹上保鮮膜，放在25~27℃的場所發酵約120分鐘。
使用烘烤模式發酵時，放入烤盤，然後放入爐內下層，按〈發酵·30℃·約90分鐘〉發酵至約2倍大小。

8 麵團充分發酵後進行手指測試。
(狀態請參考P.34麵包麵團的做法9)
按壓到稍微重新團好的程度進行排氣，注意不要排氣過度。

9 一次發酵 第2次
將8放入大碗，再次裹上保鮮膜，放在25~27℃的場所發酵約60分鐘。
使用烘烤模式發酵時，放入烤盤，然後放入爐內下層，按〈發酵·30℃·約45分鐘〉發酵至約2倍大小。

10 分割 放置
將9中的麵團輕輕擀到撒有少許高筋麵粉(規定原料以外)的案板上，分成9等份，將切口收到裡面，輕輕團起麵團，直至表面有彈性。將麵團放到半邊帆布網上，用另一半邊蓋上，再在上面蓋上濕抹布，放在溫暖的地方靜置約30分鐘。

11 成型
將10中的麵團擀到撒有少許高筋麵粉(規定原料以外)的案板上，輕輕揉成團後封嚴接合處。

12 在烤盤上鋪上帆布網，折起帆布網，形成隔牆。
在帆布網隔牆之間放入接合處向下的麵團，從上面蓋上剩餘的帆布網。

13 成型發酵
將12放入爐內下層，按〈發酵·30℃·約20分鐘〉進行發酵。



注意事項

按下開始鍵前請確認設置溫度。
若錯將溫度設為100℃或以上，則帆布網等可能會燃燒。

14 發酵完成後，將麵團連同帆布網一起取出，進入烤制程式前無需取下帆布網，直接用保鮮膜裹好，以確保麵團不會變乾燥。

15 僅將烤盤放入爐內下層，通過旋鈕選擇【33 法式麵包】，按下加熱開始鍵。→ 開始加熱

16 麵團接合處朝下，轉移到貼合烤盤大小的廚房用紙上。

17 **劃口（劃開）**
麵團接合處朝下，轉移到貼合烤盤大小的廚房用紙上。



18 **烤制**
預熱完成後，戴上市面上銷售的連指手套取出烤盤。將17中的麵團連同廚房用紙一起挪到烤盤中，然後放入爐內下層，按下加熱開始鍵加熱。



法式麵包製作技巧

在麵包製作中對於高手來說也是難以製作的麵包。
請參考以下要點，多次挑戰後掌握技巧吧

材料和工具

請用專用材料（法式麵包專用麵粉、粉狀麥芽等）製作。
可在點心製作材料店購買。
若使用少量粉狀麥芽，則可為酵母提供營養，有助於酵母發揮作用。
請為材料正確稱重。

製作法式麵包所需的工具

帆布網：用於靜置、發酵。

麵包溫度計：測量麵包麵團的溫度。（棒式溫度計亦可）

法式麵包刀：用於劃口。

揉面

與黃油卷的麵團所不同的是，揉面可能會有少許不均。
（用手指拉開時可拉伸成薄薄的、要斷不斷的狀態）
揉面的標準溫度為24°C。請按材料的溫度和室溫調節。

溫度

溫度管理非常重要。

請在各工序嚴格測量、調整麵團的溫度。

室溫以20~25°C左右為宜。

夏季需要將材料放在冰箱中冷卻備用。

麵粉溫度為23°C、水溫為12°C--這是最適於揉面的溫度。

發酵

發酵時間和發酵程度取決於揉成團的麵團溫度、所使用的容器、材料。
請邊觀察邊調整發酵時間，以確保麵團發酵至原來的約2倍大小。

排出空氣

時機

請確認麵團是否膨脹至原大小約2倍的狀態或通過手指測試進行確認。

技巧

可重新輕輕揉成團的程度。注意避免過度排氣和過度接觸。

放置・成型

冬季需要注意溫度，以免麵團溫度過低。

靜置時應注意避免麵團變乾燥。

注意不要因過於用力或過於拉伸傷到麵團。成型時請小心，避免過度觸摸麵團。

外皮芳香，芝麻風味與甘薯的甘甜在口中擴散，美味讓人著迷。

法式麩皮麵包

有預熱烘烤
160℃

加熱時間
22 ~ 27分鐘

附件和放置位置

烤盤

下層



麵包、披薩

材料/1支的量

(麵包麵團)

A	法式麵包專用麵粉(過篩) 200g
	砂糖..... 10g
	即用乾酵母
	(無需提前發酵的顆粒型)....4g
	鹽..... 4g
	水..... 120g
	起酥油.....
	黑芝麻.....14g
	(內餡)
	紅薯.....160g
	砂糖.....50g
	檸檬汁..... 1/8個的量
	水..... 適量
	鹽..... 少許

※發酵溫度為36℃。

做法

1 (製作內餡)

將帶皮紅薯切成1cm小塊，倒入砂糖、檸檬汁，並加水至沒過紅薯，用鍋煮至變軟後，加入鹽，煮到收汁，用瀝水盆撈起冷卻。(做好後的分量約為190g)

2 製作麵團

將A放入大碗，揉成團後挪到撒有少許高筋麵粉的案板上，以使所有麵粉充分吸收水分。

3 將身體重心集中在手掌上揉面團，時不時將麵團從較低的位置摔到案板上。麵團變光滑後，加入起酥油和黑芝麻繼續揉面。混合起酥油後會變光滑，將麵團拉伸形成薄膜後，則揉面完成。揉面完成後的麵團溫度約為26℃。(揉面結束的標準請參考P.34麵包麵團的做法7)

4 將3揉至表面光滑後揉成團，接合處向下，放入薄塗一層起酥油(規定原料以外)的耐熱大碗中，然後裹上保鮮膜。

5 將4放在烤盤上，放入爐內下層，並按〈發酵·35℃·40~50分鐘〉進行發酵。中途從爐內取出一次，用拳頭按壓。

6 放置

發酵完成後，排出其中的空氣(請參考P.34麵包麵團的做法10)，然後揉成團。依次放到幹抹布、濕抹布、保鮮膜中靜置約15分鐘。

7 用擀麵杖擀至長30cm×寬26cm左右，在距上方邊緣3cm、距左右邊緣2cm的地方撒上內餡，從前面開始卷起。卷完後將左右邊緣捏起封嚴，用手滾動，調整形狀。

8 在烤盤上鋪上帆布網，將麵包面團按揉至有彈性，做出隔牆，然後在帆布網隔牆之間放入7中的面團。蓋上剩餘的帆布網，再蓋上濕抹布。

9 成型發酵

將8放入爐內下層，按〈發酵·35℃·40~50分鐘〉進行發酵。

注意事項

按下開始鍵前請確認設置溫度。若將溫度錯設為100℃或以上，則帆布網等可能會燃燒。



發酵完成後，將麵團連同帆布網一起從烤盤取出，用刀鋒銳利的刀等斜著劃3道口。進入烤制程式前無需取下帆布網，直接用保鮮膜裹好

10 僅將烤盤放入爐內下層，按〈有預熱烘烤·160℃〉進行預熱。

11 烤制

預熱完成後，戴上市面上銷售的連指手套取出烤盤，鋪上廚房用紙。去掉9中蓋在麵包麵團上的帆布網、保鮮膜，用板子等將麵團輕輕挪到爐內下層，加噴水霧。按下加熱開始鍵，加熱約〈22~27分鐘〉。

蜜瓜包

有預熱烘烤
140℃

加熱時間
15 ~ 20分鐘

附件和放置位置

烤盤

下層



材料/5個的量

〈曲奇麵團（蜜瓜包皮）〉

低筋麵粉（過篩）..... 100g

烘焙粉..... 1/3小勺

牛油（無鹽）..... 30g

砂糖..... 30g

雞蛋..... 14g

蜜瓜利久酒..... 1大勺

細砂糖（撒在表面上）..... 13g

〈麵包麵團〉

高筋麵粉（過篩）..... 125g

砂糖..... 20g

即用乾酵母

（無需提前發酵的顆粒型）..... 3g

鹽..... 2g

牛油（無鹽）..... 13g

雞蛋..... 28g

牛奶..... 50g

※發酵溫度為36℃。



做法

1 〈制作曲奇麵團〉

將砂糖和軟化後的牛油加入雞蛋內攪拌，再加入蜜瓜利久酒。再次加入低筋麵粉和烘焙粉，充分攪拌。揉成團後分成5等份，放入冰箱冷藏備用。

2 製作麵包麵團，分成5等份。

（請參考P.34麵包麵團的做法1 ~ 10）

3 放置

將2中的麵團揉出光滑的表面後揉成團，蓋上濕抹布或裹上保鮮膜，靜置約15分鐘。
放置期間將1中的曲奇麵團拉伸至直徑約10cm。

4 放置完成後，將曲奇麵團蓋在麵包麵團上包住。（內側留下直徑約2.5cm的空間）

5 將細砂糖倒入容器，將麵團輕輕翻身放入容器，撒上細砂糖。在麵團表面斜劃出格子狀的紋路，放入墊有廚房用紙的烤盤中。

6 成型發酵

將5放入爐內下層，按〈發酵·35℃·50 ~ 60分鐘〉進行發酵。發酵結束後，將麵團連同廚房用紙一起從爐內取出。

7 僅將烤盤放入爐內下層，按〈有預熱烘烤·140℃〉進行預熱。

8 烤制

預熱完成後，戴上市面上銷售的連指手套取出烤盤。將6中的麵團連同廚房用紙一起挪到爐內下層。按下加熱開始鍵，加熱約〈15 ~ 20分鐘〉。

麵包、披薩

蜜瓜包的其它種類

酥軟蜜瓜包

有預熱烘烤
140℃

14 ~ 19分鐘

低筋麵粉..... 30g

烘焙粉..... 1/4小勺

牛油（無鹽）..... 20g

砂糖..... 20g

雞蛋..... 中號1/2個

蜜瓜利久酒..... 1/2大勺

細砂糖（撒在表面上）..... 13g

- 將麵團稍稍揉平，中間做出一個凹陷。
- 做法6中的成型發酵僅發酵麵包麵團。成型發酵完成後，將曲奇麵團揉平後蓋在麵包麵團上，均勻撒上細砂糖。

蜜瓜包（無利久酒）

有預熱烘烤
140℃

14 ~ 19分鐘

低筋麵粉..... 90g

烘焙粉..... 1/4小勺

牛油（無鹽）..... 20g

砂糖..... 40g

雞蛋..... 中號1/2個

蜜瓜精..... 1/4大勺

細砂糖（撒在表面上）..... 13g



披薩

麵包、披薩

自動功能表 34披薩

加熱時間
約13分鐘
(預熱時間除外)

附件和放置位置

烤盤

下層



材料/直徑21cm 1張的量

(披薩麵團)

高筋麵粉(過篩) 100g
牛奶(室溫) 50ml
砂糖 7g
鹽 1/3小勺
雞蛋 中號1/4個
即用乾酵母
(無需提前發酵的顆粒型) 2g

(輔料)

青椒(切絲) 中號1個
洋蔥(薄片) 50g
煙肉(切長條) 25g
蘑菇(水煮肉片) 20g
天然芝士(披薩用) 100g
橄欖 適量

(番茄調味汁)

A 番茄醬 50g
牛至、墨西哥辣椒汁 適量

※發酵溫度為40℃。

※預熱時間標準為約14分鐘。

※選擇“34 披薩”後，顯示部位會顯示“下層”，請直接預熱，無需放入烤盤。

- 用市面上銷售的披薩醬代替番茄調味汁會比較簡單。



做法

1 採用與麵包麵團相同的做法製作披薩麵團。(請參考P.34)

2 放置

將麵團揉至表面光滑後揉成團，蓋上抹布靜置約10分鐘。

3 用擀麵杖將麵團擀成直徑21cm的圓形，蓋上擰乾的濕抹布或裹上保鮮膜，靜置約20分鐘。

4 用旋鈕選擇【34披薩】，按下加熱開始鍵。→開始加熱

5 將A放入容器並攪拌，製作番茄調味汁。

6 在烤盤上薄塗一層沙拉油(規定原料以外)，放上3後塗上番茄調味汁並在上面放上輔料，最後放上芝士。

7 預熱完成後，將6放入爐內下層，然後按下加熱開始鍵進行加熱。

手動烹飪的設置標準

有預熱烘烤 200℃ 11 ~ 16分鐘

※預熱時無需放入烤盤。

披薩的其它種類

金槍魚玉米披薩

材料/直徑21cm 1張的量

(披薩麵團)

披薩麵團 全部分量

(輔料)

金槍魚罐頭 35g
玉米罐頭 30g
番茄 50g
洋蔥(薄片) 50g
天然芝士(披薩用) 100g
(番茄調味汁)

A 番茄醬 50g
牛至、墨西哥辣椒汁 適量



做法

1 請參考披薩做法1~3，製作披薩麵團。

2 番茄去籽後切成薄片，瀝幹水分。金槍魚和玉米也瀝幹水分備用。

3 參考披薩做法4~7加熱。

香脆披薩

自動功能表
34 披薩 [小火■]

加熱時間
約10分30秒
(預熱時間除外)

附件和放置位置

烤盤

下層



材料/直徑21cm 1張的量

(披薩麵團)

高筋麵粉 (過篩)25g
低筋麵粉 (過篩)25g
即用乾酵母
(無需提前發酵的顆粒型)
A1/2小勺 (1.5g)
砂糖一小撮
鹽1/4小勺 (1.5g)
橄欖油1/2大勺 (6g)

牛奶 (室溫) 25ml

(輔料)

羅勒葉5片
馬蘇里拉芝士 (切成1cm小塊)
.....70g

(番茄調味汁)

番茄醬 30g
牛至、鹽、大蒜 (切碎)少許

※發酵溫度為40℃。

※預熱時間標準為約14分鐘。

手動烹飪的設置標準

有預熱烘烤 200℃ 8 ~ 13分鐘

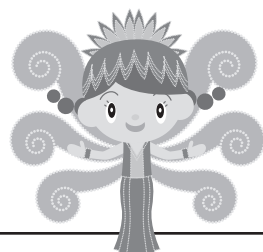
※放入烤盤預熱。



做法

- 1 將A放入大碗，加入牛奶時邊觀察邊加入，避免面餅發黏，達到收攏到一起的狀態即可。充分攪拌 直到麵團完全收攏，放到案板上 充分按揉均勻。
- 2 將麵團揉成團，放入塗有沙拉油 (規定原料以外) 的耐熱大碗中，裹上保鮮膜。
- 3 將2放在烤盤上，放入爐內下層，並按〈發酵·40℃·25 ~ 35分鐘〉進行發酵。
- 4 發酵完成後，連同烤盤一起取出。將麵團揉圓後裹上保鮮膜，靜置約10分鐘。
- 5 將烤盤放入爐內下層，用旋鈕鍵選擇【34披薩】，通過火力調節鍵選擇【小火■】並按下加熱開始鍵。
→ 開始加熱

- 6 用擀麵杖將4擀成直徑約21cm的圓形後放在廚房用紙上，塗上番茄調味汁，然後在上面放上奶酪。
- 7 預熱完成後，戴上市面上銷售的連指手套取出烤盤，將6連同廚房用紙放在烤盤上。
- 8 將7放入爐內下層，然後按下加熱開始鍵進行加熱。
- 9 烤制完成後放上羅勒葉。



葡萄牙語中是“乳酪麵包”的意思。材料中加入了木薯粉，外酥裡嫩。

芝士小包

有預熱烘烤
190℃

加熱時間
19 ~ 24分鐘

附件和放置位置

烤盤

下層



材料/16個的量

木薯粉200g
A 牛奶110g
水110g
沙拉油40g
鹽少許
雞蛋中號1個
芝士粉100g

● 若不按做法3中所示揉面，則可能會變得很粉。

做法

- 1 將A放入耐熱容器，不裹保鮮膜，放入爐內中央，按〈微波600W·2分30秒~3分鐘〉加熱至沸騰。
- 2 將1一次性加入已放入木薯澱粉的大碗中，用鏟子快速打實。蓋上濕抹布後在溫暖的地方蒸2~3分鐘。
- 3 在2中少量多次加入攪勻的雞蛋後充分攪拌，再加入芝士攪拌。待稍微冷卻後用手揉面，注意不要被燙傷。(麵團冷卻後很難團起來，因此請迅速揉面)



不使用烤盤或烤架



- 4 按〈有預熱烘烤·190℃〉進行預熱。
- 5 將3分成16等份後揉成團，放在薄塗一層沙拉油 (規定原料以外) 的烤盤上。
- 6 烤制
預熱完成後，將5放入爐內下層。按下加熱開始鍵，加熱約 (19 ~ 24分鐘)。

蘋果派

有預熱烘烤
180℃

加熱時間
30 ~ 35分鐘

附件和放置位置

烤盤

下層



材料 / 金屬制直徑21cm派製作盤1張的量
(派皮)

A 低筋麵粉 145g
高筋麵粉 35g
牛油 145g
冷水 75ml
(內餡)

蘋果(紅玉) 2個(400g)
砂糖 50 ~ 60g
檸檬汁 1/4個的量
朗姆酒 1/2大勺
桂皮(按個人喜好) 適量

(蛋黃液)

蛋黃液 中號1個的量
水 1大勺

做法

- 1 蘋果去皮，切成5mm厚的月牙形，放入耐熱容器。加入檸檬汁，撒上砂糖。蓋上蓋子後放入爐內中央，按〈微波600W·約9分鐘〉加熱。為了確保烤制均勻，攪拌2 ~ 3次。



不使用烤盤或烤架

加熱完成後，放置1 ~ 2小時後將湯汁去除，澆上朗姆酒按個人喜好加入桂皮。

- 2 製作派皮。將A過篩後放入大碗，加入切成1cm小塊的牛油，用小刀或制派攪拌器混合攪拌，直到變成小豆粒狀。



- 3 向2中分3 ~ 4次加入冷水混合，不讓其凝固，濕潤後收攏成一塊，裹上保鮮膜，放入冰箱靜置約30分鐘。



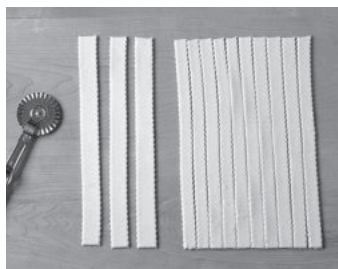
- 4 將3攤開成長方形，折三折後裹上保鮮膜，放入冰箱靜置約20分鐘。反復操作本工序5次。



- 5 先將麵團分成2等份，將其推開至約3mm厚、比制派盤大兩圈的大小，鋪到派製作盤上，將盤外多餘的部分留下5mm後，其餘切掉。在底部用叉子紮孔，放入1中的蘋果。



- 6 將剩下的麵團攤開至長25×寬21cm，切成10條寬1.5cm及3條寬2cm的長條。



- 7 將6中1.5cm寬的麵團呈編織狀放在5上，將2cm寬的麵團放到邊緣，切下多餘部分，在重疊處塗上蛋黃液，放入冰箱靜置約30分鐘。



- 8 按〈有預熱烘烤·180℃〉進行預熱。

- 9 在7的表面塗上蛋黃液，預熱完成後放在烤盤上，然後放入爐內下層。按下加熱開始鍵，加熱約〈30 ~ 35分鐘〉。

- 由於麵團使用大量牛油，所以對溫度十分敏感。請在陰涼場所並且多次使用冰箱，將器具和材料都冷卻後快速製作。
- 靜置時請務必裹上保鮮膜，放到平坦的板子上，再放入冰箱。靜置後更容易製作。
- 若麵團推開的厚度不均，則烘焙時會膨脹至凹凸不平的樣子。三折疊起時，要將邊緣整齊的疊好。用擀麵杖輕輕按壓，均勻用力，將整個麵團擀至厚度均勻。
- 使用市面上銷售的冷凍餡餅片(400g)會比較方便。

曲奇

自動功能表
35 曲奇

加熱時間
約25分鐘

附件和放置位置

烤盤

下層



材料/約35個的量

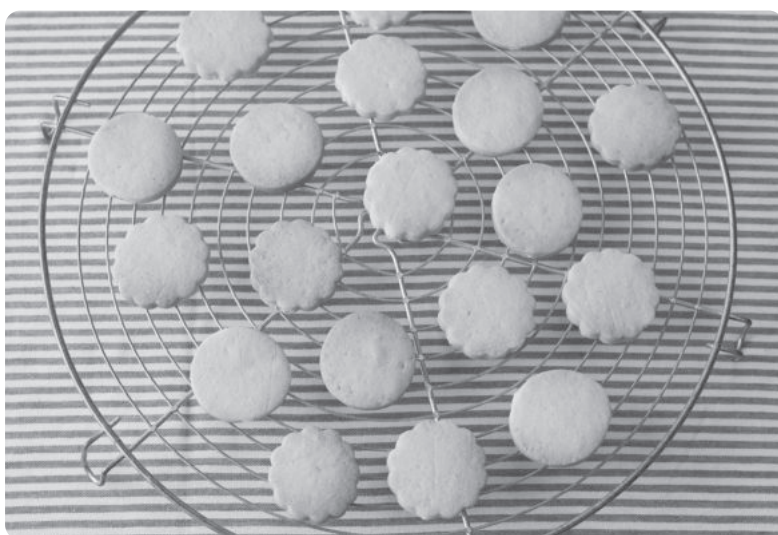
低筋麵粉160g

牛油（恢復至室溫）70g

砂糖55g

雞蛋33g（中號2/3個）

香草精 少許



甜
品

做法

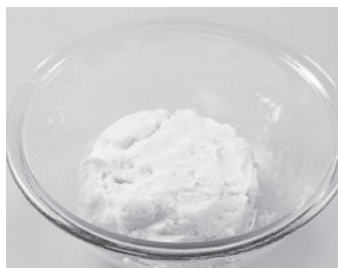
- 1 在大碗中加入軟化的牛油和砂糖，用打蛋器充分攪拌，直至泛白。



- 2 在1中少量多次加入打好的雞蛋，再加入香草精混合。



- 3 將低筋麵粉過篩後放入2，用木鏟攪拌，直至收攏成一塊。



- 4 分成適當的分量後放入保鮮袋，用擀麵杖擀至5mm左右的厚度，放在冰箱內靜置約30分鐘。



- 5 將4中的麵團擀到撒有撲面（低筋麵粉）的案板上，用切邊模（直徑約3cm）切過後，在薄塗一層沙拉油（規定原料以外）的烤盤上擺放35個麵團。

※將曾用模具切過的麵包麵團揉成團後攤開，反復用模具切。

- 6 將5放入爐內下層，用旋鈕選擇【35曲奇】，按下加熱開始鍵。

➔ 開始加熱

烤制完成後放在烤架上冷卻。

手動烹飪的設置標準

無預熱烘烤 160°C 22 ~ 27分鐘

- 效果因麵團厚度、形狀、大小而有所差異。降低溫度、延長時間效果會更好。

岩石曲奇

自動功能表
35曲奇 [小火 ■■]
加熱時間
約24分鐘

附件和放置位置

烤盤

下層

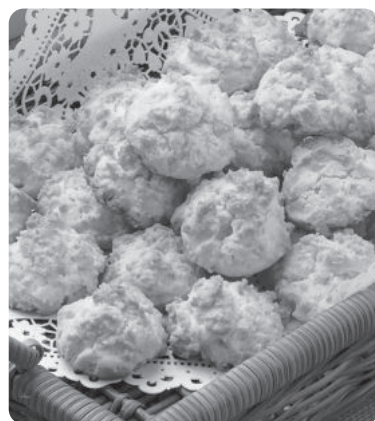


材料/35個的量

A	低筋麵粉	120g
	烘焙粉	1小勺
	牛油（恢復至室溫）	60g
	雞蛋	25g（中號1/2個）
	砂糖	60g
	椰子	20g
	香草精	少許

做法

- 1 在大碗中加入軟化的牛油和砂糖，用打蛋器攪拌，直至泛白。
- 2 在1中少量多次加入打好的雞蛋，再加入香草精混合。
- 3 將A過篩後放入2，用木鏟直接攪拌，再加入椰子攪拌。
- 4 在薄塗一層沙拉油（規定原料以外）的烤盤中放35個，放下3，同時用勺子調整大小。
- 5 將4放入爐內下層，通過旋鈕選擇【35曲奇】，通過火力調節鍵選擇【小火 ■■】並按下加熱開始鍵。
→ 開始加熱
烤制完成後放在烤架上冷卻。



手動烹飪的設置標準

無預熱烘烤 160°C 21 ~ 28分鐘

瑞士卷

有預熱烘烤
170°C

加熱時間
13 ~ 18分鐘

附件和放置位置

烤盤

下層



材料/1支的量

	低筋麵粉（過篩）	60g
	雞蛋（室溫）	中號3個
	砂糖（過篩）	60g
	牛奶	2小勺（10g）
	牛油（切碎）	2小勺（8g）
	（打發奶油）	
A	鮮奶油	100
	砂糖	10g
	香草精	少許黃桃
	（罐頭）（縱向7等份）	適量
	奇異果（縱向8等份）	適量

做法

- 1 結合烤盤底部與周邊大小，鋪上廚房用紙。（由於麵團會膨脹，廚房用紙應比烤盤周邊高1cm左右）
- 2 在大碗中打入雞蛋，加入砂糖，用打蛋器攪拌後放入熱水（60~70°C）隔水加熱，等蛋液的溫度達到人的表皮溫度（35~40°C）後取出，繼續打發。充分打發到發白且拿起打蛋器能夠在麵團上寫字的程度。



- 3 在耐熱容器中放入牛油和牛奶，放入爐內中央，按〈微波600W · 10 ~ 20秒〉進行加熱，化開黃油。
- 4 按〈有預熱烘烤 · 170°C〉進行預熱。
- 5 將低筋麵粉過篩並攤開後放入2中，為避免氣泡破裂，用刮鏟從下往上翻拌，直到沒有乾粉。沿著刮鏟加入溶解的黃油，為避免消泡，請儘快翻拌。
- 6 向1中倒入麵團，將表面撫平，用手掌拍打烤盤底部，去除大氣泡。
- 7 預熱完成後，將6放入爐內下層。按下加熱開始鍵，加熱約〈13 ~ 18分鐘〉。
- 8 烤制完成後，取下廚房用紙，放上擰乾的濕抹布，使其完全冷卻。
- 9 用A製作打發奶油。（請參考P.34）
- 10 為便於卷起，在8中的麵團上在面前一側劃3刀。整體塗上打發的奶油，放上黃桃和奇異果，從面前一側開始卷起，用保鮮膜包裹，將接合處向下，放入冰箱靜置片刻，使其定型。

柔滑布丁

自動功能表
40柔滑布丁

加熱時間
約40分鐘

附件和放置位置

烤盤

下層



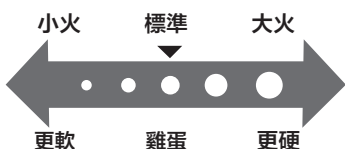
材料/鋁制 直徑7.5cm×高4cm
布丁模具 8個的量

雞蛋.....中號3個
砂糖.....80g
牛奶.....400 ml
香草精.....少許

〈焦糖汁〉

砂糖.....40g
水.....1大勺
開水.....1大勺

火力調節



- 雞蛋液的初始溫度和布丁模具的材質、形狀等不同，則成品的硬度可能有所差異。不凝固時，請延長加熱時間加熱或按手動〈蒸氣〉模式下邊觀察邊加熱。雞蛋液的初始溫度以30~40℃左右為準。

- 若放入冰箱冷藏後依然柔軟，則從模具取出後可能會變形。

- 同時使用烘烤加熱，因此請勿使用不耐熱的保鮮膜等。

手動烹飪的設置標準

蒸氣 約40分鐘~

請邊觀察邊加熱直到凝固。



甜品

做法

1 準備好加水盒。
在布丁模具上薄塗一層牛油（規定原料以外）。

2 製作焦糖汁。在小鍋內放入砂糖和水後開火。按個人喜好煮成焦糖色後從火上移開。加上熱水快速攪拌，按相同份量倒入布丁模具。（加入熱水時，可能會濺出，請戴上連指手套。）

3 在大碗中打好雞蛋，放入砂糖，充分攪拌，但注意不要打發。

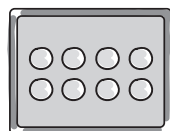
4 在耐熱容器倒入牛奶，然後放入爐內中央，按〈微波600W·約34分鐘〉加熱。



不使用烤盤或烤架

5 在3中少量多次加入4並攪拌，用篩檢程式過濾。出現大氣泡後撈出，加入香草精，按相同分量倒入2中的容器中，用錫紙逐個蓋上蓋子。

6 在烤盤上放上5後放入爐內下層，通過旋鈕選擇【40 柔滑布丁】，然後按下加熱開始鍵。
➡ 開始加熱



- 若使用陶器材質的布丁模具（蒸鍋）（直徑7.5cm×高4cm），請用火力調節〔大火 ■■■■〕鍵加熱。（加熱時間標準約40分鐘）

7 加熱完成後，降溫去熱，放入冰箱冷卻。

海綿蛋糕

自動功能表
36 海綿蛋糕

加熱時間
約30分
(預熱時間除外)

附件和放置位置

烤盤

下層



甜品

材料/金屬制直徑18cm蛋糕模具 1個的量
低筋麵粉 (過篩) 90g
蛋清 中號3個的量
蛋黃液 中號3個的量
砂糖 (過篩) 90g
牛奶 1大勺
牛油 (切碎) 15g
香草精 少許
(打發奶油)
鮮奶油 300ml
砂糖 55g
草莓 適量



做法

1 準備好加水盒。
· 僅在最初的1~2分鐘使用蒸氣。

2 牛油 (規定原料以外), 鋪上廚房用紙。

3 在大碗中放入蛋清, 用打蛋器攪動蛋清使其輕微打發, 將1/2的砂糖分2~3次加入並打發。若拿起打蛋器後蛋清成尖角狀, 則打發完成。
· 用攪拌器更容易打發。



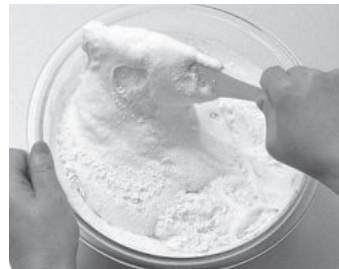
4 在另一隻大碗中放入蛋黃液、剩餘的砂糖、香草精, 將蛋黃液攪拌至偏白色且起泡。



5 向3中加入4, 充分攪拌打發, 直到用打蛋器攪拌過的麵團滴落時不斷線。



9 快速攪拌, 以免泡沫破裂, 確可用刮鏟從底部鏟起麵團。



6 在耐熱容器中放入牛油和牛奶, 不裹保鮮膜, 直接放入爐內中央, 按〈微波600W·20~30秒〉進行加熱, 化開黃油。



不使用烤盤或烤架

7 通過旋鈕選擇【36 海綿蛋糕】, 按下加熱開始鍵。
→ 開始加熱

8 過篩低筋麵粉並暫且攤開放入5中。



10 在仍殘留有少許粉末的狀態下順著刮鏟加入化開的黃油, 按照和9相同的步驟快速攪拌, 直到看不到麵粉和黃油。



- 11 將麵團倒入蛋糕模具中，從5~10cm的高度扔下來2~3次，去除較大的氣泡。



- 12 預熱完成後，將11放在烤盤中，放入爐內下層，按下加熱開始鍵進行加熱。
· 試著插入竹籤。若不沾麵團，則烤制完成。

- 13 加熱完成後，為防止烤制不完全，立刻將整個模具從20~30cm的高處扔掉1次，以排出空氣，將底部朝上放在網上。將廚房用紙慢慢撕掉，使其完全冷卻。

- 14 用打發奶油和草莓等裝飾13。

打發奶油

在大碗中放入鮮奶油、砂糖，將碗底浸入冰水，使其打發至奶油狀。打發過度或溫度過高時會分離，泡泡會消失，因此將碗底浸入冰水中，冷卻至10℃以下後，快速打發。使用容易冷卻的金屬大碗，則打發會更輕鬆。



手動烹飪的設置標準

有預熱烘烤 150℃ 28 ~ 33分鐘

■ 蛋糕模具尺寸對應的份量及加熱時間標準

	12 ●	15 ●
蛋清	中號1個的量	中號2個的量
蛋黃	中號1個的量	中號2個的量
砂糖	30g	60g
低筋麵粉	30g	60g
牛奶	1小勺	2小勺
牛油	5g	10g
加熱方法	有預熱烘烤 150℃	
加熱時間標準	22 ~ 27 分鐘	25 ~ 30 分鐘

確認烤制效果

順利完成烤制的狀態





紋理細緻均勻。

有彈性，形狀均勻。

· 未能順利烤制時，請仔細閱讀下表和做法進行製作。

〈截面〉



烤制完成的狀態〈截面〉	原因
膨脹不佳，紋理堵塞。 	雞蛋打發不充分。 加入麵粉後過度攪拌。 製作麵團後沒有立刻烤制。
紋理過粗， 面粉呈团狀殘留。 	沒有過篩麵粉。 麵粉攪拌不充分。
干巴巴的。 中心部分下沉。 	雞蛋打發過度。 將麵團放入模具時， 沒有排出空氣。 烤制完成後，沒有排出空氣。
表面有明显皺褶。 	

※打發和麵團的攪拌方法、模具材質等不同，膨脹程度和烤制效果也會有所差異。按做法做仍不順利時，請嘗試將溫度設為高/低10~20℃。

- 若大碗、打蛋器等工具上沾上水份、油份和污垢，則蛋白打發效果會變差或氣泡容易破裂。
請務必洗乾淨工具並充分晾乾後再使用。
- 因蛋清打發效果變差，即使蛋清中混入一點蛋黃液，也請勿使用。

戚風蛋糕

自動功能表
37 戚風蛋糕

加熱時間
約42分鐘
(預熱時間除外)

附件和放置位置

無需
配件



甜
品

材料/直徑20cm的鋁制戚風蛋糕模具 1個的量
低筋麵粉 (過篩) 150g
蛋黃液 中號5個的量
蛋清 中號7個的量
砂糖 (過篩) 130g
水 100ml
沙拉油 80ml
香草精 少許

做法

- 1 將蛋黃液、1/3量的砂糖放入大碗，用打蛋器打發至整體發白。

蛋黃打發



- 2 在1中少量多次加入沙拉油，同時充分攪拌。然後少量多次加入水，同時充分攪拌，以確保不掉落。再加入香草精攪拌。

- 3 在2中加入低筋麵粉，用打蛋器攪拌，直到麵粉混合在一起。

- 4 打發蛋清，直到出現蛋白霜。在其它大碗中放入蛋清，用攪拌器輕輕打發，然後將剩餘砂糖分2~3次加入。打泡至起尖角、翻轉大碗時不掉落為止。

蛋白霜



- 5 在3中加入1/3量的蛋白霜，用打蛋器充分攪拌。然後加入剩餘量的1/2，再次充分攪拌。再次加入剩餘的蛋白霜，用刮鏟翻拌，達到可用橡膠鏟從底部鏟起且不消泡、蛋白霜的塊狀消失的程度。蛋白霜變乾巴巴後請重新打發後放入。



- 6 從高處將5中的麵團倒入乾淨的戚風蛋糕模具中，將竹籤紮入麵團旋轉1周後，手持模具咚咚地扔下2~3次，排出大氣泡。



- 7 通過旋鈕選擇【37 戚風蛋糕】，按下加熱開始鍵。
➡ 開始加熱

- 8 預熱完成後，將6放入爐內下層，然後按下加熱開始鍵進行加熱。在意烤制顏色時，在表面放上錫紙，以調節烤制顏色。

- 9 加熱完成後，立即將模具倒置，以免麵團下沉。然後將模具中心的圓筒放在倒置的耐熱杯上進行冷卻。







- 10 完全冷卻後（一晚，最少也需要4個小時以上），用鏟刀等插入模具與麵團之間，貼著模具內側環繞一圈，將麵團從模具中取出。同時用鏟刀插入模具底部取出。



確認烤制效果

※料理集中不使用任何添加物（烘焙粉等），用打發蛋清的蛋白霜使其膨脹。

未能順利烤制時，請用力打發蛋清並仔細閱讀下表和做法進行製作。

烤制完成的狀態	原因、應對方法
完成時蓬鬆效果不佳 	<ul style="list-style-type: none"> ● 蛋清打發不充分。 → 使用預先冷卻的雞蛋，充分打發，直到翻轉大碗的時候仍不掉落。
蛋糕中間有較大的空洞  蛋糕底部有較大的空洞 	<ul style="list-style-type: none"> ● 倒入模具時有空氣進入。 → 從高處一股腦倒入麵團。 ● 將麵團倒入模具後，用力敲打底部，以排出空氣。 → 咚咚地輕輕敲打底部，以排出空氣。 ● 攪拌蛋清和蛋黃麵團時進入了空氣。
烤制完成的蛋糕（在模具中的狀態）上面部分紋理斷裂 	<ul style="list-style-type: none"> ● 烤制受阻現象。 因膨脹的氣泡在溫度下降的同時變小而引起的自然現象。
蛋糕呈萎縮狀	<ul style="list-style-type: none"> ● 烤制後，完全冷卻後從模具取出。

※打發和麵團的攪拌方法、模具材質等不同，膨脹程度和烤制效果也會有所差異。

按做法做仍不順利時，請嘗試將溫度設為高/低10～20℃。

- 若大碗、打蛋器、模具等工具上沾上水份、油份和污垢，則蛋白霜和蛋黃液的打發效果會變差或氣泡容易破裂。請務必洗乾淨工具並充分晾乾後再使用。
- 因蛋清打發效果變差，即使蛋清中混入一點蛋黃液，也請勿使用。
- 若使用氟加工的模具及矽膠制模具，則麵團容易滑落，難以順利烘焙，因此請使用鋁制模具。
- 使用鋁制以外的模具（氟加工的模具、紙制、矽膠制模具）烤制時，請放到烤盤上，按手動模式邊觀察邊加熱。直接放入爐內，則模具可能會烤糊或變形。
- 上面的烤制顏色過深時，請中途蓋上錫紙。

■ 蛋糕模具尺寸對應的份量及加熱時間標準

	鋁制17cm
低筋麵粉	80g
蛋黃液	中號3個的量
蛋清	中號4個的量
砂糖	80g
水	50ml
沙拉油	40ml
香草精	少許
加熱方法	有預熱烘烤 150℃
加熱時間標準	34 ~ 39 分鐘

手動烹飪的設置標準

有預熱烘烤 150℃ 40～45分鐘

奶油泡芙

自動功能表
38奶油泡芙

加熱時間
約30分
(預熱時間除外)

附件和放置位置

烤盤

下層



材料/9個的量

低筋麵粉(過篩)..... 60g
牛油(切成1cm小塊、恢復至室溫)...45g
水.....40ml
牛奶.....40ml
雞蛋(打雞蛋並恢復至室溫)
.....100g(中號2個)



這是一款口感綿密的深棕色泡芙糕點。

做法

1 準備好加水盒。

2 在大號耐熱容器中放入水、牛奶、牛油、低筋麵粉(1小勺)，不裹保鮮膜，直接放入爐內中央，按〈微波600W·2分30秒~5分〉加熱至沸騰。

不使用烤盤或烤架



3 加熱2後，將剩餘的低筋麵粉放入2，用木鏟快速攪動，充分攪拌。



4 不裹保鮮膜，直接將3放入爐內中央，按〈微波600W·50秒~1分10秒〉加熱。為了確保烤制均勻，充分攪拌2~3次，加熱完成後再快速攪拌。



不使用烤盤或烤架



5 在4中加入一半雞蛋後充分攪拌，剩餘的部分分2~3次加入後充分攪拌。每次加入雞蛋時，用木鏟快速攪動，直到雞蛋變順滑。

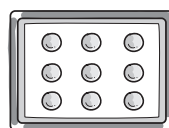
6 通過旋鈕選擇【38奶油泡芙】，按下加熱開始鍵。
→ 開始加熱

7 在烤盤上鋪上廚房用紙。

8 將5放入帶有金屬蓋(圓形：口徑約10~12mm)的擠花袋中。



9 在烤盤上隔開一定間隔，擠到烤盤上9個大小一致的泡芙。左手持金屬蓋，立起擠花袋。右手擠出來直徑約5cm後的泡芙停止。
※擠出來9個後仍有麵團剩餘時，請將金屬蓋插入較小的麵團中擠出來。



10 用打濕的叉子在麵團上輕輕按壓。

11 預熱完成後，將10放入爐內下層，然後按下加熱開始鍵進行加熱。

手動烹飪的設置標準

有預熱烘烤 180°C 26~31分鐘



※ 預熱完成後，在泡芙麵團上噴水霧後烤制。

確認烤制效果

順利完成烤制的狀態
外形美觀，膨脹充分，
中間有空洞。

〈截面〉



烤制完成的狀態〈截面〉	原因
橫向延伸， 膨脹不充分。 	<ul style="list-style-type: none"> 未正確稱量材料。 雞蛋過多。 微波加熱時間不正確。 未將黃油加熱至沸騰。 沒有在黃油沸騰期間加入麵粉。 麵粉攪拌不充分。 混合了麵粉的麵團已冷卻。 雞蛋太涼。
小且膨脹不佳。 	

- 無擠花袋時，請用勺子挖出來擺放上去。
- 充分加熱，直到牛油噉噉沸騰。（做法2）
- 混合低筋麵粉和雞蛋時，請快速攪拌。

淡奶油

微波600W

加熱時間
約7分30秒

附件和放置位置

無需
配件



材料

低筋麵粉2大勺
玉米澱粉2大勺
砂糖 100g
牛奶 400ml
蛋黃液 中號2個的量
香草精 少許



做法

1 在深底耐熱容器中加入低筋面粉、玉米澱粉、砂糖，用打蛋器攪拌，加入牛奶，充分攪拌，避免麵粉聚成球狀，加入蛋黃液充分攪拌。



2 不裹保鮮膜，直接將1放入爐內中央，按〈微波600W·約7分30秒〉加熱至黏稠狀。為確保烤制均勻，應中途攪拌2~3次，做好後加入香草精。



3 降溫去熱後，在淡奶油表面緊緊裹上保鮮膜，放入冰箱冷藏。

- 發現做法2中加熱不充分時，請按微波600W模式邊觀察邊加熱。

磅蛋糕

甜品

有預熱烘烤
140℃

加熱時間
45~50分鐘

附件和放置位置

烤盤

下層



材料/金屬模具約8×17×6cm
磅蛋糕模具 1個的量

低筋麵粉100g
烘焙粉1小勺
牛油（恢復至室溫）90g
砂糖70g
雞蛋中號2個
A 葡萄乾50g
櫻桃幹20g
橘皮15g
白蘭地酒2大勺



做法

- 1 在磅蛋糕模具中鋪上廚房用紙。
- 2 同時過篩低筋麵粉和烘焙粉。
- 3 將A切碎，泡在白蘭地酒中。
- 4 在大碗中放入軟化後的牛油和砂糖，用打蛋器攪拌至發白，少量多次打入雞蛋，然後再次攪拌。
- 5 在4中加入3，直接用木鏟攪拌。
- 6 在5中加入2攪拌，直到可切割開。
- 7 按〈有預熱烘烤·140℃〉進行預熱。
- 8 在蛋糕模具放入6中的麵團，在中央處縱向劃出凹痕。
- 9 預熱完成後，將8放入烤盤，將烤盤放入爐內下層。按下加熱開始鍵，加熱約〈45~50分鐘〉。
- 10 烤制完成後取出，放到烤架上，並將廚房用紙撕掉，使其完全冷卻。

烤酒心蘋果

無預熱烘烤
180℃

加熱時間
45~50分鐘

附件和放置位置

烤盤

下層



材料/4人份

蘋果4個（1個250g）
A 黃油（恢復至室溫）60g
砂糖60g
桂皮1大勺

- 因蘋果大小和種類等不同，則烤制效果可能會有差異。請邊觀察邊調整時間。
- 放上起泡奶油食用也很美味。



做法

- 1 將蘋果洗淨，將蘋果芯挖出，但不挖透，帶皮用竹串開孔。
- 2 將1放在淺口耐熱容器上，將A填入挖了芯的部分。
- 3 將2放入烤盤後放入爐內下層，按〈無預熱烘烤·180℃·40~50分鐘〉加熱。

馬芬

有預熱烘烤
180℃

加熱時間
18~23分鐘

附件和放置位置

烤盤

下層



材料/直徑約6cm 紙質馬芬模具 6個的量

A 低筋麵粉 180g
 烘焙粉 1小勺
 牛油（恢復至室溫） 100g
 砂糖 80g
 雞蛋 中號2個
 牛奶 50g



甜品

馬芬的其它種類

※在做法3中加入。

巧克力碎 30g
 加工乳酪（切成7~8mm的小塊） 80g
 堅果（打碎成7~8mm左右） 50g

做法

- 1 在大碗中加入牛油和砂糖，用攪拌器攪拌至發白。
- 2 在1中少量多次加入打好的雞蛋和牛奶，充分攪拌。
- 3 將A混合後過篩，放入2中，充分攪拌，以使表面不再有粉狀物，可用橡膠鏟從底部鏟起的程度。分成相同分量放入模具，放在烤盤中。
- 4 按〈有預熱烘烤·180℃〉進行預熱。
- 5 預熱完成後，將3放入爐內下層。按下加熱開始鍵，加熱約〈18~23分鐘〉。

芝士蛋糕

有預熱烘烤
160℃

加熱時間
30~40分鐘

附件和放置位置

烤盤

下層



材料/直徑18cm的金屬制蛋糕模具 1個的量

奶油乳酪（恢復至室溫） 200g
 雞蛋 中號2個
 砂糖 80g
 低筋麵粉 3大勺
 檸檬汁 2小勺
 鮮奶油 150g
 〈配料〉
 A 杏子醬 1大勺
 水 1/2大勺



做法

- 1 在蛋糕模具的底部和邊緣薄塗一層牛油（規定原料以外），鋪上廚房用紙。
- 2 在大碗中加入軟化的奶油乳酪，充分攪拌，直至變光滑。
- 3 在2中依次加入砂糖、雞蛋、低筋麵粉、鮮奶油、檸檬汁，每次加入時攪拌。
- 4 按〈有預熱烘烤·160℃〉進行預熱。
- 5 將3倒入1，將表面撫平。
- 6 預熱完成後，將5放入烤盤，將烤盤放入爐內下層。按下加熱開始鍵，加熱約〈30~40分鐘〉。
- 7 加熱完成後，直接在蛋糕模具中冷卻。
- 8 將A放入耐熱容器中攪拌，整個裹住保鮮膜。放入爐內中央，按〈微波600W·約30秒〉進行加熱。
- 9 將8塗在乳酪蛋糕的表面。



不使用烤盤或烤架

- 請使用底部可以取出的模具。若底部無法取出，則蛋糕很難從模具中取出。
- 烤制完成後，請務必冷卻後從模具中取出。若冷卻前從模具中取出，則會變形。

巧克力蛋糕

甜品

有預熱烘烤
150℃

加熱時間
25~35分鐘

附件和放置位置

烤盤

下層



材料/直徑18cm的金屬制蛋糕模具1個的量

A 甜心巧克力（打碎）.....65g
鮮奶油.....30ml
牛油（無鹽、切小塊、恢復至室溫）.....40g
蛋黃液.....中號2個的量
砂糖.....30g
低筋麵粉.....13g
可可粉（無糖）.....20g
（蛋白霜）
蛋.....中號2個的量
砂糖.....40g
糖霜.....少許
鮮奶油（打發）.....適量

- 製作蛋白霜時，請務必分3次加入砂糖！打發期間凝固、出現光澤後再次加入砂糖打發。



- 在蛋糕模具的底部和邊緣薄塗一層牛油（規定原料以外），鋪上廚房用紙。
- 將A放入耐熱容器，不裹保鮮膜，直接放入爐內中央，按〈微波600W·約1分鐘〉加熱。中途攪拌2~3次。
- 加熱完成後，在2中放入牛油攪拌。
- 在另一隻大碗中放入蛋黃液、砂糖，用打蛋器打發至蛋黃液發白。
- 在4中加入3並攪拌，混合、過篩低筋麵粉、可可粉後放入，用木鏟直接攪拌。



不使用烤盤或烤架

- 在另一隻大碗中加入蛋清、砂糖的1/3量，用打蛋器打發，再將剩餘的砂糖份2次放入。充分打發，製作蛋白霜，直到起尖角、翻轉大碗時不掉落為止。
- 將6分2次加入5後攪拌，以免氣泡破裂。
- 按〈有預熱烘烤·150℃〉進行預熱。
- 在蛋糕模具中倒入7中的麵團。
- 預熱完成後，將9放入烤盤，將烤盤放入爐內下層。按下加熱開始鍵，加熱約〈25~35分鐘〉。
- 加熱完成後，從模具取出，撕掉廚房用紙冷卻。完成後撒上糖霜。可按個人喜好添加鮮奶油。

草莓果醬 蘋果果醬 奇異果果醬 藍莓果醬

微波600W

加熱時間
17~19分鐘

附件和放置位置

無需
配件



材料

A 砂糖.....150g
檸檬汁.....2小勺
沙拉油.....2滴
水果.....淨重各300g
草莓（去蒂）
蘋果（紅玉、削皮、壓碎）
奇異果（削皮，切成5mm厚的梳子形）
藍莓

做法

- 將1中的水果洗淨後，瀝幹水分，準備好。
- 在深底耐熱玻璃大碗中加入1和A，輕輕攪拌。
- 不裹保鮮膜，直接將2放入爐內中央，按〈微波600W·17~19分鐘〉加熱。中途去除浮渣2~3次並攪拌。



- 草莓去蒂後沖洗會變得水淋淋的，可能會導致烹飪時間會略有延長。
- 剛加熱後較軟，散去餘熱後會呈黏稠狀。

布朗尼

有預熱烘烤
160℃

加熱時間
25 ~ 35分鐘

附件和放置位置

烤盤

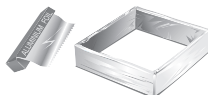
下層



材料/18cm塊狀磨具（無底）1個的量

- A [甜心巧克力 80g
牛奶 2大勺
砂糖 60g
牛油（無鹽、恢復至室溫）
..... 100g
雞蛋 中號2個
B [低筋麵粉 80g
杏仁粉 20g
C [甜心巧克力 40g
核桃 40g
杏仁 40g

- 沒有模具時，可以用錫紙製作高4cm左右的框替代模具。



甜品

做法

- 1 將C切成7~8mm的小塊。
- 2 將A中的巧克力切成塊，放入耐熱容器並加入牛奶，不裹保鮮膜，直接放入爐內中央，按〈微波 600W · 約40秒〉加熱，攪拌後化開。
- 3 在大碗中加入軟化的牛油和砂糖，用打蛋器充分攪拌，直至泛白。
- 4 在3中少量多次加入攪勻的雞蛋後充分混合，再次加入2充分攪拌。
- 5 混合B後過篩，放入4中，用木鏟攪拌，加入1後充分攪拌。
- 6 按〈有預熱烘烤 · 160℃〉進行預熱。
- 7 在烤盤上鋪上廚房用紙後放入模具，倒入5後撫平。
- 8 預熱完成後，將7放入爐內下層。按下加熱開始鍵，加熱約〈25 ~ 35分鐘〉。



不使用烤盤或烤架

生巧克力

自動功能表
39生巧克力

加熱時間
約1分20秒

附件和放置位置

無需
配件



材料

- 甜心巧克力或黑巧克力 170g
鮮奶油 100g
可可粉（無糖） 適量

※若為牛奶巧克力，
則巧克力用量為250g，加熱後請
放入冰箱靜置4小時以上。
比甜心（黑）巧克力更軟。

- 在做法2中，加熱完成後即便起塊，混和時也會化開。如仍有沒完全化開的巧克力，請按微波 600W 邊觀察邊加熱。

做法

- 1 將巧克力打碎，放入淺口耐熱容器中，放上鮮奶油，充分攪拌。
- 2 不裹保鮮膜，直接將1放入爐內中央，通過旋鈕選擇【39 生巧克力】，然後按下加熱開始鍵。
→ 開始加熱
- 3 加熱完成後，用打蛋器攪拌溶解。
- 4 在扁平容器中鋪上廚房用紙，倒入3，放入冰箱靜置2小時以上。硬化後切成一口大小，撒上可可粉。



須知事項

- 定溫加熱時用紅外感測器檢測食物的溫度。請參考說明書以正確檢測。

手動烹飪的設置標準

定溫加熱 50℃

甘薯

甜
品

有預熱烘烤
170℃

加熱時間
15~20分鐘

附件和放置位置



材料/8個的量

蕃薯.....淨重230g
黃油.....15g
砂糖.....25g
蛋黃液.....中號1個的量
鮮奶油(或牛奶)
.....適量(0~40g)
香草精.....少許
A 蛋黃液.....中號1個的量
水.....1小勺



做法

- 1 紅薯去皮後切成1cm的薄片，擺放在耐熱容器中後灑上水，注意不要疊放。
- 2 用保鮮膜裹住1後放入爐內中央，按〈微波600W·4~5分鐘〉邊觀察邊加熱，直到變軟。加熱完成後，趁熱碾碎。
- 3 在2中依次加入牛油、砂糖、蛋黃液、香草精，每次加入時攪拌。
- 4 在3中少量多次加入鮮奶油直至不發黏且可成型的硬度，攪拌至變光滑。
- 5 將4分成8等份，揉成橢圓形，擺放在烤盤上並塗上攪拌好的A。
- 6 按〈有預熱烘烤·170℃〉進行預熱。
- 7 預熱完成後，將5放入爐內下層。按下加熱開始鍵，加熱約〈15~20分鐘〉。



不使用烤盤或烤架

烤番薯

自動功能表
41烤番薯

加熱時間
約60分鐘

附件和放置位置



材料/4根的量

紅薯.....4根(1根250g)
(3~5cm粗)

手動烹飪的設置標準

無預熱烘烤 200℃ 55 ~ 65分鐘



做法

- 1 將蕃薯洗淨，控幹水分，用叉子在數個地方戳孔，擺放在烤盤上。
- 2 將1放入爐內下層，通過旋鈕選擇【41烤番薯】，按下加熱開始鍵。

草莓大福

加熱時間
微波600W 約3分鐘

蒸氣微波
約2分50秒

附件和放置位置

無需
配件



材料/8個的量

糯米粉 70g
水 140 ml
砂糖 40g
草莓 小顆8個
豆沙餡（市面上銷售） 120g
澱粉 適量



甜
品

做法

- 1 準備好加水盒。
- 2 將草莓洗淨去蒂，控幹水分。將豆沙餡分成8等份（1個約15g）後包裹草莓表面，包裹時將草莓尖尖的部分稍微露出。
- 3 在耐熱玻璃大碗中加入糯米粉，少量多次加入水，用木鏟充分攪拌。再加入砂糖充分攪拌至不起塊。
- 4 不裹保鮮膜，直接將3放入爐內中央，按〈微波600W・約3分鐘〉加熱。
- 5 加熱完成後取出，用木鏟充分攪拌均勻。
- 6 不裹保鮮膜，再次將5放入爐內中央，按〈蒸氣微波・約2分50秒〉加熱。
- 7 加熱完成後，再次充分攪拌，等麵團有彈性後，移到鋪有澱粉的平底盤上，分成8等份。
- 8 用7中的原料包裹2。接合處朝下，調整成圓形。

#Details**Matter**

TOSHIBA

Toshiba Cook Book

ER-SD99HKW



Contents of Recipe Collection

Grilled Food

★ Hamburger Patty	3
★ Teriyaki Chicken	3
★ Salt-Baked Salmon	4
Salt-Baked Mackerel	4
Salmon Baked in Foil	5
★ Baked Rice 01 - Baked Macaroni with White Sauce	5
White Sauce	6
★ Baked Rice 02 - Baked Double Eggplant in White Sauce	7
★ Japanese Stir-Fried Noodles	8

Healthy Fry

Spring Rolls	9
★ Fried Chicken Nuggets	10
★ Golden Fried Shrimp	10
★ 🍳 Popping Pork Chop	11
🍳 Potato Fried Meat Patty	11
Sweet Potato Tempura	12
Deep Fried Shrimp Tempura	12

Steamed Delicacies

★ Japanese Steamed Egg	13
Bon Bon Chicken	13
Wine-Steamed Clams	14
★ Steamed Sea Bass	15
★ Steamed Chicken with Sand Ginger Powder	16
★ Steamed Egg	16
Steamed Scallops with Minced Garlic and Vermicelli	17
Steamed Pork Ribs with Lotus Leaf	17
Steamed Meat Patty with Squid	18
Steamed Conger Eel with Black Bean Sauce ..	19
Steamed Crab	20
Steamed Crystal Dumplings	21
Steamed Chicken With Chestnut	22
Steamed Crab with Eggs	22
Four in one steaming	23
Steamed Baby Chinese Cabbage with Minced Garlic and Vermicelli	24

★: Menus available for auto cooking.

🍳: Menus that are prepared in advance for convenient and quick cooking are referred to as "Quick & Easy Menus".

Slow-cooked Delights/Microwave Stew

Pork Curry Rice	25
Beef Stew	25
🍳 Cabbage Meat Rolls	26
Pumpkin Cooked with Minced Meat	27
Stewed Taro	27

Easy Menus

<3-Min Recipes>

★ 🍳 Scrambled Eggs · Scrambled Egg with Ham · Scrambled Egg with Cheese	28
★ 🍳 Baked Okra with Cheese	28
★ 🍳 Tofu with Minced Pork	29
★ 🍳 Baked Avocado with Cheese	29
★ 🍳 Curry Potato Strips Stir-fried Meat	30
★ 🍳 Bacon Stir-fried Spinach	30
★ 🍳 Marinated Shrimp and Vegetables	31

<Others>

🍳 Stewed Hamburger Meat	32
🍳 Homemade Tofu	33
★ Pasta (Simple)	34

Bread & Pizza

★ Toast / Frozen Toast / Steamed Toast	34
★ ☉ Easy Bread	35
★ ☉ Easy French Rolls	36
☉ Easy Sugar-Reduced Bread	37
★ ☉ Easy Melon Bread	38
★ ☉ Easy Curry Bread	39
★ ☉ Easy French Bread	40
★ ☉ Easy Pizza	41
★ Butter Roll	44
Red Bean Paste Bread	45
Mini Bread	45
Stone Kiln Baked Bread	46
★ French Bread Roll	47
Tips for Baking French Bread	48
French Bran Bread.....	49
Melon Bread	50
★ Pizza & Tuna and Sweetcorn Pizza.....	51
★ Crispy Pizza.....	52
Cheese Roll	52

Desserts

Apple Pie	53
★ Cookies.....	54
★ Rock Cookie.....	55
Swiss Roll	55
★ Smooth Pudding	56
★ Sponge Cake	57
★ Chiffon Cake.....	59
★ Cream Puff (Kiln).....	61
Whipped Cream.....	62
Pound Cake	63
Baked Apple with Liquor	63
Muffin	64
Cheesecake.....	64
Chocolate Cake	65
Strawberry Jam	65
Brownie.....	66
★ Raw Chocolate.....	66
Sweet Potato.....	67
★ Roasted Sweet Potato	67
Strawberry Stuffed Daifuku	68

• When cooking with microwave heating.....28

Instructions for Cooking

● Before Cooking:

- The displayed photos are examples of plated dishes after cooking.
- Due to factors such as room temperature, shape, portion size, initial temperature, power voltage, etc., there may be differences between the cooking photos and the actual finished product.
- Cooking times may vary depending on the type, shape, size, initial temperature, and room temperature of the food. The cooking times and temperatures shown in the Recipe Collection are for reference only. If the heating is insufficient, please extend the heating time.
- The size of eggs is based on medium-sized eggs. The size of the eggs may affect the degree of expansion of the finished product. (Medium-sized eggs weigh 58-64 grams with shells.)
- Please cut or fold kitchen paper to avoid protruding from the edge of the tray. (Otherwise, it may affect smooth baking or cause the kitchen paper to burn.)
- 1ml = 1cc, 1 cup = 200ml
- When cooking according to recipes in cooking books and other sources, please observe and cook at the same time.


● During Automatic Cooking

- Ensure that the ingredients and quantities match the product settings.
If there are changes in ingredients or quantities, use the power or manual cooking mode while observing and heating.
In case of insufficient heating, extend the heating time or continue heating using the manual cooking mode.

● For a Smoother Baking Experience:

- Baking results may vary due to room temperature, shape, quantity, size, initial temperature, and power voltage. If you are concerned about uneven baking, you can achieve smooth cooking by swapping the positions of the food or partially covering with foil during heating.
*To prevent burns, use heat-resistant gloves when removing the tray.
- Due to variations in cake molds and other factors, even following the menu-indicated temperature may not yield optimal results. Please try setting the temperature 10-20°C higher or lower than the menu-indicated temperature.

● Accessories and Adding Water:

- Do not use the tray during microwave heating.
- Choose accessories and containers that are suitable for the cooking method (heating method).
- If there is an indication next to the menu name , use steam cooking. Make sure to install the water tank before cooking. If the water tank is not securely installed, the cooking results may be unsatisfactory.

● The recipe collection is cook book.

Hamburger Patty

Auto Menu
18 Burger Steak

Heating Time
Approx. 20 min

Accessory & Position

Baking
tray
Lower
Shelf



Ingredients/Quantity for 2 servings

Mixed Minced Meat 150g
Salt Small amount
Onion (chopped) 100g
Butter 6g (1/2 tbsp.)
Pepper, Nutmeg Small amount
Breadcrumbs 20g (1/2 cup)
Milk 1 + 1/2 tbsp.

<Seasoning Sauce>

Soy Sauce APT amount
Tomato Ketchup APT amount

- When preparing 4 servings (for 4 people), double the original quantities and manually heat.
- Method 1
<Microwave 600W · 3 minutes 30 seconds to 4 minutes 30 seconds>
Method 4
< Bake without preheating 250°C, 21~26 min>

Manual Cooking Settings

Bake without preheating 250°C, 18~23 min



How to cook

- Place chopped onions and butter in a heat-resistant container. Without covering with wrap, put it in the **central oven cavity** and heat according to the instructions **<Microwave 600W · 2 ~3 min>**. After heating, let it cool. Place breadcrumbs in a container and soak them in milk.
- Place mixed minced meat and salt in a large bowl, stir until it becomes sticky (about 2 minutes). Once it reaches a sticky consistency, add the cooled mixture from 1, then stir in pepper and nutmeg.
- Divide the mixture from 2 into two equal portions. Shape them into hamburger patties and place them on a **baking tray** lightly coated with salad oil (not listed in the ingredients). Press the center of each hamburger to create a slight indentation.



No tray is required

- Place 3 into the oven on the **lower shelf**. Turn the **dial** to select [**18 Burger Steak**] and press the **Start** button to start heating.
➡ **Start heating**

- Prepare the seasoning sauce by mixing the ingredients, then pour it over the grilled hamburger patties after they are cooked.

Note

When cooking meat with high fat content, the dissolved fats may splash, which creates some smoky effects.

Teriyaki Chicken

Auto Menu
19 Teriyaki Chicken

Heating Time
Approx. 17 min
(excluding preheating time)

Accessory & Position

Tray
Lower
Shelf



Ingredients/For 2 servings

Chicken thigh meat 1 piece (250g)
A Soy sauce 1 tbsp.
Sweet mirin 1 tbsp.

- When making 4 servings, double the original ingredients and manually heat.
- Method 4
(Superheated steam (with preheating)
200°C for 18-23 minutes)
(Bake with preheating 200°C, 18-23 minutes)
• Automatic cooking is not available.

Manual Cooking Settings

Superheated steam (with preheating) 200°C, 15~20 minutes

Bake with preheating 200°C, 15~20 min



How to cook

- Fill the water container with water.
- Use a fork to pierce the chicken and make cuts in the thicker parts to ensure even thickness.
- Place 2 and A in a preservation bag and marinate for about 30 minutes.
- Turn the **dial** to select [**19 Teriyaki Chicken**] and press the **Start** button.
➡ **Start preheating**
- Lightly coat the tray with salad oil (excluding specified ingredients), placing 3 with the skin side up.
- After preheating is complete, put 5 on the lower shelf of the oven and press the start button to begin heating.



Salt-Baked Salmon

Auto Menu
20 Grilled Salmon

Heating Time
Approx. 22 min

Accessory & Position

Baking
tray
Lower
Shelf



Ingredients/For 2 servings

Salt-Baked Salmon (slices)

.....2 slices (1 slice, 80g)

- When preparing 4 servings, use twice the original quantity and manually heat.
Step 3:
<Superheated steam (with preheating) 200°C, 22-27 minutes>
• Automatic cooking is not available.

Manual Cooking Settings

Superheated steam (without preheating)
200°C, 20~25 minutes



How to cook

- 1 Fill the water tank with water.
- 2 Lightly coat the **baking tray** with salad oil (not included in the ingredients) and place the salt-baked salmon on it.
- 3 Place 2 in the **lower shelf** of the oven, select [**20 Grilled Salmon**] by turning the dial, and press **Start** to heat.
➡ **Start heating**

Grilled Food

Salt-Baked Mackerel

Grill

Heating Time
13~18 min

Accessory & Position

Baking
tray
Upper
Shelf



Ingredients/For 2 servings

Salt-Baked Mackerel (slices)

.....2 slices (1 slice, 100g)

How to cook

- 1 Lightly coat the **baking tray** with salad oil (not included in the ingredients).
- 2 Make incisions on the skin of the salt-baked mackerel, and place the fish skin side down in the center of 1.
- 3 Place 2 in the **upper shelf**, heat according to the <**Grill · 13-18 min**> setting. After about 10 minutes (displaying remaining time 3-8 minutes), flip the fish, and press the **Start** button again for further heating.
* Be careful of burns and scalds.



Salmon Baked in Foil

Bake without
Preheating
250°C

Heating Time
23-28 min

Accessory & Position

Baking
tray
Lower
Shelf



Ingredients/For 4 servings:

Fresh salmon (seasoned with salt, pepper)
.....4 pieces (1 piece, 80g each)
Carrots (thin slices) 8 slices
Tender peas.....8 pieces
Crab mushrooms (cut into small pieces)
.....100g
Enoki mushrooms (cut into small pieces)
.....1 bag
Salt Small amount
Wine 2 tbsp.
Butter..... 2 tbsp.

How to cook

- 1 Place the carrots in a deep, heat-resistant container, sprinkle with water, cover the entire container with wrap, and put it in the **central oven cavity**. Heat according to the instructions **<Microwave 600W · Approx. 1 min>**.



No baking tray or grill is required

- 2 Divide the ingredients into four equal portions and wrap each portion in foil. Place the salmon, carrots, crab mushrooms, enoki mushrooms, and tender peas in the foil. Add salt, wine, sprinkle with butter, and then tightly wrap each portion with foil.



Foil

Fold twice



- 3 Place the 2 onto a **baking tray** and position it in the **lower shelf** of the oven. Heat according to the instructions **<Bake without Preheating 250°C, 23-28 min>**.

Baked Rice 01 - Baked Macaroni with White Sauce

Auto Menu
21 Baked Rice

Heating Time
Approx. 20 min

Accessory & Position

Baking
tray
Lower
Shelf



Ingredients/For 2 servings:

Macaroni40g
Chicken breast (bite-sized) 50g
Butter6g (1/2 tbsp.)
Shrimp 50g
A Onion (chopped) 40g
White wine 1/2 tbsp.
Salt, pepper..... Small amount

Mushrooms (thinly sliced, blanched).25g

<White Sauce>

B Low-gluten flour 25g
Butter..... 25g
Milk.....300 ml
Salt..... Small amount
Pepper Small amount

Natural cheese (for pizza) 40g

- When preparing 4 servings, use twice the original quantity, and heat manually. (For the white sauce, use 1/3 tsp. of salt)
- Method 2
<Microwave 600W for about 4 minutes>
→<Microwave 600W for about 1 minute>
- Method 5
<Bake without Preheating 220°C, 20-25 minutes>
- Automatic cooking is not available.

How to cook

- 1 Cook the macaroni until tender. (Refer to the cooking time indicated on the packaging instructions)
- 2 Place A in a heat-resistant container, cover the entire container with wrap, and put it in the **central oven cavity**. Heat and stir evenly according to the instructions **<Microwave 600W · Approx. 2 min>**. Add mushrooms, then press **<Microwave 600W · Approx. 30 sec>** to heat.



No baking tray or grill is required

- 4 Lightly coat two baked rice dishes with butter (not included in the ingredients). Divide 3 equally into the dishes. Pour the remaining white sauce over them, top with cheese, and place in the **baking tray**.

- 5 Place 4 in the **lower shelf** of the oven, select [21 Baked Rice] by turning the dial, and press **Start** to heat.
➡ **Start heating**

- After cooling, heat and bake at **MICROWAVE 600W**.

Manual Cooking Settings

Bake without preheating 220°C, 18~23 min

White Sauce

Heating Time
Microwave 600W
Approx. 1 min

▼

Microwave 600W
Approx. 5 min

Accessory & Position

No
accessories



Ingredients/For 2 servings

Low-gluten flour 25g
Butter 25g
Milk 300 ml
Salt Small amount
Pepper Small amount

- When preparing 4 servings, use twice the original quantity.
(For salt, use 1/3 tsp.)
Method 1
<Microwave 600W for approximately 2 minutes>
Method 2
<Microwave 600W for approximately 7 minutes 30 seconds>

How to cook

- 1 Pour butter and low-gluten flour into a heat-resistant container, do not cover with wrap, place it directly in the **central oven cavity**, and heat according to the instructions <Microwave 600W · Approx. 1 min>. Stir thoroughly with a whisk.



- In 1, heat the butter and low-gluten flour until boiling, indicated by a bubbling sound. Please note that overheating may result in burning and a brownish color.

- 2 Add milk to 1 once again, and stir. Without covering with wrap, place it directly in the **central oven cavity**, and heat according to the instructions <Microwave 600W · Approx. 5 min> until it thickens.
To ensure even cooking, stir 2-3 times with a whisk midway through.



- 3 After heating is complete, season with salt and pepper.

Baked Rice 02 - Baked Double Eggplant in White Sauce

Auto Menu
21 Baked Rice
[Low ■■■]

Heating Time
Approx. 18 min

Accessory & Position

Baking
tray
Lower
Shelf



Ingredients/For 2 servings

Eggplant (thin slices, 7-8mm)...200g
Salt, pepperSmall amount
Tomato (thin slices, 7-8mm, sprinkled
with salt and pepper).....100g

<Tomato Seasoning Sauce>

Mixed minced meat 50g
Onion (chopped
.....medium-sized, 1/4 piece (50g))
Butter.....6g (1/2 tbsp.)

Tomato sauce.....1/4 cup
Red wine.....2 tbsp.
Seasoning sauce, sugar....each 1/2 tsp.
Bouillon cube.....1/2 piece
Salt, pepperSmall amount


Natural cheese (for pizza) 50g




Manual Cooking Settings

Bake without preheating 220°C, 16~21 min

How to cook

- 1 Heat salad oil (2 tbsp.) in a frying pan, stir-fry the eggplant, and then add salt and pepper.
- 2 In a heat-resistant container, stir the mixed minced meat and butter. Cover the entire container with wrap, place it in the **central oven cavity**, and heat according to the instructions **<Microwave 600W · Approx. 2 min>**.
 No baking tray or grill is required
- 4 Lightly coat two baked rice dishes with butter (not included in the ingredients). Place half of the tomato sauce in each dish, arrange the tomatoes and eggplants, sprinkle the remaining tomato sauce, and place the cheese on **baking tray**.
- 5 Place 4 in the **lower shelf** of the oven, select **[21 Baked Rice]** by turning the **dial**, adjust the power level to **[Low ■■■]** using the heat control knob, and press **Start** to heat.
➡ **Start heating**

- 3 Place A into 2, mix well, do not cover with wrap, and put it in the **central oven cavity**. Heat according to the instructions **<Microwave 600W · Approx. 2 min>** to make tomato sauce.
 No baking tray or grill is required

Japanese Stir-Fried Noodles

Auto Menu
27 Yakisoba

Heating Time
Approx. 30 min

Accessory & Position

Baking
tray
Lower
Shelf



Ingredients/For 4 servings

Fried noodles (steamed noodles, with seasoning powder)..... 3 bundles (450g)
Cabbage (bite-sized)1/4 piece
Carrot (thin slices) 1/2 piece (100g)
Green pepper (cut into long strips)
.....2 pieces
Bean sprouts (roots removed) ... 200g
Thin slices of pork belly (bite-sized)
.....150-200g

Manual Cooking Settings

Superheated steam (without preheating)
230°C, 28-33 minutes



Grilled Food

How to cook

- 1 Fill the water tank with water.
- 2 Place kitchen paper on the **baking tray**, then arrange the noodles, cabbage, carrot, green pepper, bean sprouts, and pork slices in sequence.
- 3 Place 2 on the lower shelf of the oven, select **[27 Yakisoba]** by turning the **dial**, and press **Start** to heat.
➔ **Start heating**
- 4 After heating, sprinkle the seasoning sauce.
※ Lift the ingredients on top, pour the seasoning sauce over the noodles, and stir for better flavor absorption.

Spring Rolls

Bake without
Preheating
210°C

Heating Time
24~29 min

Accessory & Position

Baking
tray
Lower
Shelf



Ingredients/Quantity for 10 Rolls

Thin slices of pork belly (cut into strips)100g
Cooking wine 2 tbsp.
Starch..... 1 tsp.
SaltSmall amount
Green onions (julienned) 30g
Carrots (julienned) 30g

A Soy sauce 1 tbsp.
Oyster sauce..... 1 tbsp.
Starch 1 tbsp.
Soaked dried mushroom water1 tbsp.
Sugar 2 tsp.
Cooking wine 2 tsp.
Sesame oil 2 tsp.
Ginger juice..... 1 tsp.
PepperSmall amount

B Blanched bamboo shoots (julienned)50g
Celery (julienned) 50g
Dried shiitake mushrooms (cut into strips after soaking)3 sheets
Bean sprouts 100g
Vermicelli 15g
(Soaked and drained, cut into 5cm lengths)

Spring roll wrappers 10 sheets



How to cook

1 Place the pork in a heat-resistant container, add wine, starch, and salt, and mix thoroughly. Then add green onions and carrots, stir, do not cover with wrap, place directly in the **central oven cavity**, and heat according to the instructions **<Microwave 600W · Approx. 2 min>**.



No baking tray or grill is required

2 Add the mixed A and B to 1, stir thoroughly, cover with wrap, place in the **central oven cavity**, and heat according to the instructions **<Microwave 600W · Approx. 5 min>**.



No baking tray or grill is required

3 After heating, mix all the ingredients and wait for it to cool. After dissipating excess heat, divide it into 10 equal portions, place them on the spring roll wrappers, fold the front of the spring roll wrapper first, then fold the sides to roll it up to prevent deformation. After rolling, use a water and starch solution (not included in the ingredients) to secure the shape.

4 Place the prepared rolls from 3 on a **baking tray** coated with a thin layer of salad oil (not included in the ingredients) and place it on the **lower shelf**. Heat according to the instructions **<No Preheat Baking · 210 C · 24~29 min>**.



The texture of health-fried products (those not requiring oil frying) on pages 9 to 12 differs from the authentic deep-fried experience. Nevertheless, this method is both health-conscious and uncomplicated, eliminating the need for post-frying oil management.

Fried Chicken Nuggets

Auto Menu
15 Fried Chicken
Nuggets

Heating Time
Approx. 23 min

Accessory & Position

Baking
tray
Lower
Shelf



Ingredients/For 2 servings

Chicken thigh meat 1 piece (250g)
Tempura flour (commercially available)
.....2 tbsp.

- When preparing 4 servings, use double the original quantity and heat manually.
Method 2
< Bake without Preheating 230°C, 20~25 minutes>

Manual Cooking Settings

Bake without preheating 230°C, 20~25 min



Healthy Fry

How to cook

- 1 Divide the chicken into 8 equal pieces, place them in a preservation bag with the frying powder, then gently shake the bag to thoroughly coat the chicken with the frying powder.
- 2 Line a **baking tray** with kitchen paper, place the chicken from 1 with the skin side up on the lower shelf of the oven. Turn the **dial** to select [**15 Fried Chicken Nuggets**], and press **Start** to heat.
➡ **Start heating**

Golden Fried Shrimp

Auto Menu
16 Fried Shrimps
[Low ■]

Heating Time
Approx. 21 min

Accessory & Position

Baking
tray
Lower
Shelf



Ingredients/For 4 servings

Shrimp.....8 pieces (25g per piece)
Pepper Small amount
Low-gluten flour APT amount
Egg yolk sauce APT amount
Breadcrumbs..... APT amount

Manual Cooking Settings

Bake without preheating 240°C, 19~24 min

How to cook

- 1 Remove the shrimp heads, peel the shells, leaving the last section of the tail. Remove the shrimp vein and make three light cuts on the shrimp's abdomen to keep it in a straight position. Pat dry with kitchen paper.



- 2 Sprinkle pepper on 1, coat with low-gluten flour, dip in a thin layer of egg yolk sauce, then wrap with a layer of breadcrumbs.
- 3 On a **baking tray** thinly coated with salad oil (excluding specified ingredients), place 2 on the **lower shelf**. Turn the **dial** to select [**16 Fried Shrimps**], adjust the **power level** to [**Low ■**], and press **Start** to heat.
➡ **Start heating**



Popping Pork Chop

Auto Menu
17 Cheese Pork
Cutlet

Heating Time
Approx. 22 min

Accessory & Position

Baking
tray
Lower
Shelf



Ingredients/For 4 servings

Pork tenderloin slices

.....16 pieces (total 400g)

Breadcrumbs.....3/4 cup

Pizza cheese60g

Olive oil1 tbsp.

Salt.....APT amount

PepperAPT amount

Medium-intensity seasoning sauce

.....APT amount

Tomato seasoning sauce

.....APT amount

Manual Cooking Settings

Bake without preheating 250°C, 20~25 min

How to cook

- 1 Line the tray with foil, brush with olive oil (excluding specified ingredients), and evenly sprinkle one-third of the breadcrumbs.
- 2 Spread the pork tenderloin on top of the breadcrumbs, and stack two slices of pork. Repeat to make a total of four.
- 3 Sprinkle salt and pepper on the pork, divide the cheese into equal portions, and place it in the center of each piece of pork.
- 4 Unfold another layer of pork on top of the cheese, stack two slices on each, and press the edges with your fingers.
- 5 Sprinkle the remaining breadcrumbs evenly over the pork, including any that may have fallen into the tray. Gather and sprinkle over the meat, gently pressing to enhance the flavor. Drizzle with olive oil in a circular motion.



- 6 Place the prepared dish in the **lower shelf** of the oven, select [**17 Cheese Pork Cutlet**] by turning the **dial**, and press the **Start** button.
➡ **Start heating**
- 7 After heating is complete, plate the dish and serve with medium-intensity seasoning sauce and tomato seasoning sauce.

Potato Fried Meat Patty

Bake with
Preheating
200°C

Heating Time
8~13 min

Accessory & Position

Baking
tray
Lower
Shelf



Ingredients / 1 tray for 2-3 servings

Potatoes 3 (350g)

Mixed ground meat.....150g

Onion (chopped)..... 60g

Salad oil1 tbsp.

Medium-intensity seasoning sauce

.....2 tbsp.

Pepper, nutmeg Small amount

Breadcrumbs4 tbsp.

Cheese powder1 tbsp.

A Medium-intensity seasoning sauce

.....2 tbsp.

Tomato seasoning sauce

.....1 tbsp.

Mexican hot sauce.....Small amount

How to cook

- 1 Cut the potatoes with skin into 4-6 equal parts, sprinkle with water, place them in a heat-resistant container, cover the entire container with wrap. Put it in the **central oven cavity** and heat at at <Microwave 600W · 6 min> until they are easily crushable.
- 2 After heating, release the residual heat, peel the potatoes, and crush them with a fork or similar utensil.
- 3 Mix the chopped onion, salad oil, and medium-intensity seasoning sauce in a heat-resistant container. Add the mixed ground meat, pepper, nutmeg, and stir well. Without covering with wrap, place it directly in the **central oven cavity** and heat at <Microwave 600W · 4-5 min>.



No baking tray or grill is required



- 4 Preheat the oven to <Bake with Preheating · 200°C>.



No baking tray or grill is required

- 5 Place the crushed potatoes from 2 into a **baking tray** and spread them out. Pour the mixture from 3, including the sauce, over the potatoes.
- 6 Mix cheese powder with breadcrumbs and evenly sprinkle it over the mixture in 5.
- 7 After preheating, place the dish 6 in the **oven cavity** on the **lower shelf**. Press the **Start** button and heat for approximately <8-13 min>
- 8 After heating, add the seasoning sauce mixed with A.

Sweet Potato Tempura

Bake without Preheating 200°C	Accessory & Position
Heating Time 25~30 min	Baking tray Lower Shelf

Ingredients/12 servings	
Sweet potatoes	
.....	12 slices (approximately 260g)
Low-gluten flour	1 tbsp.
A	Low-gluten flour
	Water
	Egg yolk sauce



Healthy Fry

How to cook

- 1 Cut the sweet potatoes into thin slices, approximately 7mm thick. Soak them in water to remove impurities, place them in a colander, and pat them dry with kitchen paper.
- 2 Mix A in a large bowl.
- 3 Place 1 in a plastic bag, add low-gluten flour, and mix well.
- 4 Coat 3 with the batter from 2.
- 5 Line a **baking tray** with kitchen paper, arrange 4 on it, and place it on the **lower shelf** of the oven.
- 6 Heat according to the instructions
<Bake without Preheating · 200°C · 25-30 min>.

Deep Fried Shrimp Tempura

Bake without Preheating 200°C	Accessory & Position
Heating Time 19~26 min	Baking tray Lower Shelf

Ingredients/Quantity for 8 pieces	
Shrimp	
.....	8 pieces (1 piece, 25g each)
Low-gluten flour	1 tbsp.
A	Low-gluten flour
	Water
	Egg yolk sauce



How to cook

- 1 Remove the shrimp shells, leaving only the last section of the tail. Extract the shrimp vein and make three gentle cuts on the shrimp's abdomen to keep it in a straight position. Use kitchen paper to pat dry and remove excess moisture.
- 2 Place A in a large bowl and stir.
- 3 Put 1 into a preservation bag, add low-gluten flour, and mix well.
- 4 Transfer 3 into the large bowl with 2 and coat evenly.
- 5 Line a **baking tray** with kitchen paper, arrange 4 on it, and place it on the **lower shelf** in the oven.
- 6 Heat according to the instructions
<Bake without Preheating · 200°C · 19-26 min>.

Japanese Steamed Egg

Auto Menu
28 Japanese
Steamed Egg

Heating Time
Approx. 40 min

Accessory & Position

Baking
tray
Lower
Shelf



Ingredients/For 2 servings
(Quantity for 2 lidded teacups - pottery)

Medium-sized egg 1
A Bonito and kelp soup 200 ml
Salt 1/3 tsp.
Light soy sauce 1/3 tsp.
Sweet mirin 1/3 tsp.

Additional Ingredients:

Shrimp 2
Chicken breast meat 30g
Soy sauce 1/2 tsp.

Dried shiitake mushrooms (thinly sliced
after soaking) 1 piece
Kamaboko (sliced 5mm thick) 2 pieces
Ginkgo nuts (canned) 4
Mitsuba APT amount

Important Note

When preparing Japanese steamed eggs using heavier utensils or containers, it is essential to use commercially available thick, heat-resistant finger gloves to handle with both hands safely.

Manual Cooking Settings

Steam for approximately 40 minutes~

- Please observe and continue heating until solidification occurs.



How to cook

- 1 Fill the water tank with water.
- 2 Crack an egg into a large bowl, beat it thoroughly, add the chilled A, and mix well. Then, strain the mixture through gauze or a filter.
- 3 Peel and devein the shrimp. Slice the chicken into shreds and marinate it with soy sauce.
- 4 Arrange the shrimp and shiitake mushrooms in a heat-resistant container, cover it entirely with wrap, and place it in the **central oven cavity**. Heat according to the instructions: **<Microwave · 600W · Approx. 1 min>**.
- 5 In each teacup, add the contents of 4 and an equal amount of kamaboko and ginkgo nuts. Divide 2 equally and cover each teacup.



No baking tray or grill is required

- 6 Place 5 on a **baking tray** and put it on the **lower shelf** in the oven. Select the **[28 Japanese Steamed Eggs]** setting by turning the **dial** and press the **Start** button.
➔ **Start heating**
- 7 Sprinkle the mitsuba on top after heating is complete.

- Maintain the initial temperature of the egg mixture at around 25°C (20-30°C). Adjust the heating time if the temperature is too high or too low.
- Always cover with a lid during heating. If the teacup doesn't have a lid, use foil as a cover.
- Simultaneous baking and heating are employed, so avoid using heat-sensitive wrap.
- If the solidification effect is unsatisfactory, cover and let it stand for a while. Residual heat will help the egg mixture solidify.

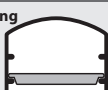
Bon Bon Chicken

Microwave Steam

Heating Time
Approx. 7 min

Accessory & Position

Steaming
tray
Lower
Shelf



Ingredients/For 4 servings

Chicken breast meat 1 piece (200g)
Salt Small amount
Cooking wine 2 tbsp.
Green onion (cut into small sections) 1/4 piece
Ginger (thin slices) 1/2 piece

<Seasoning Sauce>

A Soy sauce Slightly less than 1/4 cup
Vinegar 2/3 tbsp.
Sugar 2/3 tsp.
Sesame oil Small amount
Chili oil APT amount
Green onion (chopped) 1/4 stalk
Ginger (chopped) 1/2 piece
Toasted sesame seeds 2/3 tbsp.
Tomato (thin slices), cucumber (julienned) Each appropriate amount



How to cook

- 1 Fill the water tank with water.
- 2 Lay the chicken flat, make cuts in the thicker parts with a knife, then lay it flat, and use a fork to evenly pierce the surface.
- 3 Place the chicken from 2 into a heat-resistant container, add salt, and wine. Place green onions and ginger on top, then let it sit for about 20 minutes.
- 4 Remove the green onions and ginger from 3, place it in the **central oven cavity**, and heat according to the instructions: **<Steam Microwave · Approx. 7 min>**.
- 5 After cooling in 4, shred the chicken by hand. Plate it together with tomatoes, cucumbers, and other ingredients. Pour the seasoning sauce mixed with A over the dish, and it's ready to serve.


Wine-Steamed Clams

Microwave 600W

Heating Time
Approx. 4 min
30 sec

Accessory & Position

No accessories



Ingredients/For 4 servings

Clams (with shells)400g

Cooking wine3 tbsp.

- How to cook**
- 1 Place the clams in a flat container, allowing their heads to slightly protrude. After adding lightly salted water (not included in the ingredients), wait for a moment. Once the clams have expelled sand, rub them against each other to clean the shells thoroughly.
 - 2 Transfer the clams from 1 into a deep heat-resistant container, sprinkle with cooking wine, and cover the entire container with wrap.
 - 3 Place the container from 2 in the **central oven cavity** and heat according to the instructions: **<Microwave 600W · Approx. 4 min 30 sec>** until the shells open.



Steamed Delicacies

Steamed Sea Bass

Auto Menu
22 Steamed Sea Bass

Heating Time
Approx. 15 min

Accessory & Position

Steam
Rack
Lower
Shelf



Materials (2 persons)

Fresh perch	700g
Chive	20g
Ginger	30g
Corn oil	20g
Steamed fish soy sauce	10g



How to cook

- 1 Prepare all ingredients.
- 2 Remove the internal organs, gills and scales from the bass, wash and wipe dry, then cut along both sides of the spine of the bass to make the fish lie down. Slice half of the ginger and shred half, shred the chive leaves, soak the ginger and green onions in cold water and set aside.
- 3 Place the fish lying down on the fish plate, and put a few slices of ginger on the fish to remove the fishy smell.
- 4 Fill the water box with water, start the **[22 Steamed Sea Bass]** menu, open the oven door, place the fish plate on the steaming rack, put it into the lower layer of the cavity, close the oven door and press the **Start** button to start cooking.
➔ **Start heating**
* If the weight of the fish is too large or too small, it is recommended to increase the time appropriately.
- 5 After steaming, take out the fish plate, remove the ginger slices, pour out the soup, sprinkle shredded onions and ginger on the fish, pour hot oil, and pour steamed fish soy sauce around the fish (you can add an appropriate amount according to your personal taste) seasoning).

Note

The fish meat is fully cooked as a whole, and the edges of the fish meat in the cavity are fried. The meat temperature is about 68°C.

Steamed Chicken with Sand Ginger Powder

Auto Menu
23 Steamed Chicken
with Sand Ginger
Powder

Heating Time
Approx. 16 min

Accessory & Position

Steam
Rack

Lower
Shelf



Ingredients/Quantity for 2 servings

Sand Ginger 15g
Dried shiitake mushrooms 30g
Chicken 400g
Salt 3g
Starch 3g
Vegetable oil 20g
Light soy sauce 6g



How to cook

- 1 Prepare all ingredients. Soak the dried mushrooms half an hour in advance.
- 2 After soaking the mushrooms, squeeze out the water and cut into small pieces for later use. Wash and drain the chicken, chop it into small pieces, put it into a large bowl, add the mushroom cubes and all the seasonings, stir evenly, and marinate for 30 minutes to absorb the flavor.
- 3 Place the marinated chicken pieces flatly into a shallow plate, place it on the grill, put it into the lower position of the cavity, fill the water box with water, start the [23 Steamed Chicken with Sand Ginger Powder] menu, and press the **Start** button to start cooking.

➡ **Start heating**

- 4 After cooking, take it out and enjoy.

Note

The whole dish is fully cooked, the meat temperature is above 95 °C, and the meat tastes tender.

Steamed Delicacies

Steamed Egg

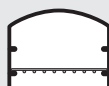
Auto Menu
24 Steamed Egg

Heating Time
Approx. 27 min

Accessory & Position

Steam
Rack

Lower
Shelf



Ingredients/Quantity for 2 servings

Egg 120g
Chives (chopped) 20g
240g of warm water that is not hot to
the touch 240g
Sesame oil 3g
Light soy sauce 5g
Salt 1g



How to cook

- 1 Beat the eggs into a large bowl, add salt and warm water that is not hot (about 38° C), and stir thoroughly in the same direction with an egg beater or chopsticks. The ratio of eggs to warm water is about 1:1.5-1:2.
- 2 Pour the mixed egg liquid into a shallow dish, skim off the foam on the surface with a spoon, place the dish on the steam rack, put it into the **lower level** of the oven, close the oven door, fill the water box with water, and use the knob to select [24 Steamed Egg]. Press the **start** button.
- 3 Take it out, sprinkle with a little chopped green onion, drizzle with a little light soy sauce and sesame oil according to personal taste and serve.

Note

The whole is solidified, with a few holes on the edges and bottom, and the whole is tender and smooth.

➡ **Start heating**

Steam for about 27 minutes until solidified (the first 5 minutes are slightly steaming and the last 22 minutes are pure steaming).

Steamed Scallops with Minced Garlic and Vermicelli

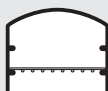
Steam Mode

Heating Time
Approx. 10 min

Accessory & Position

Steam
Rack

Lower
Shelf



Ingredients/Quantity for 4 servings

Scallops (8 pieces)	400g
Dried Vermicelli	20g
Garlic	30g
Oil	30g
Light Soy Sauce	10g
Cooking Wine	5g
Salt	2g
Green Onion	10g



How to cook

- 1 Soak the vermicelli in hot water until soft, clean the scallops, and mince the garlic for later use;
- 2 In a bowl, pour an appropriate amount of oil, add the minced garlic, select microwave mode - 1000W power and heat for 2 minutes, take it out, add salt and light soy sauce, mix well and set aside;
- 3 Marinate the cleaned scallop meat with cooking wine for 15 minutes;
- 4 After soaking the vermicelli in hot water to soften, place them on the scallop shell, put the scallop meat on the noodles, then pour the prepared garlic sauce over it;
- 5 Place the plate with food on the steam rack, put it on the **lower level of the roasting chamber**, close the oven door, fill the water tank with pure water, select steam mode, set for **10 minutes**, ➡ **start cooking** until it ends.

Steamed Pork Ribs with Lotus Leaf

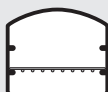
Steam Mode

Heating Time
Approx. 30 min

Accessory & Position

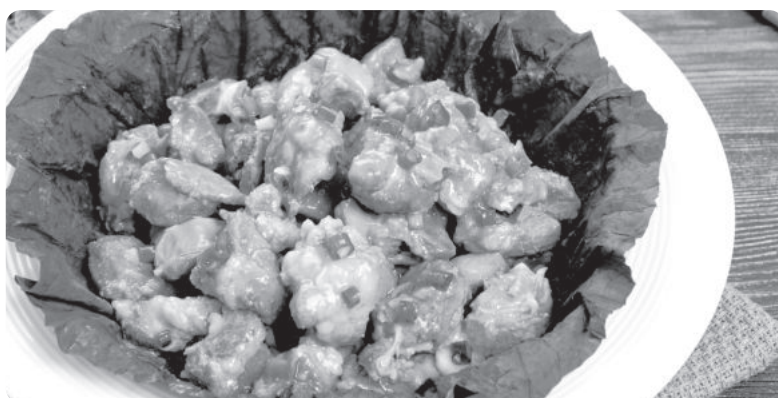
Steam
Rack

Lower
Shelf



Ingredients/Quantity for 4 servings

Pork Ribs	500g
Lotus Leaf	1
Salt	3g
Granulated Sugar	5g
Light Soy Sauce	10g
Oyster Sauce	10g
Green Onion	10g



How to cook

- 1 Prepare all ingredients;
- 2 Cut the pork ribs into 2cm long pieces, soak and wash to clean the blood water;
- 3 Add all the seasonings to the pork ribs, marinate for about 30 minutes;
- 4 Put the dried lotus leaf into the water and boil for about 1 minute, then remove and set aside (or use fresh lotus leaf);
- 5 Place the lotus leaf on the plate, place the marinated pork ribs on top and wrap it up;
- 6 Place the plate with food on the steam rack, put the steam rack in the **lower part of the roasting chamber**, close the oven door, add water to the water tank, select steam mode, set for **30 minutes**, ➡ **start cooking** until it ends. After steaming, take it out, open the lotus leaf, sprinkle with green onion and it's ready.

Steamed Meat Patty with Squid


Steam Mode

Heating Time
Approx. 23 min

Accessory & Position

Steam Rack

Lower Shelf



Ingredients/Quantity for 4 servings

Pork Mince	350g
Squid	150g
Salt	3g
Sugar	1g
Pepper Powder	A Little
Oyster Sauce	15g
Cornstarch	5g
Water	15g
Oil	10g



How to cook

- 1

Prepare all ingredients.
- 2

Pork is placed in water to soak for about 20 minutes to remove blood water, so the meat cake steamed will not have white foam, scoop out and drain the water, first cut into strips, then cut into pieces, then chop finely.
- 3

Clean the squid and cut it into pieces, about the size of a fingernail.
- 4

In the bowl, add minced pork, cuttlefish bits, salt, sugar, pepper powder, oyster sauce, cornstarch, mix evenly. Add water in two portions, ensuring the meat absorbs it fully before adding the next, pound for 1-2 minutes until it becomes sticky. Then add oil to seal it, spread it loosely on the plate and marinate for 10 minutes.
- 5

Place it on the steam rack, put it in the **lower part of the roasting chamber**, close the oven door, fill the water tank, select steam mode, set for **23 minutes**, ➡ **start cooking** until the meat cake turns lighter in color.
- 6

Remove, sprinkle with a little green onion for decoration, and serve hot.

Steamed Conger Eel with Black Bean Sauce

Steam Mode

Heating Time
Approx. 18 min

Accessory & Position

Steam
Rack
Lower
Shelf



Ingredients/Quantity for 4 servings

<Main Ingredients>

Eel 500g

<Seasonings>

Black Bean Paste 15g

Dark Soy Sauce 8g

Oyster Sauce 20g

Shaoxing Wine 30g

Sesame Oil 10g

Garlic 10g

Ginger 10g

White Pepper Powder 3g

<Additional Ingredients>

Cooking Oil 15g

Green Onion 8g



How to cook

- 1 Prepare all ingredients.
- 2 Chop green onion finely, crush garlic into garlic paste, peel and chop ginger finely for later use;
- 3 In a small bowl, mix black bean paste, dark soy sauce, oyster sauce, Shaoxing wine, sesame oil, pepper powder, garlic paste, and ginger paste evenly, prepare the seasoning sauce for later use;
- 4 Cut off the head of the conger eel, remove the internal organs, clean thoroughly, then blanch the conger eel in boiling water and remove, scrape off the white membrane on the surface cleanly;
- 5 Starting from the head of the conger eel, make a vertical cut every 2 centimeters on the back, but be careful not to cut through, until you reach the tail;
- 6 Place the sliced eel on a plate, then evenly pour the prepared seasoning sauce over it;
- 7 Place the plate with food on the steam rack, put the steam rack in the **lower part of the roasting chamber**, close the oven door, add water to the water tank, select steam mode, set for **18 minutes**, and ➡ **start cooking** until it is finished.
- 8 Remove the plate, sprinkle with green onion, heat the oil, and pour it over the top.

Steamed Crab

Steam Mode


Heating Time

Approx 300g/per crab: 25-28 min
Approx 400g/per crab: 30-33 min
Approx 500g/per crab: 35-38 min

Accessory & Position

Steam Rack

Lower Shelf



Ingredients/Quantity for 3 servings

3 Blue Crabs	300g / Crab
Chinkiang Vinegar	20g
Light Soy Sauce	10g
Granulated Sugar	15g
Sesame Oil	2g
Ginger Slices	46g
Shaoxing Wine	10g



How to cook

- 1 Prepare all ingredients.
- 2 Use chopsticks to poke the crab's mouth, stir it a bit, and once the crab is stunned, clean it thoroughly.
- 3 Place the crab on its back on a plate, place a slice of ginger on each crab, and you can also sprinkle a little Shaoxing wine or Huadiao wine to remove the fishy smell.
- 4 Place the plate on the perforated steam rack, which is conducive to the circulation of steam to cook thoroughly. Place it in the middle of the roasting chamber, close the oven door, and fill the water tank with water. Select steam mode, set for **25 minutes**, ➡ **cook** until the crab shell turns red and fully cooked.
- 5 Grate ginger into ginger paste, place in a bowl, add Chinkiang vinegar, light soy sauce, granulated sugar, sesame oil, mix evenly, prepare as ginger vinegar sauce.
- 6 The steamed crab, disassemble to remove the meat, eat with ginger vinegar sauce.

- The larger the crab, the longer the cooking time required.
Approximately 300g/per crab, steam for 25-28 minutes.
Approximately 400g/per crab, steam for 30-33 minutes.
Approximately 500g/per crab, steam for 35-38 minutes.

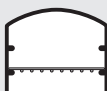
Steamed Crystal Dumplings

Steam Mode

Heating Time
Approx. 20 min

Accessory & Position

Steam
Rack
Lower
Shelf



Ingredients/Quantity for 6 servings

<Dumpling Wrappers>

Wheat Starch 150g
Cornstarch 45g
Boiling Water (water amount can be slightly
adjusted based on the actual softness and hardness
of the dough) 130g
Vegetable Oil 10g

<Dumpling Filling>

Pork Belly 200g
Dried Mushrooms 10
Horse Radish Meat 80g
Red Carrot 80g
Salt 3g
Vegetable Oil 15g
Light Soy Sauce 15g
Sugar 5g
Oyster Sauce 10g



How to cook

- 1 Prepare all ingredients.
- 2 Clean the dried mushrooms, red carrots, pork belly, and horse radish, chop them into small pieces and mince them, mix them with the meat filling and measured seasonings until sticky, then set aside for later use;
- 3 Mix the wheat starch and cornstarch in a basin, add boiling water in several portions while stirring continuously, until the dough resembles snowflakes and there is no dry flour left;
- 4 After the flour has cooled slightly, add the vegetable oil and knead by hand into a smooth dough, cover with food wrap and let it rest for about 10 minutes;
- 5 Roll the dough into a long strip, divide it into evenly sized portions;
- 6 Roll each portion into a ball, flatten it, and use a rolling pin to roll it into a thin wrapper for dumplings, fill it with the filling, pinch it into a dumpling shape, lay out absorbent paper on the plate, and arrange the wrapped dumplings neatly;
- 7 Place the plate with dumplings on the steam rack, place the steam rack on the **lower level of the roasting chamber**, add water to the water tank, select steam mode, set for **20 minutes**, ➡ **start cooking** until the dumplings are thoroughly cooked.

Steamed Chicken With Chestnut

Steam Mode

Heating Time
Approx. 30 min

Accessory & Position

Steam
Rack

Lower
Shelf



Ingredients/Quantity for 6 servings

Free-range Chicken	500g
Chestnuts	300g
Broccoli	80g
Light Soy Sauce	5g
Ginger	20g
Salt	3g
Scallion	15g
Sichuan Pepper	5g
Cooking Wine	6g
Star Anise	3g
Oyster Sauce	5g
Peanut Oil	5g



How to cook

- 1 Prepare all ingredients.
- 2 Clean the free-range chicken and cut into pieces, add water to the pot with the chicken, add scallions, ginger, cooking wine, Sichuan pepper, and star anise, boil over high heat and remove from the water.
- 3 Take out the cooked chicken, add a little salt, oyster sauce, and light soy sauce, mix well.
- 4 Blanch the chestnuts for **10 minutes**, cut into 4 pieces, place at the bottom of the plate, then add the chicken pieces. Place the plate with food on the steam rack, put the steam rack in the **lower part of the roasting chamber**, close the oven door, fill the water tank with water, select steam mode, set for **30 minutes**, ➡ **start cooking** until thoroughly cooked.
- 5 After cooking, boil water in the pot, add a few drops of oil and a little salt, blanch the broccoli and remove, place around the cooked free-range chicken.

Steamed Crab with Eggs

Steam Mode

Heating Time
Approx. 13 min

Accessory & Position

Steam
Rack

Lower
Shelf



Ingredients/Quantity for 3 servings

Flower Crab	120g
Eggs	120g (about 2)
Warm Water	150g
Cooking Wine	10g
Salt	1g
Light Soy Sauce	a small amount



How to cook

- 1 Prepare all ingredients;
- 2 Clean the flower crab, remove the gills, open the crab shell, cut in half, marinate with cooking wine for 10 minutes to remove the fishy smell.
- 3 Crack eggs into the steaming bowl, beat until well mixed, pour in 150g of warm water, add salt, and stir quickly until evenly mixed.
- 3 Place the flower crab in, pour in the egg mixture, remove the foam on the surface, and set aside.
- 5 Place the plate with food on the steam rack, place the steam rack on the **lower level of the roasting chamber**, close the oven door, add water to the water tank, select steam mode, set for **13 minutes**, ➡ **steam** until the egg mixture solidifies and the flower crab turns red.
- 6 After cooking, remove it, sprinkle with green onion, pour in a small amount of light soy sauce, and it's ready.

Four in one steaming

(Chestnut Rice + Steamed Chicken Breast with Cabbage Roll + Steamed Egg with Prawn + Steamed Broccoli with Carrot)

Steam Mode

Heating Time
Approx. 40 min

Accessory & Position

Steam

Rack

Lower

Shelf



Ingredients/Quantity for 1 servings

3 chestnut kernels	about 30g
rice	70g
chicken breast	100g
cabbage	30g
egg	1
prawn	50g
broccoli	150g
red carrot	80g
fresh mushroom	1
hot water	85-105g
garlic	10g
honey	10g
oyster sauce	5g
light soy sauce	5g
salt	4.5g
oil	18g



How to cook

- 1 Prepare all ingredients.
- 2 **【Chestnut Rice】** Preparation:
Place washed rice and diced chestnut kernels (quartered) in a bowl, add about 1.5 times the amount of hot water.
- 3 **【Chicken Breast with Cabbage Roll】**
Preparation:
Cut cleaned chicken breast into thick strips, add 10g honey, 10g minced garlic, 5g oyster sauce, 5g light soy sauce, 1.5g salt, and 5g oil, mix well, marinate for about 15 minutes. Shred cleaned cabbage, lay flat on a plate, then place marinated chicken breast evenly on top of the cabbage.
- 4 **【Steamed Egg with Prawn】** Preparation:
Clean the mushrooms, remove the stems, and slice them. Crack the eggs into a bowl and whisk them, add about 1.5 times the amount of warm water and mix evenly, add the mushroom slices, cleaned prawns, 1g of salt, 3g of oil, mix evenly, cover with food wrap and poke a few small holes in it.
- 5 **【Steamed Broccoli with Carrot】**
Preparation:
Cut the cleaned broccoli into small florets, cut the cleaned carrot into thick strips, place them on a plate, add 2g of salt, 10g of oil, mix evenly, and spread them flat on the plate.
- 6 **【Chestnut Rice】** Place on the steam rack, the steam rack is placed on the **lower level of the roasting chamber**, close the oven door, fill the water tank with water, select the steam mode, set for **40 minutes**, and **➡ start cooking**; When **15 minutes remain**, place **【Chicken Breast with Cabbage Roll】**, **【Steamed Egg with Prawn】**, **【Steamed Broccoli with Carrot】** into the oven, close the oven door, and continue cooking for the remaining time until thoroughly cooked. If the water tank runs out of water during cooking, please add water in time to avoid affecting the cooking.
- 7 Remove the steamed rice and dishes, eat while hot.

Steamed Baby Chinese Cabbage with Minced Garlic and Vermicelli

Steam Mode

Heating Time
Approx. 18 min

Accessory & Position

Steam Rack

Lower Shelf

Ingredients/Quantity for 4 servings	
<Main Ingredients>	
2 Napa Cabbage	about 500g
Dry Longkou Vermicelli	30g
<Secondary Ingredients>	
Green Onion	10g
Garlic	40g
Light Soy Sauce	7g
Oyster Sauce	7g
Granulated Sugar	3g
Vegetable Oil	20g
Salt	2g



How to cook

- 1 Soak vermicelli in warm water until they soften, cut into small pieces, and season with an appropriate amount of salt for later use. Cut or peel the napa cabbage, wash it, and drain the water;
- 2 Chop green onion and garlic into a paste, mix light soy sauce, oyster sauce, vegetable oil, and salt into the garlic paste, and prepare the sauce for later use;
- 3 First, lay the marinated vermicelli on a flat plate, then place the napa cabbage on top, and pour the sauce prepared in step 2 over the napa cabbage;
- 4 Place the plate with food on the steam rack, place the steam rack on the **lower level**, close the oven door, add water to the water tank, select steam mode, set for **18 minutes**, steam until fully cooked and soft.
- 5 After cooking is complete, remove, sprinkle with green onion and serve.

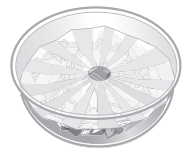
Steamed Delicacies

< Slow-cooked Delights/Microwave Stew >

- Please use a deep, microwave-safe heat-resistant container.
A heat-resistant glass bowl with a diameter of 18-22cm and a height of 8-10cm is recommended.
- When using kitchen paper as a bottom cover, cut it to the size of the bowl, and create vent holes in the center to release steam.
- Stir several times during cooking to ensure even heating and enhance the flavor of the dish.

! Be cautious of steam when removing wrap and kitchen paper to avoid burns.

[Bottom Cover]



* Setting for <Microwave Stew>

Press the Microwave Const. Temp. Heating button 7 times, select the <Microwave Stew> option. Adjust the time under the 600W mode, press the Start button to confirm, then adjust the time under the 200W mode, then press the start button.

Pork Curry Rice

Microwave (Microwave Stew)	Accessory & Position
Heating Time Microwave 600W Approx. 5 min ↓ Microwave at 200W Approx. 40 min	No accessories

Ingredients/For 2 servings

Pork (cut into curry-sized pieces)150g
Salt, Pepper Small amount
Carrot (chopped) 1/2 piece
Ginger (chopped)..... 1/2 piece
A [Onion (cut into crescent shapes)
.....1 medium (200g)
Carrot (chopped as desired)
.....1/2 piece (100g)
Potato (chopped as desired)
.....1 (150g)
B [Curry blocks available in the
market60g
Water 250ml

How to cook

- 1 In a frying pan, heat 2 tbsp. of salad oil at medium power ■■■ (not included in the ingredients). Add garlic and ginger, stir-fry the pork seasoned with salt and pepper, set it aside, then stir-fry A.
- 2 Take a heat-resistant glass bowl, add water from B and crushed curry blocks, cover the entire bowl with wrap. Place it in the center of the oven and heat according to the instructions:
<Microwave • 600W • 6 min>. After heating, stir well, being cautious of burns.
- 3 Add 1 to 2, mix well, and cover the mixture with wrap.

● It's important to ensure that the meat and vegetables are completely submerged in the broth; otherwise, they may burn.



- 4 Place 3 in the center of the oven and heat according to the instructions:
<Microwave Stew*: Microwave 600W • Approx. 5 min → Microwave 200W • Approx. 40 min>.
*Refer to the previous instructions for setting <...Microwave Stew>, stirring 2-3 times during the process, and being cautious of burns.

Beef Stew

Microwave (Microwave Stew)	Accessory & Position
Heating Time Microwave 600W Approx. 5 min ↓ Microwave at 200W Approx. 40 min	No accessories

Ingredients/For 2 servings

Five-spice beef (cut into 3cm small pieces).....150g
Salt, PepperSmall amount
Low-gluten flour 1 tbsp.
Red wine 1+1/2 tbsp.
Carrot (chopped as desired)100g
Onion (cut into crescent shapes)
.....200g
Potato (chopped as desired)100g
Butter.....18g (1+1/2 tbsp.)
Low-gluten flour.....2+1/2 tbsp.
Broth (water + concentrated soup base)
.....250 ml
A [Tomato sauce 1/4 cup
Sugar 1/4 tbsp.
Salt1/4 tsp.
Bay leaf 1 piece

How to cook

- 1 Marinate the beef with salt and pepper, and sprinkle with low-gluten flour.
- 2 Heat 1 tbsp. of salad oil (excluding specified ingredients) in a frying pan. Add carrots, onions, and potatoes, stir-fry, and set aside.
- 3 In the same pan from 2, heat 1 tbsp. of salad oil (excluding specified ingredients). Add the beef, cook at high power until the beef changes color, then add red wine and bring to a boil.
- 4 In a different pan, add butter. Melt and add low-gluten flour. Cook over low flame until golden brown, then slowly add broth, stirring continuously.
- 5 Take a large heat-resistant glass bowl, add ingredients from steps 2, 3, 4, and A. Mix well and cover the mixture with wrap.

- In Step 4, you can skip making the sauce and use commercially available beef stew seasoning instead.
- Ensure that the meat and vegetables are fully submerged in the broth to avoid burning.



- 6 Place the bowl from 5 in the **central oven cavity** and heat according to the instructions for **<Microwave Stew*: Microwave 600W • Approx. 5 min → Microwave 200W • Approx. 40 min>**.
*Refer to the previous instructions for setting "<Microwave Stew>", stirring midway 2 times.

Cabbage Meat Rolls

Microwave 600W

Heating Time
Approx. 15 min

Accessory & Position

No accessories



Ingredients/For 4 servings

Cabbage 300g

Chopped Tomato (stewed) 100g

Mixed ground meat..... 300g

Salt..... 1/4 tsp.

A

Medium-intensity seasoning
sauce.....1 tbsp.

Milk1 tbsp.

Breadcrumbs.....10g

Sautéed onion.....15g

Pepper Small amount

Concentrated soup base.....1 tbsp.

Hot water..... 400ml

Cheese powderAPT amount

ParsleyAPT amount

- Thoroughly mix the ground meat to achieve a sticky and compact consistency.
- Use the inner leaves of the cabbage whenever possible, as the outer leaves are tougher. Place the harder cabbage leaves at the bottom.
- Cabbage can be torn by hand; there is no need to use a knife.

How to cook

- 1 Cut the cabbage into large pieces (about bite-sized).
- 2 Place the mixed ground meat in a large bowl, add salt, and stir until it becomes sticky. Add A, and mix thoroughly (meat filling).
- 3 Take a heat-resistant glass bowl, spread 1/3 of the cabbage on the bottom. Layer half of the meat filling on the cabbage, then layer half of the tomatoes.
- 4 Cover the meat filling with another 1/3 of the cabbage. Spread the remaining meat filling on the cabbage, then layer the remaining tomatoes.
- 5 Cover the meat filling with the remaining cabbage.
- 6 Dissolve the concentrated soup base in hot water, and pour it into the mixture.
- 7 Cover the dish with wrap, place it in the **central oven cavity**, and heat according to the setting **<Microwave 600W • Approx. 15 min>**.
- 8 Serve directly with a spoon or, if preferred, cut it open and place it on a plate with the soup. Optionally, sprinkle cheese and parsley according to personal preference.

Slow-cooked Delights/
Microwave Stew

Pumpkin Cooked with Minced Meat

Microwave (Microwave Stew)	Accessory & Position
Heating Time Microwave 600W Approx. 7 min Microwave at 200W Approx. 5 min	No acces- sories

Ingredients/For 2 servings

Pumpkin (frozen)	200g
Minced chicken	50g
Commercial seasoning sauce (diluted according to the seasoning instructions)	140ml

How to cook

- 1 Place the frozen pumpkin in a heat-resistant glass bowl, add minced chicken, and pour in the seasoning sauce. Cover the bowl with wrap.
- 2 Put the bowl into the **central oven cavity** and heat according to the **<Microwave Stew>: Microwave 600W · Approx. 7 minutes → Microwave 200W · Approx. 5 min>** setting.
* Refer to the <Microwave Stew> instructions on P.17 for the setting method.



Stewed Taro

Microwave (Microwave Stew)	Accessory & Position
Heating Time Microwave 600W Approx. 9 min Microwave at 200W Approx. 10 min	No acces- sories

Ingredients/For 2 servings

Frozen taro	250g
Commercial seasoning sauce (diluted according to the instructions)	240ml
Sugar	1 tsp.

How to cook

- 1 Mix A in a heat-resistant glass bowl, dissolving the sugar. Add the frozen taro, covering the bowl entirely with wrap.
- 2 Place 1 in the **central oven cavity**, heat according to the setting for **<Microwave Stew>: Microwave 600W · Approx. 9 minutes → Microwave 200W · Approx. 10 min>**.
*Refer to the <Microwave Stew> instructions on P.17 for the setting method.
- 3 After heating, stir the mixture, soak it in the broth for a while, and set aside.




When using Microwave Heating for cooking

It is recommended to use a heat-resistant glass bowl or pottery container.

- Avoid using containers with gold, silver, or painted decorations. Using containers with gold or silver may cause sparks or paint peeling.
- Cooking methods with high fat or sugar content, or those containing sauces, salt, or salty seasonings, can increase the temperature. Even plastic containers rated above 140°C may deform or melt.
- Thoroughly beat eggs. Use a deep heat-resistant container and do not cover it with wrap (as the wrap may rupture, and the egg mixture can expand and overflow from the container).
- If heating is insufficient, either extend the heating time or manually observe and heat in microwave mode. Insufficient heating might occur based on ingredient cuts and container types.

Scrambled Eggs • Scrambled Egg with Ham • Scrambled Egg with Cheese

Auto Menu 25 3min Recipes [Low ■■] Heating Time Approx. 2 min 40 sec	Accessory & Position No accessories 
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Ingredients/For 2 servings

<Original Flavor>

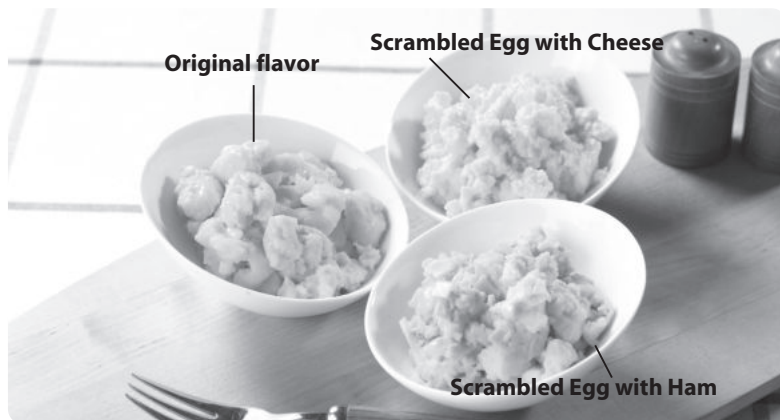
Medium-sized eggs 2
 Milk 2 tbsp.
 Salt, pepper Small amount

<Ham and Egg Stir-Fry>

Ingredients for original flavor All
 Lean ham (chopped) 2 slices

<Cheese and Egg Stir-Fry>

Ingredients for original flavor All
 Processed cheese (chopped) 30g



How to cook

- 1 Take a deep, heat-resistant glass bowl and add all the ingredients, thoroughly beating them together. For Ham and Cheese Scrambled Eggs, add and stir in the diced ham or processed cheese after beating the eggs. (Heat each type separately)
- 2 Place the bowl from 1 in the **central oven cavity** without covering with wrap. Turn the knob to select **[25 3min Recipes]**; press the power adjustment button, choose **[Low ■■]**, and press the **Start** button.
⇒ Start heating
 After the eggs solidify, stir the mixture about 3 times during cooking to ensure thorough mixing.

Manual Cooking Settings

Microwave 500W Approx. 2 minutes 40 seconds

Baked Okra with Cheese

Auto Menu 25 3min Recipes Heating Time Approx. 3 min	Accessory & Position No accessories 
---	--

Ingredients/For 2 servings

Okra 10 pieces
 Natural cheese (for pizza) 30g
 <Miso Dressing>

A [Miso 1 tsp.
 Sweet mirin 1/2 tsp.
 Cooking wine 1/2 tsp.
 Sugar 1/2 tsp.

Seaweed strips (to taste).....APT amount

How to cook

- 1 Sprinkle salt on the okra, rub to remove fuzz, wash thoroughly, drain, and cut off the stems.
- 2 Mix A thoroughly to create the miso dressing. Arrange it in a heat-resistant container, spread the miso dressing, and top it with cheese.
- 3 Without wrapping it in wrap, place 2 directly in the **central oven cavity**. Turn the dial to select the **[25 3min Recipes]** and press the **Start** button.
⇒ Start heating
- 4 Sprinkle with seaweed strips according to personal preference.



Manual Cooking Settings

Microwave 500W Approx. 3 minutes 20 seconds

Tofu with Minced Pork

Auto Menu
25 3min Recipes
Heating Time
Approx. 3 min

Accessory & Position

No accessories



Ingredients/For 2 servings

Tofu Half block
Minced pork 50g
Green onion (chopped) 5 cm
Miso 1/2 tbsp.
Sugar 1/2 tbsp.
Cooking wine 1 tbsp.
Bonito and kelp broth 1+1/2 tbsp.

How to cook

- 1 Mix all ingredients except tofu in a heat-resistant glass bowl.
- 2 Completely wrap 1 with wrap, place it in the **central oven cavity**. Turn the **dial** to select the **[25 3min Recipes]** and press the **Start** button.
➔ **Start heating**
- 3 After heating, stir well and pour over the tofu.
※ If you prefer to enjoy hot tofu, simply place the tofu in a heat-resistant container, heat according to the **[MICROWAVE 500W Approx. 3 min]**, and then top it with minced pork.



Manual Cooking Settings

Microwave 500W Approx. 3 minutes 20 seconds

Baked Avocado with Cheese

Auto Menu
25 3min Recipes
Heating Time
Approx. 3 min

Accessory & Position

No accessories



Ingredients/For 2 servings

Ripe avocado 1
Natural pizza (for cheese) 30g
Salt, pepper Small amount

How to cook

- 1 **<Avocado Cutting Method>**
Cut the avocado vertically with a knife, around the pit. Hold the two halves of the fruit and twist them apart. Insert the blade of the knife into the pit, twist to remove the pit. Insert fingers between the flesh and the skin, peel away the skin, and vertically slice.
- 2 In a heat-resistant container, layer avocado and cheese, then sprinkle with salt and pepper.
- 3 Without wrapping it in wrap, place 2 directly in the **central oven cavity**. Turn the **dial** to select the **[25 3min Recipes]** and press the **Start** button.
➔ **Start heating**



Manual Cooking Settings


Microwave 500W Approx. 3 minutes 20 seconds

Curry Potato Strips Stir-fried Meat

Auto Menu
25 3min Recipes
[High ■■■■■]

Heating Time
Approx. 4 min

Accessory & Position

No accessories


Ingredients/For 2 servings
Potato (cut into thick strips of 5cm) 1 (150g)
Mixed minced meat.....50g
Curry powder 1/2 tbsp.
Salt, PepperSmall amount
Chopped parsley APT amount

How to cook

- 1 Place all ingredients except parsley in a heat-resistant glass bowl and mix well to prevent the mixed minced meat from becoming hard. Cover the bowl entirely with wrap.
- 2 Put 1 in the **central oven cavity**. Use the **dial** to select the **[25 3min Recipes]**; press the **power level** button, choose **[High ■■■■■]**, and press the **Start** button.
➡ **Start heating**
- 3 After heating, break apart the mixed minced meat, stir well, and sprinkle with chopped parsley before serving.



Manual Cooking Settings


Microwave 500W Approx. 4 minutes 20 seconds

Bacon Stir-fried Spinach

Auto Menu
25 3min Recipes
[High ■■■■■]

Heating Time
Approx. 4 min

Accessory & Position

No accessories


Ingredients/For 2 servings
Spinach.....200g
Bacon50g
Butter..... 10g
Salt, PepperSmall amount

How to cook

- 1 Wash the spinach and cut it into 5cm lengths. Cut the bacon into 1cm widths.
- 2 Place 1 and butter in a heat-resistant glass bowl, and cover the bowl entirely with wrap.
- 3 Put 2 in the **central oven cavity**. Turn the **dial** to select the **[25 3min Recipes]**; press the **power level** button, choose **[High ■■■■■]**, and press the **Start** button.
➡ **Start heating**
- 4 After heating, season with salt and pepper to taste.



Manual Cooking Settings

Microwave 500W Approx. 4 minutes 20 seconds

Marinated Shrimp and Vegetables

Auto Menu
25 3min Recipes

Heating Time
Approx. 3 min

Accessory & Position

No
accessories



Ingredients/For 2 servings

Shrimp (small) 50g (12 pieces)
Onion (thinly sliced, 5mm wide)
..... 50g (1/4 piece)
Cherry tomatoes (cut into 2-4 pieces)
..... 60g
Olives (sliced into 3 equal parts) 5
Tender peas (deveined and diagonally
sliced in half) 12 pieces (20g)
A [Olive oil 1 tbsp.
Salt 1/4 tsp.
Pepper APT amount
Lemon juice 1 tbsp.
Cheese powder APT amount

How to cook

- 1 Add 2 tsp. of starch (excluding specified ingredients) and a small amount of water to the shrimp. Gently knead with fingertips, rinse thoroughly, and drain.
- 2 Place shrimp, onion, cherry tomatoes, olives, and tender peas in sequence in a heat-resistant glass bowl. Add A, and cover the bowl entirely with wrap.
- 3 Put 2 in the **central oven cavity**. Use the **dial** to select the **[25 3min Recipes]** and press the **Start** button.
➡ **Start heating**
- 4 After heating, mix well, dissipate residual heat, and add lemon juice and cheese powder. Serve it.

● If the shrimp used is relatively large, please halve the shrimp from the back. Adjust the heat to "High" or "High" and proceed with heating.



Manual Cooking Settings

Microwave 500W Approx. 3 minutes 20 seconds

Stewed Hamburger Meat

Microwave 500W

Heating Time
Approx. 13 minu

Accessory & Position

No
acces-
sories

Ingredients/For 4 servings	
A	Mixed Minced Meat 400g
	Salt 1/2 tsp.
	Pepper, Nutmeg Small amount
	Sautéed Onions 15g
	Breadcrumbs..... 2/3 cup
B	Cook Wine 80ml
	Beaten EggsQuantity of 1 medium egg
	Maitake.....100g
	Onions (chopped) 60g
	Tomato Ketchup 70g
B	Medium-Intensity Seasoning Sauce 60g
	Soy Sauce 1 tsp.
	Wine..... 2 tbsp.



How to cook

- 1 Mix ingredients B thoroughly and set aside.
- 2 Place ingredient A in a large bowl and mix well (mix just enough to combine; be cautious not to overmix as it may result in a tough texture). Press the meat mixture into the bottom of the bowl, eliminating any air pockets.
- 3 Spread the mixture from 2 into a large heat-resistant container with a depth of approximately 20cm and a height of about 1.5cm. Sprinkle with maitake.
- 4 Pour the mixed ingredients from 1 over the top of the meat in the container. Cover the mixture with wrap.
- 5 Position the container in the **central oven cavity** and heat according to the **<Microwave 500W• Approx. 13 Min>** setting.
- 6 After heating, plate the dish, pouring the surrounding seasoning sauce over it.

Easy Menus

Others

Homemade Tofu

Microwave 500W

Heating Time
Approx. 2 min

Accessory & Position

No
acces-
sories



Ingredients/For 2 servings (2 small heat resistant wide cups)

Soy Milk (Pure/Suitable for tofu)

.....250 ml

Bittern (Follow the instruction and use specified quantities on the package)

※ Please use soy milk that has been refrigerated (below 10°C)

How to cook

1 Pour soy milk and bittern into a bowl. Whisk it with a spoon gently, not to make bubbles (Soy milk mixture).

2 Add 1 into each heat resistant cups in equal amounts. Cover each cup with wrap gently. (Remove bubbles on the surface with a spoon to get a neat finish)

3 Place the containers from 2 near the **central oven cavity** and heat according to the <Microwave 500W• Approx. 2 min> setting.
After heating is complete, leave inside for around 5 minutes.



- For softer finish:→ Use soy milk with 10~12% soybean solids
For harder finish:→ Use soy milk with more than 12% soybean solids
- Depending on the type of soy milk and bittern, finish (method of lumping) may be different.
- When the variation recipes, please use soy milk with more soybean solids.
- Bitterns at the stores contain different concentrations according to the manufactures and types. Please follow the instructions of usage quantity (ratio of soy milk and bitterns) specified on the package.

It's delicious either warm or cooled in the fridge.

Pasta (Simple)

Auto Menu
26 Pasta (Simple)

Heating Time
Approx. 10 min

Accessory & Position

No
acces-
sories



Ingredients/Quantity for 1 servings

Pasta 100g

Water 400ml



How to cook

1 Add 100g of pasta and 400ml of water into the container, stir the pasta with chopsticks and dissolve it in water.

2 Put ① directly into the center of the oven without wrapping plastic film or covering.

3 Turn the dial to select [26 Pasta (Simple)] and press the start button.

➡ Start heating

Toast / Frozen Toast / Steamed Toast

Auto Menu
42 Room-temp. Toast
43 Frozen Toast
44 Steamed Toast

Heating Time
42: Approx. 6 min 5 sec
43: Approx. 8 min
44: Approx. 8 min 15 sec

Accessory & Position

Baking
tray
Upper
shelf



Ingredients:

Toast 1-2 slices

- ※ 1 or 2 slices can be toasted. Follow the program and quantity for toasting.
- ※ For frozen toast, please set it to be "43 Frozen Toast".
- ※ "44 Steamed Toast" by using the steam, will results as crusty outside and soft inside.

Manual Cooking Settings

Grill

3-5 minutes

↓
Flip immediately and broil
for an additional 1-3
minutes



(Upper shelf)

Bake with preheating
250°C, 2-7 minutes

※ Place in a preheated tray.
(Preheat for approx. 14
minutes)



(Lower shelf)

- Steamed toast cannot be done in the manual setting.
- If you cook frozen bread in the aforementioned fashion, inside may be luke warm or color may be uneven.

Instructions

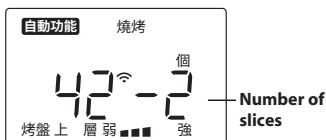
- Example: Toast x 2 (thickness of bread: cut into 6)** Place two slices of toast in the center of baking tray.
• Put water in a water tank and set in place.



- Place 1 on the **upper shelf** in the oven, turn the **dial** to select [**42-2 Room-temp. Toast**] and press the **Start** button.

Start heating

- The time remaining is displayed after starting with 3.



Number of
slices

※ Turn the dial to change the number of slices displayed (1→2).

- Please choose the desired effect based on personal preference. After selecting menu option 2, use the power level button to set. There are a total of five flame levels.



3 Flip

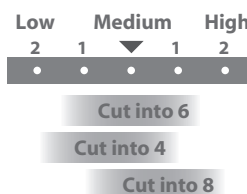
Flip the bread over when the buzzer sounds during cooking, and then press **Start** to start toasting. (Please place the toast in the **center**.)

The grill will be hot, please wear commercially available oven gloves to remove it.

- Once the buzzer sounds, the toasting is complete. Please remove immediately.
※ If the toasting color is too light, place the side that needs further toasting facing up after completion. Extend the heating time or use the manual "BBQ" mode while observing the toasting process.

Different thicknesses, adjustments for recommended finish

- There is a heater in the ceiling inside, hence baking using the standard setting results in thick bread to be dark and thin bread to be lighter.



Estimated heating time

Course	42 Room-temp. Toast	43 Frozen Toast	44 Steamed Toast
Heating time	Approx. 6 minutes 5 seconds	Approx. 8 minutes	Approx. 8 minutes 15 seconds
Until flipping	Approx. 4 minutes 20 seconds	Approx. 5 minutes 40 seconds	Approx. 5 minutes 30 seconds

- Thick bread, bread with lots of sugar or fat content can cook to be dark.
- The color of the finish may change depending on the type, size, water content of the bread, internal temperature and timing of flipping it over.
- Frozen bread may finish with a different coloring depending on type, size, thickness and state of frozenness and may not heat in the center.

Easy Bread

Auto Menu
29 Bread (Simple)

Heating Time
Approx. 40 min

Accessory & Position

(10 steps)

Baking
tray
Lower
Shelf



Ingredients/For 8 (one shelf)

Bread flour (sieved) 160 g
Milk 110 g
Butter (cut into small chunks, at room temperature) 20 g
Sugar 20 g
Salt 2 g
Dry yeast (Granular type which does not require pre-ferment) 4 g

If the color is too light, after completion, please place it back in the oven and observe. Utilize the residual heat to achieve the desired browning.

How to cook

1 (Dough making)

Place milk, butter, and sugar in a heat-resistant glass bowl. Put it directly in the **central oven cavity** with no wrap, and heat according to the <Microwave 600W · 30-50 secs> setting.



No baking tray or grill is required

2 Mix 1 well with a whisk and melt butter. (Temperature here should be less than 40°C).

3 Add dry yeast to 2 and mix well. Add ½ of bread flour and mix well with a rubber spatula.

4 Mix the remaining bread flour and salt, add to 3 and mix with a rubber spatula until the powderiness disappears.
• If it's hard to mix, please knead by hand.

5 Lightly flatten the dough of 4.

6 **Primary ferment Microwave heating**
Cover the large bowl from 5 with wrap and place it in the **central oven cavity**. Turn the **dial** to select [29 Bread (Simple)], and press the **Start** button.
➔ **Start heating**
(Standard total heating time is approximately 40 minutes)
• **Primary ferment: Approximately 7 minutes**



No baking tray or grill is required

7 If the buzzer sounds, take 6 out.
*Please do not press the cancel button.
• Dough will only rise a little following the primary ferment. It will not rise much like ordinary bread dough but it's not a problem.

8 Forming

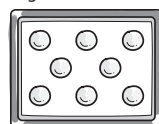
Gather together the dough, divide into 8 (around 38 g each), form the shape by pushing the cut ends into the inside and seal the join properly.



Reduced Sugar Menu
→ Please refer to P.29.

9 Bench-time

Line up kitchen paper or lightly coat the **baking tray** with salad oil (not included in the ingredients). Arrange with the joins facing down, cover with a well-wrung damp cloth, and rest for 10 minutes.



10 Formed ferment - baking

Take the wet cloth of 9 and start heating after placing it on the **lower shelf**.

• **Formed ferment / baking Approx. 33 minutes**

Formed ferment and baking are carried out one after the other.

When manually baking

10 steps

Formed ferment: **Ferment** at 40°C for approximately 15 minutes

Baking: **Bake without preheating** 190°C, 16-21 minutes

Easy Bread Variation

Add powder such as cocoa, coffee and matcha to dough

Use 5g as the reference quantity, and simultaneously add bread flour in **Step 3**.

Cocoa powder



Instant coffee



Matcha



Raisin bread



Walnut bread



Blueberry bread



Roll or wrap the dough around sausage, cheese or red bean paste

After Step 9, add the filling and shape.

Sausage bread



Once you finish Step, wrap around dough made into rope form around the sausage.

Cheese bread



Close the clotted-cheese (approximately 5g) in the dough, kneading it into a ball, and then score a cross on top.

Matcha and red bean paste bread




In Step 3, add 5g of matcha to prepare the bread dough. Close red bean paste (approximately 20g) in the dough, simultaneously kneading it into a ball.

※Please close the dough properly when placing filling inside. The filling may spill out whilst it's baking.

※Please split the dough into 8 (approx. 38 g each). It may not finish well if the amounts are different.

Easy French Rolls

Auto Menu 29 Bread (Simple)	Accessory & Position (15 steps)
Heating Time Approx. 40 minutes	Baking tray Lower Shelf 

Ingredients/For 4

Bread flour (sieved)	160 g
Milk	110 g
Butter (cut into small chunks, at room temperature)	20 g
Sugar	20 g
Salt	2 g
Dry yeast (Granular type which does not require pre-ferment)	4 g

Variation of French Rolls

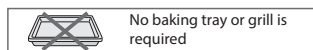


Please sandwich additional ingredients according to personal preference!

How to cook

1 (Dough making)

Place milk, butter, and sugar in a heat-resistant glass bowl. Put it directly in the **central oven cavity** with no wrap, and heat according to the **<Microwave 600W · 30-50 sec>** setting.



2 Mix 1 well with a whisk and melt butter. (Temperature here should be less than 40°C).

3 Add dry yeast to 2 and mix well. Add ½ of bread flour and mix well with a rubber spatula.

4 Mix the remaining bread flour and salt, add to 3 and mix with a rubber spatula until the powderiness disappears.
• If it's hard to mix, please knead by hand.

5 Lightly flatten the dough of 4.

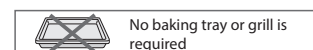
6 Primary ferment Microwave heating

Cover the large bowl from 5 with wrap and place it in the **central oven cavity**. Turn the **dial** to select **[29 Bread (Simple)]**, and press the **Start** button.

⇒ Start heating

(Standard total heating time is approximately 40 minutes)

• Primary ferment: Approximately 7 minutes



7

If the buzzer sounds, take 6 out.

*Please do not press the cancel button.

• Dough will only rise a little following the primary ferment. It will not rise much like ordinary bread dough but it's not a problem.

8

Bench-time

Gather together the dough, use a scraper or a kitchen knife to cut it into 4 equal parts (around 76 g each). Knead the bread dough until the surface is smooth, then shape it into a ball with the seams facing down. Cover it with a well-wrung damp cloth and let it rest for 10 minutes.

9

Forming

Use your hands to horizontally flatten the dough from 8 into an oval shape.



10

Roll back 1/3 of the outer dough towards the front side, and press at the join with the base of your thumb.



11

Roll back from the front, and press firmly at the join with the base of your thumb.



12

Fold the front half over, and seal the join tightly.

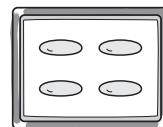


13

Flip it over with both hands and roll it into a cylindrical shape, approximately 14cm in length.

14

Line up kitchen paper or lightly coat the **baking tray** with salad oil (not included in the ingredients). Arrange with the joins facing down.



15

Formed ferment - baking Heating tube starts heating

Place the 14 on the **lower shelf** in the oven and press **Start** to heat.

• Formed ferment / baking Approx. 33 minutes

Formed ferment and baking are carried out one after the other.

If the color is too light, after completion, please place it back in the oven and observe. Utilize the residual heat to achieve the desired browning.

When manually baking

15 steps

Formed ferment: **Ferment** at 40°C for approximately 15 minutes

Baking: **Bake without preheating** 190°C, 16-21 minutes



The use of tofu in the dough results in a soft and fluffy texture. Compared to the basic menu, the degree of expansion is smaller.

Easy Sugar-Reduced Bread

Bake with Preheating
210°C

Heating Time
Approx. 6~11 minutes

Accessory & Position



※ Please choose "soybean powder" or "almond powder" for the ingredients.

Ingredients/For 8

■ Soybean Powder

Soybean Powder.....30g
High Gluten Flour (sieved).....130g
Silken Tofu100g
Water40g
Sugar12 g
Salt2 g
Dry yeast (Granular type which does not require pre-proof)4 g

Ingredients/For 8

■ Almond Powder

Almond Powder.....30g
High Gluten Flour (sifted).....130g
Silken Tofu100g
Water30g
Sugar12 g
Salt2 g
Dry yeast (Granular type which does not require pre-ferment).....4 g



Soybean Powder Reduced Sugar Bread

Calories: Approx. 86 kcal ^{※1} (Per serving)
Reduced by about 15% ^{※2}
Sugar: Approx. 13g ^{※1} (Per serving)
Reduced by about 20% ^{※2}

Almond Powder Reduced Sugar Bread

Calories: Approx. 92 kcal ^{※1} (Per serving)
Reduced by about 10% ^{※2}
Sugar: Approx. 13g ^{※1} (Per serving)
Reduced by about 20% ^{※2}

For the basic easy bread, refer to P.27.

How to cook

1 (Dough making)

Place the tofu into a heat-resistant glass bowl and use a rubber spatula to press it into a paste-like consistency.

2 Add water, sugar, and instant dry yeast in 1. Stir thoroughly without wrap. Place it directly in the **central oven cavity** and heat according to the **<Microwave 600W · 30-50 sec>** setting.



No baking tray or grill is required

3 After heating is complete, thoroughly mix by adding 1/2 of the high-gluten flour using a rubber spatula. Stir well with the rubber spatula.

4 Mix the remaining high-gluten flour, soybean powder (or almond powder), and salt. Add to 3 and mix with a rubber spatula until the powderiness disappears.
• If it's hard to mix, please knead by hand.

5 Lightly flatten the dough of 4.

6 Primary ferment

Cover the large bowl from 5 with wrap and place it in the **central oven cavity**. Heat according to the **<Microwave 100W · Approx. 2 min>** setting for ferment.



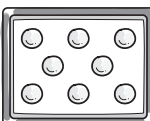
No baking tray or grill is required

7 After heating is complete, let it stand in the oven for about 8 minutes.
• Dough will only rise a little following the primary ferment. It will not rise much like ordinary bread dough but it's not a problem.

8 Forming

After gathering the dough, use a scraper or a knife to divide it into 8 equal portions (each about 38g). Roll each portion inward from the cut edge, simultaneously shaping it into a ball and sealing it tightly at the join. If the dough becomes sticky, sprinkle some flour (except for high-gluten flour or other specified flour) on it.

Line up kitchen paper or lightly coat the **baking tray** with salad oil (not included in the ingredients). Arrange with the joins facing down.



9 Formed ferment

Place 8 into the **lower shelf**, let them ferment according to **<Ferment 40°C Approx.10 min>**.

10 Preheating

After ferment is complete, remove 9 along with the **baking tray** from the oven. Preheat the oven to **<Bake with Preheating · 210°C>**.

11 Baking

Once preheated, place 9 into the **lower shelf** of the oven. Press **Start** to heat for approximately **6 to 11 minutes**.

※1: Value based on Ministry of Education, Culture, Sports, Science and Technology "Japanese Food Standards Composition Table (version 8)". (Sugar is the amount of carbohydrates with food fiber removed from it)

※2: Comparison is made with the basic menu "Easy Bread (P.35)" recorded in the receipt collection, provided for reference only.

Easy Melon Bread

Auto Menu
29 Bread (Simple)
[High ■■■■]

Heating Time
Approx. 41 min

Accessory & Position

(16 steps)

Baking
tray
Lower
Shelf



Ingredients/For 6

<Bread dough>

Bread flour (sieved) 160 g

Milk 110 g

Butter (cut into small chunks, at room temperature) 20 g

Sugar 20 g

Salt 2 g

Dry yeast (Granular type which does not require pre-fermentation) 4 g

<Cookie dough>

Butter (cut into small chunks, at room temperature) 35 g

Milk 1 tbsp. (15 g)

Sugar 3 tbsp. (27 g)

Low-gluten flour 7 tbsp. (63 g)

Vanilla essence APT amount

Granulated sugar (for topping) APT amount



Bread & Pizza

How to cook

1 (Making the cookie dough)

Put butter and milk in a heat-resistant container with no wrap, and put it directly in the **central oven cavity**. Heat according to <600W · 20~30 sec>, and stir the butter and milk thoroughly.



No baking tray or grill is required

2 Add the sugar of the cookie dough, the low-gluten flour and the vanilla essence to the ingredients of the step 1 and mix well with a rubber spatula.

3 Leave it cooling in the fridge.

4 (Dough making)

Place milk, butter, sugar into a heat-resistant glass bowl, place in the **central oven cavity** without wrap, and heat according to <Microwave 600W · 30~50 sec> setting.



No baking tray or grill is required

5 Mix well with a whisk and melt the butter. (Temperature here should be less than 40℃)

6 Add dry yeast to 5 and mix well. Add half the bread flour to 3 and mix well with a rubber spatula.

7 Mix the remaining bread flour and salt, add to 6 and mix with a rubber spatula until the powderiness disappears.
• Please knead with your hands when it's hard to mix.

8 Put the dough in 7 lightly flat.

9 Primary ferment Microwave heating

Cover the large bowl from 8 with wrap and place it in the **central oven cavity**. Turn the dial to select [29 Bread (Simple)], choose [High ■■■■], and press the **Start** button.

➔ Start heating

(Standard total heating time is approximately 41 minutes)

• **Primary ferment: Approximately 7 minutes**



No baking tray or grill is required

10 If the buzzer sounds, take 9 out.
* Please do not press the cancel button.

• Dough will only rise a little following the primary ferment. It will not rise much like ordinary bread dough but it's not a problem.

11 Bench-time

Gather together the dough, use a scraper or a kitchen knife to cut it into 6 equal parts (around 50 g each). Tidy the shape by wrapping in the cut edge toward the middle and properly close the join.

12 Place with the join on the bottom side, put over a tightly wrung wet cloth and rest for around 10 minutes.

13 Forming

Stretch out the dough from 12 with your hands into a flat shape and place it on a tray lined with kitchen paper (or thinly coated with salad oil, not included in the ingredients).

14 Take out the cookie dough of 3, divide into six and make into balls. Use both hands to stretch out flat, cover over bread dough of 13 and stick them together.

15 Cut in a lattice-shaped markings on the surface and scatter with granulated sugar.

Formed ferment Heating tube starts - baking heating

Place the 15 on the lower shelf in the oven and start heating.

• **Formed ferment / baking Approx. 34 minutes**

Formed ferment and baking are carried out one after the other.

If the color is too light, after completion, please place it back in the oven and observe. Utilize the residual heat to achieve the desired browning.

When manually baking

16 steps

Formed ferment: **Ferment** at 40℃ for approximately 15 minutes

Baking: **Bake without preheating**
190℃, 17-22 minutes

Easy Curry Bread

Auto Menu
29 Bread (Simple)
[High ■■■■■]

Heating Time
Approx. 43 min

Accessory & Position

(15 steps)

Baking
tray

Lower
Shelf



Ingredients/For 4

<Bread dough>

Bread flour (sieved) 160 g

Milk 110 g

Butter (cut into small chunks and let it
get to room temperature).....20 g

Sugar 20 g

Salt 2 g

Dry yeast (Granular type which does not
require pre-fermentation)..... 4 g

<Filling>

Ready-made curry 200 g

<Batter>

Breadcrumbs..... APT amount



How to cook

1 (Preparation of ingredients)

To facilitate moisture absorption, layer two sheets of kitchen paper in a heat-resistant container, place the curry filling inside, cover with wrap, and put it in the **central oven cavity**. Heat according to **<600W · 4~5 min>** setting.



No baking tray or grill is required

- The way it stews varies depending on the curry used hence please heat whilst checking that it's not burning.

2 After heating, transfer the contents along with the kitchen paper to a square tray and place it in the refrigerator for 20 to 30 minutes.

- It will become hard when cooled and becomes easier to wrap.

3 (Dough making)

Place milk, butter, and sugar in a heat-resistant glass bowl, with no wrap. Put it directly in the **central oven cavity** and heat according to **<Microwave 600W · 30~50 sec>** setting.



No baking tray or grill is required

4 Mix 3 well with a rubber spatula and melt the butter. (The temperature here should be less than 40 °C)

5 Add dry yeast to 4 and mix well. Add ½ of bread flour to 3 and mix well with a rubber spatula.

6 Mix the remaining bread flour and salt, add to 5 and mix with a rubber spatula until the powderiness disappears.
• If it's hard to mix, please knead by hand.

7 Lightly flatten the dough of 6.

8 Primary ferment Microwave heating

Cover the large bowl from 7 with wrap and place it in the **central oven cavity**. Turn the dial to select **[29 Bread (Simple)]**, choose **[High ■■■■■]**, and press the **Start** button.

➡ Start heating

(Standard total heating time is approximately 43 minutes)

- Primary ferment: Approximately 7 minutes



No baking tray or grill is required

9 If the buzzer sounds, take 8 out.
*Please do not press the cancel button.
• Dough will only rise a little following the primary ferment. It will not rise much like ordinary bread dough but it's not a problem.

10 Bench-time

Gather together the dough, use a scraper or a kitchen knife to cut it into 4 equal parts (around 76 g each). Tidy the shape by wrapping in the cut edge toward the middle and properly close the join.

11 Place with the join on the bottom side, put over a tightly wrung wet cloth and rest for around 10 minutes.

12 Forming

Stretch out the dough of to be a large circle shape and divide the cooled curry into four, place in the center and close together properly by sticking the edges of the bread dough together. Wrap around the joint a bit more and join properly again.
• Try to ensure that there is no curry in the join of the bread dough. If there is curry on it, the join may not stick together properly.

13 Roll so that both edges are thin, mould and wet the hands lightly and cover the whole surface of the bread dough. Place the bread dough on a surface covered in breadcrumbs and apply the breadcrumbs all over.

14 Line up kitchen paper or lightly coat the **baking tray** with salad oil (not included in the ingredients). Arrange with the joins facing down.

15 Formed ferment - baking Heating tube starts heating

Place the 14 on the **lower shelf** in the oven and press the **Start** button.

• **Formed ferment / baking Approx. 36 minutes**

Formed ferment and baking are carried out one after the other.

If the color is too light, after completion, please place it back in the oven and observe. Utilize the residual heat to achieve the desired browning.

When manually baking

Step 15

Formed ferment: **Ferment** at 40°C for approximately 15 minutes

Baking: **Bake without preheating** 190°C, 19-24 minutes



Easy French Bread

Auto Menu
30 French Bread
(Simple)

Heating Time
Approx. 33 min
(Except for preheating
time)

Accessory & Position

(18 steps)

Baking
tray
Lower
Shelf



Ingredients/Approx. 35 cm 1 piece

Bread flour 120 g
Low-gluten flour 50 g
Salt 2 g
Sugar 3 g
Luke warm water (30 - 35 °C) 120 g
Instant dry yeast (Granule type that
doesn't require pre-fermentation) 2 g



Bread & Pizza

How to cook

1 Put water into the water tank and set in place.

2 (Dough making)

Sieve bread flour and low-gluten flour together and put into a heat-resistant glass bowl.

3 Add salt to 2 and mix.

4 Add sugar to luke warm water, mix and once the sugar has dissolved, add the dried yeast and mix well.

5 Add 4 to 3 and mix with a rubber spatula until it's not floury.

6 Make the dough in 5 flat.

7 Primary ferment Microwave heating

Cover the dough from 6 with wrap and place it in the **central oven cavity**. Turn the **dial** to select [30 French Bread (Simple)], and press the **Start** button.

➔ **Start heating**

(Standard total heating time is approximately 33 minutes)

• **Primary ferment: Approximately 13 minutes**



No baking tray or grill is required

8 Forming

If the buzzer sounds, take 7 out, then take the dough out onto a surface with bread flour (not listed in ingredients) on it.

*Please do not press the cancel button.

• Dough will only rise a little following the primary ferment. It will not rise much like ordinary bread dough but it's not a problem.

9 Stretch the dough into stretched oval shapes.

※ Dough sticks easily to the hands so mould whilst using bread flour (not included in the ingredients).

10 Pull 1/3 from the back, fold and press down the join with the base of your thumbs.



11 Fold over from the front too and squeeze the join with the base of your thumbs.

12 Fold over to the front and close together the join properly.
• Press the join with your thumbs and use the other hand to squeeze together the join makes it easier.

13 Put the join on the bottom side, roll with both hands and form into cigar shapes around 30 cm in length.

14 Primary ferment Microwave heating

On a kitchen paper cut to the size of a baking tray, place 13 with the join at the bottom diagonally so that the left goes to the back and the right is toward the front. Place the dough along with the kitchen paper in the **central oven cavity**, cover it with a tightly wrung-out damp cloth, and start baking.

• **Formed ferment Approx. 4 minutes**



No baking tray or grill is required

15 If the buzzer sounds, take the bread dough out along with the kitchen paper and place on the **baking tray**.
*Please do not press the cancel button.



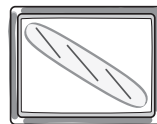
Note:

A heating tube is used for heating, so be sure to remove it along with the kitchen paper.

16 Preheating with heating tube

Do not place any food in the **oven cavity**. Press the **Start** button to heat directly. (Preheating time standard: **Approx. 14 minutes**)

17 Just before preheating ends, use a knife with oil on diagonally to put in three cuts. (Markings)



18 Bake Heating with heating tube

After preheating is complete, place 17 in the lower shelf of the oven, then press **Start** to heat.

• **Bake for approximately 16 minutes.**

If the color is too light, after completion, please place it back in the oven and observe. Utilize the residual heat to achieve the desired browning.

When manually baking

Steps 16 and 18

Bake: **Superheated steam (with preheating)**

220°C, 7-9 minutes



Bake without preheating

200°C, 7-9 minutes

Easy Pizza

Auto Menu
31 Pizza (Simple)

Heating Time
Approx. 19 min
(Except for preheating time)

Accessory & Position

(13 steps)

Baking
tray
Lower
Shelf



Ingredients/Diameter 22cm for 1

<Pizza dough>

Bread flour (sifted)120g

Milk80g

Sugar10g

Salt2g

Instant dry yeast (Granule type that doesn't require pre-fermentation)2g

<Filling>

Green pepper (finely cut) ...1 medium

Onions (cut thinly)50g

Bacon (cut thinly)25g

Mushroom (sliced and in water)...20g

Shop bought pizza sauce50g

Cheese for pizza.....100g



How to cook

1 (Making the pizza dough)

Put milk and sugar in a heat-resistant glass bowl, place in the **central oven cavity** with no wrap and heat according to <Microwave 600W • 20-30 sec> setting.



No baking tray or grill is required

2 Mix 1 with a rubber spatula and dissolve the sugar. (The temperature here should be less than 40 °C)

3 Add dry yeast to 2 and mix well

4 Add 1/2 of bread flour to 3 and mix well with a rubber spatula.

5 Mix the remaining bread flour and salt, add to 4 then mix with a rubber spatula.

6 Once it starts to come together, roll together with your hands. Fold the dough toward you in the bowl, squash and fold in half from the right, squash and fold to the far end in half then squeeze and fold in half from the left. Repeat this until the dough becomes powdery.

7 Lightly flatten the dough from 6.

8 Primary ferment Microwave heating

Cover the dough from 7 with wrap and place it in the **central oven cavity**. Turn the **dial** to select [31 Pizza (Simple)], and press the **Start** button.

➔ **Start heating**

(Standard total heating time is approximately 19 minutes)

• **Primary ferment: Approximately 7 minutes**



No baking tray or grill is required

9 Bench-time

If the buzzer sounds during the process, take out 8, re-roll and wrap the dough and rest for around 10 minutes.

*Please do not press the cancel button.

• The dough will only rise a little after the primary ferment. It will not rise like ordinary bread dough but this is not a problem.

10 Forming

Stretch the dough out into a circle of diameter 22 cm using a rolling pin and place it on a baking tray lined with kitchen paper or a **baking tray** thinly coated with salad oil (not included in the ingredients). Cover and let it rest for around 10 minutes.

11 Preheating with heating tube

Do not place any food in the **oven cavity**. Press the **Start** button to heat directly. (Preheating time standard: Approx. 14 minutes)

12 Take the wrap in 10 off, cover with pizza sauce, line up with topping and put cheese on at the end.

13 Bake Heating with heating tube

After preheating is finished, place 12 in the **lower shelf** of the oven, and press the **Start** button.

• **Bake for approximately 12 minutes.**

If the color is too light, after completion, please place it back in the oven and observe. Utilize the residual heat to achieve the desired browning.

When manually baking

Steps 11 and 13

Bake: Bake with preheating
200°C, 10-15 minutes

Procedures for Making Bread Dough

Use of instant dry yeast (no need for pre-fermentation)

- 1 Sieve bread flour into a large bowl, and add instant dry yeast, stir thoroughly.



- 2 In a container, pour in milk (at room temperature), then add sugar and salt, and stir thoroughly. If using eggs for bread making, crack the egg(s) into the milk.

- 3 Put a dent in the center of 1, put in 2, break down the bread flour surrounding it a little at a time, mix lightly with finger tips and mix the bread flour and water evenly.



- 4 Continue stirring to ensure thorough and even absorption of moisture.



- 5 Add the softened butter, forming a creamy texture in 4. Knead the butter evenly into the dough.

※ Note: Omit for dough containing no oils such as butter.



- 6 Take out 5 onto a surface covered with bread flour (not included in the ingredients) and knead until it comes together with a rubbing action. Once it begins to come together, knead well until a smooth dough is obtained (It will be sticky at the beginning but as you knead it, it will stop sticking to the surface or the hands.)



- 7 When you stretch it out and you get a membrane like form and you can see through to your fingers, that is the end of the kneading.



- 8 **Primary ferment**

Make into balls so that the surface is smooth, properly seal the join, place in a heat-resistant bowl lightly covered with vegetable oil (not included in ingredients) and cover with plastic wrap. Then, put the dough in a baking tray and then position it in the lower shelf. Follow the instructions **<Fermentation 40°C 30-40 minutes>** until the dough has roughly doubled in size.



- 9 **Finger test**

Check the state of proofing. Put bread flour on your fingers (not included in ingredients), poke into the center of the dough, if the finger mark remains, the proofing is complete.



Ferment is insufficient

The finger marks disappear



The bread is hard and heavy
Please add the time for primary ferment.

If it doesn't rise even with the time increased, it may be due to the use of ingredients that are not fresh. Please verify the freshness of the ingredients.



Ferment is excessive

The finger marks stay



It will produce dry bread

There may be too much proofing depending on the room temperature or initial temperature of the dough, etc. Please reduce the time of proofing from next time.



- 10 **Gas removal**

Squash the dough a little and gather around the edges toward the middle and remove gas. (If you play with it too much, elasticity will be gone)



Bread dough preparation is complete.

Please make the bread according to the recipe collection!

- Use a chef's knife or a scraper to divide the dough.
If torn by hand, it may disrupt the gluten structure, making it difficult for the dough to expand.

Tips for Bread Making

★ Dough making

Why use warm water?

Please note that the range of 35-40°C is most conducive to yeast activation. Conversely, temperatures below 4°C will result in yeast dormancy, while temperatures exceeding 60°C render the yeast inactive.

I don't know how much to knead

The guide is to be thin enough when you stretch the dough a bit so that the other side can be seen. Characteristics differ depending on the dough so not all dough will stretch to be seen through. Please knead until the dough starts to shine and stretches well.

The dough doesn't come together no matter how much I knead

Dough with a lot of ingredients such as fats and milk take a long time. Please do not add flour just because it's sticky. When the dough remains sticky, it is often due to insufficient kneading time. Therefore, please persevere in kneading before shaping it into a ball. However, if the water temperature is high in the summer, it could make it sticky even after kneading and doesn't come together.

Handling the dough

Handle the dough carefully. When dividing it, use a knife, or a spatula (do not tear it apart with your hands). Please be careful that the dough does not dry during ferment, bench-time, whilst forming the shape or during preheating. Depending on room temperature and humidity, please adjust the liquids (milk or water) by around 5g.

I don't know what I'm looking out for with formed ferment

As a guide, until it becomes about twice the size from the forming stage. (Depending on the composition and state on ferment, it may not rise to be twice the size.)

It is complete if, when you gently touch the surface of the dough, there is some elasticity such that a slight dent of your fingers remain in the dough.

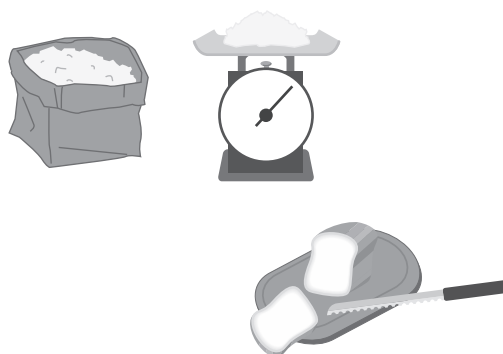
If the forming and ferment is done over a short period (insufficient ferment), the ferment wins over the stretching of the dough and it may not rise neatly or the base and the sides may tear open.

If the forming and ferment is done over a long time (excessive ferment), the dough will not be able to grow further in the kiln hence will not rise and the bread will end up coarse with thick skin.

Fermented dough may shrink after making cuts

It could be over-fermentation. Depending on factors such as temperature and ingredients, the fermentation process can vary, so even if following the menu-set time, over-fermentation may occur.

Please observe the dough's condition to adjust the timing accordingly.



★ Baking finished

It is coarse inside

If sufficient gas has not been removed when forming, or if it's proved for too long, it can easily become coarse. Bread baked in a mould may become coarse due to too much ferment if the amount of dough is small compared to the mould. Conversely, if there is a lot of dough relative to the mould, it may not prove sufficiently causing dense bread to be produced.

It's hard all over with low volume

If there is insufficient moisture, the dough can become hard and may not stretch, meaning that the bread does not become big.

Additionally, this could be due to factors such as using water at too high a temperature when mixing the flour, resulting in yeast inactivity, inaccurate ingredient measurements (insufficient fermentation, excessive salt, insufficient high-gluten flour, etc.), inadequate fermentation, or over-fermentation.

Hard skin

If the surface of the dough dries before baking or if the convection temperature is kept low during baking, it may become hard. Please spray water on the dough before baking and bake once preheating has been done properly. *Bread may still have a hard skin once cooled. Once it's cooled down to be around body temperature after cooking, please put into a plastic bag to prevent drying.

The shape and the height of the bread changes every time I make it

The shape, color and height of the bread can be easily impacted by the room temperature, ingredients (flour, water, etc.) temperature and quality, the composition, so even if you make it in the same way and bake in the same way, the rise and finish may differ. Until you get used to bread making, please first get used to "making bread" by doing it under the same conditions and using the same ingredients.

Once you get use to it, make bread to your preference by changing conditions a little at a time.

Butter Roll

Auto Menu
32 Butter Roll

Heating Time
Approx. 8 min
(Except for preheating time)

Accessory & Position

Baking tray
Lower Shelf



Ingredients/For 9 (1 shelf)

Bread flour (sifted) 190 g
Dry yeast (Granular type which does not require pre-fermentation) 3 g
Milk (at room temperature) 110 ml
Sugar 15 g
Salt 2g
Egg 25 g (½ Size M)
Butter (room temperature) 40 g
<Egg yolk >

Egg yolk For 1 Size M
Water 1 tbsp.

※ The fermentation temperature is 40°C.



Bread & Pizza

How to cook

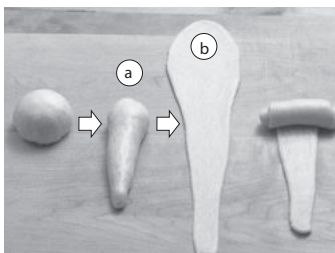
1 Make the bread dough, tear into 9 equal amounts (around 40 g each). (See **Step 1-10 for making bread dough** in P.34)

2 Bench-time

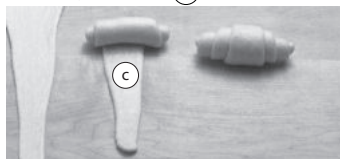
After kneading the bread dough until the surface is smooth, shape it into a ball. Cover it with a tightly wrung-out damp cloth or wrap it with plastic wrap and let it rest for about 10 minutes.



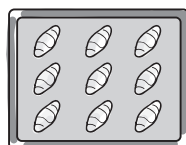
3 Make the bread dough that's rested into carrot shapes of around 8 cm in size (Photo (A)) and stretch out into triangles around 20 cm long using a rolling pin. (Photo (B)).



4 Pull the thinner end of the bread dough stretched into a triangle and roll as though you are bringing the fatter end toward you. (Photo (C))

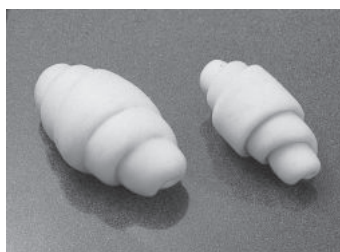


5 Lightly coat the **baking tray** with salad oil (not included in the ingredients). Place the join of the mixture from 4 facing down on the **baking tray**.



6 Formed ferment

Spray the bread dough of 5 and the **oven cavity** with water spray, place it on the lower shelf and prove according to **<Fermentation • 40°C • 30-40 min>** until it rises to twice the size.



7 After fermentation is finished, remove 6 from the **oven cavity**. Turn the **dial** to select **[32 Butter Roll]** and press the **Start** button.
➡ **Start heating**

8 Bake

Coat the surface of the dough with egg yolk using a brush and after the end of preheating, place on the **lower shelf** and press **Start** to heat. After the end of heating, cool on cooling rack

● If the surface of the dough dries out, it won't ferment well. If it tends to dry, please increase the number of times you spray the inside with water during the forming and proving.

Manual Cooking Settings

Bake with preheating: 190°C, 6-11 minutes

Red Bean Paste Bread

Bake with Preheating
190°C

Heating Time
6-11 min

Accessory & Position

Baking tray
Lower Shelf



Ingredients/For 9

Dough for butter roll All
Red bean paste 270 g
<Egg yolk>
Egg yolk For 1 Size M
Water 1 tbsp.
Poppy seeds APT amount

※ The fermentation temperature is 40°C.

How to cook

- Please refer to the instructions for **making the dough in 1 and 2** for the Butter Roll. (Please refer to page 34.)
- Stretch out the bread dough into a thick circle of around 10 cm in diameter. Divide the red bean paste into 9, place in the center of the dough, wrap the dough around and squeeze the joint properly.



- Thinly coat the **baking tray** with salad oil (not included in the ingredients), place 2 face down, and press to create a depression.
- Ferment in the same way as **Step 6 for making butter roll**.
- After the proofing is finished, remove 4 from the **oven cavity** and preheat according to the <**Bake with Preheating** • 190°C> for preheating.



6 Bake

Coat the surface of the bread with egg yolk mixture. After preheating is finished, place it on the **lower shelf**. press **Start** to heat for <**6-11 min**>. After heating, place it on a cooling rack.

- After coating with egg yolk liquid, scatter over poppy seeds.

Mini Bread

Bake with Preheating
150°C

Heating Time
27-32 min

Accessory & Position

Baking tray
Lower Shelf

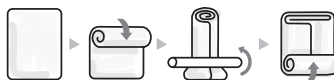


Ingredients/Metal Mould approximately
8x17x6cm

Quantity for Pound Cake Mould x1
Bread Flour (sifted) 150g
Dry yeast (Granular type which does not
require pre-fermentation) 3g
Milk (room temperature)... 110g (105 ml)
Sugar 10g
Salt 2g
Butter (restored to room temperature)
..... 13g

※ The fermentation temperature is 40°C.

- Roll each rested dough into a rectangle approximately 10cm wide and 15cm long using a rolling pin. Roll the dough up into a log. Place the join in the center, roll it out with a rolling pin, and into a spiral shape, starting from the front.



- Generously coat the pound cake mould with butter (not included in the ingredients). Place the join from 3 facing downwards and put it into the mould.



5 Formed ferment

Place 4 on a **baking tray**, spray water mist onto the bread dough and into the oven. Position it on the lower shelf and allow it to ferment according to <**Ferment** • 40°C • 15-20 minutes>, until the surface of the dough is slightly below the height of the mould.

- Once fermentation is complete, remove 5 along with the tray from the oven and preheat according to <**Bake with preheating** • 150°C> setting.



7 Bake

After preheating, place 5 on the **baking tray** and put to **lower shelf**. Press **Start** to heat for <**27-32 min**>

If the top of the bread is getting too dark during baking, cover it with aluminum foil halfway through.

- After baking is finished, remove the bread from the mould and place it on a cooling rack. While still warm, brush with butter (not included in the ingredients) and allow it to cool.

How to cook

- Make the bread dough. (Refer to the **method 1-10** on page 34)

2 Bench Time

After punching down the dough, divide it in half, knead until smooth, shape it into a ball, cover it with a tightly wrung damp cloth, and let it rest for about 30 minutes.

Stone Kiln Baked Bread

Bake with Preheating
160°C

Heating Time
16-21 min

Accessory & Position

Baking
tray
Lower
Shelf



Ingredients/For 1 piece of 18 cm diameter

Bread flour225 g
Whole wheat flour (fine).....75 g
Instant dry yeast (Granule type that
doesn't require pre-fermentation)5 g
Sugar 1+1/2 tsp.
Salt..... 1+1/2 tsp.
Lemon juice..... 1 tsp.
Lukewarm water (30 - 35 °C) ...170-220 g
Olive oil 1+1/2 tbsp.

※ The fermentation temperature is 40°C.



Bread & Pizza

How to cook

- 1 Sift bread flour and whole wheat flour in a large bowl. Form a mountain and make a hole in the center. Add instant dry yeast and sugar to the hole, then gradually pour 2/3 of the lukewarm water and mix. Once blended, add lemon juice and salt. Then, gradually pour in the remaining lukewarm water until the mixture becomes soft, like an earlobe.
- 2 Once the dough becomes firm, knead while striking the dough to the bowl. When the surface becomes smooth, add olive oil and knead it until it is blended well. Once the dough becomes smooth, use your both hands to spread it gently and knead it until your fingers can see through (For status see page 34 **Step 6-7 of instruction in making bread dough**).
- 3 Make 2 into balls so that the surface become smooth, place the join on the bottom, place in a heat-resistant bowl coated thinly with olive oil (not included in ingredients) and cover with plastic wrap.
- 4 **Primary ferment**
Place 3 onto a **baking tray**, position it on the lower shelf in the oven, and follow the fermentation instructions **<Ferment • 40°C • 40-50 min>** until it has doubled in size.
- 5 After fermentation is complete, gently press down on the bread dough to release any trapped air.
- 6 After kneading the dough until the surface is smooth, shape it into a ball, cover it with plastic wrap, and let it rest for approximately 15 minutes.
- 7 Place parchment paper on a **baking tray**, and gently spread out the dough from 6 into a circle with a diameter of about 18cm and a height of about 5cm. Lightly mist with water.
- 8 **Formed ferment**
Place 7 on the lower shelf and ferment according to **<Ferment • 40°C • 30 minutes>** setting.
- 9 After fermentation is complete, transfer it, along with the kitchen paper, to a flat tray or surface. Sprinkle with bread flour (not included in the ingredients) after fermentation to prevent the dough from drying out before baking. Cover it with plastic wrap.
- 10 Only place the baking tray on the lower shelf and preheat according to **<Bake with preheating • 160°C>** setting.
- 11 **Scoring**
Remove the plastic wrap and, on the surface prepared in 9, use a sharp knife or blade to diagonally score a grid pattern.
- 12 **Baking**
After preheating is complete, wear commercially available fingered gloves and take out the **baking tray**. Transfer the dough from 11, along with the kitchen paper, onto the **baking tray**. Spray water mist onto the bread dough and into the oven, then place it on the **lower shelf**. Press **Start** to heat for **<16-21 min>**.

French Bread Roll

Bake with Preheating
33 French Bread

Heating Time
Approx. 22 min
(Excluding preheating time)

Accessory & Position

Baking tray
Lower Shelf



Ingredients/For 9 pieces, approx. 6.5 cm each, round

Flour for French bread (sifted) 250 g

Instant dry yeast (Granule type that doesn't require pre-fermentation) ... 3 g

Powdered malt 1.5 g

Salt 5 g

Water 160 g

- ※ Fermentation temperature is set at 30°C.
- ※ Preheating time is approximately 14 minutes.

<Things to prepare>

- Bread thermometer (stick thermometer is fine)
- Canvas sheet
- Kitchen paper
- Coup knife



How to cook

- 1 Put water into the water tank.
• Only use steam in the initial 1-2 minutes of baking.

2 Dough making

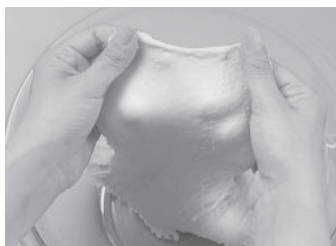
Put salt in the water and dissolve well.

- 3 Put French bread flour into a bowl as well as dry yeast and malt powder and lightly mix by hand.

- 4 Pour the water from 2 into 3 and mix as though you are mixing the water into all the powder. Once it has come together, transfer to a board covered lightly with bread flour (not included in ingredients).

- 5 Press down with your body weight onto the palms of your hand as you knead, hit it against a surface from a low position at times and knead for around 8 - 10 minutes

- 6 Once there is a thin membrane when you stretch out the dough, the kneading is complete. Dough kneading temperature approx. 24°C.



7 Primary ferment The first time

Put dough from 6 into a heat-resistant bowl covered with vegetable oil (not included in ingredients). Cover with plastic wrap and ferment at a temperature of 25 - 27°C for approximately 120 minutes.

When using the baking mode for fermentation, place the **baking tray** into the oven on the lower shelf. Ferment according to the setting <Ferment • 30°C • Approx. 90 min> until the dough has doubled in size.

- 8 Once the dough has proved sufficiently, carry out the finger test. (For status, see page 34, **Step 9 for making bread dough**) remove gas lightly as though you are re-rolling and try not to remove too much gas.

9 Primary ferment The 2nd time

Put 8 into a bowl, cover with plastic wrap again and prove for around 60 minutes in an environment which is around 25-27°C. When using the baking mode for fermentation, place the tray into the oven on the lower shelf. Ferment according to the setting <Ferment • 30°C • Approx. 90 minutes> until the dough has doubled in size.

10 Dividing and bench-time

Gently transfer the dough from 9 to a lightly floured surface (not included in the ingredients), divide it into 9 equal portions, fold the scored edges inward, gently shape the dough until it becomes elastic. Place the dough on one half of the canvas sheet, cover it with the other half, and then cover the top with a damp cloth and rest for around 30 minutes somewhere warm.

11 Forming

Transfer the dough from step 10 onto a surface lightly dusted with a small amount of bread flour (excluding the specified ingredients). Gently knead it into a ball and seal the join securely.

- 12 On the tray, place a canvas sheet to create a partition. Fold the canvas sheet to form a barrier. Between the barriers created by the folded canvas sheet, place the dough with the join side facing down. Cover the remaining space with the folded canvas sheet.

13 Formed ferment

Place the setup from 12 on the lower shelf, and ferment according to the setting <Ferment • 30°C • Approx. 20 minutes>.



Please be careful

Please check the temperature set before pressing the start button. If you set it to be over 100°C by mistake, there is a chance that the canvas sheet or cloth may catch fire.

- 14 After fermentation is complete, remove the dough along with the canvas sheet without removing the canvas sheet before entering the baking process. Cover it with plastic wrap directly to prevent the dough from drying out.

- 15 Place only the **baking tray** on the **lower shelf** of the oven. Select the **[33 French Bread]** option by turning the **dial** and press the **Start** button.
➔ **Start heating**

- 16** Place the dough with the join side down onto a piece of kitchen paper cut to the size of the baking tray.

17 Scoring

When preheating is about to be completed, remove the plastic wrap and canvas sheet. Use a French bread knife to score a cross on the top of the dough.



18 Baking

After the end of preheating, use commercially available oven gloves to take out the **baking tray**, and transfer the dough from 17, along with the kitchen paper, onto the **baking tray**. Then, place it on the **lower shelf**, press the heat starting button, and press the **Start** button.



Tips for Baking French Bread

This is one of the difficult bread to bake that the advanced bakers can challenge.

Referring the points shown below, then try it repeatedly and learn the tips!

Ingredients and tools

Special ingredients (such as special flour for French bread, and powdered malt) are required.

These are available at a confectionery store.

Small amount of powdered malt is nutritional to yeast and accelerates its processing. Precise measurement of the ingredients is a must.

Essential tools for French bread making

Canvas sheet: for bench time and ferment

Bread meter: to measure dough temperature (bar thermometer can be used)

Coupe knife: for cutting in coupe

Dough kneading

Unlike butter roll dough, you might see slight unevenness on the kneaded dough.

(May slightly stretch or not stretch at all, after spreading by fingers.)

Kneading temperature is set at 24°C. Adjust ingredient temperature and room temperature accordingly.

Temperature

Temperature control is essential.

Measure precisely dough temperature in each process and adjust well.

Room temperature at 20-25°C is the most suitable.

In summer, ingredients should be stored in the fridge.

Set flour at 23°C and water at 12°C, which is the most appropriate temperature for kneading.

Ferment

Ferment time and condition may vary according to the temperature of kneaded dough, container to be used, or ingredient combination.

Monitor the conditions and adjust ferment time accordingly so the dough expands to double size.

Degassing

Timing

By observing when dough expands to double size, or check by finger test.

Tips

Try cupping it gently. Make sure not to degas too much or not to touch the dough too much.

Bench time / Forming

In winter, pay more attention to the temperature not to let the dough get cold.

During bench time, make sure the dough does not get dried.

Do not press or stretch the dough too hard. Handle dough gently and do not touch the dough too many times.

Crispy crusts and a pleasant taste of sesame and sweet potato fill your mouth. Addictive flavor.

French Bran Bread

Bake with Preheating
160°C

Heating Time
22-27 min

Accessory & Position

Baking
tray
Lower
Shelf



Ingredients/For 1 roll

<Bread dough>

	Special flour for French bread (sifted).....	200 g
A	Sugar	10 g
	Instant dry yeast (granule type that doesn't require pre-fermentation)	4 g
	Salt	4 g
	Water	120 g
	Shortening	10 g
	Toasted black sesame oil	14 g

<Filling>

	Sweet potato.....	160 g
	Sugar	50 g
	Lemon juice.....	From 1/8 of a lemon
	Water	APT amount
	Salt	Small amount

※ Fermentation temperature is set at 36°C.

How to cook

1 <Make the filling>

Cut sweet potato with the skin into cubes of 1 cm. Boil in a pot by adding sugar, lemon juice and water to the level that covers the potato. Add salt once it softens. Boil in a pot till the water evaporates. (The prepared quantity is approximately 190 g)

2 Dough making

Put A into a large bowl, knead it into a ball, and transfer it onto a surface lightly dusted with a small amount of bread flour, to ensure that all the flour absorbs moisture thoroughly.

3 Concentrate the body weight on the palms and knead the dough, occasionally throwing it onto the surface from a lower position on the board. Once it becomes smooth, add shortening and black sesame seed and knead thoroughly. When the dough becomes soft after adding shortening, stretch the dough. If a thin film is formed, it indicates that kneading is complete. The best temperature for kneading is about 26°C. (Kneaded dough should meet the standards set in **step 7 of instruction in making round bread on page 34**).



4 Make 3 into a round shape such that a smooth surface is formed. Turn the seam to face downwards. Place in a heat resistant bowl to which shortening (not included in the ingredients) has been thinly applied and cover with plastic wrap.

5 Place 4 on a baking tray, place on the lower shelf and prove according to <Ferment • 35°C • 40-50 min>. Remove from the inside once part of the way through, and punch the gas out.

6 **Bench-time**
After proofing has finished, remove gasses (see page 34, Step 10 for instruction in making bread dough) and form into balls. Place a dry cloth, wet cloth and plastic wrap on top in that order and let it rest for around 15 minutes.

7 Stretch to around 30×26 cm using a rolling pin, scatter the filling with around 3 cm space vertically and 2 cm on the right and the left, then roll from the side nearest to you. Close the ends properly by squeezing in the left and the right and tidy the shapes.

8 Line a **baking tray** with a canvas sheet, knead the bread dough until elastic, make walls by gathering the canvas sheet and place the dough from 7 in between the cloth walls. Cover with the remaining canvas sheet and further add on wet cloth.

9 Formed ferment

Place 8 on the lower shelf and prove according to the setting <Ferment • 35°C • 40-50 min>.



Please be careful

Please check the temperature set before pressing the start button. If you set it to be over 100°C by mistake, there is a chance that the canvas sheet or cloth may catch fire.

After the proofing is finished, take out the dough from the **baking tray** with the canvas sheet and put in three diagonal cuts with a sharp knife. Cover with plastic wrap on top of the canvas sheet so that it does not dry out before baking.

10 Only place the **baking tray** on the **lower shelf** of the oven and preheat according to the setting <Bake with preheating • 160°C>.

11 Baking

After the end of preheating, put on some commercially available oven gloves and take out the **baking tray**. Line it with kitchen paper, and remove the canvas sheet and plastic wrap covering the dough from 9. Gently transfer the dough to the lower shelf, spray with water mist, and press the **Start** button to heat. Bake for about <22-27 min>.

Melon Bread

Bake with Preheating
140°C

Heating Time
15-20 minutes

Accessory & Position

Baking
tray
Lower
Shelf



Ingredients/For 5 pieces

<Cookie dough (skin of the melon bread)>

Low-gluten flour (sifted).....100 g
Baking powder..... 1/3tsp.
Butter (unsalted) 30 g
Sugar 30 g
Egg 14 g
Melon liquor..... 1 tbsp.
Granulated sugar (for scattering on top) 13 g

<Bread dough>

Bread flour (sifted) 125 g
Sugar 20 g
Instant dry yeast (Granule type that doesn't require pre-fermentation) 3 g
Salt 2 g
Butter (unsalted) 13 g
Egg 28 g
Milk 50 g

※ Fermentation temperature is set at 36°C.



How to cook

1 <Cookie dough>

Add to eggs the sugar and soft butter, and add melon liquor and mix. Furthermore, sieve with low-gluten flour and baking powder, then add it and mix well. Once it has come together, divide into five and cool in the fridge.

2 Make the bread dough and divide into five. (See pages 34 Steps 1-10 for making bread dough)

3 Bench-time

Roll the dough in 2 into a ball so that the surface is smooth and cover with wet cloth or plastic wrap and rest for around 15 minutes.

During bench-time, stretch the cookie dough in 1 to have diameter of around 10 cm.

4 After the end of bench-time, cover the cookie dough after putting it on top of the bread dough. (Leave the back side to be around a 2.5cm size)

5 Put granulated sugar in container, put in dough as though you are flipping it over, then cover the cookie dough with granulated sugar. Cut into the surface diagonal lattices and line up on to a tray with a kitchen paper on top.

6 Formed ferment

Place 5 on the lower shelf and ferment according to the setting <Ferment • 35°C • 50-60 min>. After proofing is complete, remove the dough along with the kitchen paper from the oven cavity.

7 Only place the baking tray on the lower shelf of the oven and preheat according to the setting <Bake with preheating • 140°C>.

8 Baking

After the end of preheating, put on some commercially available oven gloves and take out the baking tray. Transfer the dough in 6 to the lower shelf together with the kitchen paper, and press the Start button. Bake for about <15-20 min>.

Melon Bread Variations

Soft Melon Bread

Bake with Preheating
140°C

14-19 minutes

Low-gluten flour30 g
Baking powder..... ¼ tsp.
Butter (unsalted) 20 g
Sugar 20 g
Egg ½ Size M
Melon liquor..... ½ tbsp.
Granulated sugar (for putting on the surface)13 g

- Form the dough into a flat shape with a dent in the center.
- For the forming and fermentation in step 6, only the bread dough undergoes fermentation. After completing the forming and fermentation, flatten the cookie dough and cover it on top of the bread dough. Sprinkle granulated sugar evenly.

Melon Bread without the Melon Liquor

Bake with Preheating
140°C

14-19 minutes

Low-gluten flour90 g
Baking powder..... ¼ tsp.
Butter (unsalted) 20 g
Sugar 40 g
Egg ½ Size M
Melon essence ¼ tbsp.
Granulated sugar (for putting on the surface)13 g



Pizza

Auto Menu 34 Pizza

Heating Time
Approx. 13 min
(Excepting
preheating time)

Accessory & Position

Baking
tray
Lower
Shelf



Ingredients/Diameter 21 cm For one piece

<Pizza dough>

Bread flour (sifted) 100g
Milk (at room temperature).....50ml
Sugar 7g
Salt 1/3 tsp.
Egg 1/4 Size M
Instant dry yeast (Granule type that
doesn't require pre-fermentation)
..... 2 g

<Filling>

Green pepper (finely chopped) 1 medium
Onion (cut thinly) 50g
Bacon (cut thinly) 25g
Mushroom (cut thinly) 20g
Natural cheese (for pizza) 100g
Olives APT amount

<Tomato sauce>

A Tomato puree 50g
Oregano, tabasco APT amount

- ※ Fermentation temp. is set at 40°C.
- ※ Preheating time is approximately 14 minutes.
- ※ After selecting "34 Pizza," the display will indicate "Lower Shelf". Please preheat directly without placing it on a baking tray.

- Using commercially available pizza sauce instead of tomato seasoning sauce will be simpler.



How to cook

1 Follow the same steps as making bread up to the gas removal stage. (See page 34 in making bread dough)

2 Bench-time

Make the dough into balls so that the surface is smooth, cover with a wet cloth and rest for around 10 minutes.

3 Stretch the dough into a circle of around 21 cm in diameter with a rolling pin, cover with wet cloth that's been tightly wrung out or plastic wrap and rest for around 20 minutes.

4 Turn the dial to select [34 Pizza], and press the Start button.

➡ Start heating

5 Place A into a container and mix to prepare tomato seasoning sauce.

6 Lightly coat the **baking tray** with a layer of salad oil (not included in the ingredients), place 3 on it, spread tomato seasoning sauce, add toppings, and finally, top it with cheese.

7 After preheating is complete, place 6 on the **lower shelf**, then press the **Start** button to heat.

Manual Cooking Settings

Bake with preheating 200°C, 11-16 min

※ Baking tray is not required for preheating.

Pizza Variation

Tuna and Sweetcorn Pizza

Ingredients/Diameter 21 cm for 1 piece

<Pizza dough>

Pizza dough All

<Filling>

Can of tuna 35g
Can of sweetcorn 30g
Tomatoes 50g
Onions (slice) 50g
Natural cheese (for pizza) 100g

<Tomato sauce>

A Tomato puree 50g
Oregano, tabasco APT amount




How to cook

1 Make the pizza dough referring to Steps 1-3.

2 Take the seeds out of the tomatoes, cut thinly and properly remove the moisture. Remove moisture from the tuna and sweetcorn.

3 Baking pizza by referring to Steps 4-7 for making pizza.

Crispy Pizza

Auto Menu 34 Pizza [Low ■] Heating Time Approx. 10 min 30 sec (Excepting preheating time)	Accessory & Position Baking tray Lower Shelf 
--	---



Bread & Pizza

Ingredients/Diameter 21 cm for 1 piece

<Pizza dough>

- A**
- Bread flour (sifted)25 g
 - Low-gluten flour (sifted).....25 g
 - Instant dry yeast (Granular type that does not require pre-fermentation)1/2 (1.5 g) tsp.
 - Sugar Small amount
 - Salt.....1/4 (1.5 g) tsp.
 - Olive oil1/2 tbsp. (6 g)
 - Milk (at room temperature)25 ml

<Filling>

- Basil5 leaves
- Mozzarella cheese (cut into 1cm cubes)70g

<Tomato sauce>

- Tomato puree30 g
- Oregano, salt, garlic (grated) Small amount

- ※ Fermentation temperature is set at 40°C.
- ※ Preheating time is approximately 14 minutes.

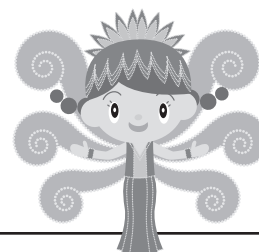
Manual Cooking Settings

Bake with preheating 200°C, 8-13 min

- ※ Baking tray is required for preheating.


How to cook

- 1** Put A in a bowl. Pour milk and check the process so that the dough does not become sticky. Mix thoroughly till the dough settles, and place the dough on a table to knead thoroughly till the dough becomes uniform.
- 2** Make the dough into a ball, place in a heat-resistant bowl covered in olive oil (not included in ingredients) and cover with plastic wrap.
- 3** Place 2 to the **baking tray** and put into the **lower shelf**, and ferment according to the setting <Ferment • 40°C • 25-35 min>.
- 4** After fermentation is complete, remove it along with the baking tray. Shape the bread into a round, cover it with plastic wrap, and let it rest for about 10 minutes.
- 5** Place the **baking tray** on the **lower shelf**. Turn the dial to select [34 Pizza], adjust the heat with the power level button to [Low ■] and press the **Start** button.
➡ **Start heating**
- 6** Stretch 4 to a circle of around 23 cm in diameter with a rolling pin and transfer onto the kitchen paper. Coat with tomato sauce and place cheese on top.
- 7** Immediately after the end of preheating, put on commercially available oven gloves, take out 6 and transfer it together with the kitchen paper to the **baking tray**.
- 8** Place 7 on the **lower shelf**, then press the **Start** button to heat.
- 9** After baking is complete, place basil leaves on top.



It means "Cheese Bread" in Portuguese. The addition of cassava flour in the ingredients results in a crispy exterior and a tender interior.

Cheese Roll

Bake with Preheating 190°C Heating Time 19-24 min	Accessory & Position Baking tray Lower Shelf 
---	---

Ingredients/For 16 pieces

- A**
- Tapioca flour200 g
 - Milk 110 g
 - Water 110 g
 - Vegetable oil 40 g
 - Salt Small amount
 - Egg 1 (Size M)
 - Powdered cheese 100 g

- If you don't proceed properly as Step 3, it will be powdery.

How to cook

- 1** Place A in a heat-resistant container, place in the **central oven cavity** with not wrap, and heat according to setting <Microwave 600W • 2 min 30 sec - 3 min> until it boils.
- 2** Add 1 into a bowl with tapioca, at once and swiftly knead with a spatula. Cover with wet cloth and steam for 2-3 minutes in a warm place.
- 3** Add beaten egg a bit at a time to 2, mix well and then add cheese and mix again. Once it has cooled a little, knead with your hands, taking care not to burn yourself. (It becomes hard to knead once the dough has cooled so knead fast)



No baking tray or grill is required



- 4** Preheat according to setting <Bake with preheating • 190°C>.
- 5** Divide 3 into 16 equal portions, knead each portion into a ball, and place them on a **baking tray** lightly coated with a layer of salad oil (not included in the ingredients).
- 6** **Baking**
After preheating is complete, place 5 on the lower shelf. Press the heat start button and heat for approximately 19-24 minutes.

Apple Pie

**Bake with
Preheating
180 °C**

**Heating Time
30-35 min**

Accessory & Position

**Baking
tray**
**Lower
Shelf**



Ingredients / For 21 cm. metal pie mould x 1

<Pie pastry>

A [Low-gluten flour 145 g
Bread flour 35 g
Butter 145 g
Cold water 75 ml

<Filling>

Apple (Red) 2 (400 g)
Sugar 50 - 60 g
Lemon juice 1/4 a lemon
Rum 1/2 tbsp.
Cinnamon APT amount

<Egg yolk liquid>

Egg yolk liquid 1 (Size M)
Water 1 tbsp.

How to cook

- 1 Peel the apples, cut them into 5mm thick butterfly shapes, put into a heat-resistant container, add lemon juice, scatter sugar on it and put a lid on. After covering with a lid, place it in the **central oven cavity**, and heat at according to instructions **<Microwave 600W • Approx. 9 min>**. To ensure even baking, stir 2-3 times during the process.



No baking tray or grill is required

After heating, leave to rest for 1 ~ 2 hours. Drain out the cooking liquid, pour the rum in and add cinnamon.

- 2 Pie pastry making. Sift A into a bowl, add butter cut into 1cm chunks and mix with a knife or a pie blender until they are in red bean sized lumps.



- 3 Add cold water in 3-4 to 2, mix so that it doesn't get sticky and once it becomes a little moist, gather it together, cover with cling film and rest for around 30 minutes in the cool room.



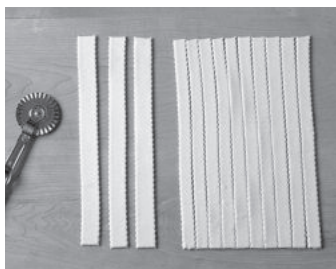
- 4 Spread step 3 into a rectangular form, fold into 3 and cover with plastic wrap. Allow to rest in the fridge for approx. 20 minutes. Repeat this process 5 times.



- 5 Divide the dough into 2 equal portions. Roll out one portion to 3 mm thick and lay it on the pie dish. Cut excess dough by leaving the edge of 5 mm. Make holes at the bottom with a fork, and place apple from 1.



- 6 Spread remaining dough to 25 x 21 cm. Cut into 10 strips of 1.5 cm width, and 3 strips of 2 cm width.



- 7 Interlace 1.5 cm. strips from step 5 to form a grid pattern. The place the 2 cm. wide dough around the edge, and cut off any excess dough. Brush egg yolk liquid on overlapping area, and store in the fridge for approx. 30 minutes.



- 8 Preheat according to setting **<Bake with preheating • 180°C>**.
- 9 Brush the surface of 7 with egg yolk liquid. After preheating is complete, place it on a **baking tray** and then put it on the **lower shelf**, and press the **Start** button and heat for approx. **<30-35 min>**.

- While letting the dough rest, it is essential to cover with plastic wrap. Leave it on a flat plate, and store in the refrigerator. Resting the dough will make it easier to handle.
- If dough is not rolled out with even thickness, it will expand unevenly during baking.
- When folding in three and rolling out, the rolling pin needs to be level and evenly pressed against the dough so that the thickness is leveled.
- Commercially available frozen pie sheet (400g) is useful.

Cookies

Auto Menu

35 Cookies


Heating Time

Approx. 25 min

Accessory & Position

Baking tray

Lower Shelf



Ingredients/For 35 pieces (1 tray)

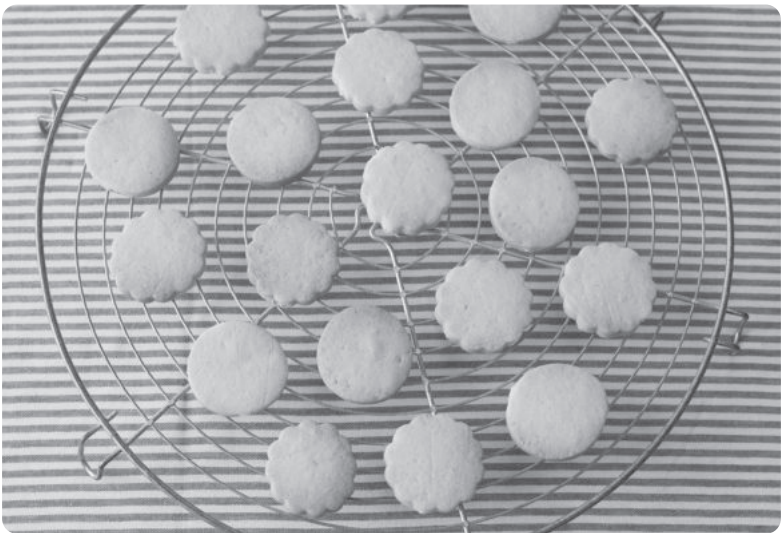
Low-gluten flour160 g

Butter (room temperature)70 g

Sugar55 g

Egg33g (2/3 Size M)

Vanilla essenceSmall amount



Desserts

How to cook

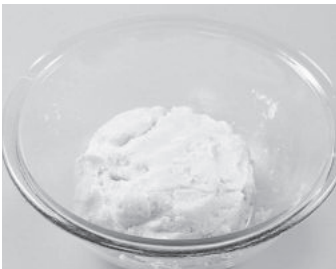
- 1 Put softened butter and sugar in a large bowl and rub together with a whisk until it's slightly white.



- 2 Add beaten egg to 1 a little at a time and add vanilla essence.



- 3 Sift low-gluten flour into 2 all at once and once it's not powdery after mixing with a wooden spoon, gather it all together.



- 4 Divide into suitable amounts, place in plastic bags, stretch out to be around 5mm thick with a rolling pin and rest for around 30 minutes in the refrigerator.



- 5 Take the dough of 4 onto a surface with flour (not included in ingredients) on, cut out using cutters (diameter around 3cm) and line with around 35 pieces on the baking tray.

※ Knead the bread dough that has been previously cut with a mould into a ball, flatten it, and repeatedly cut with the mould.

- 6 Place 5 on the lower shelf of the oven, select [35 Cookies] with the dial, and press the Start button.
➡ Start heating

Manual Cooking Settings

Bake with preheating 160°C, 22-27 min

- The finish may vary depending on the thickness, shape and size of the dough. Lowering the temperature and extending the time will yield better finish.


Rock Cookie

Auto Menu
35 Cookies
[Low ■■■]

Heating Time
Approx. 24 minutes

Accessory & Position

Baking tray
Lower Shelf

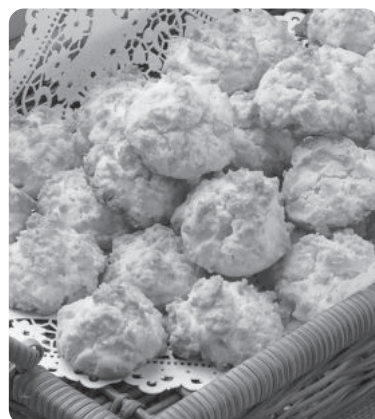


Ingredients/For 35 pieces (1 tray)

A [Low-gluten flour 120 g
Baking flour.....1 tsp.
Butter (room temperature).....60 g
Egg 25g (1/2 Size M)
Sugar 60 g
Coconut 20 g
Vanilla essenceSmall amount

How to cook

- 1 Put softened butter and sugar in a large bowl and mix well with a whisk until it's white.
- 2 Add beaten egg to 1 a little at a time and add vanilla essence.
- 3 Put A into 2, after it's been mixed and sifted, mix roughly with a wooden spoon, add coconut and mix further.
- 4 Place 35 portions on a baking tray lightly coated with a layer of salad oil (not included in the ingredients), put down 3, and adjust the size with a spoon.
- 5 Put 4 on the **lower shelf**, select [**35 Cookies**] with the dial, adjust the power with the **power level** button to [**Low ■■■**] and press the **Start** button.
➔ **Start heating**
After heating has finished, cool on a rack.



Manual Cooking Settings

Bake with preheating 160°C, 21-28 min


Swiss Roll

Bake with
Preheating
170 °C

Heating Time
13-18 minutes

Accessory & Position

Baking tray
Lower Shelf



Ingredients/For 1 roll

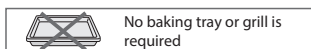
Low-gluten flour (sifted)60 g
Egg (room temperature).....3 (Size M)
Sugar (sifted) 60 g
Milk 2 tbsp. (10g)
Butter (cut small).....2 tbsp. (8g)
<Whipped cream>

A [Fresh cream 100 ml
Sugar10 g
Vanilla essence Small amount
Yellow peach (can) (cut into 7 vertically).....APT amount
Kiwi fruit (cut vertically into 8) APT amount



How to cook

- 1 Spread a kitchen paper that matches to the bottom and sides of the baking tray (As the mixture rises, spread out approximately 1 cm outside the baking tray).
- 2 Break the eggs into the bowl, add sugar and mix with a large whisk. Put the bowl in a hot water bowl hot water 60-70 °C) and warm the egg liquid. When the temperature reaches about human skin (35-40 °C), remove it and whisk until becomes creamy and firm enough to write letters.
- 3 Put milk and butter into a heat-resistant container and place in the **central oven cavity**, and preheat according to the setting <**Microwave 600W • 10-20 sec**> to melt the butter.
- 4 Preheat according to setting <**Bake with preheating • 170°C**>.
- 5 Add the low-gluten flour to 2 as though you are spreading it and mix until there is no flour visible as though you are scooping up with a spatula from the base, being careful not to burst the bubbles. Add melted butter by running it down a spatula and quickly mix in a similar way.
- 6 Pour dough into 1, flatten the surface, slap the base of the tray and remove large air bubbles.
- 7 After the end of preheating, place 6 on the **lower shelf** and press the **Start** button to heat for <**13-18 min**>.
- 8 After baking, remove the kitchen paper, cover with a damp cloth, and let it cool down completely.
- 9 Make whipped cream with ingredient A. (See page 34 for cream whipping)
- 10 For easy rolling, mark the side of the dough in 8 closer to you with three knife marks. Coat all of it with whipped cream, place fruits on the nearside, cover with plastic wrap, put the end of roll at the bottom and let it settle by leaving it in the fridge for a while.



Smooth Pudding

Auto Menu
40 Smooth Pudding

Heating Time
Approx. 40 minutes

Accessory & Position

Baking
tray
Lower
Shelf

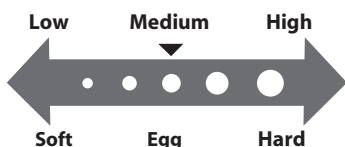


**Ingredients/For 7.5 cm diameter *4 cm height
Metal pudding mould x 8**

Egg 3 (Size M)
Sugar 80 g
Milk 400 ml
Vanilla essence Small amount
<Caramel sauce>

Sugar 40 g
Water 1 tbsp.
Warm water 1 tbsp.

Adjustments for finish



- The hardness of the finish may vary depending on the initial temperature of the egg yolk liquid and the material, shape, etc., of the pudding mold. If it doesn't solidify, extend the heating time or observe while heating manually in the <Steam> mode. The initial temperature of the egg liquid should be around 30-40°C.

- If it's still soft after cooling in a fridge, it may lose shape once you remove them from the moulds.

- Baking and heating are used simultaneously, so do not use heat-sensitive plastic wrap.

Manual Cooking Settings

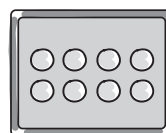
Steam Approx. 40 minutes

- Please observe while heating until it solidifies.



How to cook

- Put water in the water tank and set in place.
Lightly coat the pudding mold with a layer of butter (not included in the ingredients).
- Make caramel sauce. Put sugar and water in a small pan and heat up. Take away from the heat once you get the desired caramel color. Add hot water and mix well, then put equal amounts into the pudding moulds. (Please use an oven glove as it may splatter when adding hot water)
- Beat eggs in a large bowl, add sugar and mix well, being careful not to whisk.
- Put milk in a heat-resistant container, place in the **central oven cavity**, and preheat according to the setting **<Microwave 600W • Approx. 3-4 min>**.
- Add 4 to 3 a little at a time and strain. Scoop up any large bubbles, add vanilla essence, pour equal amounts into containers in 2 and put a cover on each with aluminum foil.
- Place 5 on a **baking tray** and then put it on the **lower shelf**. Select **[40 Smooth Pudding]** with the **dial**, and press the **Start** button.
➡ **Start heating**



- If using a ceramic pudding mold (steamer) with a diameter of 7.5cm and height of 4cm, heat with the **power level** set to **[High ■■■■ 1]**. (Standard heating time is approximately 40 minutes)

- After the heating is finished, once the extra heat has gone, cool in the fridge.



No baking tray or grill is required

Sponge Cake

Auto Menu
36 Sponge Cake

Heating Time
Approx. 30 min
(Excluding
preheating time)

Accessory & Position

Baking
tray
Lower
Shelf



Ingredients/For 18 cm diameter

Metal cake mould x 1

Low-gluten flour (sifted)90 g

Egg white 3 (Size M)

Egg yolk 3 (Size M)

Sugar (sifted) 90 g

Milk 1 tbsp.

Butter (chopped finely) 15 g

Vanilla essenceSmall amount

<Whipped cream>

 Fresh cream 300 ml

 Sugar 55 g

Strawberries..... APT amount



How to cook

- Put water into the water tank and set in place.
• Use steam only in the initial 1-2 minutes.

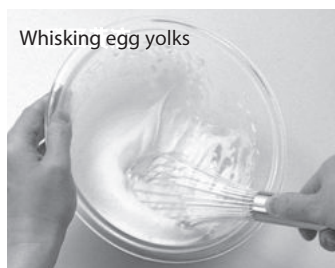
- Lightly coat the bottom and sides of the cake mould with a layer of butter (not included in the ingredients), and line it with kitchen paper.

- Put egg white in a bowl and gently whip the white in a cutting motion. Divide ½ amount of sugar into 2-3 portions and add them in while whisking. Continue whisking until peaks form.
• Hand mixer using is allowed for the easier whisking.



Meringue

- Mix the egg yolk, remaining sugar, butter and vanilla essence in another bowl. Whip until the yolk turns a pale and thick.



Whisking egg yolks

- Add step 4 into step 3. Whip until letters can be written in the mixture when the mix is raised with a whisk.



- Put butter and milk in a heat-resistant container, and place it directly in the **central oven cavity** without plastic wrap. Heat according to <Microwave 600W • 20-30 sec>, and melt the butter.



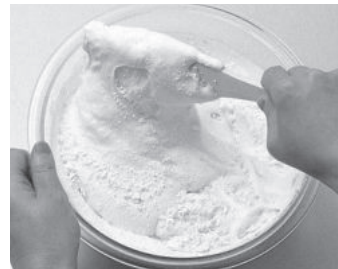
No baking tray or grill is required

- Select [36 Sponge Cake] with the dial, and press the Start button.
➡ Start heating

- Sift the low-gluten flour and temporarily spread it in 5.



- Quickly mix by scooping up the dough with a spatula so that the air bubbles are not squashed.



- With a little flour remaining, add melted butter along the spatula and mix quickly in a similar way as 9 until flour and butter become invisible.



Melted butter



- 11** Pour the dough into the mould and drop from about 5-10cm high two or three times to remove large air bubbles.



- 12** After the end of preheating, place 11 on a **baking tray**, put onto the **lower shelf** and press the **Start** button to heat.
• It's ready if you put in a bamboo skewer and it comes out dry.

- 13** After baking, drop the mould down straight from a height of 20 ~ 30 cm. to release the air. Turn it upside down, and leave on grill. Softly remove the kitchen paper, and let the cake cool down.

- 14** Decorate 13 with whipped cream and strawberries.

Whipped cream

Pour double cream, sugar and brandy into a bowl. Put water with ice under the bowl and whip until the mixture turns creamy. When it's been over whipped or when the temperature is too high, the mixture is separated and the form may disappear later. By keeping the temperature below 10°C with water with ice, whip the ingredients vigorously. Metal bowl that is easy to be cooled down makes whipping easier.



Manual Cooking Settings

Bake with preheating 150°C, 28-33 minutes

■ Guide to amounts and heating time for different cake sizes

	12 cm	15 cm
Egg white	1 (Size M)	2 (Size M)
Egg yolk	1 (Size M)	2 (Size M)
Sugar	30g	60g
Low-gluten flour	30g	60g
Milk	1 tsp.	2 tsp.
Butter	5g	10g
Heating method	Bake with preheating · 150 °C	
Guide to heating time	22-27 minutes	25-30 minutes





Checking the finish

A good finish

- Fine and even
Elastic and has good shape.
• If it doesn't finish well, please read the following table and how to cook before making.

<Cross section>



State of the finish <Cross section>	Cause
It doesn't rise well and is dense. 	<ul style="list-style-type: none"> • Insufficient whisking of the eggs. • Mixed too much after adding flour. • It wasn't baked straight after the dough was made.
It's coarse and there are lumps of flour that remain. 	<ul style="list-style-type: none"> • Flour was not sifted. • Flour insufficiently mixed
Powdery. The middle has fallen in 	<ul style="list-style-type: none"> • Egg was whisked too much. • When dough was put into the mould, air was not removed. • After baking, air was not removed
There are creases that are noticeable on the surface. 	

※ The rise or the finish may vary depending on the whisking or the method of mixing the dough or the material of the mould. If it doesn't work even when you follow the method properly, please try adjusting it by 10 - 20 °C higher or lower.

- If there is moisture, oil or dirt on equipment such as bowl and whisk, meringue may not whisk and stiffen easily or air bubbles may get squashed. Please ensure that the equipment is always washed well and dried well.
- The meringue doesn't whisk up well so please don't use it if even a little egg yolk gets mixed in with the egg white.

Chiffon Cake

Auto Menu
37 Chiffon Cake

Heating Time
Approx. 42 min
(Excluding
preheating time)

Accessory & Position

No
access-
ories



Ingredients/ For 20 cm. diameter

Aluminum chiffon cake mould x 1

Low-gluten flour (sifted).....150 g

Egg yolk..... 5 (Size M)

Egg white 7 (Size M)

Sugar (sifted) 130 g

Water 100 ml

Salad oil 80 ml

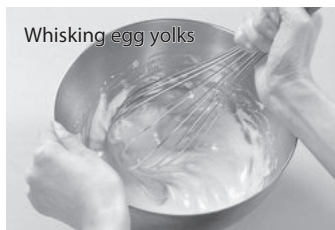
Vanilla essenceSmall amount



How to cook

- Put egg yolk and 1/3 of the sugar in a bowl, use a whisk until the whole thing becomes pale.

Whisking egg yolks



- Gradually add vegetable oil into 1 and mix well. So that it doesn't separate further, mix well whilst gradually add a little water, add vanilla essence and mix.

- Add low-gluten flour to 2 and mix with a whisk until flour is mixed.

- Beat the egg whites until meringue forms. Put egg whites in a separate bowl, whisk lightly with a hand mixer and add the remaining sugar divided into 2-3 portions.

Whisk properly so that the peaks form and it doesn't fall out when you turn the bowl upside down.

Meringue



- Add 1/3 of the meringue to 3, mix well with a whisk and add the remaining 1/2 and mix further. Add the remaining meringue and mix until there are no lumps of meringue as though you are scooping up from the bottom without squashing the bubbles.
 - Once the meringue becomes dry, add after you've whisked again.



- Pour the mixture from 5 into a clean chiffon cake mould from a height. Insert a bamboo skewer into the mixture, rotate it once, and then tap the mould 2-3 times while holding it to release large air bubbles.



- Select [37 Chiffon Cake] with the dial, and press the **Start** button.
 - ➡ Start heating

- After preheating is complete, place 6 on the **lower shelf**, then press the **Start** button to begin heating. If you are concerned about the baking color, place aluminum foil on the surface to adjust the finish.

- After baking, turn the mould upside down immediately so that the cake does not sink. Place the mould on the tube with proper height, and leave to cool down.







- Once cooled down (overnight, preferably at least 4 hours), insert the palette knife between the mould and the cake. Rotate such that the inner side of the mould is scrapped and remove the cake from the mould. Use a knife to remove the dough from bottom



Checking the finish

Instead of using additive agents (such as baking powder), the cake expands because of the meringue, made by whipping egg whites.

• If it doesn't turn out well, please whisk the egg whites properly and refer to the table below or how to cook carefully

State of the finish	Cause / how to deal with it
<p>The finish has a poor rise</p> 	<ul style="list-style-type: none"> ● Egg whites have been whisked insufficiently. → Use cooled eggs and whisk really well so that it doesn't fall out even when you turn the bowl upside down.
<p>There was a large hole in the cake</p>  <p>There was a large hole at the base of the cake</p> 	<ul style="list-style-type: none"> ● Air got in when pouring into the mould. → Pour the dough all at once from a high place. ● After putting the dough into the mould, air was removed with strong smashing of the base. → Tap lightly and remove air. ● Air got in when mixing the egg whites with the egg yolk dough.
<p>Top part of the finished cake (when in the mould) has a cracked texture</p> 	<ul style="list-style-type: none"> ● Phenomenon known as clogging. This is a natural phenomenon caused by the air bubbles which had expanded get smaller along with the reducing temperature.
<p>The cake has shrunk</p>	<ul style="list-style-type: none"> ● After baking, remove from the mould once it's cooled completely.

※ The rise and finish may differ depending on the whisking or the mixing of the dough, material of the mould, etc.

If it doesn't work even when you follow the method properly, please try adjusting it by 10 - 20 °C higher or lower.

- If there is water or oil, dirt, on the equipment such as bowl, whisk or mould, the meringue or egg yolk may not whisk well or the air bubbles may burst. Please wash the equipment well and use them once very dry.
- The meringue doesn't whisk up well so please don't use it if even a little egg yolk gets mixed in with the egg white.
- When using with a non-aluminum mould may cause the dough to slip and it may not bake well. Please use aluminum ones.
- When using molds other than aluminum (such as fluorine, paper, silicone), place them on a baking tray and heat gradually in manual mode while observing. If placed directly in the oven, the mold may burn or deform.
- If the top is too brown after cooking, please cover with aluminum foil part of the way through.

■ Guide to amounts and heating time for different cake mould sizes

	Aluminum based 117cm
Low-gluten flour	80g
Egg yolk	3 (Size M)
Egg white	4 (Size M)
Sugar	80g
Water	50ml
Salad oil	40ml
Vanilla essence	Small amount
Heating method	Bake with preheating · 150 °C
Guide to heating time	34-39 minutes

Manual Cooking Settings

Bake with preheating 150°C, 40-45 minutes



Cream Puff (Kiln)

Auto Menu 38 Cream Puff

Heating Time
Approx. 30 min
(Excluding preheating time)

Accessory & Position

Baking
tray
Lower
Shelf



Ingredients/For 9 pieces

Weak flour (sifted) 60 g

Butter (cut into 1cm chunks and returned to room temperature) 45 g

Water 40 ml

Milk 40 ml

Egg (beaten and at room temperature).....100g (Size M)



It's a dense, dark brown puff pastry.

How to cook

- Put water into the water tank and set in place.
- Put water, milk and butter into a large heat-resistant container, put in low-gluten flour (1 tsp.), place in the **central oven cavity** without covering with plastic wrap and heat according to the setting **<Microwave 600W • 2 min 30 sec~5 min>** until it boils.



No baking tray or grill is required



- After heating 2, add the remaining low-gluten flour to 2 and quickly stir with a wooden shovel, mix thoroughly.



- Without wrapping with plastic wrap, place 3 directly in the **central oven cavity** and heat according to the settings **<Microwave 600W • 50 sec~1 min 10 sec>**. In order to get an even finish, mix 2-3 times and quickly mix after heating too.



No baking tray or grill is required



- Add half the egg to 4, divide the remaining into 2-3 portions, add and mix well. Each time you add the egg, mix well by moving the wooden spoon quickly until the egg mixes in and becomes smooth.

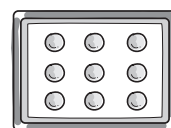
- Select **[38 Cream Puff]** using the **dial**, and press the **Start** button.
➡ **Start heating**

- Place kitchen paper on the baking tray.

- Put 5 into a piping bag with a nozzle (round: opening approx.10 -12 mm) attached to it.



- Squeeze 9 similar sized puffs onto the **baking tray** with gaps in between. Hold the nozzle with your left hand, use a piping bag and stop once the diameter becomes about 5cm after you squeeze it with your right hand.



- Press the top of the dough down with a wet fork.

- After preheating, put 10 on the **lower shelf** and press heat start button to start heating.

Manual Cooking Settings

Bake with preheating 180°C, 26-31 min

※ After preheating is complete, spray a mist of water onto the choux pastry dough before baking.



Checking the baking results

Good finish
It rises with ma good shape
with a hollow space inside.




<Cross section>



State of the finish <Cross section>	Cause
It spreads sideways and doesn't rise. 	<ul style="list-style-type: none"> • Ingredients were not measured out correctly. • There was too much egg. • The heating time with the microwave was incorrect. • Butter was not heated until bubbling. • Flour was not added whilst the butter was boiling. • Insufficient mixing of the flour. • Dough that the flour was mixed with was cold. • The eggs were cold
It's small and doesn't rise well. 	

- If you don't have a piping bag, please line them up by scooping them up with a spoon.
- Boil the butter sufficiently until bubbling. (See step 2 in "How to cook")
- When mixing low-gluten flour or eggs, please do it quickly.

Whipped Cream

Microwave 600W Heating Time Approx. 7 min 30 sec	Accessory & Position No accessories 
Ingredients: Low-gluten flour 2 tbsp. Starch 2 tbsp. Sugar 100g Milk 400ml Egg yolkequivalent to 2 medium-sized eggs Vanilla extract Small amount	



How to cook

1

In a deep heat-resistant container, combine low-gluten flour, cornstarch, and sugar. Use an egg beater to stir, add milk, mix thoroughly, and avoid forming flour lumps. Add egg yolk and mix thoroughly.



2

Place the mixture into the **central oven cavity** without covering it with plastic wrap. Heat at **<Microwave 600W • Approx. 7 min 30 sec>**, or until it reaches a thick and sticky consistency. To ensure even cooking, stir 2-3 times during the process. After completion, add vanilla extract.



3

After allowing it to cool, tightly cover the surface with plastic wrap, ensuring it adheres to the surface of the whipped cream. Place it in the refrigerator to chill.

● If you notice insufficient heating during step 2, use **[MICROWAVE 200W]** mode and observe while reheating.

Pound Cake

Bake with
Preheating
140°C

Heating Time
45-50 min

Accessory & Position

Baking
tray
Lower
Shelf



Ingredients/ For 8x17x6 cm metal
pound cake mould x 1

Low-gluten flour 100 g
Baking powder..... 1 tsp.
Butter (room temperature).....90 g
Sugar 70 g
Egg 2 (Size M)
A [Raisins 50 g
Drained cherry 20 g
Orange peel..... 15 g
Brandy2 tbsp.



How to cook

- 1 Line a mould with a kitchen paper.
- 2 Sift low-gluten flour and baking powder together.
- 3 Chop ingredient A and soak in brandy.
- 4 Put softened butter and sugar into bowl and blend by whisking until the mixture changes to slightly white in its color. Gradually add in beaten egg and blend some more.
- 5 Add 3 to 4 and mix gently with wooden spatula.
- 6 Add 2 to 5, mix in a cutting motion.
- 7 Preheat according to the setting < **Bake with Preheating • 140°C** >.
- 8 Place the dough from step 6 in a cake mould and leave a vertical line in the center.
- 9 After preheating is complete, place the mixture from step 8 into a **baking tray** and position the tray on the **lower shelf**. Press the **Start** button and bake for approximately < **45 ~ 50 min** >.
- 10 After finish baking, place on grill, remove the kitchen paper and let the cake cool down completely.

Baked Apple with Liquor

Bake with
Preheating
180°C

Heating Time
45-50 min

Accessory & Position

Baking
tray
Lower
Shelf



Ingredients/ For 4 servings

Apple4 (250 g each)
A [Butter (room temperature)..... 60 g
Sugar 60 g
Cinnamon 1 tbsp.

- Due to variations in apple size and type, the baking results may differ. Please adjust the time accordingly while observing.
- Adding whipped cream on top enhances the taste and presentation.



How to cook

- 1 Wash the apples, core them without piercing through, leaving the skin intact, and make holes with a bamboo skewer.
- 2 Place 1 on a shallow heat-resistant container and fill the cored part with the mixture A.
- 3 Put 2 onto a **baking tray** and position it on the **lower shelf**. Heating according to the setting < **Bake without Preheating • 180°C • 40-50 min** >.

Muffin

Bake with
Preheating
180°C

Heating Time
18-23 min

Accessory & Position

Baking
tray
Lower
Shelf



Ingredients/For 6 cm diameter muffin
mould x 6

A [Low-gluten flour 80 g
Baking powder 1 tsp.
Butter (room temperature) 100 g
Sugar 80 g
Egg 2 (Size M)
Milk 50 g



Muffin variation

※Please add in step 3.

Chocolate chips 30g
Processed cheese (cut into 7-8mm
chunks) 80g
Nuts (broken down into 7 - 8mm
chunks) 50g

How to cook

- 1 Put butter and sugar in a bowl and mix with a hand mixer until it becomes white.
- 2 Gradually add the beaten eggs and milk in small amounts multiple times to 1, and mix thoroughly.
- 3 Add A to 2, by sifting it in, then mix until the powderiness is gone by scooping up from the base with a rubber spatula. Put equal amounts into the moulds and place on a baking tray.
- 4 Preheat according to the setting < Bake with Preheating • 180°C >.
- 5 After the end of preheating, place the mixture from 3 on the lower shelf. Press the **Start** button to heat and bake for approximately [18 ~ 23 min]

Cheesecake

Bake with
Preheating
160°C

Heating Time
30-40 min

Accessory & Position

Baking
tray
Lower
Shelf



Ingredients/For 18 cm. diameter metal
cake mould x 1

Cream cheese (room temperature) 200 g
Egg 2 (Size M)
Sugar 80 g
Low-gluten flour 3 tbsp.
Lemon juice 2 tbsp.
Fresh cream 150 g

<Topping>

A [Apricot jam 1 tbsp.
Water ½ tbsp.

- Please use a mould whose base comes out. If the base doesn't come out, it becomes hard to remove from the mould.
- Once finished, please take out from the mould once it has cooled. If it is removed from the mould before cooling, the shape will be lost.



How to cook

- 1 Thinly coat the bottom and edges of the cake mould with butter (not included in the ingredients), and line it with kitchen paper.
- 2 Put softened cream cheese in a bowl and mix until smooth.
- 3 Add sugar, egg, low-gluten flour, fresh cream and lemon juice in that order to 2, and mix each time you add each ingredient.
- 4 Preheat according to the setting < Bake with Preheating • 160°C >.
- 5 Pour 3 into 1 and flatten the surface.
- 6 After the end of preheating, place the mixture from 5 on the **baking tray** and place it to the **lower shelf**. Press the **Start** button and bake for approximately <30~ 40 min>.
- 7 After the end of heating, cool whilst still in the cake mould.
- 8 Place A in a heat-resistant container, stir, and cover the entire surface with plastic wrap. Put it in the **central oven cavity**, and heat according to <Microwave 600W • Approx. 30 sec>.
- 9 Coat the surface of the cheesecake with 8.



No baking tray or grill is
required

Chocolate Cake

Bake with
Preheating
150°C

Heating Time
25-35 min

Accessory & Position

Baking
tray
Lower
Shelf



Ingredients/For 18 cm diameter metal
cake mould x 1

A Sweet chocolate (broken into
chunks).....65 g
Fresh cream 30 ml
Butter (unsalted, cut into small chunks
and returned to room temperature)
..... 40 g
Egg yolk..... 2 (Size M)
Sugar 30 g
Low-gluten flour 13 g
Cocoa powder (sugar-free)20 g
<Meringue>
Egg white 2 (Size M)
Sugar 40 g
Icing sugar.....Small amount
Fresh cream (whipped)
..... APT amount

- Make sure to add sugar in 3 portions!
While whisking, it will harden. After it
becomes
glossy, add the next portion of sugar and
whisk.



- Lightly coat the bottom and sides of the
cake mould with a layer of butter (not
included in the ingredients), and line it
with kitchen paper.
- Place A in a heat-resistant container
without covering it with plastic wrap. Put it
directly in the **central oven cavity** and
heat at <Microwave 600W • Approx. 1
min >. Stir 2-3 times during the process.
- After the end of heating, add butter to 2
and mix.
- Place in a separate bowl the egg yolk
and sugar and whisk until the egg
yolk becomes white.
- Add 3 to 4 mix and sift the low-gluten
flour and cocoa powder together then
mix roughly with a wooden spoon.
- Put in egg whites and 1/3 of the sugar in
a different bowl, whisk it and add in the
other two remaining batches of sugar.
Whisk until peaks form and it doesn't fall
out the bowl even when it's turned
upside down in order to make the
meringue.
- Add 6 into 5 in two portions, and mix
without whipping the air out of the
mixture.
- Preheat according to the setting < **Bake
with Preheating • 150°C** >.
- Pour in dough from 7 into a cake mould.
- After preheating, place the mixture from
step 9 into a **baking tray** and position it
on the **lower shelf**. Press the **Start**
button and bake for approximately < **25
to 35 min** >.
- Take out from the mould after heating
has ended and peel off the cooking sheet
and cool. Scatter icing sugar to finish.
Add fresh cream to your taste.



No baking tray or grill is
required

Strawberry Jam

Microwave 600W

Heating Time
17-19 min

Accessory & Position

No
acces-
sories



Ingredients

A Sugar 150 g
Lemon juice.....2 tbsp.
Salad oil2 drops
Fruit300 g net each
Strawberries (with tops removed)
Apple (Red, peel and grate)
Kiwi fruit (Peel and cut into 5 mm thick
butterfly shapes)
Blueberry


How to cook

- Pre-prepare the fruits after washing them
well and removing moisture.
- Into a deep and large heat-resistant glass
bowl, put in 1's fruit and A then mix
lightly.
- Place 2 in **central oven cavity** without
covering it with plastic wrap. Put it
directly in the center and heat at
<Microwave 600W • 17-19 min>.
Remove scum during the cooking 2-3
times and mix.



- If you wash the strawberries after you've taken the tops off, it may get watery, making it take longer to cook.
- It will be soft immediately after heating, but it will thicken to a sticky consistency as it cools down and releases excess heat.

Brownie

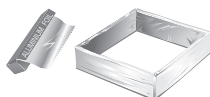
Bake with Preheating 160°C	Accessory & Position
Heating Time 25-35 min	Baking tray 



Ingredients/For 18 cm square mould (no base) x 1

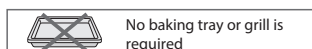
- A** [Sweet chocolate.....80 g
Milk 2 tbsp.
Sugar60 g
Butter (unsalted, returned to room temperature)100 g
Egg2 (Size M)
- B** [Low-gluten flour80 g
Almond poodle20 g
Sweet chocolate.....40 g
- C** [Walnuts40 g
Almond40 g

- If you have no mould, make a frame of around 4cm in height with aluminum foil and us as mould.




How to cook

- 1 Break C down into 7~8 mm chunks.
- 2 Crumble the chocolate in A, put it in a heat-resistant container, add milk and place in the **central oven cavity** without plastic wrap, heat at **<Microwave 600W • Approx. 4 sec>**, then mix and dissolve.
- 3 Put softened butter and sugar into a bowl and rub together and mix with a whisk until it's slightly white.
- 4 Add beaten egg to 3 a little bit at a time and add 2 then mix well.
- 5 Add B to 4 by sieving it, then mix with a wooden spoon, add 1 and mix briefly.
- 6 Preheat according to the setting **< Bake with Preheating • 160°C>**.
- 7 Place a cooking sheet on a **baking tray**, place the mould on top, pour in 5 and flatten.
- 8 After preheating is complete, place the mixture from step 7 on the **lower shelf**. Press the start heating button and bake for approximately **<25 ~ 35 min>**.



Raw Chocolate

Auto Menu 39 Raw Chocolate	Accessory & Position
Heating Time Approx. 1 min and 20 sec	No accessories 

Ingredients

- Sweetheart chocolate or dark chocolate170g
Fresh cream100g
Unsweetened cocoa powder APT amount

- ※ If using milk chocolate, the quantity of chocolate should be 250g. After heating, leave in the fridge for more than four hours. It will be smoother than sweet (black) chocolate.

- Even if there were lumps in How to cook step 2, they should disappear as you mix them. If the chocolate has not fully melted, please heat whilst monitoring the situation at microwave 600W.

How to cook

- 1 Break the chocolate down into fine chunks, put into a **shallow heat-resistant container**, add double cream and mix well.
- 2 Place 1 without covering with plastic wrap in the **central oven cavity** and heat. Rotate the **dial** to select **[39 Raw Chocolate]**, and press the **Start** button. ➡ **Start heating**
- 3 After heating is complete, dissolve by mixing with a whisk.
- 4 Pour 3 into a flat container lined with kitchen paper and leave in the fridge for more than 2 hours. Once it's hard, cut out into bite-sized chunks and cover with cocoa powder.



Instruction:

- During temperature-controlled heating, use the infrared sensor to detect the temperature of the food. Please refer to the instruction manual for proper guidance on temperature detection.

Manual Cooking Settings

Temperature-controlled heating 50°C

Sweet Potato

Bake with
Preheating
170°C

Heating Time
15-20 min

Accessory & Position

Baking
tray
Lower
Shelf



Ingredients/For 8 pieces

Sweet potato..... Net 230 g

Butter..... 15 g

Sugar 25 g

Egg yolk..... 1 (Size M)

Fresh cream (or milk)

.....APT amount (0 - 40g)

Vanilla essenceSmall amount

A [Egg yolk..... 1 (Size M)

Water1 tbsp.



How to cook

- 1 Peel the sweet potatoes, cut them into 1cm circles and arrange them on a heat-resistant container so that they don't overlap.
- 2 Cover with plastic wrap, place in the **central oven cavity** and heat at **<Microwave 600W • 4~5 min>** whilst monitoring the situation. Mash after heating, whilst hot.
- 3 Add the butter, sugar, egg yolk and vanilla essence in that order to 2 and mix every time you add an ingredient.
- 4 Add double cream to 3 until it becomes hard enough to shape and rub together until smooth.
- 5 Divid 4 into 8 portions, form then into circular shapes, line up on the baking tray and coat with A mixed together.
- 6 Preheat according to the setting **< Bake with Preheating • 170°C>**.
- 7 After the end of preheating, place 5 to the lower shelf. Press the **Start** button and bake for approximately **<15 ~ 20 min>**.



No baking tray or grill is required

Roasted Sweet Potato

Auto Menu
41 Roasted Sweet
Potato

Heating Time
Approx. 60 min

Accessory & Position

Baking
tray
Lower
Shelf



Ingredients/For 4 servings

Sweet potatoes (around 3-5cm wide) 4
(250g each)

Manual Cooking Settings


Bake with preheating 200°C, 55-65 min



How to cook

- 1 Wash the sweet potatoes, remove moisture, make several holes with a fork and line up on a baking tray.
- 2 Place 1 on the lower shelf, select [41 Roasted Sweet Potato] using the dial, and press the start heating button.

Strawberry Stuffed Daifuku

Heating Time Microwave 600W About 3 min ▼ Steam Microwave Approx. 2 min 50 sec	Accessory & Position No accessories 
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Ingredients/For 8 servings	
Glutinous rice flour	70g
Water	140g
Sugar	40 g
Strawberries.....	8 (small)
Red bean paste filling (available in the market)	
.....	120g
Starch	APT amount



Desserts

How to cook

- Put water into the water tank and put in place.
- Wash the strawberries, take off the tops and remove moisture. Divide the strained red bean paste into 8 portions (around 15g each) and wrap around with red bean paste so that the pointy part of the strawberry sticks out a little.
- Put rice flour in a heat-resistant glass bowl and mix well with a wooden spoon whilst adding in water a little at a time. Add more sugar and mix them well.
- Cover with no plastic wrap, place 3 in the **central oven cavity** and heat at **<Microwave 600W • Approx. 3 min>**.
- After heating, mix well with a wooden spoon and make it even out.
- Without covering it with plastic wrap, place 5 back in the **central oven cavity** and steam using **<Steam Microwave> Approx. 2 min and 50 sec>**.
- After heating, mix again until the ingredients turn elastic. Transfer lightly floured with cornstarch tray and divide into 8 equal portions.
- Wrap 2 with dough from 7. With the join on the bottom side, make a neat round shape.

#Details**Matter**