

#DetailsMatter



COOKBOOK

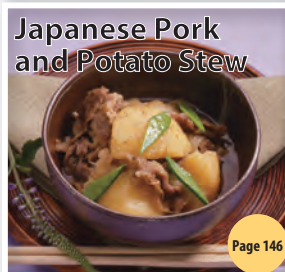
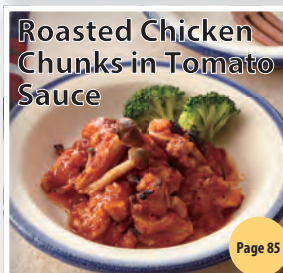
MICROWAVE OVEN WITH SUPERHEATED STEAM OVEN
ER-VD7000HK

In order to use the product safely and correctly, please read the Instruction Manual and the Cookbook. After reading, please keep the instruction manual handy.

TOSHIBA



This Cookbook offers a collection of 12 recommended recipes for your table from everyday dishes to weekend gourmet feasts.



How to use



Select the menu from the **精選** (Recommended) on the **烹調** (Cook) screen.



You can also view recommended ingredients and cooking method from the LCD screen!

Notifications for cooking



**Use accessories and containers suitable for the cooking method (heating method).
Keep an eye on the food while cooking if you use commercially available cookbooks.**

● Before starting cooking

- **For automatic cooking, the heating mode has been set for each dish, so there is no need to set the time or temperature separately.**
- **For automatic cooking, the ingredients and portions are adjusted for the product. If you use different ingredients and portions, please adjust the settings under the Auto Cooking mode, or use the Manual Cooking mode and keep an eye on the food while heating.**
- **Please prolong the heating time if the heating is insufficient.**
- Food photos in this cookbook may differ from the actual results depending on the room temperature, shape, portion, size, initial temperature, power supply voltage, etc. (Photos in this cookbook show serving samples.)
- The cooking time may vary slightly depending on the food type, shape, size, initial temperature, room temperature, etc.
The cooking time and temperature indicated in the recipe are a rough guide.
- The recipe takes medium-sized (M) eggs as standard. (M sized with shell, 58-64 g)
The finish or the rise may vary depending on the size of the egg.
- The supplied square tray (griddle) features a special coating.
There is no need to cover with cooking oil or place a cooking sheet under it during cooking, unless instructed otherwise in the recipe. If you are concerned, please put cooking oil on it or place a cooking sheet under it as required.
- Please cut or fold the cooking sheet so that it does not go beyond the square tray or deep tray. (Otherwise, the food may not cook properly, or the cooking sheet may burn.)
- Milliliter (ml) = Cubic centimeter (cc); 1 Cup = 200 ml

● For cooking well with convection

- The final result may look different depending on the room temperature, shape, portion, size, initial temperature, power supply voltage, etc.
If the finish is not to your preference, please switch the position of the food during cooking - for example between the front and the back or between the upper shelf and lower shelf.
- The finish may not be satisfying depending on the food shape and other conditions using the temperature indicated in the recipe. Please set the temperature to 10-20 °C higher or lower than the temperature indicated in the recipe.

● Accessories

Please ensure that you never use a square tray, deep tray or gridiron during Microwave heating.

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Auto Roast in ISHIGAMA

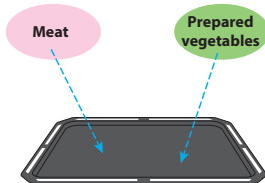
Convection




No need to set the temperature/time! Line up your ingredients, and Auto Cooking starts!

How to cook

- Line up ingredients of your choice on a **square tray** (Only meat and vegetables are needed)



Turn leftovers from your refrigerator into a gourmet meal instantly by simply placing them on a square tray, putting the square tray into the oven and roasting.

- Place the square tray on the **lower shelf**, select  (Auto Roast in ISHIGAMA) and then the type of ingredients, and start heating.

- After the heating is completed, take it out to finish cooking!

Example: Roasted Chicken Thighs



Ingredients & Portions

Chicken thigh 2 slices (250 g/slice)
Mixed vegetables 500 g
(Pumpkin, lotus root, chilli powder)

Seasonings

Olive oil 1 tbsp.
Salt, pepper A suitable amount

Tips

Coat the vegetables with olive oil, salt and pepper.

Tips

Slice chicken thighs into equal thickness with a knife, and season with salt and pepper.

The standard heating time is approx. 20 to 30 minutes



For 1 serving and 4 servings

Line up them on the square tray and roast!

✓ Temperature

✓ Time

Fully auto!

Example: Roasted Pork Chop



Ingredients & Portions

Pork chop 600 g
Mixed vegetables 400 g
(Potato, carrot, burdock)

Seasoning

Soy sauce 3 tbsp.
Wine 2 tbsp.
Sugar 2 tbsp.
Garlic (grated) 1 tsp.
Ginger (grated) 1 tsp.

Tips

Marinate the pork chops and vegetables in the liquid seasoning for about 30 minutes.

The standard heating time is approx. 28 to 38 minutes



Example: Roasted Pork Belly



Ingredients & Portions

Pork belly 300 g
Mixed vegetables 500 g
(Carrot, scallion, bean sprout and Chinese chive)

Seasoning

Soy sauce 3 tbsp.
Wine 2 tbsp.
Sugar 2 tbsp.
Carrot (sliced thinly) 1 slice

Tips

Please use aluminium foil to wrap bean sprouts and a small amount of leafy vegetables that are easy to get scorched.

Tips

Marinate the pork belly in the liquid seasoning for about 30 minutes.
Pour the remaining liquid seasoning over the vegetables wrapped with aluminium foil.

The standard heating time is approx. 30 to 40 minutes

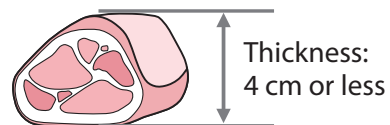


Preparing ingredients

- The total weight of meat and vegetables on a square tray shall range from 200 g to 1 kg.
- Please use frozen or room temperature ingredients.

Preparing meat

- Cut the meat into chunks with a thickness of 4 cm or less. The meat may not be roasted thoroughly if cut too thickly.
- Use a fork to pierce the meat chunks a few times to reduce meat shrinkage due to roasting.
- Beef shall be properly cut to ensure that beef chunks can be roasted thoroughly. It is recommended to use tenderloin which is soft and easy to chew. Tough cuts of meat like beef leg may result in a firmer texture when roasted.



Preparing vegetables

- Cut vegetables into bite-size chunks.
- Please use aluminium foil to wrap bean sprouts, onions, and a small amount of leafy vegetables that are easy to get scorched.



Seasonings

- You can adjust the seasonings to your taste.

How to line up

- Line up the meat and vegetables on a square tray as you like.

How to operate

- Line up the meat and vegetables on a square tray as you like.



Selecting the type of ingredients

- If pork and other meats are roasted at the same time, the latter may get overcooked. (Please roast one type of meat at a time.)
- Select **蔬菜** (Vegetables) when roasting vegetables alone or vegetables together with processed meats such as ham and sausages.

Place it in the lower shelf and start heating



- Please check the checkbox when roasting steak or bone-in meat. Leave it unchecked when roasting cut meat.

Tips

- Vegetables may get darker in color when cooked, depending on the type and cutting method. If the roasted vegetables come out too dark, please take them out midway through roasting.

* Please wear oven mitts when taking the square tray out to avoid burns.

- If the finish comes out too light, please prolong the heating time or use Manual Convection (Without preheat) at 180°C, and keep eyes on the food while roasting.

No.1 Japanese Hamburg Patty

Hybrid



Add water until it exceeds the half water level



Ingredients/For 2 servings (2 pieces)

Mixed minced meat (pork and beef)	150 g	Breadcrumbs	20 g (1/2 cups)
Salt	A little	Milk	1 1/2 tbsp.
Onion (chopped)	100 g	(Sauce: Mixed)	
Butter	6 g (1/2 tbsp.)	Chili sauce	A suitable amount
Pepper/Nutmeg	A little	Ketchup	A suitable amount

- Auto mode is applicable to cooking for 2 servings and 4 servings.
- Auto manual is not applicable to cooking for 6 servings. Please use the auto manual instead.

- If meat with high fat content is used, the melted fat may scatter, thus causing a lot of smoke.
- After cooking, melted fat will accumulate in the square tray. Please take care when taking it out.

How to cook * Fill the water tank with water, and insert it to the main body.

- Place the onion and butter in a heat-resistant container, then put the container in **the center of the chamber** without covering with plastic wrap. Heat it up, and then cool it down.

微波 600W (Microwave 600W) ▶ 2-3 分鐘 (2-3 mins) 開始 (Start)

For 4 servings
(微波 600W (Microwave 600W),
4 minutes 30 seconds - 5 minutes 30 seconds)

- Put the breadcrumbs in a container, add milk, and mix them well.
- Put the mixed minced meat (pork and beef) and salt into a large bowl, and stir until sticky (for about 2 minutes). Then, add **1**, **2**, pepper and nutmeg, and stir well.
- Divide **3** into two equal portions, shape them into hamburger patties and line them in a **square tray**, with a dent in the middle.

- Preheat the empty chamber.

烹調 (Cooking) ▶ 搜尋菜式 (Menu Search) ▶ 菜式編號 (Menu No.) ▶ No.1 ▶ 確定 (Decide) ▶ 2 人份 (2 servings) ▶ 開始 (Start)

(The standard preheating time is approx. 11 minutes)

* For 4 servings, select [4 人份] (4 servings).

- After preheating, place **5** on the **upper shelf** and start heating.

開始 (Start) Heating starts **(The standard heating time for 2 servings is approx. 19 minutes)**
(The standard heating time for 4 servings is approx. 21 minutes)

- After the heating is completed, transfer the hamburger patties to a plate, topped with the sauce.

• For the basic method of cooking, please refer to Steps **1** - **7** of "Japanese Hamburg Patty". For the portion and heating time, please see below:

	Ingredients	For 2 servings (2 pieces)	For 4 servings (4 pieces)	For 6 servings (6 pieces)
Ingredients	Minced meat	150 g	300 g	450 g
	Salt	A little	1/3 tsp.	1/2 tsp.
	Onion (chopped)	100 g	200 g	300 g
	Butter	6 g (1/2 tbsp.)	12 g (1 tbsp.)	18 g (1 1/2 tbsp.)
	Pepper/Nutmeg	A little	A little	A little
	Breadcrumbs	20 g (1/2 cups)	40 g (1 cup)	60 g (1.5 cups)
	Milk	1 1/2 tbsp.	3 tbsp.	4 1/2 tbsp.
	(Sauce: Mixed) Chilli sauce Ketchup	A suitable amount	A suitable amount	A suitable amount
Step 1 Microwave heating		2-3 minutes	4 minutes 30 seconds - 5 minutes 30 seconds	7-8 minutes

• For 6 servings, Steps **4** and **6** cannot be done under automatic mode. Please use the manual mode instead.

	Steps 4 , 6	For 2 servings (2 pieces)	For 4 servings (4 pieces)	For 6 servings (6 pieces)
手動 (Manual)	混合烹調 (有預熱) (Hybrid) (with preheat) 250 °C	17-21 minutes	19-23 minutes	21-25 minutes
	過熱水蒸氣烤焗 (有預熱) (Superheated steam) (with preheat) 300 °C	17-21 minutes	19-23 minutes	21-25 minutes
	熱風對流 (有預熱) (Convection) (with preheat) 250 °C	17-21 minutes	19-23 minutes	21-25 minutes

No.2 Tomato Hamburger Patty

Convection



Ingredients/For 6 servings

Mixed minced meat 450 g	<Sauce>	
Salt 3/4 tsp.	Ketchup 600 g
Onion (chopped) 300 g	Salt 1/2 tsp.
Butter 18 g (1 1/2 tbsp.)	Oregano (dried) A suitable amount
Pepper/Nutmeg A little	Basil (dried) A suitable amount
Breadcrumbs 60 g (1.5 cups)	Cheese powder 4 tbsp.
Milk 5 tbsp.		

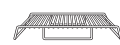
手動 (Manual) 熱風對流 (有預熱) (Convection) (with preheat) 170 °C 32-37 minutes

How to cook

- Place the onion and butter in a heat-resistant container, and then put the container in **the center of the chamber** without covering with plastic wrap. Heat it up, and then cool it down.
微波 600W (Microwave 600W) ▶ 約 8 分鐘 (Around 8 mins) 開始 (Start)
- Put the breadcrumbs in a container, add milk, and mix them well.
- Put a suitable amount of commercially available ketchup, salt, oregano, and basil into **a deep tray**, and mix them.
- Put the mixed minced meat (pork and beef) and salt into a large bowl, and stir until sticky (for about 2 minutes). Add **1**, **2**, pepper and nutmeg, and mix them well.
- Divide **4** into 6 equal portions, shape them into hamburger patties, line them in **3**, and sprinkle with cheese powder.
- Preheat the empty chamber.
烹調 (Cooking) ▶ 搜尋菜式 (Menu Search) ▶ 菜式編號 (Menu No.) ▶ No.2 ▶ 確定 (Decide) ▶ 開始 (Start)
(The standard preheating time is approx. 4 minutes)
- After preheating, place **5** on the **upper shelf** and start heating.
開始 (Start) **Heating starts**
(The standard heating time is approx. 33 minutes)

No.3 Chicken Teriyaki

Hybrid



Add water until it exceeds the half water level



Ingredients/For 2 servings

Chicken thigh 1 piece (250 g)	A	Soy sauce 1 tbsp.
			Mirin 1 tbsp.

• Auto mode is applicable to cooking for 4 servings as well. Please double the ingredients.

How to cook

* Fill the water tank with water, and insert it to the main body.

- Prick several holes in the chicken with a fork. For the thick part, cut it into slices of equal thickness.
- Put **1** and **A** into a plastic bag and leave it marinated for about 30 minutes.
- Preheat the empty chamber.
烹調 (Cooking) ▶ 搜尋菜式 (Menu Search) ▶ 菜式編號 (Menu No.) ▶ No.3 ▶ 確定 (Decide) ▶ 2 人份 (2 servings) ▶ 開始 (Start)
(The standard preheating time is approx. 5 minutes)
* For 4 servings, select [4 人份] (4 servings).
- Place the **gridiron** on a **square tray**, and place **2** on the **gridiron** with the crust side facing up.
- After preheating, place **4** on the **lower shelf** and start heating.
開始 (Start) **Heating starts**
(The standard heating time is approx. 17 minutes)

手動 (Manual)	For 2 servings
	混合烹調 (有預熱) (Hybrid) (with preheat) 200 °C 14-19 minutes
	過熱水蒸氣烤焗 (有預熱) (Superheated steam) (with preheat) 200 °C 13-18 minutes
	熱風對流 (有預熱) (Convection) (with preheat) 200 °C 14-19 minutes
	For 4 servings
	混合烹調 (有預熱) (Hybrid) (with preheat) 200 °C 17-22 minutes
	過熱水蒸氣烤焗 (有預熱) (Superheated steam) (with preheat) 200 °C 15-20 minutes
	熱風對流 (有預熱) (Convection) (with preheat) 200 °C 17-22 minutes

No.4 Easy Chicken Teriyak

Convection



Ingredients/For 4 servings

Chicken thigh, for deep-frying
(Cut into bite-sized chunks)

..... 500 g

Starch 1 tbsp.

Leek..... 1

<Seasonings>

Soy sauce 3 tbsp.

Sugar 1 tbsp.

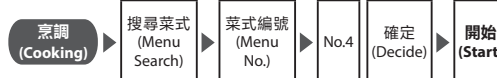
Mirin 2 tbsp.

Water 1/2 tbsp.

Powdered Japanese pepper /
Spice powder
..... A suitable amount

How to cook

1 Preheat the empty chamber.



(The standard preheating time is approx. 10 minutes)

2 Put the chickens into a plastic bag, add starch, and rub the starch well into the chicken. Cut the leeks into 5-6 cm chunks.

3 Line a **deep tray** with parchment paper, place the chickens of **2**, mix them with seasonings and turn them over 2-3 times, and then line them up with the skin side facing up. Line the edges with leeks.

4 After preheating, place **1** on the **upper shelf** and start heating.

開始 (Start) **Heating starts**
(The standard heating time is approx. 13 minutes)

5 After heating, mix the combined sauce in the **deep tray**, transfer them to a plate, and add powdered Japanese pepper and spice powder.

手動 (Manual) 熱風對流 (有預熱) (Convection) (with preheat) 240 °C
10-15 minutes

- If the chicken chunks are too large, please prolong the heating time.

No.5 Roasted Whole Chicken

Convection



Ingredients/For 4 servings

Chicken 1 (2 kg) Salad oil 2 tbsp.
Salt, pepper... A suitable amount

手動 (Manual) 熱風對流 (無預熱) (Convection) (without preheat) 230 °C
60-70 minutes

How to cook

- 1 Wash the chicken clean and dry it carefully. Prick several holes in the chicken with a fork, coat it with salt and pepper, and leave it under room temperature for approx. 30 minutes.
- 2 Skewer the two chicken thighs with a bamboo skewer and attach them to the chicken body, and then fix the chicken feet with a kite string.
- 3 Place **2** on a **square tray** and apply a proper amount of salad oil.
- 4 Place **3** on the **lower shelf** and start heating.

烹調
(Cooking)

搜尋菜式
(Menu Search)

菜式編號
(Menu No.)

No.5

確定
(Decide)

開始
(Start)

(The standard heating time is approx. 67 minutes)
- 5 After heating, skewer the two chicken thighs to check the roasting result.
If the juices run clear, the chicken is well roasted.
If the juices are cloudy or red, please prolong the heating time.

No.6 Roasted Chicken Thighs

Convection



How to cook

- 1** Preheat the empty chamber.



(The standard preheating time is approx. 20 minutes)

- 2** Prick several holes in the chicken thigh with a fork, and coat it with salt and pepper. Place it on a **square tray** and apply a proper amount of salad oil.

- 3** After preheating, place **2** on the **lower shelf** and start heating.

開始 (Start) Heating starts
(The standard heating time is approx. 24 minutes)

- Please note that the settings will be canceled after 10 minutes since the buzzer sounds indicating that preheating is completed.

Ingredients/For 4 servings

Bone-in chicken thighs	4 pieces	Salt, pepper... A suitable amount
	(Approx. 200 g each)	Salad oil 2 tsp.

手動 (Manual)	熱風對流 (有預熱) (Convection) (with preheat) 350 °C 21-26 minutes
----------------	--

No.7 Grilled Barbecue Chicken

Convection



How to cook

- 1** Put the chicken thighs and premixed **A** sauce into a plastic bag, and marinate them about 2 hours.

- 2** Preheat the empty chamber.



(The standard preheating time is approx. 5 minutes)

- 3** Line up **1** on a **square tray** with the skin side facing up.

- 4** After preheating, place **3** on the **lower shelf** and start heating.

開始 (Start) Heating starts
(The standard heating time is approx. 28 minutes)

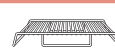
Ingredients/For 4 servings

Bone-in chicken thighs	4 pieces (Approx. 200 g each)
A [Ketchup 2 tbsp.	Salt 1 tsp.
Chili sauce 2 tbsp.	Pepper ... A suitable amount
Sugar 1 tbsp.	Garlic (chopped) 1 clove
Lemon juice 2 tsp.	Ginger (chopped) 1 piece

手動 (Manual)	熱風對流 (有預熱) (Convection) (with preheat) 180 °C 27-32 minutes
----------------	--

No.8 Sirloin Steak

Superheated steam



Add water until it exceeds the **half water level**



Ingredients/For 2 servings

Beef steak (Sirloin) 2 pieces (200 g each / 1.5 cm thick)
Salt, pepper..... A little

*The final result may differ depending on the thickness.

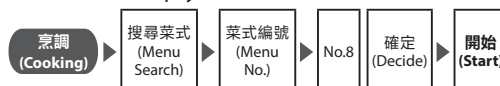
手動 (Manual) 過熱水蒸氣烤焗 (有預熱) (Superheated steam) (with preheat) 250 °C 9-12 minutes

How to cook * Fill the water tank with water, and insert it to the main body.

1 Leave the beef sit under room temperature for about 10 minutes. Cut muscles and season with salt and pepper.

2 Place the **gridiron** on a **square tray** and place **1** on the **gridiron**.

3 Preheat the empty chamber.



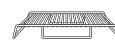
(The standard preheating time is approx. 11 minutes)

4 After preheating, place **2** on the **lower shelf** and start heating.

開始 (Start) **Heating starts**
(The standard heating time is approx. 10 minutes)

No.9 Fillet Steak

Steam



Add water until it exceeds the **half water level**



Ingredients/For 2 servings

Beef steak (Fillet)..... 2 pieces (120 g each / 1.5 cm thick)
Salt, pepper..... A little

*The final result may differ depending on the thickness.

手動 (Manual) 低溫蒸煮 (Low temperature steam) 80 °C 14-16 minutes
(On the **烹調 (Cooking)** screen, select **低溫蒸煮 (Low Temp Steam)** from **蒸氣 (Steam)** .)

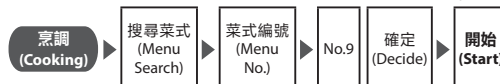
How to cook * Fill the water tank with water, and insert it to the main body.

1 Leave the beef sit under room temperature for about 10 minutes. Cut muscles and season with salt and pepper.

2 Heat a little salad oil in a frying pan and fry the beef on high heat until golden brown on both sides.
(Around 1 minute for either the top or the bottom side)
Cover each tightly in plastic wrap.

3 Place the **gridiron** on a **square tray** and place **2** on the **gridiron**.

4 Place **3** on the **lower shelf** and start heating.



(The standard heating time is approx. 15 minutes)

No.10 Roast Beef

Convection



Ingredients/For 4 servings

Lump of beef (dia. 7-8 cm) 1 piece (600 g)
Salt, pepper..... A suitable amount

手動 (Manual) 熱風對流 (無預熱) (Convection) (without preheat) 250 °C
23-28 minutes

How to cook

1 Rub salt and pepper well onto the beef. Tie with a string to keep its nice shape.

2 Place **1** on a **square tray**, put it on the **lower shelf**, and start heating.



(The standard heating time is approx. 26 minutes)

3 Cut the steak into slices after it cools down.

No.11 Roasted Beef with Mustard Sauce

Steam



Add water until it exceeds the **half water level**



Ingredients/For 4 servings

Sirloin
2 pieces (130 g each / 2 cm thick)
Salt $\frac{2}{3}$ tsp.
Baby leaves ... A suitable amount

<Sauce>
Mustard granules..... 1 tsp.
Lemon juice 2 tsp.
Salt, pepper A little
Sesame oil/Olive oil..... 2 tbsp.

手動 (Manual) 低溫蒸煮 (Low temperature steam) 80 °C 14 minutes
(On the 烹調 (Cooking) screen, select 低溫蒸煮 (Low Temp Steam) from 蒸氣 (Steam) .)

How to cook * Fill the water tank with water, and insert it to the main body.

1 Sprinkle salt over the beef, and leave it sit for about 10 minutes. Heat (a little) salad oil in a frying pan and fry the beef on medium heat until golden brown on both sides. (Around 30 seconds for either the top or the bottom side)

2 Cover the fried beef tightly in plastic wrap **1**, place it on a **square tray**, put it on the **lower shelf**, and start heating.



(The standard heating time is approx. 14 minutes)

3 After heating, place it in ice water together with the plastic wrap for cooling down. (Approx. 30 seconds)

4 Cut **3** into thin slices, place them in a container, drizzle with thoroughly mixed sauce, and then top with baby leaves.

No.12 Stew Flattened Beef with Demi-Glace

Convection



Ingredients/For 4 servings

Beef	250 g	Potato (5 mm baton shaped)	150 g
A Salt	1/4 tsp.	Red wine	100 ml
Pepper ...	A suitable amount	Tin of demi-glace sauce	290 g
Low-gluten flour ...	1/2 tbsp.	Ketchup	2 tbsp.
Celery (cut into small pieces)	50 g	C Soy sauce	1 tbsp.
Carrots (sliced thinly)	50 g	C Consomme (granules)	1 tsp.
B Onion (sliced thinly)	200 g	Bay leaf.....	2
Butter	12 g (1 tbsp.)	Boiling water	200 ml
Shimeji mushroom (divided into small pieces)	100 g	Parsley	A suitable amount
		Fresh cream...	A suitable amount

手動 (Manual) 熱風對流 (有預熱) (Convection) (with preheat) 280 °C 15-20 minutes

- If you want the meatballs to be firmer, squeeze tightly; gentle squeezing will, the meatballs will end up with soft meatballs.
- Carrots and potatoes will not be heated properly if cut too thickly.

How to cook

- 1 Cut the beef roughly into 3 or 4 equal portions once taking it out of the package. Mix the beef well with **A**.
- 2 Put **B** in a heat-resistant container, cover it with plastic wrap, and then place the container in **the center of the chamber**. Heat it up, and then cool it down. Mix them well after heating.

微波 600W
(Microwave 600W)

▶

約 5 分鐘
(Around 5 mins)

▶

開始
(Start)
- 3 Put the potatoes in a heat-resistant container, cover it with plastic wrap, and then place the container in **the center of the chamber**. Heat it up, and then cool it down.

微波 600W
(Microwave 600W)

▶

約 2 分 30 秒
(Around 2 mins 30 seconds)

▶

開始
(Start)

- 4 Preheat the empty chamber.



(The standard preheating time is approx. 16 minutes)

- 5 Put **2**, **3** and shimeji mushrooms in a **deep tray** and mix them well.
- 6 Divide the beef of **1** into 15 equal portions, form them into balls, flatten the balls, and line them up on top of **5**.
- 7 Heat all the ingredients for **C** apart from boiling water, add boiling water immediately before the end of preheating, mix and put in **6**.
- 8 **After preheating**, immediately place **7** on the **upper shelf** and start heating.

開始
(Start)

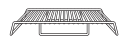
▶

Heating starts
(The standard heating time is approx. 17 minutes)

 - Please note that the settings will be canceled after 10 minutes since the buzzer sounds indicating that preheating is completed.
- 9 After heating, mix them well, transfer them into a container, pour fresh cream on top and scatter parsley over it.

No.13 Roasted Pork Chops

Convection



Ingredients/For 4 servings

Pork chops (10-14 cm long) 1 kg

<Seasonings>

Honey	2 tbsp.	Consomme (granules).....	4 tbsp.
Sugar	1 tbsp.	Soy sauce	4 tbsp.
Vinegar	4 tbsp.	Chilli pepper	A suitable amount
Wine	2 tbsp.		
Garlic	1 clove		

手動 (Manual) 熱風對流 (無預熱) (Convection) (without preheat) 300 °C
29-34 minutes

How to cook

- Put the seasonings in a plastic bag, mix them well, put in the pork chops, and marinate them for about half a day.
- Put the **gridiron** on a **square tray**, apply a proper amount of salad oil (not included in the ingredients), and line **1** up properly.
- Place **2** on the **lower shelf** and start heating.



(The standard heating time is approx. 31 minutes)

- The cooking time may differ depending on the thickness of pork chops.

No.14 Salt Pork with Canellini Beans in Tomato Stew

Convection



Ingredients/For 4 servings

Pork shoulder	400-500 g	White wine	150 ml
Salt ... 1.5% of the weight of meat		Ketchup	1 tbsp.
Black pepper	A suitable amount	Tomato juice	300 g
		Consomme (granules)	2 tsp.
A Cannellini beans in water	400 g	Bay leaf, rosemary, etc.	A suitable amount
(240 g (beans) + 160 g (soup))		Olive oil	1/2 tbsp.
Shimeji mushroom (divided into small pieces)	100 g	Parsley	A suitable amount
Deep fried onion	30 g		

手動 (Manual) 熱風對流 (有預熱) (Convection) (with preheat) 350 °C
36-41 minutes

How to cook

- Rub salt and black pepper into the pork, put the pork in a plastic bag, and leave it in the fridge at least one night.
- Put **A** and **B** into a **deep tray**, mix them well, put the salt pork from **1** in the center of the chamber, and apply the olive oil.
- Preheat the empty chamber.
- After preheating, immediately place **2** on the **upper shelf** and start heating.



(The standard preheating time is approx. 20 minutes)

開始 (Start) **Heating starts**
(The standard heating time is approx. 38 minutes)

- Please note that the settings will be canceled after 10 minutes since the buzzer sounds indicating that preheating is completed.

- After the heating is completed, take the pork out immediately, mix it well with the sauce, slice the pork, and serve with parsley on top.

- Cut the meatloaf into chunks with a thickness of 3 cm or less. If too thick, cut them in half. Please cook salted pork within 5 days.
- If you pierce the heated pork with a bamboo skewer and juices run clear, the heating is completed. If the heating is not sufficient, leave the pork in the chamber to heat for another 10 minutes.
- Please take care when cutting the pork as it is hot right after heating.

No.15 Pork and Lotus Root Fried in Garlic

Convection



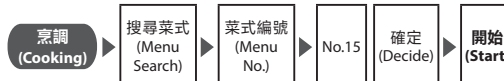
Ingredients/For 4 servings

Minced pork	400 g	Low-gluten flour	2 tbsp.
Lotus root	150 g	Salt	1/2 tsp.
Garlic (grated, tube)	1/2 tsp.	Coarse black pepper	
Olive oil	1 tbsp.		A suitable amount

手動 (Manual) 熱風對流 (有預熱) (Convection) (with preheat) 250 °C
12-17 minutes

How to cook

1 Preheat the empty chamber.



(The standard preheating time is approx. 11 minutes)

2 Cut the lotus root into butterfly shapes of about 5 mm in thickness with the skin on.

3 Put the pork, lotus root, garlic and olive oil in a **deep tray**.

4 Scatter low-gluten flour on **3** and mix them well so that the whole thing is covered with flour. Then, salt the whole thing.

5 After preheating, place **4** on the **upper shelf** and start heating.

開始 (Start) **Heating starts**
(The standard heating time is approx. 14 minutes)

6 Sprinkle with coarse black pepper after heating.

- To facilitate maintenance, please line the **deep tray** with parchment paper so that it does not overflow.

No.16 Grilled Pork with Cheese

Convection



Ingredients/For 4 servings

Minced pork	400 g	Shimeji mushroom	
Lotus root	A little	(divided into small pieces)	
Pepper	A little		1 bag (100 g)
Basil (dried)	1 tsp.	Cheese for pizza	200 g
Low-gluten flour	2 tbsp.	Mini tomato	10

手動 (Manual) 熱風對流 (有預熱) (Convection) (with preheat) 250 °C
13-18 minutes

How to cook

1 Preheat the empty chamber.



(The standard preheating time is approx. 11 minutes)

2 Put the pork in a **deep tray**, sprinkle with salt, pepper and basil, and mix them well.

3 Scatter low-gluten flour on **2** and mix them well so that the whole thing is covered with flour. Meanwhile, add Shimeji mushrooms and cheese and mix them lightly, and then place the mini tomatoes on the top.

4 After preheating, place **3** on the **upper shelf** and start heating.

開始 (Start) **Heating starts**
(The standard heating time is approx. 15 minutes)

- To facilitate maintenance, please line the **deep tray** with parchment paper so that it does not overflow.

No.17 Deep Fried Tofu with Stir-fried Kimchi and Pork

Convection



Ingredients/For 4 servings

Deep-fried Tofu	Shimeji mushroom
..... Around 2 blocks (300 g)	(divided into small pieces)
Minced pork 400 g 1 bag (100 g)
Fermented Chinese cabbage	Soy sauce 1 tbsp.
..... 100 g	Mirin 1 tbsp.
	Chive A suitable amount

手動 (Manual) 熱風對流 (有預熱) (Convection) (with preheat) 250 °C
12-17 minutes

How to cook

- 1 Preheat the empty chamber.



(The standard preheating time is approx. 11 minutes)

- 2 Cut the deep fried tofu in half and then into approx. 1 cm thick chunks.

- 3 Put all the ingredients except the chopped chives into a **deep tray** and mix them well.

- 4 After preheating, place **3** on the **upper shelf** and start heating.

開始 (Start) **Heating starts**
(The standard heating time is approx. 14 minutes)

- 5 After heating, mix all the ingredients well.
Serve with chopped chives on top.

No.18 Grilled Chicken Thighs with Vegetables

Superheated steam



Add water until it exceeds the **half water level**



Ingredients/For 2 servings

Chicken thigh 2 (150 g each)	Mini tomato 6
Garlic (chopped) 15 g	Yellow pepper 1
Rosemary A little	Red pepper 1
Consomme (granules)	King oyster mushroom ... 100 g
A 1 tsp.	Green vegetable leaf
Olive oil 1 tsp. A suitable amount
Salt 1/2 tsp.	
Black pepper A little	

手動 (Manual) 過熱水蒸氣烤焗 (有預熱) (Superheated steam)
(with preheat) 300 °C 19-24 minutes

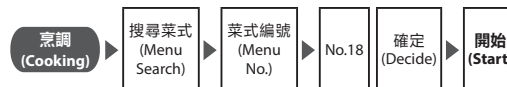
How to cook

* Fill the water tank with water, and insert it to the main body.

- 1 Put the chicken thighs and **A** in a plastic bag, marinate them in a fridge for about 30 minutes.

- 2 Cut each king oyster mushroom in half vertically and each red and yellow pepper into bite-sized chunks. Place the chicken thighs from **1** with the skin side facing up on a **square tray**, and line the edges with vegetables.

- 3 Preheat the empty chamber.



(The standard preheating time is approx. 20 minutes)

- 4 After preheating, immediately place **2** on the **lower shelf** and start heating.

開始 (Start) **Heating starts**
(The standard heating time is approx. 21 minutes)

• Please note that the settings will be canceled after 10 minutes since the buzzer sounds indicating that preheating is completed.

- 5 After heating, serve with green vegetable leaves on top.

No.19 Curry Roasted Chicken

Convection



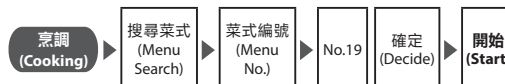
Ingredients/For 4 servings

Chicken thigh	2 (150 g each)	Sugar	2 tsp.
Potato	2 (300 g)	Curry powder	1 tsp.
Salt	1 tsp.	Olive oil	1 tbsp.
Pepper.....	A little		

手動 (Manual) 熱風對流 (有預熱) (Convection) (with preheat) 250 °C
15-20 minutes

How to cook

- 1 Preheat the empty chamber.



(The standard preheating time is approx. 11 minutes)

- 2 Cut the chicken thighs into bite-sized chunks (4 × 4 cm). Remove the buds if any from the potato, and cut the potato into 1.5 cm thick butterfly shapes.

- 3 Put all the ingredients in a **deep tray** and mix them well. Spread the chicken chunks so that the skin side is facing up.

- 4 After preheating, place **3** on the **upper shelf** and start heating.

開始 (Start) **Heating starts**
(The standard heating time is approx. 18 minutes)

- It can be done more easily if you use pre-cut chicken.

No.20 Roasted Chicken Chunks in Tomato Sauce

Convection



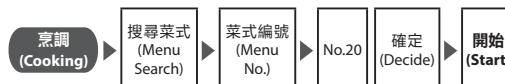
Ingredients/For 4 servings

Chicken thigh	2 (250 g each)	Commercially available	
Salt	1/4 tsp.	ketchup	290 g
Pepper.....	A little	Consomme (granules)	
Shimeji mushroom	1 bag (100 g)		1/2 tsp.

手動 (Manual) 熱風對流 (有預熱) (Convection) (with preheat) 250 °C
18-23 minutes

How to cook

- 1 Preheat the empty chamber.



(The standard preheating time is approx. 11 minutes)

- 2 Cut the chicken thighs into bite-sized chunks (4 × 4 cm).

- 3 Put the chicken chunks into a **deep tray** and sprinkle with salt and pepper.

- 4 Put the ketchup, shimeji mushrooms and consomme into **3** and mix them well, and line up the chicken chunks with the skin side facing up.

- 5 After preheating, place **4** on the **upper shelf** and start heating.

開始 (Start) **Heating starts**
(The standard heating time is approx. 20 minutes)

- It can be done more easily if you use pre-cut chicken.

No.21 Chicken Fried with Miso

Convection



Ingredients/For 4 servings

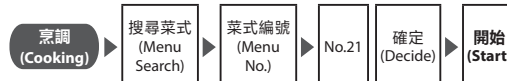
Chicken breast..... 1 piece (300 g)	Combined seasonings
Ginger (grated, tube) 1 tsp.	Miso 1 tbsp.
Starch 2 tbsp.	Sugar 2 tbsp.
Eggplant (10-12 cm long) 5 (350 g)	Soy sauce 1 tbsp.
Green pepper 3-4 (100 g)	Japanese style consomme (granules)..... 1/2 tsp.
	Sesame oil 1 tbsp.

A

手動
(Manual)熱風對流 (有預熱) (Convection) (with preheat) 200 °C
13-18 minutes

How to cook

- 1 Preheat the empty chamber.



(The standard preheating time is approx. 5 minutes)

- 2 Cut the chicken into bite-sized chunks (about 1 cm thick). Cut the eggplant into bite-sized chunks (about 1.5 cm thick) and cut the green pepper into bite-sized chunks. Mix the ingredients for **A** well.

- 3 Put the chicken chunks into a **deep tray**, and add ginger and starch.

- 4 Add the eggplant, green pepper and mixed **A** in **3**, and mix them well.

- 5 After preheating, place **4** on the **upper shelf** and start heating.

開始
(Start)

Heating starts

(The standard heating time is approx. 15 minutes)

- 6 After heating, mix the whole thing well.

- To facilitate maintenance, please line the **deep tray** with parchment paper so that it does not overflow.

No.22 Tandoori Chicken

Convection



Ingredients/For 4 servings

Chicken wing 8 (60 g each)	Yogurt 2/3 cups
Sweet potato 1/2	Curry powder 1/2 tbsp.
	Ginger (sliced thinly) 1 piece
	Salt 1 tsp.
	Pepper A little

A

手動
(Manual)熱風對流 (無預熱) (Convection) (without preheat) 300 °C
22-29 minutes

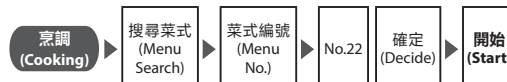
How to cook

- 1 Cut the sweet potato with the skin into 1 cm thick slices, soak them in water, and remove the scum.

- 2 Mix the ingredients for **A** well, then add **1** and chicken wings, and marinate them for 30 minutes.

- 3 Put the **gridiron** on a **square tray**, apply a proper amount of salad oil (not included in the ingredients), gently line up the chicken wings covered with **A**, and line the edges with sweet potatoes.

- 4 Place **3** on the **lower shelf** and start heating.



(The standard heating time is approx. 24 minutes)

No.23 German Meatloaf

Convection



Ingredients / Metal meatloaf mould (22x11.5x6.5 cm)

Mixed minced meat	500 g	<Tomato sauce>	
Onion (M-sized)	1 (200 g)	B Ketchup	4 tbsp.
Butter	12 g (1 tbsp.)	B Chili sauce	4 tbsp.
Breadcrumbs	20 g	B Mustard	1 tbsp.
Egg	1 (M-sized)		
A Milk	2 tbsp.		
Salt, pepper	A little		
Nutmeg, allspice	A little		

手動 (Manual) 熱風對流 (無預熱) (Convection) (without preheat) 250 °C 36-41 minutes

How to cook

- Place the sliced onion and butter into a heat-resistant container, and then put the container in the **center of the chamber** without covering with plastic wrap. Heat it up, and then cool it down.

微波 600W (Microwave 600W) ▶ 約 5 分鐘 (Around 5 mins) 開始 (Start)

- Cover the mould with salad oil (not included in the ingredients).
- Put the minced meat and onion from **1** in a bowl along with **A** and mix them well until sticky.
- Put **3** into the prepared mould and press it down so that there are no gaps.
- Place **4** on a **square tray**, put it on the **lower shelf**, and start heating.

烹調 (Cooking) ▶ 搜尋菜式 (Menu Search) ▶ 菜式編號 (Menu No.) ▶ No.23 ▶ 確定 (Decide) ▶ 開始 (Start)

(The standard heating time is approx. 38 minutes)

- After heating, make a sauce by mixing the ingredients for **B** and pour the sauce on the meatloaf taken out from the mould.

No.24 Meat-Stuffed Green Peppers

Hybrid



Add water until it exceeds the half water level



Ingredients/For 4 servings

Green pepper	9-10	A Egg	1 (M-sized)
Mixed minced meat	300 g	Salt	1/3 tsp.
Onion (chopped)	1 (M-sized, 200 g)	Pepper/Nutmeg	A little
Butter	12 g (1 tbsp.)		
Breadcrumbs	1 cup		
Milk	3 tbsp.		

手動 (Manual) 混合烹調 (無預熱) (Hybrid) (without preheat) 250 °C 22-27 minutes
熱風對流 (無預熱) (Convection) (without preheat) 250 °C 19-24 minutes
• Heat on the lower shelf manually

How to cook

* Fill the water tank with water, and insert it to the main body.

- Place the breadcrumbs in a bowl and add milk. Place the onion and butter in a heat-resistant container, and then put the container in the **center of the chamber** without covering with plastic wrap. Heat it up, and then cool it down.

微波 600W (Microwave 600W) ▶ 約 5 分鐘 (Around 5 mins) 開始 (Start)

- Cut each pepper in half vertically, remove the seeds, wash them with water, and then wipe them dry. Cover the inside of the green pepper with low-gluten flour (not included in the ingredients).
- Put the minced meat, **1** and **A** into a bowl and mix them well until sticky. (Stuffing)

- Preheat the empty chamber.

烹調 (Cooking) ▶ 搜尋菜式 (Menu Search) ▶ 菜式編號 (Menu No.) ▶ No.24 ▶ 確定 (Decide) ▶ 開始 (Start)

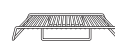
(The standard preheating time is approx. 11 minutes)

- Divide the stuffing into 18-20 equal portions, fill each green pepper from **2** with stuffing respectively, and then line them up on a **square tray**, with the stuffing side facing up.
- After preheating, place **5** on the **upper shelf** and start heating.

開始 (Start) Heating starts (The standard heating time is approx. 18 minutes)

No.25 Japanese Grilled Chicken Kebab

Grill



Ingredients / For 12 skewers

Chicken thigh 400 g : A [Soy sauce 2 tbsp.
Mirin 2 tbsp.

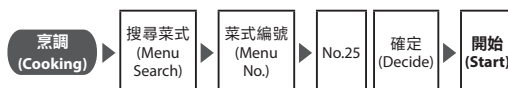
手動 (Manual) 燒烤 (Grill) 13-18 minutes (flip it over when the remaining time is 3-8 minutes)

How to cook

1 Soak the bamboo skewers in water. Meanwhile, cut the chicken into approx. 2-3 cm chunks, and skewer the chicken chunks. Mix the ingredients for **A** well, brush the chicken with **A**, and marinate them for about 1 hour.

2 Place the **gridiron** on a **square tray**, apply a proper amount of salad oil (not included in the ingredients), and put **1** in the center of the chamber.

3 1. Place **2** on the **upper shelf** and start heating.



(The standard heating time is approx. 15 minutes)

2. Once **the buzzer sounds***, flip the ingredients over.

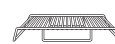
* After around 10 minutes as of the start of heating (when the remaining time is around 5 minutes).

3. Place them on **the upper shelf** and start heating.

開始 (Start) Heating starts

No.26 Salt-grilled Saury

Grill



Ingredients/For 2 servings

Saury 2 (150 g each) : Salt A suitable amount

• Auto mode is applicable to cooking for 4 servings (4 sauries) as well.

手動 (Manual) For 2 servings
燒烤 (Grill) 12-17 minutes (flip it over when the remaining time is around 5 minutes)
For 4 servings
燒烤 (Grill) 18-23 minutes (flip it over when the remaining time is around 7 minutes)
Grill 4 sauries.

How to cook

1 Cover both sides of the saury with salt and leave it marinated for about 30 minutes. Rinse it with water and then wipe it dry. Sprinkle with a little salt again immediately before grilling.

2 Place the **gridiron** on a **square tray**, apply a proper amount of salad oil (not included in the ingredients), and put **1** in the center of the chamber.

3 1. Place **2** on the **upper shelf** and start heating.



(The standard heating time is approx. 14 minutes)

* For 4 servings, select [4 人份] (4 servings).

2. Once **the buzzer sounds***, flip the ingredients over.

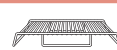
* After around 9 minutes as of the start of heating (when the remaining time is around 5 minutes).

3. Place them on **the upper shelf** and start heating.

開始 (Start) Heating starts

No.27 Grilled Dried Fish

Superheated
steam



Add water until it
exceeds the
half water level



Ingredients/For 2 servings

Dried mackerel 1 (150 g) * Please choose your favorite dried fish.

• Auto mode is applicable to cooking for 4 servings (2 mackerels) as well.

手動 (Manual)	For 2 servings (1 mackerel)
	過熱水蒸氣烤焗 (無預熱) (Superheated steam) (without preheat) 250 °C 16-21 minutes
	熱風對流 (無預熱) (Convection) (without preheat) 250 °C 13-18 minutes
	For 4 servings (2 mackerels)
	過熱水蒸氣烤焗 (無預熱) (Superheated steam) (without preheat) 250 °C 19-24 minutes
	熱風對流 (無預熱) (Convection) (without preheat) 250 °C 15-20 minutes

How to cook

* Fill the water tank with water, and insert it to the main body.

1 Place the **gridiron** on a **square tray**, apply a proper amount of salad oil (not included in the ingredients), and place the dried mackerel on it.

2 Place **1** on the **lower shelf** and start heating.



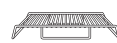
(The standard heating time is approx. 18 minutes)

* The grilling time of dried mackerel is taken as standard.

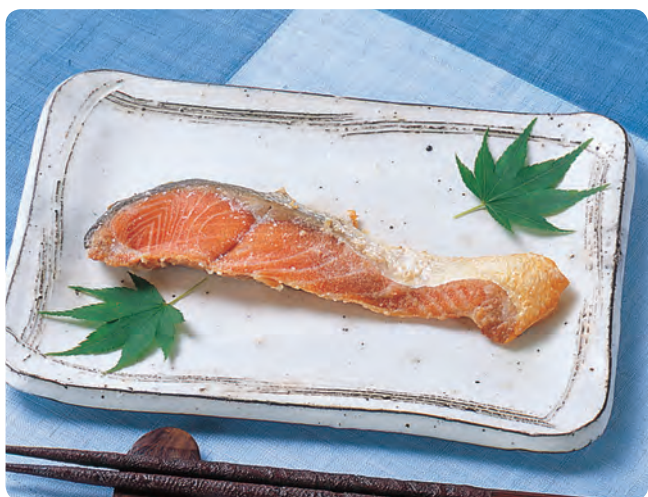
* For 4 servings (2 mackerels), select [大火 2] (HIGH 2) to heat.

No.28 Salt-Grilled Salmon

Hybrid



Add water until it
exceeds the
half water level



Ingredients/For 2 servings

Salted salmon (fillet) 2 slices (80 g each)

• Auto mode is applicable to cooking for 4 servings (4 slices) as well.

手動 (Manual)	For 2 servings (2 slices)
	混合烹調 (無預熱) (Hybrid) (without preheat) 250 °C 16-21 minutes
	過熱水蒸氣烤焗 (無預熱) (Superheated steam) (without preheat) 250 °C 16-21 minutes
	燒烤 (Grill) 14-19 minutes (place it on the upper shelf and flip it over when the remaining time is 7-9 minutes)
	For 4 servings (4 slices)
	混合烹調 (無預熱) (Hybrid) (without preheat) 250 °C 20-25 minutes
	過熱水蒸氣烤焗 (無預熱) (Superheated steam) (without preheat) 250 °C 20-25 minutes
	燒烤 (Grill) 14-19 minutes (place it on the upper shelf and flip it over when the remaining time is 7-9 minutes)

How to cook

* Fill the water tank with water, and insert it to the main body.

1 Place the **gridiron** on a **square tray**, apply a proper amount of salad oil (not included in the ingredients), and line the salted salmon on it.

2 Place **1** on the **lower shelf** and start heating.



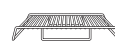
(The standard heating time is approx. 18 minutes)

* For 4 servings, select [4 人份] (4 servings).

When heating frozen salted salmon, select Rapid Defrost [大火 2] (HIGH 2) to heat.

No.29 Salt-Grilled Mackerel

Grill



Ingredients/For 2 servings

Salted mackerel (fillet) 2 slices (80 g each)

• Auto mode is applicable to cooking for 4 servings (4 slices) as well.

手動 (Manual)	For 2 servings 燒烤 (Grill) 11-16 minutes (flip it over when the remaining time is around 4 minutes)
	For 4 servings 燒烤 (Grill) 13-18 minutes (flip it over when the remaining time is around 4 minutes) Please cut the salted mackerel into 4 slices before grilling.

How to cook

- 1 Place the **gridiron** on a **square tray**, and apply a proper amount of salad oil (not included in the ingredients).
- 2 Cut the skin of the salted mackerel, and place the mackerel in the center of **1**, with the skin side facing down.

- 3 1. Place **2** on the **upper shelf** and start heating.



(The standard heating time is approx. 13 minutes 30 seconds)

* For 4 servings, select [4 人份] (4 servings).

When heating frozen salted mackerel, select [大火 2] (HIGH 2) to heat.

2. Once **the buzzer sounds***, flip the ingredients over.
* After around 10 minutes as of the start of heating (when the remaining time is around 3 minutes 30 seconds).

3. Place them on **the upper shelf** and start heating.

開始 (Start) Heating starts

No.30 Grilled Snapper

Convection



Ingredients/For 2-3 servings

Snapper 1 (500 g, 30-35 cm long) Salt 1/2 tsp.
Salt (for decoration)
Salt 1 tsp. A suitable amount

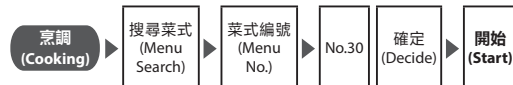
手動 (Manual) 熱風對流 (有預熱) (Convection) (with preheat) 250 °C 23-28 minutes

- Please add the salt to your taste.
- The finish may differ depending on the size of the snapper, thickness of the meat and amount of fat, so please cook whilst monitoring.

How to cook

- 1 Remove the scale, gills, and internal organs of the snapper, wash it clean with water and remove the moisture with kitchen paper.
- 2 Prick several holes in the snapper with a bamboo skewer.
- 3 Sprinkle the salt (1 teaspoon) all over the snapper. After leaving it sit for around 10 minutes, wash it clean with water and remove the moisture with kitchen paper.
- 4 Apply a thin layer of salad oil (not included in the ingredients) to the area of the **square tray** where you will place the snapper.
- 5 Place the snapper on the **square tray** and sprinkle salt (1/2 teaspoon) all over the fish with more salt on the tail, back and front fins (for decoration).
* Once you soak the gills in water with fingers so that salt will stick easily, rub on salt as though you are spreading out the gills.

- 6 Preheat the empty chamber.



(The standard preheating time is approx. 11 minutes)

- 7 After preheating, place **5** on the **upper shelf** and start heating.

開始 (Start) Heating starts
(The standard heating time is approx. 25 minutes)

No.31 Foil-Baked Salmon

Convection



Ingredients/For 4 servings

Fresh salmon (salted and peppered) ... 4 slices (80 g each)	Enoki mushroom (divided into small pieces)	1 bag
Carrot (sliced thinly) ... 8 slices	Green pea	8 pods
Shimeji mushroom (divided into small pieces)	Salt	A little
100 g	Wine, butter	2 tbsp.

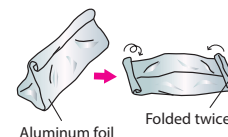
手動 (Manual) 熱風對流 (無預熱) (Convection) (without preheat) 300 °C
26-31 minutes

How to cook

- Put the carrots in a deep heat-resistant container, scatter water over it, cover it with plastic wrap, place the container in the **center of the chamber**, and start heating.

微波 600W (Microwave 600W) ▶ 約 30 秒 (Approx. 30 seconds) 開始 (Start)

- Divide the ingredients into four equal portions, place the salmon, carrots, shimeji mushrooms, enoki mushrooms and green peas into the aluminum foil, add salt and wine, apply butter, and then wrap them properly.



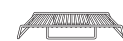
- Place **2** on a **square tray**, put it on the **lower shelf**, and start heating.

烹調 (Cooking) ▶ 搜尋菜式 (Menu Search) ▶ 菜式編號 (Menu No.) ▶ No.31 ▶ 確定 (Decide) ▶ 開始 (Start)

(The standard heating time is approx. 29 minutes)

No.32 Salmon Teriyaki

Convection



Ingredients/For 4 servings

Fresh salmon (sliced thinly) ... 4 slices (80 g each)	A [Mirin	2 tbsp.
	[Soy sauce	3 tbsp.

手動 (Manual) 熱風對流 (無預熱) (Convection) (without preheat) 300 °C
18-23 minutes

How to cook

- Place **A** and the salmon into a plastic bag and leave it marinated for about 10 minutes.
- Put the **gridiron** on a **square tray**, apply a proper amount of salad oil (not included in the ingredients), and line up **1** with a little liquid removed.

- Place **2** on the **lower shelf** and start heating.

烹調 (Cooking) ▶ 搜尋菜式 (Menu Search) ▶ 菜式編號 (Menu No.) ▶ No.32 ▶ 確定 (Decide) ▶ 開始 (Start)

(The standard heating time is approx. 20 minutes)

No.33 Grilled Salmon with Vegetables

Convection



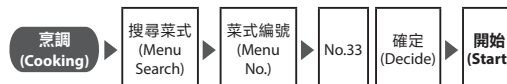
Ingredients/For 4 servings

Fresh salmon		<Sauce>	
.....4 slices (80 g each)		Soybean paste	60 g
Salt	A suitable amount	Mirin	1 tbsp.
Commercially available cut		Wine	40 ml
vegetables (Cabbage, bean		Honey	1 tbsp.
sprouts, onions, etc.)	500 g	Garlic (grated, tube)	1 tsp.
Commercially available boiled		Ginger (grated, tube)	2 tsp.
vegetables (Potatoes, carrots, etc.)	200 g	Spice powder	
Butter	1 tbsp. (12 g)A suitable amount	

手動 (Manual) 熱風對流 (有預熱) (Convection) (with preheat) 250 °C
15-20 minutes

How to cook

- 1 Preheat the empty chamber.



(The standard preheating time is approx. 11 minutes)

- 2 Salt the salmon lightly. Mix the ingredients for the sauce together in advance.

- 3 Put raw cabbage or other vegetables in a **deep tray** and line the top with boiled vegetables such as potatoes and carrots.

- 4 Place the salmon on the top of **3**. Scatter the sliced butter chunks on the salmon, and pour the sauce all over it.

- 5 After preheating, place **4** on the **upper shelf** and start heating.

開始 (Start) **Heating starts**
(The standard heating time is approx. 17 minutes)

- If you are using sweet salted salmon, please reduce the amount of sauce and do not use salt.
- It can be done more easily if you use commercially available chanchan-yaki sauce.

No.34 Mayonnaise Grilled Salmon

Convection



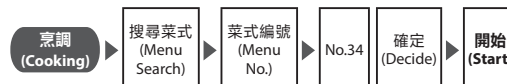
Ingredients/For 4 servings

Sweet salted salmon		Mayonnaise	
.....4 slices (80 g each)	A suitable amount	
Frozen spinach	200 g	Coarse black pepper	To taste
Shimeji mushroom (divided into 9 small pieces)	1 bag (100 g)		

手動 (Manual) 熱風對流 (有預熱) (Convection) (with preheat) 250 °C
15-20 minutes

How to cook

- 1 Preheat the empty chamber.



(The standard preheating time is approx. 11 minutes)

- 2 Line the **deep tray** with parchment paper.
• Please ensure the parchment paper does not stick out from the **deep tray**.

- 3 Place the salmon in the **center of the deep tray**, and then line the edges with spinach and shimeji mushrooms.

- 4 Squeeze mayonnaise over the whole thing using a small spout.

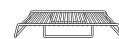
- 5 After preheating, place **4** on the **upper shelf** and start heating.

開始 (Start) **Heating starts**
(The standard heating time is approx. 18 minutes)

- 6 After heating, sprinkle with coarse black pepper to your taste.

No.35 Yellowtail Teriyaki

Grill



Ingredients/For 4 servings

Yellowtail (fillet) 4 slices (80 g each) A [Soy sauce 3 tbsp.
Mirin 3 tbsp.

• Auto mode is applicable to cooking for 2 servings (2 slices) as well.

手動 (Manual) 燒烤 (Grill) 11-16 minutes (flip it over when the remaining time is 3-7 minutes)

How to cook

1 Put **A** and the Yellowtail into a plastic bag and leave it marinated for around 30 minutes.

2 Put the **gridiron** on a **square tray**, apply a proper amount of salad oil (not included in the ingredients), and line **1** up side by side.

3 1. Place **2** on the **upper shelf** and start heating.



(The standard heating time is approx. 14 minutes)

* For 2 servings, select [2 人份] (2 servings).

2. Once **the buzzer sounds***, flip the ingredients over.

* After around 9 minutes as of the start of heating (when the remaining time is around 5 minutes).

3. Place them on **the upper shelf** and start heating.

開始 (Start) Heating starts

No.36 Grilled Yellowtail in Broth

Convection



Ingredients/For 2 servings

Yellowtail (fillet) 2 slices (100 g each)
Shiitake mushroom 2
Red and green pepper ... 1 each
Leek 1/2 A [Cold noodle sauce (commercially available) 1 cup
(Dilute it according to the supplied directions)
Red pepper 1
Lemon 1/4

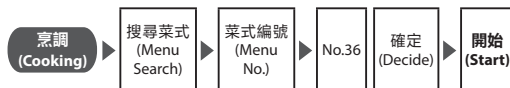
手動 (Manual) 熱風對流 (無預熱) (Convection) (without preheat) 250 °C 14-19 minutes

How to cook

1 Cut the Yellowtail in half. Remove the stem of the shiitake mushroom. Remove the stem and seeds of the green and red peppers, and then cut them in half. Cut the leeks into 4 cm chunks.

2 Put the **gridiron** on a **square tray**, apply a proper amount of salad oil (not included in the ingredients), and line **1** up side by side.

3 Place **2** on the **lower shelf** and start heating.



(The standard heating time is approx. 17 minutes)

4 Boil the ingredients for **A** in a pot, and then add lemon slices.

5 After preheating, immediately add **3** into **4** and leave it seasoned for about 10 minutes.

• You can use a grapefruit instead of lemon.

Everyone's favorite - meat and potatoes - to be made in a deep tray, effortlessly!

No.37 Curry Flavoured Fried Meat and Potato

Convection



Grill



Ingredients/For 4 servings

Pork belly slices	200 g	A	Soup for noodles (1:3 dilution with water)	80 ml
Potato	2 (M-sized, 340 g)		Water	240 ml
Carrot	1 (Small, 130 g)		Ketchup	3 tbsp.
Onion	1 (200 g)		Curry powder	1½ tsp.
Konjac noodle	150 g			
Frozen green peas	30 g			

手動 (Manual) 熱風對流 (有預熱) Convection (with preheat) 250 °C
19-24 minutes

How to cook

1 Cut the overlapping pork slices to small pieces with a width of about 5 cm, without separating them. Blanch the Konjac noodles and cut them into bite-sized lengths.

2 Cut the onions into thin slices. Shred the potatoes into 5 mm-thick pieces and carrots into 2-3 mm-thick pieces. Defrost the green peas by soaking them in boiling water.

3 Preheat the empty chamber.



(The standard preheating time is approx. 11 minutes)

4 Layer the potatoes, carrots, Konjac noodles and onions in order in a **deep tray**. Line up the meat, and pour the mixed **A** on the top.

5 After preheating, place **4** on the **upper shelf** and start heating.

開始 (Start) **Heating starts**
(The standard heating time is approx. 21 minutes)

6 After heating, add green peas, loosen the meat with chopsticks, and mix all the ingredients well.

- It is recommended to use yellow potatoes or any other varieties that are easy to cook.
- Please note that it will be difficult to cook carrots or potatoes if the cut pieces are too large.

No.38 Roasted Potato

Convection



Ingredients/For 4 servings

Potato	4	Garlic	4 (90 g each)
(M-sized, 150 g each)		Butter	A suitable amount
Onion	4	Salt, pepper...	A suitable amount
(M-sized, 200 g each)			

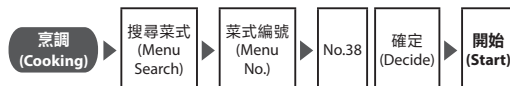
手動 (Manual)	熱風對流 (無預熱) Convection (without preheat) 200 °C 52-57 minutes
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How to cook

1 Wash the potatoes and garlic (with the skin on) clean. Wash the onions (with the skin on) clean, cut off the roots to lay them flat, and cut out a 1 cm-deep cross across the top surface.

2 Layer the garlic, potatoes and onions in order on a **square tray**.

3 Place **2** on the **lower shelf** and start heating.



(The standard preheating time is approx. 54 minutes)

4 After heating, add butter, salt and pepper.

No.39 Baked Green Asparagus with Cheese

Convection



Ingredients/Heat-resistant plate with a diameter of about 20 cm x1

Green asparagus	8 stalks (200 g)	Milk	50 ml
Egg	2 (M-sized)	Salt	A little
		Cheese (shredded)	4 tbsp.

手動 (Manual)	熱風對流 (無預熱) Convection (without preheat) 220 °C 20-25 minutes
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How to cook

1 Wash the green asparagus clean, snap off the tough ends with about 1 cm left, peel off the outer tough layer, and remove the leaf sheaths. Without removing moisture, wrap them in plastic wrap and then place them on a plate.

2 Place **1** in the **center of the chamber** and start heating.



3 After heating, cut the green asparagus into 3 equal portions of the same length, and line them up on a heat-resistant plate. Mix the eggs, milk and salt well, and pour the cheese.

4 Place **3** on a **square tray**, put it on the **lower shelf**, and start heating.



(The standard heating time is approx. 23 minutes)

No.40 Roasted Root Vegetables

Convection



Ingredients/For 4 servings

Eggplant	2 (Small)	King oyster mushroom	
Green pepper	2	2 (large)
Red pepper	2	Pumpkin	100 g
		Lotus root	100 g

手動 (Manual)	熱風對流 (無預熱) Convection (without preheat) 300 °C 22-27 minutes
----------------	---

How to cook

- 1 Cut the root vegetables into small pieces, and line them on a **square tray**.
Cut the eggplants vertically into 4 equal portions, cut the green and red peppers in half with the seeds removed, cut the king oyster mushrooms vertically into 4 equal portions, and cut the pumpkins and lotus roots into 1 cm thick pieces.

- 2 Place **1** on the **lower shelf** and start heating.



(The standard heating time is approx. 24 minutes)

- 3 Serve after adding seasonings and sauces to your taste.

No.41 Grilled Cabbage with Cheese

Convection



Ingredients/For 4 servings

Cabbage	300-400 g	Salt	A little
Mini tomato	16	Coarse black pepper	A little
Garlic	2 cloves	Natural cheese (for pizza)	
		100 g

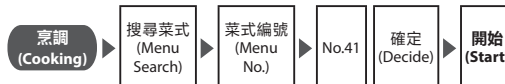
手動 (Manual)	熱風對流 (無預熱) Convection (without preheat) 300 °C 19-24 minutes
----------------	---

How to cook

- 1 Cut the root vegetables into small pieces, and line them on a **square tray**.
Remove the core of the cabbage and cut it into 2 cm-wide pieces, remove the top of mini tomatoes, and cut the garlic into thin slices.

- 2 Put the cheese on **1**, and then sprinkle with salt and pepper.

- 3 Place **2** on the **lower shelf** and start heating.



(The standard heating time is approx. 21 minutes)

- 4 After heating, serve after adding seasonings and sauces to your taste.

No.42 Ratatouille (Deep Tray)

Superheated steam



Add water until it exceeds the **half water level**



Ingredients/For 4 servings

Courgette	240 g		Tomato puree	4 tbsp.
Eggplant	200 g		Olive oil	4 tbsp.
Chilli pepper	200 g		Honey	4 tsp.
Onion	240 g	A	Consomme (granules)	4 tsp.
Shimeji mushroom	200 g		Salt, pepper	A suitable amount
			Cheese powder	6 tbsp.
			Parsley (chopped)	A suitable amount

手動 (Manual) 過熱水蒸氣烤焗 (無預熱) Superheated Steam (without preheat) 300 °C 32-37 minutes

How to cook

* Fill the water tank with water, and insert it to the main body.

- 1 Cut the courgette and eggplant into 3 mm-thick slices, cut the red pepper into bite-sized pieces, cut the onion into thin slices, and divide the shimeji mushrooms into small pieces.
- 2 Put **1** and **A** into a large bowl and mix them well.
- 3 Place **2** on a **deep tray**, cover it with aluminum foil, put it on the **upper shelf**, and start heating.

烹調 (Cooking) → 搜尋菜式 (Menu Search) → 菜式編號 (Menu No.) → No.42 → 確定 (Decide) → 開始 (Start)

(The standard heating time is approx. 33 minutes)
- 4 After heating, stir in the cheese powder and sprinkle with parsley.

- Please prepare plenty of vegetables in advance for preservation.

No.43 Stewed Hijiki (Deep Tray)

Superheated steam



Add water until it exceeds the **half water level**



Ingredients/For 8 servings

Dried Hijiki	60 g		Soy sauce	4 tbsp.
Carrot	120 g	A	Sugar	2 ² / ₃ tbsp.
Deep-fried tofu	80 g		Wine	2 ² / ₃ tbsp.
Salad oil	1 ¹ / ₃ tbsp.			

手動 (Manual) 過熱水蒸氣烤焗 (無預熱) Superheated Steam (without preheat) 300 °C 27-32 minutes

How to cook

* Fill the water tank with water, and insert it to the main body.

- 1 Soak the Hijiki in water for a while and then drain it through a colander. Shred the carrots and deep fried tofu.
- 2 Put **1**, salad oil and **A** into a large bowl and mix them well.
- 3 Place **2** on a **deep tray**, cover it with aluminum foil, put it on the **upper shelf**, and start heating.

烹調 (Cooking) → 搜尋菜式 (Menu Search) → 菜式編號 (Menu No.) → No.43 → 確定 (Decide) → 開始 (Start)

(The standard heating time is approx. 29 minutes)

- Please prepare plenty of vegetables in advance for preservation.

No.44 Macaroni Gratin (White Sauce)

Convection



Grill



Ingredients/For 2 servings

Macaroni	40 g	<White sauce>	
Chicken breast (bite sized chunks)	50 g	Low-gluten flour	25 g
Butter	6 g (1/2 tbsp.)	Butter	25 g
A Peeled shrimp	50 g	B Milk	300 ml
Onion (chopped)	40 g	Salt	A little
White wine	1/2 tbsp.	Pepper	A little
Salt, pepper	A little	Natural cheese (for pizza)	40 g
Mushroom (Sliced and soaked in water)	25 g		

• Auto mode is applicable to cooking for 4 servings as well.

手動 (Manual)	For 2 servings 熱風對流 (無預熱) Convection (without preheat) 350 °C 20-25 minutes
	For 4 servings 熱風對流 (無預熱) Convection (without preheat) 350 °C 21-26 minutes • In Step 2 , please double the microwave heating time. • Please double the ingredients. (Use 1/3 teaspoons of salt to make white sauce.)

How to cook

- Boil the macaroni until it is soft.
- Put **A** in a heat-resistant container, cover it with plastic wrap, and then place the container in **the center of the chamber**. Stir while heating.

微波 600W (Microwave 600W) ▶ 約 2 分鐘 (Around 2 mins) 開始 (Start)
 - Add the mushrooms, and place the container in **the center of the chamber** (covering with plastic wrap), and start heating.

微波 600W (Microwave 600W) ▶ 約 30 秒 (Approx. 30 sec) 開始 (Start)
- Make white sauce using **B**. (See below.)
- Stir **1** and **2** into $\frac{2}{3}$ of the white sauce.
- Apply a thin layer of butter (not included in the ingredients) to two **square trays**, and then put half of **4** in each of them. Pour the remaining white sauce in, place cheese on the top, and line them on the **square tray**.
- Place **5** on the **lower shelf** and start heating.

烹調 (Cooking) ▶ 搜尋菜式 (Menu Search) ▶ 菜式編號 (Menu No.) ▶ No.44 ▶ 確定 (Decide) ▶ 2 人份 (2 servings) ▶ 開始 (Start)

(The standard heating time is approx. 22 minutes)
* For 4 servings, select [4 人份] (4 servings).

• If it has cooled down, please fry it after heating with <微波 600W> (Microwave 600W).

White Sauce

• For ingredients, please see "Macaroni Gratin" above.

• Microwave heating is required for this dish, so please use applicable containers.

How to cook

- Place the butter and low-gluten flour in a heat-resistant container, and then put the container in **the center of the chamber** (without covering with plastic wrap). Heat it up, and then stir well with a stirrer.

微波 600W (Microwave 600W) ▶ 約 1 分鐘 (Around 1 min) 開始 (Start)

- Add milk into **1**, put the container in **the center of the chamber** (without covering with plastic wrap), and start heating.

微波 600W (Microwave 600W) ▶ 約 5 分鐘 (Around 5 mins) 開始 (Start)

In order to heat the ingredients evenly, stir two or three times with a stirrer during cooking.



- After heating, sprinkle with salt and pepper to your taste.

- In Step **1**, heat until the butter and low-gluten flour are bubbling. Please be noted that the ingredients may burn and turn brown if heated for too long.



手動 (Manual)	For 4 servings
	Step 1 : 微波 600W (Microwave 600W) Approx. 2 minutes Step 2 : 微波 600W (Microwave 600W) Approx. 7 minutes 30 seconds

No.45 Macaroni Gratin (White Sauce) (Deep Tray)

Convection



Ingredients/Deep tray x1

Macaroni	120 g	<White sauce>	
Chicken breast (bite sized chunks)	150 g	Low-gluten flour	75 g
Butter	18 g (1½ tbsp.)	Butter	75 g
A Peeled shrimp	150 g	B Milk	900 ml
Onion (chopped)	120 g	Salt	½ tsp.
White wine	1½ tbsp.	Pepper	A little
Salt, pepper	A little	Natural cheese (for pizza)	120 g
Mushroom (Sliced and soaked in water)	75 g		

手動 (Manual) 熱風對流 (無預熱) Convection (without preheat) 350 °C 20-25 minutes

How to cook

- Boil the macaroni until it is soft.
- Put **A** in a heat-resistant container, cover it with plastic wrap, and then place the container in the **center of the chamber**. Stir while heating.

微波 600W (Microwave 600W) ▶ 約 7 分鐘 (Around 7 mins) 開始 (Start)
 - Add the mushrooms, and place the container in the **center of the chamber** (covering with plastic wrap), and start heating.

微波 600W (Microwave 600W) ▶ 約 2 分鐘 (Around 2 mins) 開始 (Start)
- Make white sauce using **B**. (See Page 98.) Microwave heating
 ⇒ 1: 600W Approx. 3 minutes
 2: 600W Approx. 15 minutes (Stir 4 or 5 times during cooking)
- Stir **1** and **2** into $\frac{2}{3}$ of the white sauce.
- Apply a thin layer of butter (not included in the ingredients) to a **deep tray**, and then add **4** in it. Pour the remaining white sauce in, and place cheese on the top.
- Place **5** on the **upper shelf** and start heating.

烹調 (Cooking) ▶ 搜尋菜式 (Menu Search) ▶ 菜式編號 (Menu No.) ▶ No.45 ▶ 確定 (Decide) ▶ 開始 (Start)

(The standard heating time is approx. 22 minutes)

No.46 Bread Gratin with Scallops and Shimeji Mushrooms

Convection



Ingredients/For 4 servings

Baguette	100 g	Commercially available white sauce	580 g
Scallop (boiled)	12	Milk	200 ml
Bacon ... Approx. 3 rashers (50 g)		Cheese (for pizza)	100 g
Shimeji mushroom (divided into small pieces)	1 bag (100 g)	Parsley (chopped)	A suitable amount
Sweet corn (canned)	50 g		

手動 (Manual) 熱風對流 (有預熱) Convection (with preheat) 220 °C 13-18 minutes

How to cook

- Preheat the empty chamber.

烹調 (Cooking) ▶ 搜尋菜式 (Menu Search) ▶ 菜式編號 (Menu No.) ▶ No.46 ▶ 確定 (Decide) ▶ 開始 (Start)

(The standard preheating time is approx. 8 minutes)
- Pour the white sauce into the **deep tray**, and gradually stir milk into it.
- Cut the baguette diagonally into 2 cm-thick slices and the bacon into 1 cm-wide pieces.
- Add the baguette, bacon, shimeji mushroom and sweet corn into **2**, and mix them well.
- Press the scallops onto **4**, and then put the cheese on the top.
- After preheating, place **5** on the **upper shelf** and start heating.

開始 (Start) Heating starts

(The standard heating time is approx. 15 minutes)
- After heating, decorate with parsley.

No.47 Eggplant and Tomato Gratin (White Sauce)

Convection



Ingredients/For 2 servings

Eggplant (cut into 7-8 mm-thick circular pieces)	200 g	A	Ketchup	1/4 cups
Salt, pepper.....	A little		Red wine	2 tsp.
Tomato (cut into 7-8 mm-thick rings)	100 g		Tomato sauce	1/2 tsp.
Salt, pepper.....	A little		Sugar	1/2 tsp.
Mixed minced meat.....	50 g		Consomme (granules).....	1/2
Onion (chopped)	1/4 (M-sized, 50 g)		Salt, pepper	A little
Butter	6 g (1/2 tbsp.)		Natural cheese (for pizza) ...	50 g

For 2 servings

熱風對流 (無預熱) Convection (without preheat) 350 °C 17-22 minutes

For 4 servings

• Please double the ingredients and use the manual mode.

熱風對流 (無預熱) Convection (without preheat) 350 °C 18-23 minutes

• Auto mode is not applicable.

• In Steps 2 and 3, please double the microwave heating time.

手動
(Manual)

How to cook

- Heat 2 tablespoons of salad oil (not included in the ingredients) in a frying pan, saute the eggplant, and then add salt and pepper. Stir pepper and salt into the tomatoes.
- Place the minced meat, onion and butter into a heat-resistant container, mix them well, put the container in **the center of the chamber** (covering with plastic wrap), and start heating.

微波 600W
(Microwave 600W)

▶

約 2 分鐘
(Around 2 mins)

開始
(Start)
- Add **A** into 2, mix them well, put the container in **the center of the chamber** (without covering with plastic wrap), and start heating to make tomato sauce.

微波 600W
(Microwave 600W)

▶

約 2 分鐘
(Around 2 mins)

開始
(Start)
- Apply a thin layer of butter (not included in the ingredients) to two **square trays**, pour half of the tomato sauce into each of them, add tomatoes and eggplant, pour the remaining tomato sauce, and then place cheese on the top of the **square trays**.
- Place 4 on the **lower shelf** and start heating.

烹調
(Cooking)

▶

搜尋菜式
(Menu Search)

▶

菜式編號
(Menu No.)

▶

No.47

▶

確定
(Decide)

▶

開始
(Start)

(The standard heating time is approx. 19 minutes)

No.48 Eggplant and Tomato Gratin (White Sauce) (Deep Tray)

Convection



Ingredients/Deep tray x1

Eggplant (cut into 7-8 mm-thick circular pieces)	800 g	A	Ketchup	1 cup
Salt, pepper.....	A little		Red wine	120 ml
Tomato (cut into 7-8 mm-thick rings)	400 g		Tomato sauce	2 tsp.
Salt, pepper.....	A little		Sugar	2 tsp.
Mixed minced meat.....	200 g		Consomme (granules).....	2
Onion (chopped)	1 (M-sized, 200 g)		Salt, pepper	A little
Butter	24 g (2 tbsp.)		Natural cheese (for pizza)	200 g

熱風對流 (無預熱) Convection (without preheat) 350 °C 21-26 minutes

手動
(Manual)

How to cook

- Heat 4 tablespoons of salad oil (not included in the ingredients) in a frying pan, saute the eggplant in two portions, and then add salt and pepper. Stir pepper and salt into the tomatoes.
- Place the minced meat, onion and butter into a heat-resistant container, mix them well, put the container in **the center of the chamber** (covering with plastic wrap), and start heating.

微波 600W
(Microwave 600W)

▶

約 6 分鐘
(Around 6 mins)

開始
(Start)
- Add **A** into 2, mix them well, put the container in **the center of the chamber** (without covering with plastic wrap), and start heating to make tomato sauce.

微波 600W
(Microwave 600W)

▶

約 6 分鐘
(Around 6 mins)

開始
(Start)
- Apply a thin layer of butter (not included in the ingredients) to two **square trays**, pour half of the tomato sauce into each of them, add tomatoes and eggplant, pour the remaining tomato sauce, and then place cheese on the top of the **square trays**.
- Place 4 on the **upper shelf** and start heating.

烹調
(Cooking)

▶

搜尋菜式
(Menu Search)

▶

菜式編號
(Menu No.)

▶

No.48

▶

確定
(Decide)

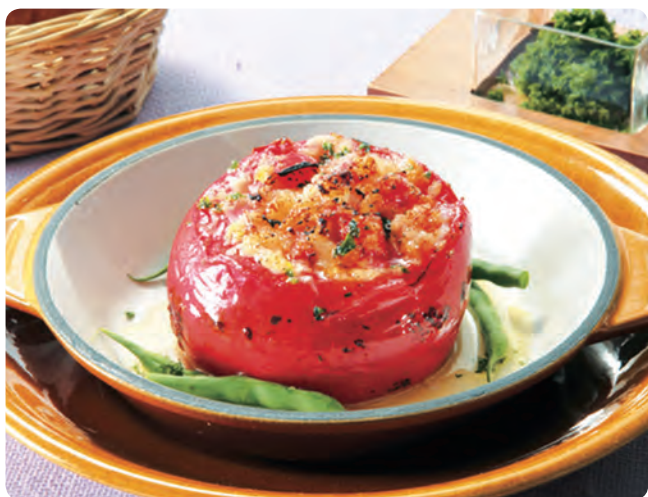
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開始
(Start)

(The standard heating time is approx. 24 minutes)

No.49 Tomato Cheese Cup

Convection



Ingredients/For 4 servings

Tomato	4 (200 g each)	Breadcrumbs	2 tbsp.
Mixed minced meat	100 g	Natural cheese (for pizza)	80 g
		Caper bud	1 tbsp.
		Garlic (chopped)	1/2 tsp.
		Parsley (chopped)	2 tbsp.
		Nutmeg	1/2 tsp.
		Salt, pepper	A little
		Olive oil	1/2 tbsp.

手動 (Manual) 熱風對流 (無預熱) Convection (without preheat) 350 °C 20-25 minutes

How to cook

- 1 Cut off the upper half of the tomato and remove the middle part to form a cup. Chop the upper half as you wish.
- 2 Place the minced meat in a heat-resistant container, and then put the container in **the center of the chamber** (without covering with plastic wrap). Heat it up, and then cool it down.
- 3 Add **2**, **A** and then the chopped tomato from **1** into a large bowl and mix them well.
- 4 Stuff **3** firmly into the tomato cap from **1** until there is no gap in the cup. Line them on the **deep tray**, and drizzle olive oil over it.
- 5 Place **4** on the **upper shelf** and start heating.

微波 600W (Microwave 600W) ▶ 約 2 分鐘 (Around 2 mins) ▶ 開始 (Start)

烹調 (Cooking) ▶ 搜尋菜式 (Menu Search) ▶ 菜式編號 (Menu No.) ▶ No.49 ▶ 確定 (Decide) ▶ 開始 (Start)

(The standard heating time is approx. 22 minutes)

- Drain the hollowed-out tomatoes with parchment paper, and blend them together with onions, garlic, caper buds, parsley, olive oil, salt and pepper with a blender to make "Gazpacho", a classic cold Spanish soup. You can add pepper, cucumber, etc. to your taste.

No.50 Lasagne with Spring Roll Sheets

Convection





Ingredients/Deep tray x1

Spring rolls sheet	24	Cheese (for pizza)	100 g
White sauce*1	900 g	Parsley (chopped)	
Gravy*2	520 g		A suitable amount

*1, 2: Tinned or boil-in-the-bag

手動 (Manual) 熱風對流 (無預熱) Convection (without preheat) 350 °C 25-30 minutes

How to cook

- 1 Cut each spring roll sheet in half and put four sheets on top of one another. Line three spring rolls side by side in a **deep tray**. 
- 2 In the **deep tray**, place the white sauce → spring roll sheets from **1** → gravy → spring roll sheets from **1** in order. Repeat the above operation once again. Finally, pour white sauce on it and put cheese for pizza on the top. 
- 3 Place **2** on the **upper shelf** and start heating.
- 4 After heating, decorate with parsley.

烹調 (Cooking) ▶ 搜尋菜式 (Menu Search) ▶ 菜式編號 (Menu No.) ▶ No.50 ▶ 確定 (Decide) ▶ 開始 (Start)

(The standard heating time is approx. 27 minutes)

No.51 Easy Rice Casserole

Convection



Ingredients/For 4 servings

Cooked rice	700 g	A	Deep fried onion	10 g
Butter	12 g (1 tbsp.)		Bacon (cut into 1 cm-wide slices)	60 g (3 rashers)
Caraway	1 tbsp.	A	Frozen green peas ...	50 g
White sauce (canned)	290 g		Salt	1/3 tsp.
Milk	160 ml	A	Pepper ...	A suitable amount
			Cheese (for pizza)	80 g
			Chilli pepper	A suitable amount

- If the cooked rice has cooled down, please reheat the rice with microwave to the temperature when butter melts slightly.
- You can add frozen green peas directly.

How to cook

1 Preheat the empty chamber.



(The standard preheating time is approx. 20 minutes)

2 Apply a thin layer of olive oil (not included in the ingredients) to a **deep tray**, add rice, butter and caraway, mix them well and roll them out evenly.

3 Pour the white sauce into a large bowl, and stir the mill in with a stirrer until smooth.

4 Mix **A** with **3**, pour the mixture onto **2**, and put the cheese on the top.

5 After preheating, immediately place **4** on the **upper shelf** and start heating.

開始 (Start) **Heating starts**
(The standard heating time is approx. 17 minutes)

- Please note that the settings will be canceled after 10 minutes since the buzzer sounds indicating that preheating is completed.

6 After heating, serve with chilli pepper on the top to your taste.

手動 (Manual) 熱風對流 (有預熱) Convection (with preheat) 350 °C
14-19 minutes

No.52 Seafood Paella

Convection



Grill

Ingredients/For 4-5 servings

No-wash rice	220 g	Salmon (slices)	2 slices (80 g each)
Water	230 ml	Salt, pepper	A little
Tomato soup	50 ml	White wine	1/4 tsp.
White wine	1 tbsp.	Clam (with shells)	100 g
Consomme (granules)	2 tsp.	Squid	120 g
A Saffron	1/4 tsp.	Prawn (with head)	4
Oregano (dried)	1/4 tsp.	Shimeji mushroom	30 g
Salt	1/8 tsp.	Enoki mushroom	30 g
Coarse black pepper	A suitable amount	Maitake mushrooms	30 g
Olive oil	1 tbsp.	Chilli pepper (chopped roughly)	50 g
Onion (chopped)	100 g	Yellow pepper (chopped roughly)	50 g
Garlic (chopped)	1 clove	<Decoration>	
B Bacon (chopped)	2 rashers (40 g)	Italian parsley	A suitable amount
		Lemon (comb shaped)	1/2

How to cook

- Remove skin and bone from the salmon, cut it into bite-sized chunks, and then season with salt, pepper and white wine.
Put the clams in a flat container and add a little lightly salted water (not included in the ingredients), just under the line that covers entire clam shell. Let them stand for a while. After clams spit the sands out, drain the water and wash by rubbing shells with each other.
- Cut the squid and mushrooms into bite-sized chunks. Remove the vein from the prawns via the gaps in the shell, and then remove the moisture with kitchen paper.
- Put the no-wash rice into a **deep tray**, add mixed **A**, and shake the **deep tray** so that the no-wash rice and the sauce are evenly mixed. Put **B** on the top, and then add **C**.
- Place **3** on the **upper shelf** and start heating.
- After heating, decorate with parsley and lemon.

手動 (Manual) 熱風對流 (無預熱) Convection (without preheat) 350 °C 38-43 minutes



(The standard heating time is approx. 40 minutes)

No.53 Dolsot Bibimbap

Hybrid



Add water until it exceeds the **half water level**

Grill



Ingredients/For 4 servings

Rice	320 g	Scallion	A suitable amount
Thinly sliced beef	200 g	Grated sesame seeds	A suitable amount
Fermented Chinese cabbage	150 g	Torn nori	A suitable amount
Soy sauce	2 tsp.	Thin strands of red chilli	A suitable amount
Soy sauce	1 tsp.	Onsen egg or half-fried egg	A suitable amount
Gochujant	1-2 tsp.		
Water	340 ml		
A Japanese style stock (granules)	1 tsp.		
Mirin	1 tbsp.		
Sesame oil	2 tsp.		

手動
(Manual)

混合烹調（有預熱）(Hybrid) (with preheat) 250 °C
20-25 minutes
• After heating, stir inside the chamber and then leave it steamed for another 5 minutes or so.

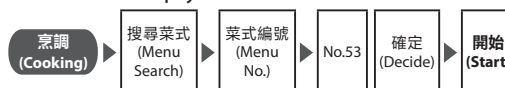
- Taste the Kimchi first. If it is bitterly salty, please leave out the soy sauce.
- If it is for children or if the Kimchi is spicy, please put in less Gochujant.
It may be better to add Gochujant if the food is weakly flavoured.
- Please take care when you take out the deep tray or when you are stirring right after the heating is completed since it is hot.

How to cook

* Fill the water tank with water, and insert it to the main body.

- 1 Wash the rice clean, soak it in water for about 30 minutes, and drain the water properly.
Cut the beef into 5 cm chunks, and add soy sauce.
Cut Kimchi roughly into small pieces. Mix the ingredients for **A** well.

- 2 Preheat the empty chamber.



(The standard preheating time is approx. 11 minutes)

- 3 Put the rice, Kimchi, and **A** into a **deep tray**, mix them well, and lightly shake the **deep tray** so that the rice and the sauce are evenly mixed. Then, spread the beef on the top.

- 4 After preheating, place **3** on the **upper shelf** and start heating.

開始 (Start) Heating starts
(The standard heating time is approx. 27 minutes)

- 5 1. Once **the buzzer sounds***, take out the **deep tray** and stir. (During stirring, please keep the door closed to avoid a drop in the inner temperature of the oven.)
* After around 22 minutes as of the start of heating (when the remaining time is around 5 minutes).

2. Place it on **the upper shelf** and start heating again.

開始 (Start) Heating starts

- 6 After heating, mix the whole thing well, and serve with an onsen egg or half-fried egg put on the top and sprinkled with **B**.

No.54 Pilaf

Convection



How to cook

- 1 Leave the frozen cut vegetables defrosted naturally. Cut the onion and bacon into 7 mm-sized chunks. Dissolve the consomme in water.
- 2 Put the no-wash rice, **1** and butter into a **deep tray**, and then lightly shake the **deep tray** so that the no-wash rice is evenly mixed with water.
- 3 Place **2** on the **upper shelf** and start heating.

烹調
(Cooking)

搜尋菜式
(Menu Search)

菜式編號
(Menu No.)

No.54

確定
(Decide)

開始
(Start)

(The standard heating time is approx. 39 minutes)
- 4 After heating, season with pepper to your taste.

Ingredients/For 4-5 servings

No-wash rice	300 g	Bacon	70 g
Water	390 g	Butter (cut into cubes of approx. 1 cm)	30 g
Consomme (granules)	1 tbsp.	Pepper	A suitable amount
Frozen cut vegetables	140 g		
Onion	70 g		

手動
(Manual)

熱風對流 (無預熱) Convection (without preheat) 250 °C
27-32 minutes
• After heating, leave it steamed for another 10 minutes or so.

Grill

No.55 Mushroom Fried Rice

Hybrid



Add water until it exceeds the half water level



Ingredients/For 4-5 servings

Ingredients for 10 servings				
Rice	320 g	A	Japanese style stock (granules).....	1 tsp.
Mushroom (Shimeji mushroom, Maitake mushroom, King oyster mushroom)	300 g		Wine	1 tbsp.
Deep-fried Tofu	1 block		Salad oil	1 tbsp.
Dried plum	2 (28 g)		Water	350 ml
			Soy sauce	1½ tbsp.
			Torn nori	A suitable amount

手動 (Manual)	混合烹調 (有預熱) (Hybrid) (with preheat) 250 °C
	22-27 minutes
	• After heating, stir inside the chamber and then leave it steamed for another 5 minutes or so.

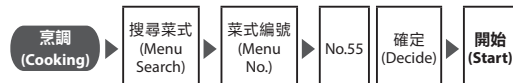
- Adjust the portion of soy sauce according to the salt content of the dried plums. If you use tubed plum meat, the standard portion is about 20 g.
- Please take care when you take out the deep tray from the oven or when you are stirring inside the chamber since it is hot.

How to cook

* Fill the **water tank** with water, and insert it to the main body.

- 1 Wash the rice clean, soak it in water for about 30 minutes, and drain the water properly. Cut the mushrooms into small pieces and set them aside. Divide the King oyster mushrooms into bite-sized pieces. Remove cores from dried plums, and make a paste with a kitchen knife. Remove the oil from the deep fried tofu and chop it.

- 2 Preheat the empty chamber.



(The standard preheating time is approx. 11 minutes)

- 3 Put the rice, dried plum, deep-fried tofu and **A** into a **deep tray**, mix them well, and then lightly shake the **deep tray** so that the rice is evenly mixed with water.
- 4 Put the mushrooms in a bowl, stir the soy sauce in, and scatter them on **3**.
- 5 After preheating, place **4** on the **upper shelf** and start heating.

開始
(Start) **Heating starts**
(The standard heating time is approx. 27 minutes)

- 6 1. Once the buzzer sounds*, take out the **deep tray** and stir. (During stirring, please keep the door closed to avoid a drop in the inner temperature of the oven.)
* After around 22 minutes as of the start of heating (when the remaining time is around 5 minutes).

2. Place it on the **upper shelf** and start heating again.

開始
(Start) **Heating starts**

- 7 After heating, mix the whole thing well and serve with torn nori on the top.

Rich and mellow noodles with bacon and eggs can be cooked for 3-4 servings in a deep tray.

No.56 Penne Carbonara (White Sauce)

Convection



Ingredients/For 4 servings

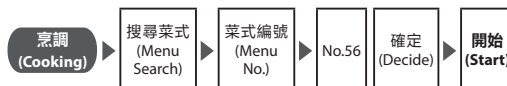
Diagonally cut macaroni (boiled for 12 minutes)	200 g	Fresh cream	100 ml
Olive oil	1 tsp.	Milk	300 ml
Parsley	A suitable amount	Water	300 ml
Bacon	80 g (4 slices)	Consomme (granules)	
Onion	100 g (1/2)	A	1 tsp.
		Salt	1/2 tsp.
		Olive oil	1 tsp.
		Coarse black pepper	
	 1/2 tsp. (to your taste)	
		B	3 (M-sized)
		Egg yolk	
		Cheese powder	3-4 tbsp.

手動 (Manual) 熱風對流 (有預熱) Convection (with preheat) 350 °C 26-31 minutes

How to cook

- Place the diagonal chunks of macaroni and a sufficient amount of water (not included in the ingredients) to cover all the ingredients on the **deep tray**, stir in olive oil, soak for 15-20 minutes to absorb water, and then drain off the water. Cut the bacon into 1 cm-wide slices, and chop the onion. Mix the ingredients for **A** well.

- Place **3** in the **center of the chamber** and start heating.



(The standard preheating time is approx. 20 minutes)

- Put the diagonally cut macaroni, bacon, onion and **A** in the **deep tray**, and mix them well.

- After preheating, immediately place **3** on the **upper shelf** and start heating.

開始 (Start) **Heating starts**
(The standard heating time is approx. 28 minutes)

- Please note that the settings will be canceled after 10 minutes since the buzzer sounds indicating that preheating is completed.

- After heating, stir in **B** whilst hot, and serve with parsley on the top.

- Be careful not to touch the diagonally cut macaroni after stirring it well in water.
- Stir in the **deep tray** so as to ingest the ingredients into the diagonally cut macaroni to avoid sticking to each other.

No.57 Stir Fried Noodles with Minced Meat

Superheated steam



Add water until it exceeds the half water level



Ingredients/For 4 servings

Stir fried noodle (steamed noodle, with a seasoning powder packet)	3 balls (450 g)	Carrot	1/2 (100 g)
Cabbage	1/4	Bean sprout	200 g
		Green pepper	2
		Pork fillet	150-200 g

手動 (Manual) 過熱水蒸氣烤焗 (無預熱) Superheated Steam (without preheat) 300 °C 21-26 minutes

How to cook

* Fill the water tank with water, and insert it to the main body.

- Cut the pork and cabbage into bite-sized chunks, slice the carrot, shred the green pepper, and remove roots of bean sprouts.

- Spread the noodles, cabbage, carrot, green pepper, bean sprout and pork on the **deep tray** in order.

- Place **2** on the **upper shelf** and start heating.



(The standard heating time is approx. 23 minutes)

- After heating, add seasoning powder.

- * Push aside the top layer ingredients and stir the seasoning powder into the noodles so as to even out the flavor.

No.58 Stewed Curry Udon

Convection



Grill



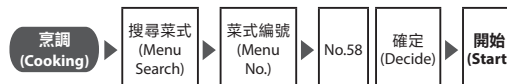
Ingredients/For 4 servings

Udon (dried, to be boiled for 9 mins)	200 g	Shredded white scallion (cut thinly and diagonally)	
Curry kit	For 2 servings (400 g)		A suitable amount
A Boiling water	640 ml		
Soup seasonings (1:3 dilution with water)	30 ml		

手動 (Manual) 熱風對流 (有預熱) Convection (with preheat) 350 °C 13-18 minutes

How to cook

1 Preheat the empty chamber.



(The standard preheating time is approx. 20 minutes)

2 Put udon and water (not included in the ingredients) in a **deep tray**, soak it for about 15 minutes, and then drain off the water.

3 Put **A** mixed in Step 2 into the **deep tray**, and loosen them so that the noodles do not stick to one another.

4 After preheating, immediately place the deep tray on the **upper shelf** and start heating.

開始 (Start) **Heating starts**
(The standard heating time is approx. 15 minutes)

• Please note that the settings will be canceled after 10 minutes since the buzzer sounds indicating that preheating is completed.

5 After heating, serve with shredded white scallion on the top.

No.59 Curry Macaroni

Convection

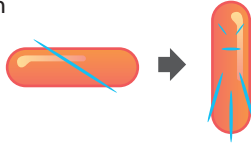


Ingredients/For 4 servings

Macaroni (boiled for 9 minutes)	200 g	Curry powder	2 tsp.
Olive oil	1 tsp.	Ketchup	1 tbsp.
German sausage	6	Milk	150 ml
Onion (chopped) ...	50 g (1/4)	Water	650 ml
Potato (cut into 5 mm pieces)	120 (Small, 1)	B Consomme (granules)	1 tbsp.
A Mini tomato (cut in quarters)	8	Salt	1/4 tsp.
Frozen cut vegetables	120 g	Olive oil	2 tsp.
		Pepper	A suitable amount
		C Cheese powder	A suitable amount
		Parsley	A suitable amount

手動 (Manual) 熱風對流 (有預熱) Convection (with preheat) 350 °C 22-27 minutes

How to cook

- Place the macaroni and a sufficient amount of water (not included in the ingredients) to cover all the ingredients on the **deep tray**, stir in olive oil (1 tsp.), and soak for 15-20 minutes, and then drain off the water. Mix **B** well.
- Cut small incisions of 5 mm in three German sausages; and as shown in the right figure, cut each of the remaining three sausages into halves diagonally and then into decorative shapes. Now, you have 6 German sausages that look like astronauts. 
- Preheat the empty chamber.

烹調 (Cooking) → 搜尋菜式 (Menu Search) → 菜式編號 (Menu No.) → No.59 → 確定 (Decide) → 開始 (Start)

(The standard preheating time is approx. 20 minutes)
- Put the macaroni, **A** and then **B** in the **deep tray**, and mix them well.
- After preheating, immediately place **4** on the **upper shelf** and start heating.

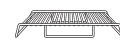
開始 (Start) **Heating starts**
 (The standard heating time is approx. 24 minutes)

 - Please note that the settings will be canceled after 10 minutes since the buzzer sounds indicating that preheating is completed.
- After heating, take out the deep tray, mix them well, and sprinkle with **C**.

- Please note that the macaroni may stick to one another after you soak it in water and stir well.
- If you mix the ingredients with the macaroni in a deep tray, the macaroni will be unlikely to stick together.

No.60 Deep Fried Chicken Nuggets

Convection



Ingredients/For 2 servings

Chicken thigh	1 (250 g)	Frying powder (commercially available)	2 tbsp.
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How to cook

- Divide the chicken into 8 equal portions, put them into a plastic bag together with the frying powder, and gently shake the bag to mix them evenly.
- Place the **gridiron** on a **square tray** and line **1** on the **gridiron**.
- Place **2** on the **lower shelf** and start heating.

烹調 (Cooking) → 搜尋菜式 (Menu Search) → 菜式編號 (Menu No.) → No.60 → 確定 (Decide) → 2 人份 (2 servings) → 開始 (Start)

(The standard heating time is approx. 19 minutes)

* For 4 servings, select [4 人份] (4 servings).

- Auto mode is applicable to cooking for 4 servings as well. Please double the ingredients.

手動 (Manual)	For 2 servings	熱風對流 (有預熱) Convection (with preheat) 250 °C 8-13 minutes
	For 4 servings	熱風對流 (有預熱) Convection (with preheat) 250 °C 11-16 minutes

Grill

Non-Fried

No.61 Easy Deep Fried Pork Chop

Convection



Non-Fried

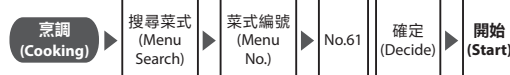
Ingredients/For 4 servings

Pork tenderloin 16 pieces (400 g in total)	Salt A suitable amount
Breadcrumbs ¾ cups	Pepper A suitable amount
Cheese (for pizza) 60 g	Medium-concentrated sauce A suitable amount
Olive oil 1 tbsp.	Ketchup A suitable amount

手動 (Manual)	熱風對流 (有預熱) (Convection) (with preheat) 250 °C 12-17 minutes
----------------	--

How to cook

- 1 Preheat the empty chamber.



(The standard preheating time is approx. 11 minutes)

- 2 Spread 1/3 of the breadcrumbs over a **square tray**.

- 3
 1. Place a layer of pork slices on the breadcrumbs, and then put another layer of pork slices on top. Repeat this step to make 4 pieces in total.
 2. Sprinkle the pork with salt and pepper, divide the cheese into even portions and place them in the middle position on the pork slices.
 3. Overlap another two layers of pork slices on the pork slices from 2, and press down on the edges.
 4. Scatter the remaining breadcrumbs evenly on the surroundings, and gather the breadcrumbs in the **square tray** and sprinkle on the pork.

- 4 Pour the olive oil over 3. After preheating, place it on the **lower shelf** and start heating.

開始
(Start) **Heating starts**
(The standard heating time is approx. 14 minutes)

- 5 After heating, transfer it on a plate, and put the scattered breadcrumbs on the pork. Serve with the mixed medium-concentrated sauce and ketchup.

No.62 Golden Shrimp

Convection



Ingredients/For 2 servings

Shrimp..... 4 (Approx. 25 g each)	Mayonnaise
Pepper..... A little A suitable amount
Low-gluten flour	Breadcrumbs
..... A suitable amount A suitable amount

手動 (Manual)	For 2 servings
	熱風對流 (無預熱) Convection (without preheat) 300 °C 14-19 minutes
	For 4 servings
	• Please double the ingredients and use the manual mode. 熱風對流 (無預熱) Convection (without preheat) 300 °C 14-19 minutes • Auto mode is not applicable.

How to cook

- 1 Take off the shrimp head, peel off the shell (with the tail kept), remove the intestine, and cut out 3 horizontal lines in the belly of the shrimp so that the shrimp body does not bend. Remove the moisture with kitchen paper.



- 2 Pepper **1**, add low-gluten flour, pour a thin layer of mayonnaise, and sprinkle with breadcrumbs.

- 3 Place **2** on a **square tray**, put it on the **lower shelf**, and start heating.



(The standard heating time is approx. 16 minutes)

No.63 Easy Deep Fried Salmon

Convection



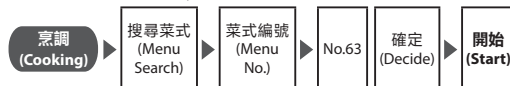
Ingredients/For 4 servings

Fresh salmon (fillet)	<Sauce*>
..... 4 slices (90 g each)	Mayonnaise
Salt, pepper... A suitable amount A suitable amount
Breadcrumbs 3/4 cups	Yogurt A suitable amount
Mayonnaise	Lemon juice A little
..... A suitable amount	Parsley (chopped) A little
	*e.g. tartar sauce.

手動 (Manual)	熱風對流 (有預熱) (Convection) (with preheat) 250 °C 10-15 minutes
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How to cook

- 1 Preheat the empty chamber.



(The standard preheating time is approx. 11 minutes)

- 2 Salt and pepper the salmon, and pour a thin layer of mayonnaise on the back.

- 3 Spread half of the breadcrumbs on **the square tray**.

- 4 Place **2** (with the side with mayonnaise facing down) on the **square tray**, and pour mayonnaise on top. Cut it in half with a knife, and sprinkle with breadcrumbs.

- 5 After preheating, place **4** on the **lower shelf** and start heating.

開始 (Start) Heating starts
(The standard heating time is approx. 13 minutes)

- 6 After heating, serve with the breadcrumbs that remains in **the square tray**. Serve with the mixed concentrated sauce set aside for seasoning.

- Sprinkle **4** with breadcrumbs, and add chopped parsley as you like. If you are using sweet salted salmon, please reduce the amount of mayonnaise and do not use salt.

No.64 Potato Croquette

Convection



Ingredients/One square tray for 2-3 servings

Potato	3 (350 g)	Breadcrumbs	4 tbsp.
Mixed minced meat	150 g	Cheese powder	1 tbsp.
Onion (chopped)	60 g	Medium-concentrated	
Salad oil	1 tbsp.	sauce	2 tbsp.
Medium-concentrated sauce	2 tbsp.	Ketchup	1 tbsp.
Pepper, nutmeg	A suitable amount	Tabasco	A little

手動 (Manual) 熱風對流 (有預熱) (Convection) (with preheat) 250 °C
7-12 minutes

How to cook

- 1** 1. Divide the potatoes into 4-6 equal portions, place them in a heat-resistant container (covering with plastic wrap). Place the container in **the center of the chamber**, heat it up until soft enough to mash.

微波 600W (Microwave 600W) ▶ 約 6 分鐘 (Around 6 mins) 開始 (Start)

- 2.** Once the heating is completed, peel the potatoes under the residual heat and squash them with a fork or the like.

- 2** Place the onion, salad oil and medium-concentrated sauce in a heat-resistant container, and stir in the mixed minced meat, pepper and nutmeg. Place the container in **the center of the chamber** (without covering with plastic wrap) and start heating.

微波 600W (Microwave 600W) ▶ 4-5 分鐘 (4-5 mins) 開始 (Start)

- 3** Preheat the empty chamber.

烹調 (Cooking) ▶ 搜尋菜式 (Menu Search) ▶ 菜式編號 (Menu No.) ▶ No.64 ▶ 確定 (Decide) ▶ 開始 (Start)

(The standard preheating time is approx. 11 minutes)

- 4** Place **1** on the **square tray**, sprinkle with **2**, and pour the sauce on top.

- 5** Mix the breadcrumbs with cheese powder, and scatter the mixture over **4** evenly.

- 6** After preheating, place **5** on a **square tray**, put it on the **lower shelf**, and start heating.

開始 (Start) Heating starts
(The standard heating time is approx. 10 minutes)

- 7** After heating, add the sauce made by mixing the ingredients for **A**.



Croquette and tempura have a different texture from deep-fried food, so they are easy to make and healthier without the need for complicated cleaning steps.

No.65 Prawn Tempura

Hybrid



Add water until it exceeds the **half water level**



Ingredients/For 8 prawns

Prawn	8 (Approx. 25 g each)	Low-gluten flour	30 g
Low-gluten flour	1 tbsp.	Water	30 g
		Mayonnaise	1 tbsp.

手動 (Manual) 熱風對流 (無預熱) (Convection) (without preheat) 200 °C
16-21 minutes

How to cook

* Fill the water tank with water, and insert it to the main body.

- 1** Remove the shell from the prawn (with the tail kept), remove the intestine, and cut out 3 horizontal lines in the belly of the prawn so that the prawn body does not bend. Remove the moisture with kitchen paper.

- 2** Mix the ingredients for **A** well in a large bowl.

- 3** Put **1** into a plastic bag, add low-gluten flour, and mix them well.

- 4** Put **3** in the bowl from Step **2**, and coat them with flour paste.

- 5** Place **4** on a **square tray**, put it on the **lower shelf**, and start heating.

烹調 (Cooking) ▶ 搜尋菜式 (Menu Search) ▶ 菜式編號 (Menu No.) ▶ No.65 ▶ 確定 (Decide) ▶ 開始 (Start)

(The standard heating time is approx. 18 minutes)

No.66 Sweet Potato Tempura

Hybrid



Add water until it exceeds the half water level



Ingredients/For 12 pieces

Sweet potato 12 slices (approx. 260 g)	A	Low-gluten flour 30 g
Low-gluten flour 1 tbsp.		Water 30 g
			Mayonnaise 1 tbsp.

手動 (Manual) 混合烹調 (無預熱) (Hybrid) (without preheat) 200 °C
18-23 minutes

How to cook

* Fill the water tank with water, and insert it to the main body.

- 1 Cut the sweet potato into 7 mm-thick slices, soak them in water to remove starch, drain them through a colander, and remove the moisture with kitchen paper.
- 2 Mix the ingredients for **A** well in a large bowl.
- 3 Put **1** into a plastic bag, add low-gluten flour, and mix them well.
- 4 Put **3** in the bowl from Step **2**, and coat them with flour paste.
- 5 Place **4** on a **square tray**, put it on the **lower shelf**, and start heating.



(The standard heating time is approx. 20 minutes)

No.67 Croquette

Hybrid



Add water until it exceeds the half water level



Ingredients/For 6 pieces (Diameter: 7-8 cm)

Onion 100 g	A	Low-gluten flour 30 g
Carrot 30 g		Water 30 g
Burdock (shredded) 30 g		Mayonnaise 1 tbsp.
Low-gluten flour 1 tbsp.			

手動 (Manual) 熱風對流 (無預熱) (Convection) (without preheat) 200 °C
18-23 minutes

How to cook

* Fill the water tank with water, and insert it to the main body.

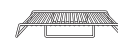
- 1 Cut the onion into 3-4 mm-wide slices, and cut the carrots into 4 cm-wide and 5 mm-long slices. Cut the burdock into 4 cm-wide and 5 mm-long slices, soak them in water to remove astringency, drain them through a colander, and remove the moisture with kitchen paper.
- 2 Put **1** into a plastic bag, and sprinkle with low-gluten flour.
- 3 Mix the ingredients for **A** in a large bowl, and then stir in **2**.
- 4 Divide **3** into 6 equal portions and place them on a **square tray**. Lay them flat into a circle with a diameter of 7-8 cm.
- 5 Place **4** on the **lower shelf** and start heating.



(The standard heating time is approx. 20 minutes)

No.68 Spring Rolls

Hybrid



Add water until it exceeds the **half water level**



Ingredients/For 10 pieces

Pork fillet	100 g	Boiled bamboo shoot (chopped)	50 g
Wine	2 tbsp.	Celery (chopped).....	50 g
Starch	1 tsp.	Dried shiitake mushroom (soaked and sliced thinly)	3 slices
Salt	A little	Bean sprout	100 g
Onion (chopped)	30 g	Vermicelli (Soaked in water, then drained, and cut into 5 cm-long strands) ...	15 g
Carrot (chopped)	30 g	Spring rolls sheet	10
A			
Soy sauce	1 tbsp.		
Oyster sauce	1 tbsp.		
Starch	1 tbsp.		
Water used to soak dried shiitake mushrooms...	1 tbsp.		
Sugar	2 tsp.		
Wine	2 tsp.		
Sesame oil	2 tsp.		
Ginger sauce	1 tsp.		
Pepper	A little		
B			

For 10 pieces
混合烹調 (有預熱) (Hybrid) (with preheat) 200 °C
13-18 minutes

For 5 pieces
• Please halve the ingredients and use the manual mode.
混合烹調 (有預熱) (Hybrid) (with preheat) 200 °C
9-14 minutes
• Auto mode is not applicable.
• In Steps **1** and **2**, please halve the microwave heating time.

How to cook

* Fill the water tank with water, and insert it to the main body.

- Put the minced pork into a heat-resistant container, add wine, starch and salt, and mix them well. Stir the onion and carrots in, place the container in **the center in a chamber** (without covering with plastic wrap) and start heating.

微波 600W (Microwave 600W) ▶ 約 2 分鐘 (Around 2 mins) 開始 (Start)

After heating, loosen the pork.

- Stir the premixed **A** and **B** into **1**, and place the container in **the center of the chamber** (covering with plastic wrap), and start heating.

微波 600W (Microwave 600W) ▶ 約 5 分鐘 (Around 5 mins) 開始 (Start)

- After heating, mix all the ingredients well, and leave them to cool down. Divide the food into 10 equal portions under the residual heat, and place them on the spring roll sheets. Fold the left and right sides and roll the sheet so that the stuffing does not spill out. Add some starch (not included in the ingredients) and water to the very end and affix the end properly.

- Preheat the empty chamber.

烹調 (Cooking) ▶ 搜尋菜式 (Menu Search) ▶ 菜式編號 (Menu No.) ▶ No.68 ▶ 確定 (Decide) ▶ 開始 (Start)

(The standard preheating time is approx. 5 minutes)

- Put the **gridiron** on a **square tray**, line **3** up on the gridiron, place it on the **lower shelf** after preheating, and start heating.

開始 (Start) Heating starts (The standard heating time is approx. 16 minutes)

Three dishes are made simultaneously, with Plum Flavoured Steamed Chicken being the main dish.

No.69 Plum Flavoured Steamed Chicken + Others

Hybrid



Add water until it exceeds the **half water level**



Plum Flavoured Steamed Chicken

Ingredients/For 4 servings

Chicken thigh	300 g	Green shiso (chopped)	A suitable amount
Scallion	1 stalk (160 g)		
Ginger (sliced thinly)			
	4-5 pieces (10 g)	A	Soup for noodles (1:3 dilution with water)
Dried plum	2 (28 g)		40 ml
Mustard powder			Water
	A suitable amount		60 ml

Stewed Deep-Fried Tofu With Shredded White Radish

Ingredients/For 4 servings

Deep-fried tofu	1 block (250 g)	Soup for noodles (1:3 dilution with water)	40 ml
Shiitake mushroom (sliced thinly)	2	Chive (chopped)	
White radish			A suitable amount
	300 g (with peels)	Spice powder	A suitable amount

Stir Fried Kinpira with Radish Peels and Root Vegetables

Ingredients/For 4 servings

White radish peel	70 g	Sesame oil	1 tbsp.
Carrot	30 g	Chilli pepper (cut into rings)	
Burdock	70 g		A suitable amount
Soup for noodles (1:3 dilution with water)	2 tbsp.	Stir-fried sesame seed	A little

手動 (Manual) 混合烹調 (有預熱) Hybrid (with preheat) 250 °C 17-22 minutes



Pre-preparation * Fill the water tank with water, and insert it to the main body.

Plum Flavoured Steamed Chicken

- Prick several holes in the chicken thigh with a fork, cut the scallion into 5 cm-long pieces, and press the plum slightly. Mix the ingredients for **A**.

Stewed Deep-Fried Tofu With Shredded White Radish

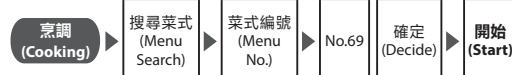
- Pierce the deep-fried tofu and divide it into 12 equal portions.
- Wash the white radish clean with a scourer and peel the skin thickly. (The radish peels will be used in the next dish, so please do not discard them)
- Grate the daikon, add seasonings, and mix it with shiitake mushrooms.

Stir Fried Kinpira with Radish Peels and Root Vegetables

- Cut the radish peels that were peeled when making the Stewed Deep-Fried Tofu With Shredded White Radish into 5 mm-thick pieces. Cut the carrot into 3 mm-sized pieces. Cut the burdock into 2 mm-sized pieces, wash them in water, and then drain them through a colander.
- Put the radish peels, carrots and burdock in a bowl, add seasonings, sesame oil and chilli pepper, and mix them well.

How to cook

- 1 Preheat the empty chamber.



(The standard preheating time is approx. 11 minutes)

- 2 Twist the four corners of the parchment paper to support the four sides (so that the three dishes can be lined up vertically), and put it on the **deep tray**.

- 3 Put the prepared ingredients for stir-fried burdock on the **square tray** (left side).

- 4 Put the deep-fried tofu on the parchment paper (the center) and put the shredded white radish (along with the mixed soup for noodles and shiitake mushrooms) on top.

- 5 Put the chicken on the parchment paper (right side). Put the scallion, ginger and dried plum on the periphery, and pour **A** in.

- 6 After preheating, place **5** on the **upper shelf** and start heating.

開始 (Start) **Heating starts**
(The standard heating time is approx. 20 minutes)

- 7 After heating:
Plum Flavoured Steamed Chicken: Cut the chicken into bite sizes and serve it in a bowl. Scatter the green shiso (beefsteak plant) over it and serve with mustard powder and mashed dried plums.
Stewed Deep-Fried Tofu With Shredded White Radish: Serve the grated radish in a bowl and sprinkle with chopped chives and spice powder.
Stir Fried Kinpira with Radish Peels and Root Vegetables: Add the stir-fried sesame seeds and stir roughly, then serve them in a bowl.

- Pierce the chicken and deep-fried tofu with a fork for better flavour.
- Either mashed radish or radish juice can be used.
- Please cut the burdock as thinly as possible; otherwise it may be difficult to heat.

Three dishes are made simultaneously, with Braised Pork and Tofu being the main dish.

No.70 Braised Pork and Tofu + Others

Convection



Braised Pork and Tofu

Ingredients/For 4 servings

Pork fillet	150 g	Soup for noodles (1:3 dilution with water)	60 ml
Grilled tofu	1 block (250 g)	Commercially available hot spring egg	1
Scallion (shredded)	1/2 stalk (70 g)	(For decoration)	
Shimeji mushroom (divided into small pieces)	100 g	Scallion (shredded).....	A little

Tosa-Style Tomato and Pumpkin Stew

Ingredients/For 4 servings

Pumpkin	200 g	Sugar	1/2 tsp.
Tomato	1 (M-sized, 120 g)	Sesame oil	1 tsp.
Dried bonito flakes	5 g	Salt	A little
Soy sauce	1 tbsp.		

White Radish, Plum and Mizuna Salad

Ingredients/For 4 servings

White radish	200 g	Stir-fried sesame seed	1 tbsp.
Whitebait	5 g	Your favorite sauce	A suitable amount
Dried plum	1 (14 g)		
Mizuna	50 g		

手動 (Manual) 熱風對流 (有預熱) (Convection) (with preheat) 200 °C 18-23 minutes



- As for Braised Pork and Tofu, place the pork and shredded scallion on top. Have them burnt a little bit to make the dish more fragrant.
- As for White Radish, Plum and Mizuna Salad, a single-flavored sauce is recommended. In addition, the dish will taste better after it is refrigerated.

Pre-preparation

Braised Pork and Tofu

1. Cut the pork into 5-6 cm chunks. Pierce the tofu with a fork, and cut it into bite sizes.
2. Put the tofu, shimeji mushroom, 2/3 of the chives and half of the pork in a large bowl, add 2/3 of the soup for noodles (40 ml), and mix them well.

Tosa-Style Tomato and Pumpkin Stew

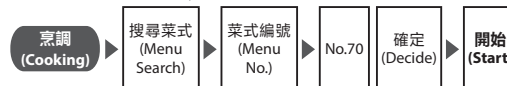
- Put bite-sized pumpkin, 1 cm-sized tomato tubes, 2/3 of the dried bonito flakes, soy sauce, sugar, salt and sesame oil in a large bowl and mix them well.

White Radish, Plum and Mizuna Salad

- Put the (roughly) shredded white radish and whitebait, and the dried plums with cores removed and patted into a paste with a knife into a large bowl, mix them well, and start the hybrid cooking.

How to cook

- 1 Preheat the empty chamber.



(The standard preheating time is approx. 5 minutes)

- 2 Twist the four corners of the parchment paper to support the four sides (so that the three dishes can be lined up vertically), and put it on the **deep tray** (right side and center).
- 3 Put the prepared ingredients for Braised Pork and Tofu on the parchment paper (right side) in **2**. Lay the remaining pork on top, sprinkle with the remaining chives, and pour the remaining 20 ml of sauce over it.
- 4 Put the prepared ingredients for Tosa-Style Tomato and Pumpkin Stew on the parchment paper (center) in **2**.
- 5 Put the prepared ingredients for White Radish, Plum and Mizuna Salad on the left side of the **deep tray**, and cover it with plastic wrap.
- 6 After preheating, place **5** on the **upper shelf** and start heating.

開始 (Start) **Heating starts**
(The standard heating time is approx. 20 minutes)

- 7 After heating:
Braised Pork and Tofu: Mix the ingredients well, put a hot spring egg, and serve with chopped chives on top (for decoration).
Tosa-Style Tomato and Pumpkin Stew: Serve it in a plate, and sprinkle with the remaining dried bonito flakes.
White Radish, Plum and Mizuna Salad: Add the 5 cm-sized mizuna, sesame seeds and your favorite sauce, mix them well, and serve them on a plate.

Notes

Please make a handmade hot spring egg with a pot.
Do not heat eggs with microwave; otherwise eggs may be broken.

Three dishes are made simultaneously, with Chicken and Soya Beans Stewed Oyster Sauce being the main dish.

No.71 Chicken and Soya Beans Stewed Oyster Sauce + Others

Convection



Chicken and Soya Beans Stewed Oyster Sauce Ingredients/For 4 servings

Chicken thigh	250 g	Scallion	1/2 stalks (80 g)
A Shaoxing wine	1/2 tbsp.	Chilli pepper	1/3 (60 g)
Oyster sauce	1/2 tbsp.	Ginger (sliced thinly)4-5 pieces (10 g)
Starch	1 tsp.	B Oyster sauce	2 tbsp.
Soya bean (soaked in water or dried in vacuum-sealed bag)	150 g (net weight of soya beans)	Soy sauce	1 tbsp.
		Shaoxing wine	1 1/2 tbsp.
		Sugar	1 tsp.

Steamed Eggplant with Chinese Style Sauce Ingredients/For 4 servings

Eggplant	2-3	C Chilli oil	1 tsp.
Sushi vinegar	1 tbsp.	Ponzu soy sauce ...	2 tbsp.
Shaoxing wine	1 tbsp.	Chive (chopped)	1-2 stalks

Chinese-style Stewed Chinese Cabbage and Enoki Mushrooms Ingredients/For 4 servings

Chinese cabbage	250 g	Stir-fried sesame seed 1/2 tbsp.
Enoki mushroom	60 g	Mustard powder	1/2 tsp.
Whitebait	10 g		
D Chicken stock powder ...	1 tsp.		
Sesame oil	2 tsp.		
Soy sauce	1 tsp.		

手動 (Manual) 熱風對流 (有預熱) (Convection) (with preheat) 230 °C
22-27 minutes



Pre-preparation

Chicken and Soya Beans Stewed Oyster Sauce

1. Cut the chicken into bite sizes, massage them in **A** for seasoning. Cut the scallion into 1 cm pieces and the red pepper into 1.5 cm pieces.
2. Put the prepared chicken, scallion, red pepper and ginger in a large bowl, add **B**, and mix them well.

Steamed Eggplant with Chinese Style Sauce

- Peel the eggplant with a peeler, cut it into 6-8 equal portions vertically, and immediately pour the Sushi vinegar and Shaoxing wine (to avoid discolouration).
- Mix the ingredients for **C** to make the sauce.

Chinese-style Stewed Chinese Cabbage and Enoki Mushrooms

- Separate the stalks and leaves of the Chinese cabbage, and cut them into 5 cm-long and 1 cm-wide pieces. Pry the enoki mushrooms apart.

How to cook

- 1 Preheat the empty chamber.



(The standard preheating time is approx. 9 minutes)

- 2 Twist the four corners of the parchment paper to support the four sides (so that the three dishes can be lined up vertically), and put it on the right side of the **deep tray**.

- 3 Put the ingredients for Chicken and Soya Beans Stewed Oyster Sauce on the parchment paper of **2**.

- 4 Put the parchment paper in the center of the **deep tray**, line the eggplants soaked in sauce one by one, and cover with plastic wrap.

- 5 Mix the cabbage, enoki mushrooms, dried whitebait and **D** well in a large bowl, then transfer them to the parchment paper on the left side of the **deep tray**, and cover with a drop lid.

- 6 After preheating, place **5** on the **upper shelf** and start heating.

開始 (Start) **Heating starts**
(The standard heating time is approx. 24 minutes)

- 7 After heating:
Chicken and Soya Beans Stewed Oyster Sauce: Mix the ingredients well, and serve them in a bowl.
Steamed Eggplant with Chinese Style Sauce: Serve it in a bowl with shredded scallion and sauce.
Chinese-style Stewed Chinese Cabbage and Enoki Mushrooms: Sprinkle with sesame seeds and serve it in a bowl.

• Please season the chicken beforehand.



Cooking rice and dishes simultaneously with microwave

You can cook rice and dishes for 2 servings simultaneously.

It is not recommended to reduce or increase the portions in these recipes.

Please refer to the information below for available containers and how to cover a container with plastic wrap.

★ How to cover a container with plastic wrap

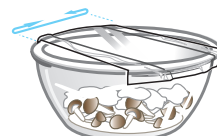
Cooked rice

As shown in the right figure, allow the plastic wrap to touch the food, or lower the center of plastic wrap by about 2 cm and seal it around the container.



Dish

Please leave a gap when you cover it with plastic wrap.

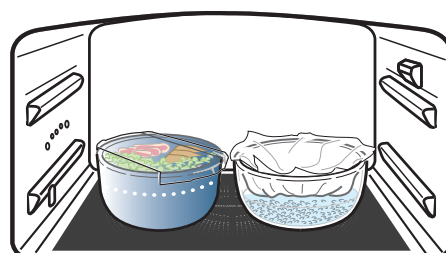


★ Available containers

Please use a heat-resistant container with a diameter of about 140-180 mm and a height of 80 mm (dedicated for microwave ovens and resistant to high temperatures above 140 °C).



★ How to place



No.72 Szechuan Pork and Fried Tofu with Sakura Shrimp Rice

Microwave

No accessories



Ingredients/For 2 servings

<Szechuan Pork and Fried Tofu>

Pork fillet	100 g	Mayonnaise	1 tbsp.
A Salt, pepper	A little	Chilli soybean paste	1/2 tsp.
A Starch	2 tsp.	1/2 tsp.
Chinese cabbage	150 g	B Soy sauce	1/2 tbsp.
Deep-fried tofu	100 g	Mirin	1 tbsp.
Ginger (grated)	1 tsp.	Sesame oil	1 tsp.
Sugar bean	6	Water	100 ml

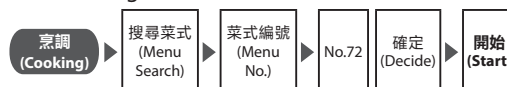
<Sakura Shrimp Rice>

Rice	Approx. 150 g	Ginger (grated)	2 tsp.
Dried Sakura shrimp	5 g	Sesame oil	1 tsp.
Chicken stock powder	1/2 tsp.	Water	180 ml

How to cook

* How to cover a container with plastic wrap, available containers (See above)

- 1 Wash the rice, drain off the water, and put it in a heat-resistant container. Add the ingredients for Sakura Shrimp Rice, cover the container with plastic wrap, and soak them in water for approx. 30 minutes.
- 2 Cut the pork into around 5 cm-long pieces, add salt and pepper for **A**, and sprinkle with starch.
- 3 Prepare the vegetables.
Cabbage (roughly chopped), deep-fried tofu (cut into about 5 mm thick pieces), sugar beans (cut diagonally into 3 mm-sized pieces)
- 4 Add the cabbage, deep-fried tofu and sugar beans prepared in **3** and the pork and ginger in **2**.
- 5 Mix **4** well and add **B**. Please leave a gap when you cover it with plastic wrap.
- 6 Place containers from **1** and **5** in the chamber, and start heating.



(The standard heating time is approx. 25 minutes)

- 7 After heating, loosen the rice and mix the dish well to ensure that all the ingredients are flavoured.

手動 (Manual)	微波燉飯 (Microwave Stew)	600W Approx. 15 mins → 200W Approx. 10 mins	(On the 烹調 (Cooking) screen, select 微波燉飯 (Microwave Stew) from 其他 (Others).)
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No.73 Braised Pork and Ginger with Ginger Rice

Microwave

No accessories



Ingredients/For 2 servings

<Braised Pork and Ginger>

Pork fillet	120 g	White radish	250 g
A Soy sauce	2 tsp.	Ginger (grated)	1 tsp.
Wine	1 tsp.	Red pepper	1-2
Starch	2 tsp.	Soup for noodles (1:3 dilution with water)	1 1/2 tbsp.
Mushroom (of your choice)	80 g	Water	50 ml
Mustard spinach	80 g		

<Ginger Rice>

Rice	Approx. 150 g	Salt	1/2 tsp.
Ginger (grated or chopped)	10 g	Sesame oil	1 tsp.
		Water	180 ml

How to cook * How to cover a container with plastic wrap, available containers (See Page 118)

- 1 Wash the rice, drain off the water, and put it in a heat-resistant container. Add the ingredients for Ginger Rice, cover the container with plastic wrap, and soak them in water for approx. 30 minutes.
- 2 Cut the pork into bite sizes, add soy sauce and wine for **A**, leave them sit for a while, and sprinkle with starch.
- 3 Prepare the vegetables.
Mushrooms (cut into bite sizes), mustard spinach (cut into 3 cm), white radish (chopped).
- 4 Mix the mushroom, mustard spinach, ginger, red pepper, sauce and water in a heat-resistant container. Lay the well mixed **2** and chopped white radish on top. Please leave a gap when you cover it with plastic wrap.
- 5 Place the containers from **1** and **4** in the **center of the chamber** and start heating.
- 6 After heating, loosen the rice and mix the dish well to ensure that all the ingredients are flavoured.



(The standard heating time is approx. 25 minutes)

手動 (Manual)	微波燉煮 (Microwave Stew)
	600W Approx. 15 mins → 200W Approx. 10 mins
	(On the 烹調 (Cooking) screen, select 微波燉煮 (Microwave Stew) from 其他 (Others).)

No.74 Chicken Soya Bean Stew with Carrot Rice

Microwave

No accessories



Ingredients/For 2 servings

<Chicken Soya Bean Stew>

Chicken thigh	150 g	Green asparagus	2 stalks
A Salt, pepper, wine	A little each	B Soya bean milk (whole, with all ingredients)	200 ml
Starch	2 tsp.	Water	100 ml
Onion	50 g	Stew stock	40 g
Mushroom (of your choice)	50 g		

<Carrot Rice>

Rice	Approx. 150 g	Butter	10 g
Carrot (chopped)	30 g	Salt	A little
Consomme (crushed)	1/2 granules	Water	180 ml

How to cook * How to cover a container with plastic wrap, available containers (See Page 118)

- 1 Wash the rice, drain off the water, and put it in a heat-resistant container. Add the ingredients for Carrot Rice, cover the container with plastic wrap, and soak them in water for approx. 30 minutes.
- 2 Cut the chicken diagonally into thin slices, add salt, pepper and wine for **A**, and sprinkle with starch.
- 3 Prepare the vegetables.
Onion (cut thinly), mushroom (cut into bite sizes), green asparagus (cut diagonally into 3 cm-thick pieces)
- 4 Place the onion, mushroom, green asparagus from **3** and the chicken from **2** in order in a heat-resistant container. Add **B** and stir slightly, and cover it with plastic wrap with a gap.
- 5 Place the containers from **1** and **4** in the **center of the chamber** and start heating.
- 6 After heating, stir the stew stock into the Chicken Soya Bean Stew. Loosen the cooked rice.



(The standard heating time is approx. 25 minutes)

- When using consomme, please crush it into small pieces beforehand so that it dissolves easily.
- When the stew stock doesn't dissolve or the heating seems insufficient, please use the manual mode whilst monitoring the situation.

No.75 Balsamic Chicken with Hijiki Rice

Microwave

No accessories



Ingredients/For 2 servings

<Balsamic Chicken>

Chicken thigh	200 g	Green pepper	2
A [Salt, pepper	A little	Wine vinegar	1 tbsp.
Starch	2 tsp.	Consomme (crushed)	
Canned tomato (cut)		B [Honey (or Mirin)	1/2 granules
..... 1/2 cans (200 g)		Red pepper (cut into rings)	1
Mushroom (of your choice)	100 g		

<Hijiki Rice>

Rice	Approx. 150 g	Coarse black pepper	A little
Dried Hijiki (wash clean with water)	1 tbsp.	Consomme (crushed)	1/2 granules
Olive oil	2 tsp.	Water	200 ml

How to cook * How to cover a container with plastic wrap, available containers (See Page 118)

- 1 Wash the rice, drain off the water, and put it in a heat-resistant container. Add the ingredients for Hijiki Rice, cover the container with plastic wrap, and soak them in water for approx. 30 minutes.
- 2 Cut the chicken into bite sizes, add salt and pepper for **A**, and sprinkle with starch.
- 3 Prepare the vegetables.
Mushroom (cut into bite sizes), green pepper (cut into approx. 2 cm-sized pieces).
- 4 Mix the tomato, **2**, **3** and **B** in a heat-resistant container, and cover it with plastic wrap with a gap.
- 5 Place the containers from **1** and **4** in the **center of the chamber** and start heating.

(The standard heating time is approx. 25 minutes)
- 6 After heating, loosen the rice and mix the dish well to ensure that all the ingredients are flavoured.

手動 (Manual)	微波燉飯 (Microwave Stew) 600W Approx. 15 mins → 200W Approx. 10 mins (On the 烹調 (Cooking) screen, select 微波燉飯 (Microwave Stew) from 其他 (Others) .)
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No.76 Tomato and Eggplant Keema Curry with Garlic Rice

Microwave

No accessories



Ingredients/For 2 servings

<Tomato and Eggplant Keema Curry>

Canned tomato (cut)	1/2 cans (200 g)	Mixed minced meat	100 g
Eggplant	150 g	Commercially available curry roux (cut into small bits)	50 g
Onion	60 g	Water	80 ml

<Garlic Rice>

Rice	Approx. 150 g	Butter	10 g
Garlic (grated, tube)	Approx. 3 cm	Water	180 ml
Consomme (crushed)	1/2 granules	Dried parsley	A suitable amount

How to cook * How to cover a container with plastic wrap, available containers (See Page 118)

- 1 Wash the rice, drain off the water, and put it in a heat-resistant container. Add the ingredients (except dried parsley) for Garlic Rice, cover the container with plastic wrap, and soak them in water for approx. 30 minutes.
- 2 Prepare the vegetables.
Eggplant (cut into 2 cm), onions (shredded).
- 3 Put the tomato, **2**, mixed minced meat, curry roux and water in a heat-resistant container. Mix the meat as though you are pulling them apart. Please leave a gap when you cover it with plastic wrap.
- 4 Place the containers from **1** and **3** in the **center of the chamber** and start heating.

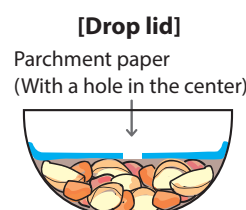
(The standard heating time is approx. 25 minutes)
- 5 After heating, mix the dried parsley and cooked rice, and mix the vegetables well to ensure that all the ingredients are flavoured.

手動 (Manual)	微波燉飯 (Microwave Stew) 600W Approx. 15 mins → 200W Approx. 10 mins (On the 烹調 (Cooking) screen, select 微波燉飯 (Microwave Stew) from 其他 (Others) .)
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<About stews and stewing-involved cooking methods>

- Please use a heat-resistant deep container that can be used in a microwave.
It is recommended to use a large heat-resistant glass bowl with an opening of about 18-22 cm and a height of 8-10 cm.
- To make a drop lid, please use parchment paper that is slightly larger than the container opening as shown in the figure, and pierce a hole in the center to release steam.
- Stirring a few times while cooking will make the heating more even and the dish more delicious.

! Please be careful to avoid steam burns when taking off the drop lid.



No.77 Pork Curry

Microwave

No accessories



Ingredients/For 2 servings

Pork (cut into curry-sized chunks)	150 g	A	Onion	1 (M-sized, 200 g)
Salt, pepper	A little		Carrot	1/2 (100 g)
Garlic (chopped)	1/2 cloves		Potato	1 (150 g)
Ginger (grated)	1/2	B	Commercially available	
			curry roux	60 g
			Water	250 ml

For 2 servings

微波炖煮 (Microwave Stew)

600W Approx. 5 mins → 200W Approx. 40 mins

• Stir twice during the heating.

手動
(Manual)

For 4 servings

• Please double the ingredients and use the manual mode.

微波炖煮 (Microwave Stew)

600W Approx. 10 mins → 200W Approx. 60 mins

• Stir 3-4 times during the heating.

• Auto mode is not applicable.

• In Step 3, please double the microwave heating time.

• (On the 烹調 (Cooking) screen, select 微波炖煮 (Microwave Stew) from 其他 (Others).)

How to cook

- 1 Prepare the pork, and sprinkle with salt and pepper. Cut the onion into wedge shapes, and cut the carrot and potato roughly.
- 2 Heat 2 tablespoons of salad oil (not included in the ingredients) in a frying pan on medium heat, and then add garlic and ginger. Saute the pork and remove it from the pan, and then saute **A**.
- 3 Put the water and crushed curry roux for **B** in a deep heat-resistant container, place the container in the **center of the chamber** (covering with plastic wrap), and start heating.

微波 600W
(Microwave 600W)

5-7 分鐘
(5-7 mins)

開始
(Start)

After heating, mix the whole thing well. Please be careful to avoid burning.

- 4 Stir 3 into 2, and cover the container with plastic wrap.

- 5 1. Place 4 in the **center of the chamber** and start heating.



(The standard heating time is approx. 45 minutes)

2. Once the **buzzer sounds***, stir thoroughly. Please be careful to avoid burning.

* After around 20 minutes as of the start of heating (when the remaining time is around 25 minutes).

3. Place the container in the **center of the chamber** (covering with plastic wrap), and start heating again.

開始
(Start) Heating starts

4. Once the **buzzer sounds***, stir thoroughly. Please be careful to avoid burning.

* After around 15 minutes as of the start of 3 (when the remaining time is around 10 minutes).

5. Place the container in the **center of the chamber** (covering with plastic wrap), and start heating again.

開始
(Start) Heating starts

- If the meat or the vegetables are sticking to somewhere without soup, they are likely to get burnt. Therefore, please be careful not to let them come out of the soup.

No.78 Prawn and Spinach Curry

Microwave

No accessories



Ingredients/For 4 servings

Spinach	200 g	Pepper.....	A little
Water	100 ml	Curry powder	1 tbsp.
Onion	1 (200 g)	Tomato puree	1 tbsp.
Garlic	2 cloves	Water	150 ml
Salad oil	1/2 tbsp.	Red pepper (grated).....	1/2
Butter (room temperature)	20 g	Consomme (crushed)	1 granule
Low-gluten flour	1 1/2 tbsp.	Chilli sauce	1 tsp.
Peeled shrimp.....	200 g	Worcestershire sauce	1 tsp.
Salt	1/2 tsp.		

手動
(Manual)

微波 600W (Microwave 600W) Approx. 12 mins
• After heating, leave it steamed in the chamber for another 1 minute or so.

How to cook

- Put the chopped onion and garlic in a heat-resistant container, and drizzle salad oil. Place the container in **the center of the chamber** (covering with plastic wrap), and start heating.

微波 600W
(Microwave 600W)

約 5 分鐘
(Around 5 mins)

開始
(Start)

- Mix the butter and low-gluten flour evenly.
- Remove the intestine, put the prawn in a large heat-resistant bowl, and sprinkle with salt, pepper and curry powder. Put in the tomato puree diluted with **1**, **2** and water (150 ml), then add **A**, and mix them well.
- Wash the spinach clean, remove the roots, cut it into rough chunks, and then put them and water (100 ml) in a blender or a mixer to make spinach juice.
- Stir the spinach juice from **4** into **3**. Flatten the shrimp, soak it in the juice and seal it with plastic wrap.

- Place **5** in the **center of the chamber** and start heating.

烹調
(Cooking)

搜尋菜式
(Menu
Search)

菜式編號
(Menu
No.)

No.78

確定
(Decide)

開始
(Start)

(The standard heating time is approx. 13 minutes)
After heating, mix the whole thing well.

No.79 Stewed Beef

Microwave

No accessories



Ingredients/For 2 servings

Beef rib	150 g	Low-gluten flour	2 1/2 tbsp.
Salt, pepper	A little	Soup (consomme + water)	250 ml
Low-gluten flour	1 tbsp.	Tomato puree	1/4 cups
Red wine	1 1/2 tbsp.	Sugar	1/4 tbsp.
Onion	200 g	Salt	1/4 tsp.
Carrot	100 g	Bay leaf	1
Potato	100 g		
Butter	18 g (1 1/2 tbsp.)		

手動 (Manual)	For 2 servings 微波燉燉 (Microwave Stew) 600W Approx. 5 mins → 200W Approx. 40 mins • Stir twice during the heating.
	For 4 servings • Please double the ingredients and use the manual mode. 微波燉燉 (Microwave Stew) 600W Approx. 10 mins → 200W Approx. 60 mins • Stir 3-4 times during the heating. • Do not heat in the auto mode.

• For Microwave Stew, select **微波燉燉 (Microwave Stew)** from **其他 (Others)** on the **烹調 (Cooking)** screen.

- You can use commercially available beef stew seasonings instead of the sauce made in Step **4**.
- If the meat or the vegetables are sticking to somewhere without soup, they are likely to get burnt. Therefore, please be careful not to let them come out of the soup.

How to cook

- 1 Cut the beef into 3 cm chunks, sprinkle with salt and pepper, and then scatter low-gluten flour on top. Cut the onion into wedge shapes, and cut the carrot and potato roughly.
- 2 Heat 1 tablespoon of salad oil (not included in the ingredients) in a frying pan, saute the carrot, onion and potato, and then remove them out from the pan.
- 3 Heat 1 tablespoon of salad oil (not included in the ingredients) in a frying pan from **2**, saute the beef on high heat until fully colored, add red wine, bring to a boil.
- 4 Prepare the sauce. Melt butter in a different pan, add low-gluten flour, saute it on low heat until golden, and stir the soup in a little at a time evenly.
- 5 Place **2**, **3**, **4** and **A** in a deep heat-resistant container, mix them well, and seal the container with plastic wrap.
- 6 1. Place **5** in the **center of the chamber** and start heating.



(The standard heating time is approx. 45 minutes)

2. Once **the buzzer sounds***, stir thoroughly. Please be careful to avoid burning.
* After around 20 minutes as of the start of heating (when the remaining time is around 25 minutes).

3. Place the container in **the center of the chamber** (covering with plastic wrap), and start heating again.

開始 (Start) Heating starts

4. Once **the buzzer sounds***, stir thoroughly. Please be careful to avoid burning.
* After around 15 minutes as of the start of **3** (when the remaining time is around 10 minutes).

5. Place the container in **the center of the chamber** (covering with plastic wrap), and start heating again.

開始 (Start) Heating starts

No.80 Japanese Cabbage Roll

Microwave

No accessories



Ingredients/For 4 servings

Cabbage	8 leaves	B	Consomme	1 granule
Mixed minced meat	300 g		Hot water	2 cups
Onion (chopped)	1		Salt, pepper	A little
A Egg	1 (M-sized)			
Breadcrumbs	30 g			
Salt	1/2 tsp.			
Pepper, nutmeg	A little			

手動 (Manual)	微波炊飯 (Microwave Stew) 600W Approx. 10 mins → 200W Approx. 60 mins (On the 烹調 (Cooking) screen, select 微波炊飯 (Microwave Stew) from 其他 (Others).)
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How to cook

* For instructions on making a drop lid, refer to Page 121.

- 1 Wash the cabbage clean, remove the heart, and wrap it in plastic wrap without draining off the water. Then put cabbage on a heat-resistant plate, place the plate in **the center of the chamber**, and start heating.
微波 600W (Microwave 600W) ▶ 約 4 分 30 秒 (Approx. 4 mins 30 sec) 開始 (Start)
After heating, leave it cool down.
- 2 Pour **A** into a large bowl, stir until sticky, and divide it into 8 equal portions. Then, wrap it with the cabbage leave from **1** properly.
- 3 Put **B**, salt and pepper in a deep heat-resistant container, and then add **2** (without overlapping one another). Cover the ingredients with parchment paper* and then with a lid.
- 4 Place **3** in the **center of the chamber** and start heating.
烹調 (Cooking) ▶ 搜尋菜式 (Menu Search) ▶ 菜式編號 (Menu No.) ▶ No.80 ▶ 確定 (Decide) ▶ 開始 (Start)
(The standard heating time is approx. 70 minutes)

No.81 Meat-Stuffed Cabbage Rolls

Microwave

No accessories



Ingredients/For 4 servings

Chinese cabbage	300 g	Consomme (granules)	1 tbsp.
Canned tomato (cut and boiled)	100 g	Boiling water	400 ml
Mixed minced meat	300 g	Powdered cheese (to taste)	A suitable amount
Salt	1/4 tsp.	Parsley (to taste)	A suitable amount
A Medium-concentrated sauce	1 tbsp.		
Milk	1 tbsp.		
Breadcrumbs	10 g		
Stir-fried onion	15 g		
Pepper	A little		

手動 (Manual)	微波 600W (Microwave 600W) Approx. 15 mins
----------------	--

- Rub the mixed minced meat until sticky to avoid falling apart.
- Since the outer layer of the cabbage is hard, it is recommended to use the inner layers. Please put the harder pieces in the bottom.
- You can tear the cabbage leaves by hand instead of cutting it with a knife.

How to cook

- 1 Cut the cabbage into bite-sized chunks.
- 2 Put the minced meat in a bowl and rub on salt until it is sticky. Then, stir **A** in evenly. (Stuffing)
- 3 Put 1/3 of the cabbage into the base of a deep heat-resistant container. Lay a half of the meat stuffing on top, and then spread a half of the tomato.
- 4 Cover the meat stuffing with 1/3 of the cabbage. Lay the remaining meat stuffing on top, and then spread the other half of the tomato.
- 5 Cover the meat stuffing with the remaining cabbage.
- 6 Dissolve the consomme with boiling water and pour it into **5**.
- 7 Place the container in **the center of the chamber** (covering with plastic wrap), and start heating.
烹調 (Cooking) ▶ 搜尋菜式 (Menu Search) ▶ 菜式編號 (Menu No.) ▶ No.81 ▶ 確定 (Decide) ▶ 開始 (Start)
(The standard heating time is approx. 15 minutes)
- 8 After heating, serve with a tablespoon, or cut it with a knife and serve along with the soup. You can sprinkle with cheese powder or parsley as you like.

No.82 Japanese Braised Pork Belly

Microwave

No accessories



Ingredients/For 2-3 servings

Pork fillet	600 g	Stewing sauce	All
Tofu dregs	60 g	Wine	75 ml
Water	600 ml	Soy sauce	75 ml
Wine	50 ml	Sugar	7 tbsp.
Salt	1 tsp.	<Accompaniments>	
Scallion (segmented)	1/2 stalks	Mustard powder	A suitable amount
Ginger (sliced thinly)	2 slices	Green bean (boiled)	A suitable amount

微波燉 (Microwave Stew)
600W Approx. 10 mins → 200W Approx. 60 mins
(On the **烹調 (Cooking)** screen, select **微波燉 (Microwave Stew)** from **其他 (Others)**.)

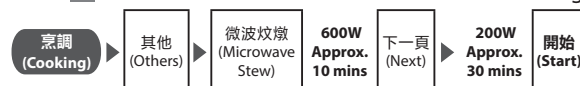
How to cook

* For instructions on making a drop lid, refer to Page 121.

1 Place the pork and **A** into a large heat-resistance glass bowl. Please cut the pork into chunks of sizes to fit the bowl.

2 Make a drop lid* with parchment paper, and seal it with plastic wrap.

2 Place **1** in the **center of the chamber** and start heating.



After heating, transfer the pork together with the stewing sauce to another container to cool down.

3 Wash the pork from **2** with water, and cut it into appropriate sizes. Keep the remaining stewing sauce for future use.

4 Place the pork, stewing sauce and **B** in a deep heat-resistant container, make a drop lid* with parchment paper, and seal it with plastic wrap.

5 Place **4** in the **center of the chamber** and start heating.



(The standard heating time is approx. 70 minutes)

If you flip the pork over during the heating, the pork will be heated more evenly.

No.83 Simmered Chicken and Root Vegetables

Microwave

No accessories



Ingredients/For 2 servings

Chicken thigh	1/2 (100 g)	Dashi	250 ml
Burdock	1/2 (50 g)	Soy sauce	2 1/2 tbsp.
Lotus root	1/4 (50 g)	Sugar	2 1/2 tbsp.
Konjac	1/2	Wine	1 1/2 tbsp.
Carrot	1/4 (50 g)	Green pea (boiled)	A suitable amount
Boiled bamboo shoot	40 g		
Garlic	1 (Net 50 g)		

For 2 servings
微波燉 (Microwave Stew)
600W Approx. 8 mins → 200W Approx. 25 mins

For 4 servings
• Please double the ingredients and use the manual mode.
微波燉 (Microwave Stew)
600W Approx. 13 mins → 200W Approx. 30 mins
• Do not heat in the auto mode.

How to cook

* For instructions on making a drop lid, refer to Page 121.

1 Cut the chicken into 2 cm chunks. Cut the carrot, boiled bamboo shoot and taro roughly. Cut the burdock and lotus root roughly, and then Immerse them in vinegared water (not included in the ingredients). Tear the konjac into small pieces.

2 Heat 1/2 tablespoons of salad oil (not included in the ingredients) in a frying pan, saute the chicken until white, and then remove them out from the pan.

3 Heat 1/2 tablespoons of salad oil (not included in the ingredients) in the frying pan from **2**, saute **A**, and then remove them out from the pan.

4 Place **2**, **3** and **B** in a deep heat-resistant container, make a drop lid* with parchment paper, and seal it with plastic wrap.

5 Place **4** in the **center of the chamber** and start heating.



(The standard heating time is approx. 33 minutes)

6 After heating, add green peas.

• For Microwave Stew, select **微波燉 (Microwave Stew)** from **其他 (Others)** on the **烹調 (Cooking)** screen.

No.84 Boiled Whitefish

Microwave

No accessories



Ingredients/For 4 servings

Megrim (fillet) 4 slices (80 g each)

<Sauce>

Ginger (sliced thinly) ... 1 piece : Light soy sauce 6 tbsp.
 Sugar 3 tbsp. : Water 225 ml
 Wine 3 tbsp.

How to cook

* For instructions on making a drop lid, refer to Page 121.

- Put the ingredients for the sauce into a deep heat-resistant container, place the container in the **center of the chamber** (covering with plastic wrap), and start heating.

微波 600W (Microwave 600W) ▶ 約 10 分鐘 (Around 10 mins) 開始 (Start)

- Line up the megrim without overlapping one another in **1**, make a drop lid* with parchment paper, and seal it with plastic wrap.

- Place **2** in the **center of the chamber** and start heating.

烹調 (Cooking) ▶ 搜尋菜式 (Menu Search) ▶ 菜式編號 (Menu No.) ▶ No.84 確定 (Decide) ▶ 開始 (Start)

(The standard heating time is approx. 20 minutes)

微波燉 (Microwave Stew)
 600W Approx. 5 mins → 200W Approx. 15 mins
 (On the 烹調 (Cooking) screen, select 微波燉 (Microwave Stew) from 其他 (Others).)

No.85 Boiled Black Beans in Sugar

Microwave

No accessories



Ingredients/For 4 servings

Black beans 200 g
 Water 600 ml
 Sugar 90 g
 A Salt 1 tsp.
 Soy sauce 1½ tbsp.
 Baking soda ½ tsp.
 B Boiling water 400 ml
 Sugar 90 g

How to cook

* For instructions on making a drop lid, refer to Page 121.

- Wash the black beans clean, place them in a deep heat-resistant container, add **A**, and soak them overnight.

- Make a drop lid* with parchment paper to cover **1**, and seal it with plastic wrap.

- Place **2** in the **center of the chamber** and start heating.

烹調 (Cooking) ▶ 搜尋菜式 (Menu Search) ▶ 菜式編號 (Menu No.) ▶ No.85 確定 (Decide) ▶ 開始 (Start)

(The standard heating time is approx. 2 hours and 50 minutes)

- Once **the buzzer sounds***, add the mixed **B**.

* After around 1 hour 35 minutes as of the start of heating (when the remaining time is around 75 minutes).

- Make another drop lid* with parchment paper, and then place the container in the **center of the chamber** (covering with plastic wrap), and start heating again.

開始 (Start) Heating starts

- After heating, take it out from the chamber and leave it sit for approx. 24 hours.

3 ~1
 微波燉 (Microwave Stew)
 600W Approx. 10 mins → 200W Approx. 85 mins
 ↓
 3 ~3
 微波 200W (Microwave 200W) Approx. 75 mins
 (For Microwave Stew, select 微波燉 (Microwave Stew) from 其他 (Others) on the 烹調 (Cooking) screen.)

No.86 Grilled Vegetables in Milk

Convection



Ingredients/Two-handled baking cups x4

Stir-fried onion	60 g	Butter	2 tsp.
Maitake mushrooms	120 g	Cheese powder	4 tbsp.
Consomme (granules)	6 tsp.	Pepper	A suitable amount
Boiling water	800 ml	Parsley (chopped)	
Grilled gluten	4		A suitable amount

手動 (Manual) 熱風對流 (有預熱) (Convection) (with preheat) 250 °C
13-18 minutes

How to cook

1 Preheat the empty chamber.



(The standard preheating time is approx. 11 minutes)

2 Divide the stir-fried onion, the chopped maitake mushrooms, and the consomme equally, put them into 4 heat-resistant cups, and place the cups on the **square tray**.

3 Before preheating is completed, pour hot water into the cups from **2**, put the grilled gluten and butter on top, and sprinkle with cheese powder. (Divide the ingredients equally.)

4 After preheating, place **3** on the **lower shelf** and start heating.

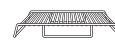
開始 (Start) **Heating starts**
(The standard heating time is approx. 15 minutes)

5 After heating, sprinkle with pepper and parsley.

- If the container is too small, the soup may spill out during heating. Therefore, please use a larger container.

No.87 Warm Vegetables

Steam



Add water until it exceeds the **half water level**



Ingredients/For 2-4 servings

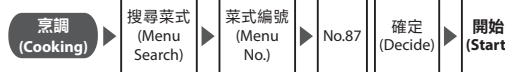
Vegetables (of your choice) 300-500 g

How to cook

* Fill the water tank with water, and insert it to the main body.

1 Cut the vegetables into bite-sized chunks.

2 Place **1** on the **lower shelf** and start heating.



(The standard heating time is approx. 20 minutes)

Heating both green and root vegetables at the same time will discolour the green vegetables.
When heating only green vegetables, press [小火] (Low) to adjust the heating effect.

Steamed

No.88 Homemade Siu Mai

Steam



Add water until it exceeds the **half water level**



Ingredients/For 20 pieces

Minced pork	200 g	Siu mai skin	20 sheets
Peeled shrimp	100 g	Green pea	20 pods
Scallion	1/2 stalks		
Ginger sauce	2 tsp.		
Soy sauce	1/3 tsp.		
A Sugar	2 tsp.		
Sesame oil	2 tsp.		
Salt	2/3 tsp.		
Starch	4 tsp.		
Pepper	A little		

手動
(Manual)

蒸氣 (Steam) 18-23 minutes

(On the **烹調 (Cooking)** screen, select **蒸氣 (STEAM)** from **蒸氣 (Steam)**.)

How to cook

* Fill the water tank with water, and insert it to the main body.

- 1 Chop the peeled prawns and scallion.
- 2 Put the minced meat and **A** into a large bowl, stir them until sticky, and divide them into 20 equal portions.
- 3 Form a ring with the fingers of your left hand, place a siu mai skin, shape **2** into a cylinder with a knife or a spatula, and stick the edges of the siu mai around the stuffing and decorate with green peas.
- 4 Put the **gridiron** on a **square tray**, place parchment paper on the gridiron, and line **3** up on the parchment paper.
- 5 Place **4** on the **lower shelf** and start heating.

烹調 (Cooking) → **搜尋菜式 (Menu Search)** → **菜式編號 (Menu No.)** → No.88 → **確定 (Decide)** → **開始 (Start)**

(The standard heating time is approx. 20 minutes)

During cooking, the water tank may be steamed dry. Add water once [加水] (Water Refill) appears.

Steamed

No.89 Homemade Steamed Dumplings

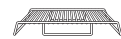


Ingredients/For 16 pieces

Minced pork	100 g	Dumpling skin (large)	16 sheets
Scallion	1/2 stalks	<Spiced agar>	
Chinese chives	1/2 stalks	Powder agar	1 g
Garlic	1/2 bulbs	Water	125 g
Ginger	1/2	Chinese soup stock	1/2 tsp.
A Salt	1/4 tsp.		
Soy sauce	1 tsp.	Minced pork	100 g
Wine	1 tsp.	Onion	50 g
Sesame oil	1 tsp.		

手動 (Manual) 蒸氣 (Steam) 18-23 minutes
(On the 烹調 (Cooking) screen, select 蒸煮 (STEAM) from 蒸氣 (Steam).)

Steam

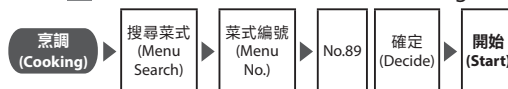


Add water until full

How to cook

* Fill the water tank with water, and insert it to the main body.

- 1 Make the spiced agar.
Place **B** into a pot, bring it to a boil and stew for about 2 minutes, and then stir and solidify it in a container.
Once hardened, crumble it into thin slices.
- 2 Finely chop the scallion, Chinese chives, garlic and ginger.
- 3 Put the minced meat, agar from **1**, and **A** into a large bowl, stir them until sticky, and divide them into 16 equal portions.
- 4 Place **3** on the dumpling skin, put water around the edges and wrap properly.
- 5 Put the **gridiron** on a **square tray**, place parchment paper on the gridiron, and line **4** up on the parchment paper.
- 6 Place **5** on the **lower shelf** and start heating.



(The standard heating time is approx. 20 minutes)

During cooking, the water tank may be steamed dry. Add water once [加水] (Water Refill) appears.

No.90 Soup Dumplings

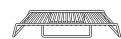


Ingredients/For 20 pieces

Minced pork	100 g	<Spiced agar>	
Onion	50 g	B Powder agar	1 g
Dried shiitake mushroom		Chicken soup stock	160 ml
	2	Dumpling skin (large)	
A Garlic	1/2 bulbs		20 sheets
Ginger	5 g		
Salt	1/4 tsp.		
Soy sauce	1/2 tsp.		
Wine	1 tsp.		
Sesame oil	1 tsp.		

手動 (Manual) 蒸氣 (Steam) 18-23 minutes
(On the 烹調 (Cooking) screen, select 蒸煮 (STEAM) from 蒸氣 (Steam).)

Steam



Add water until full

How to cook

* Fill the water tank with water, and insert it to the main body.

- 1 Finely chop the scallion, dried shiitake mushroom, garlic and ginger.
- 2 Make the spiced agar.
Put **B** into a pot, bring it to a boil, and pour it into a container. Once hardened, crumble it into thin slices.
- 3 Put **A** and **2** into a large bowl, stir until sticky, and divide it into 20 equal portions.
- 4 Place **3** on the dumpling skin, put water around the edges and wrap properly.
- 5 Put the **gridiron** on a **square tray**, place parchment paper on the gridiron, and line **4** up on the parchment paper.
- 6 Place **5** on the **lower shelf** and start heating.



(The standard heating time is approx. 20 minutes)

During cooking, the water tank may be steamed dry. Add water once [加水] (Water Refill) appears.

No.91 Homemade Chinese Bun

Steam



Add water until full



Ingredients/For 8 pieces

<Skin>

Low-gluten flour 250 g
Sugar 30 g
A Salt A little
Dry yeast 4 g
Baking powder ... 1 1/2 tsp.
Milk 40 g
Water 80 ml
Shortening 15 g

<Filling>

Pork fillet (minced) 150 g
Dried Shiitake mushroom (cut into 5 mm sizes) 2
Boiled bamboo shoot (cut into 5 mm sizes) 50 g
Onion (chopped) 30 g
Oyster sauce 1 tsp.
Water used to soak dried shiitake mushrooms 2 tbsp.
Soy sauce 1 tbsp.
Wine 2 tsp.
Salt, pepper A little
Sugar 1 tsp.
Sesame oil 1 tbsp.
Starch 2 tsp.

How to cook

* Fill the water tank with water, and insert it to the main body.

1 Make the dough for skins

- Place **A** into a large bowl, add milk and water, and stir until sticky. Once the dough comes together, add the shortening and knead until smooth.
- Once the surface is smooth, re-gather and knead the dough into a ball, place it in a heat-resistant bowl, and seal it with plastic wrap.
- Place **2** on a **square tray**, and then put it on the **lower shelf** for fermenting.



- After fermenting, divide the dough into eight equal portions, knead them into balls, wrap them in plastic wrap, and let them sit for about 10 minutes.

2 Make the stuffing

- Mix all the ingredients for the stuffing in a heat-resistant bowl.
- Seal **1** with plastic wrap, place it in the **center of the chamber**, and start heating.



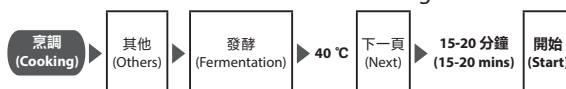
- After heating, divide it into eight equal portions.

3 Finish

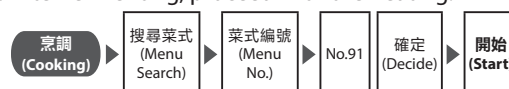
- Spread a dough from **1** to around 10 cm in width, and place the stuffing from **2** in the center and wrap it properly.

- Put the **gridiron** on a **square tray**, place parchment paper on the gridiron, and line **1** up on the parchment paper.

- Place **2** on the **lower shelf** for fermenting.



- After fermenting, proceed with the heating.



(The standard heating time is approx. 23 minutes)

During cooking, the water tank may be steamed dry. Add water once [加水] (Water Refill) appears.

手動 (Manual) 蒸氣 (Steam) Approx. 23 minutes
(On the 烹調 (Cooking) screen, select 蒸氣 (STEAM) from 蒸氣 (Steam).)

Variations of Homemade Chinese Buns

- ★For the basic method of cooking, please refer to "No.91 Homemade Chinese Bun".
- ★In Step **3** ~4, please make selections according to the Menu No.
The heating time is approx. 23 minutes. (For manual cooking, please refer to "Homemade Chinese Bun")

No.92 Homemade Red Bean Paste Buns

Ingredients/For 8 pieces

<Skin>

Ingredients for meat buns ... 1 serving

<Filling>

Red bean paste 320 g

- If there is too much water in the red bean paste, you can heat in a pot to evaporate the water and harden it until it does not drip when scooped up.

No.93 Homemade Curry Buns

Ingredients/For 8 pieces

<Skin>

Ingredients for meat buns ... 1 serving

Curry powder 1/2 tsp.

<Filling>

Mixed minced meat 120 g
Onion (cut into 5 mm sizes) ... 100 g
Carrot (cut into 5 mm sizes) ... 50 g
Garlic (chopped) 1/2 bulbs
Curry roux 40 g
Salt, pepper A little
Low-gluten flour 2 tsp.
Water 2 tbsp.
Salad oil 2 tsp.

- In Step **1** ~1 of "How to cook" of "Homemade Chinese Buns", add curry powder to make the skin.

No.94 Homemade Pizza Buns

Ingredients/For 8 pieces

<Skin>

Ingredients for meat buns ... 1 serving

<Filling>

Minced pork 120 g
Onion (cut into 5 mm sizes) ... 100 g
Garlic (grated) 1/2 bulbs
Olive oil 1 tbsp.
Tomato puree 50 g
Ketchup 30 g
Consomme (crushed) ... 1/2 granules
Cheese powder 2 tbsp.
Salt, black pepper, oregano, tabasco A little
Low-gluten flour 3 tbsp.

Steamed

No.95 Pork Chops with Shiitake Mushrooms

Steam



Add water
until full



Ingredients/For 2 servings

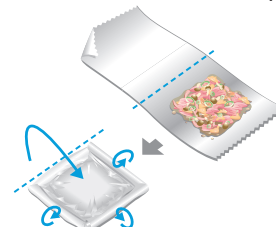
Pork tenderloin	130 g	Shimeji mushroom	50 g
Pickled mustard (sliced)		Scallion	1/4 stalks (30 g)
A			
Soy sauce	1/2 tbsp.		
Vinegar	1 tsp.		

手動 (Manual)	低溫蒸煮 (Low Temp Steam) 95 °C Approx. 25 minutes (On the 烹調 (Cooking) screen, select 低溫蒸煮 (Low Temp Steam) from 蒸氣 (Steam).)
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How to cook

* Fill the water tank with water, and insert it to the main body.

- 1 Cut the pork into 2 cm sizes, place it in a large bowl, add **A**, mix them well, and leave it sit for about 10 minutes.
- 2 Remove the bases of the shiitake mushrooms and separate them, and then chop the scallion finely.
- 3 Stir **2** into **1** thoroughly.
- 4 Spread **3** flat on aluminium foil and wrap it snugly.



- 5 Place **4** on a **square tray**, put it on the **upper shelf**, and start heating.



(The standard heating time is approx. 25 minutes)

During cooking, the water tank may be steamed dry. Add water once [加水] (Water Refill) appears.

No.96 Steamed and Roasted Duck

Steam



Add water
until full



Ingredients/For 4 servings

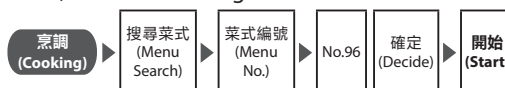
Duck fillet		Ginger (thin slices)	4-5 slices
... 1 piece (280 g, 2-3 cm thick)		Scallion (diagonally cut into 1 cm)	10 cm
Salt	1/2-2/3 tsp.	White radish (thinly cut into half-moon pieces)	A suitable amount
A		Mustard powder	A suitable amount
Sugar	1 1/2 tsp.		
Soy sauce	1 tbsp.		
Pepper	A little		

手動 (Manual)	低溫蒸煮 (Low Temp Steam) 90 °C Approx. 25 minutes (On the 烹調 (Cooking) screen, select 低溫蒸煮 (Low Temp Steam) from 蒸氣 (Steam).) → After heating, leave it steamed in the chamber for another 10 minutes or so
----------------	---

How to cook

* Fill the water tank with water, and insert it to the main body.

- 1 Prick several holes in the skin side of the duck, soak it in the sauce made with **A** and marinate with ginger and scallion for 30 minutes to 1 hour.
- 2 Heat a frying pan on medium heat, drain off the sauce of **1**, fry the duck with the skin side down for about 3 minutes, and then flip it upside down. Be sure to fry the cross-sections for about 2 minutes.
- 3 Place **2** on a heat-resistant plate, seal it with plastic wrap, place it on a **square tray**, put it on the **lower shelf**, and start heating.



(The standard heating time is approx. 35 minutes)

During cooking, the water tank may be steamed dry. Add water once [加水] (Water Refill) appears.

- 4 After heating, cut the duck into thin slices, and serve with white radish slices placed between duck slices and mustard powder on the side.

No.97 Bon Bon Chicken



Ingredients/For 4 servings

Chicken breast	... 1 slice (200 g)	Tomato (cut thinly) A suitable amount
Salt A little	Cucumber (shredded) A suitable amount
Wine 2 tbsp.		
Scallion (chopped) 1/4 stalks		
Ginger (sliced thinly) 1/2		

蒸氣微波 (Steam Microwave) 5-6 minutes
(On the **加熱 (Reheat)** screen, select **蒸氣微波 (Steam Microwave)** from **微波 600W (Microwave 600W)**.)

Microwave

Steam

No accessories

Add water until it exceeds the **half water level**

How to cook

* Fill the water tank with water, and insert it to the main body.

- 1 Cut the thick part of the chicken, flatten it, and prick several holes in the chicken with a fork.
- 2 Place the chicken from **1** in a heat-resistant container, sprinkle with salt and wine, then put the chopped scallion and ginger slices on top, and leave it sit for about 20 minutes.
- 3 Remove the chopped scallion and ginger slices from **2**, place the container in **the center of the chamber** (without covering with plastic wrap), and start heating.

烹調 (Cooking) → 搜尋菜式 (Menu Search) → 菜式編號 (Menu No.) → No.97 → 確定 (Decide) → 開始 (Start)

(The standard heating time is approx. 6 minutes)
- 4 Wait until **3** has cooled down, tear the chicken apart finely with hands and serve along with tomatoes and cucumber.

Please serve with commercially available Chinese style sauce or your favourite condiments.

No.98 Pickled Cucumber



Ingredients/For 4 servings

Cucumber 4 (400 g)		
<Sauce>			
Soy sauce 2 tbsp.	Vinegar 5 tbsp.
Sugar 5 tbsp.	Chilli soybean paste 1 tsp.
Salt 1/2 tsp.	Sesame oil 1 1/2 tbsp.

低溫蒸煮 (Low Temp Steam) 70 °C Approx. 20 minutes
(On the **烹調 (Cooking)** screen, select **低溫蒸煮 (Low Temp Steam)** from **蒸氣 (Steam)**.)

Steam



Add water until full

How to cook

* Fill the water tank with water, and insert it to the main body.

- 1 Place the **gridiron** on a **square tray**, line the cucumber slices on the gridiron, put the square tray on the **upper shelf**, and start heating.

烹調 (Cooking) → 搜尋菜式 (Menu Search) → 菜式編號 (Menu No.) → No.98 → 確定 (Decide) → 開始 (Start)

(The standard heating time is approx. 20 minutes)
- 2 Mix the sauce well.
- 3 After heating, remove the moisture of the cucumber from **1**, cut its both ends off and cut it in half vertically. Place the cucumbers in a storage container, pour **2** in, and wait until they are seasoned.
 • They will be tasty after about two hours.

Steamed

No.99 Pickled Orange Vegetables

Steam



Add water
until full



Ingredients/For 4 servings

Carrot	1 (200 g)	A	<Marinade>	
Pumpkin	150 g (net weight)		Apple vinegar or rice vinegar	1 cup
Dried apricot	8 (40 g)		Water	1 cup
Raisin	20 g		Salt	1 tsp.
			Honey	3 tbsp.
			Cinnamon stick	1
			Bay leaf	2

手動 (Manual) 低溫蒸煮 (Low Temp Steam) 70 °C Approx. 20 minutes
(On the 烹調 (Cooking) screen, select 低溫蒸煮 (Low Temp Steam) from 蒸氣 (Steam).)

How to cook

* Fill the water tank with water, and insert it to the main body.

- 1 Prepare the marinade.
Put **A** in a heat-resistant container, stir well, and add the cinnamon stick and bay leaf. Place the container in **the center of the chamber** (without covering with plastic wrap), heat it up, and leave it to cool down.

微波 600W (Microwave 600W) 約 4 分 30 秒 (Approx. 4 mins 30 sec) 開始 (Start)

- 2 Cut the carrot without peeling into long and thin strips. Peel the pumpkin and cut it into 7-8 mm chunks.

- 3 Put the **gridiron** on a **square tray**, place parchment paper on the gridiron, line **2** up on the parchment paper, and scatter the dried apricots and raisins on top.

- 4 Place **3** on the **upper shelf** and start heating.

烹調 (Cooking) 搜尋菜式 (Menu Search) 菜式編號 (Menu No.) No.99 確定 (Decide) 開始 (Start)

(The standard heating time is approx. 20 minutes)

- 5 After heating, remove the moisture and leave it cool down. Transfer them into a storage container, add the marinade from **1**, and let it pickle for more than 1 hour.

Steamed

No.100 Crown Daisy Tuna Salad

Steam



Add water until it
exceeds the
half water level



Ingredients/For 4 servings

Crown daisy	200 g	A	Mustard (granules)	2/3 tbsp.
Canned tuna (in oil)	1 can (80 g)		Lemon juice	2/3 tbsp.
			Soy sauce	2/3 tbsp.
			Sesame oil	1 tsp.
			Ground white sesame seeds	2 tsp.

How to cook

* Fill the water tank with water, and insert it to the main body.

- 1 Wash the crown daisy clean, cut off 2-3 cm off the stalks, and then spread them onto a **square tray**.

- 2 Place **1** on the **lower shelf** and start heating.

烹調 (Cooking) 搜尋菜式 (Menu Search) 菜式編號 (Menu No.) No.100 確定 (Decide) 開始 (Start)

(The standard heating time is approx. 10 minutes)

- 3 After heating, remove the moisture lightly and cut it into 4 cm long strips.

- 4 Mix **A** well, add the tuna along with the juice in the can, and toss **3** in. (Add lemon if you like.)

手動 (Manual) 低溫蒸煮 (Low Temp Steam) 40 °C Approx. 10 minutes
(On the 烹調 (Cooking) screen, select 低溫蒸煮 (Low Temp Steam) from 蒸氣 (Steam).)

No.101 Red Bean Rice

Microwave

Steam

No accessories

Add water until it exceeds the half water level



Ingredients/For 2 servings

Sticky rice 1 cup (160 g) Boiling liquid of red beans and Water 175 ml
Red bean 1 tbsp. (15 g) Sesame oil and salt A suitable amount

For 2 servings
蒸氣微波 (Steam Microwave)
Approx. 18 minutes
• Stir twice during the heating.

手動
(Manual)

For 4 servings
• Please double the ingredients and use the manual mode.
蒸氣微波 (Steam Microwave)
Approx. 24 minutes
• Stir twice during the heating.
• Auto cooking is not applicable.

• On the **加熱 (Reheat)** screen, select **蒸氣微波 (Steam Microwave)** from **微波 600W ▼ (Microwave 600W)**.

How to cook

* Fill the water tank with water, and insert it to the main body.

- 1 Wash the sticky rice clean, and then drain it through a colander.
- 2 Put the red beans and plenty of water in a pot, bring it to a boil, and dispose of the liquid. Add another two cups of water. Once it comes to the boil again, turn the heat down to Low, and boil it for 8-9 minutes until it squashes a little when pressed with fingers. Wait until it cools down, and keep the juice and red beans separately.
- 3 Add the sticky rice and red beans into a deep heat-resistant container, add the boiling juice and some water, seal it with plastic wrap, and leave them soaked for around 1 hour.

- 4 1. Place **3** in the **center of the chamber** (without covering with plastic wrapper) and start heating.



(The standard heating time is approx. 18 minutes)

During cooking, the water tank may be steamed dry. Add water once [加水] (Water Refill) appears.

2. Once **the buzzer sounds***, mix the ingredients evenly.
* After around 6 minutes as of the start of heating (when the remaining time is around 12 minutes).

3. Place it again in the **center of the chamber** (without covering with plastic wrapper) and start heating.

開始 (Start) Heating starts

4. Once **the buzzer sounds again***, mix the ingredients evenly.
* After around 6 minutes as of the start of **3** (when the remaining time is around 6 minutes).

5. Place it again in the **center of the chamber** (without covering with plastic wrapper) and start heating.

開始 (Start) Heating starts

- 5 After heating, mix them again, cover it with a cloth or plastic wrap, and then steam it for a while.

Steamed

No.102 Chinese Sticky Rice

Microwave

Steam

No accessories

Add water until it exceeds the half water level



Ingredients/For 2 servings

Sticky rice	1 cup (160 g)		Dried shrimp (soaked)...	3 g
Pork fillet	40 g		Chicken soup stock	125 ml
Wine	1/2 tbsp.		Soy sauce	1/2 tbsp.
Ginger juice	A little	A	Sugar	1/4 tbsp.
Boiled bamboo shoot	40 g		Wine	1/2 tbsp.
Dried shiitake mushroom (soaked)	1		Sesame oil	1/2 tbsp.
			Salt	1/3 tsp.

手動
(Manual)

For 2 servings
蒸氣微波 (Steam Microwave)
Approx. 18 minutes
• Stir twice during the heating.

For 4 servings
• Please double the ingredients and use the manual mode.
蒸氣微波 (Steam Microwave)
Approx. 24 minutes
• Stir twice during the heating.
• Auto cooking is not applicable.

• On the **加熱 (Reheat)** screen, select **蒸氣微波 (Steam Microwave)** from **微波 600W (Microwave 600W)**.

How to cook

* Fill the water tank with water, and insert it to the main body.

- 1 Wash the sticky rice clean, soak it in water for 1 hour, and then drain it through a colander.
- 2 Shred the pork, and season with wine and ginger juice. Cut the bamboo shoots roughly and shiitake mushrooms into thin slices.
- 3 Mix **1**, **2** and **A** in a deep heat-resistant container.

- 4 **1.** Place **3** in the **center of the chamber** (without covering with plastic wrapper) and start heating.



(The standard heating time is approx. 18 minutes)

During cooking, the water tank may be steamed dry. Add water once [加水] (Water Refill) appears.

2. Once **the buzzer sounds***, mix the ingredients evenly.
* After around 6 minutes as of the start of heating (when the remaining time is around 12 minutes).

3. Place it again in the **center of the chamber** (without covering with plastic wrapper) and start heating.

開始 (Start) Heating starts

4. Once **the buzzer sounds again***, mix the ingredients evenly.

* After around 6 minutes as of the start of **3** (when the remaining time is around 6 minutes).

5. Place it again in the **center of the chamber** (without covering with plastic wrapper) and start heating.

開始 (Start) Heating starts

- 5 After heating, mix them again, cover it with a cloth or plastic wrap, and then steam it for a while.

Steamed

No.103 Chestnut Sticky Rice

Microwave

Steam

No accessories

Add water
until full



Ingredients/For 2 servings

Sticky rice 1 cup (160 g) : Chestnut 8 (80 g)
Water 175 ml : Salt 1/2 tsp.

手動
(Manual)

For 2 servings
蒸氣微波 (Steam Microwave)
Approx. 18 minutes
• Stir twice during the heating.

For 4 servings
• Please double the ingredients and use the manual mode.
蒸氣微波 (Steam Microwave)
Approx. 24 minutes
• Stir twice during the heating.
• Auto cooking is not applicable.

• On the **加熱 (Reheat)** screen, select **蒸氣微波 (Steam Microwave)** from **微波 600W (Microwave 600W)**.

- If raw chestnuts are not available, please use cooked chestnuts instead.

How to cook

* Fill the water tank with water, and insert it to the main body.

1 Wash the sticky rice clean, and then drain it through a colander. Add the sticky rice and water into a deep heat-resistant container, seal it with plastic wrap, and leave it soaked for around 1 hour.

2 Peel the chestnuts and cut them in half.

3 Stir the salt and chestnuts from **2** into **1**.

4 **1.** Place **3** in the **center of the chamber** (without covering with plastic wrapper) and start heating.



(The standard heating time is approx. 18 minutes)

During cooking, the water tank may be steamed dry. Add water once [加水] (Water Refill) appears.

2. Once **the buzzer sounds***, mix the ingredients evenly.

* After around 6 minutes as of the start of heating (when the remaining time is around 12 minutes).

3. Place it again in the **center of the chamber** (without covering with plastic wrapper) and start heating.

開始 (Start) Heating starts

4. Once **the buzzer sounds again***, mix the ingredients evenly.

* After around 6 minutes as of the start of **3** (when the remaining time is around 6 minutes).

5. Place it again in the **center of the chamber** (without covering with plastic wrapper) and start heating.

開始 (Start) Heating starts

5 After heating, mix them again, cover it with a cloth or plastic wrap, and then steam it for a while.

Steamed

No.104 Crab and Egg

Steam



Add water
until full



Ingredients/11 x 14.5 x 4.5 cm Egg Tofu Mould for 1 serving

Egg 4 (M-sized)	Crab 50 g
A			
Egg 4 (M-sized)		
Dashi 3 tbsp.		
Mirin 1/3 tbsp.		
Light soy sauce 2/3 tsp.		
Salt A little		

手動 (Manual)	低溫蒸煮 (Low Temp Steam) 95 °C Approx. 22 minutes (On the 烹調 screen, select 低溫蒸煮 from 蒸氣 .)
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How to cook

* Fill the water tank with water, and insert it to the main body.

1 Beat eggs into a heat-resistant container, add **A** and mix them well. Add the shredded crab meat, and seal it with plastic wrap.

2 Place **1** in the **center of the chamber** heat it up, and blend it in a blender.

微波 600W (Microwave 600W) ▶ 約 1 分鐘 (Around 1 min) **開始** (Start)

Repeat this step, heat it for another 30 seconds, and stir well.

3 Coat the mould with salad oil, pour in **2**, seal it with plastic wrap, place it on a **square tray**, put it on the **lower shelf**, and start heating.

烹調 (Cooking) ▶ **搜尋菜式** (Menu Search) ▶ **菜式編號** (Menu No.) ▶ No.104 ▶ **確定** (Decide) ▶ **開始** (Start)

(The standard heating time is approx. 22 minutes)

During cooking, the water tank may be steamed dry. Add water once [加水] (Water Refill) appears.

• Please prolong the heating time if solidification is not sufficient.

4 After heating, leave it in the chamber to get heated with the residual heat, then take it out, and cut it into bricks.

No.105 Tender Egg Tofu

Steam



Add water
until full



Ingredients/11 x 14.5 x 4.5 cm Egg Tofu Mould for 1 serving

Egg 4 (M-sized)	<Teriyaki sauce>	
A			
Dashi 300 ml	Dashi 150 ml
Mirin 1 tsp.	Mirin 1 tbsp.
Salt 1/4 tsp.	Light soy sauce 1 tbsp.

手動 (Manual)	低溫蒸煮 (Low Temp Steam) 95 °C Approx. 25 minutes (On the 烹調 screen, select 低溫蒸煮 from 蒸氣 .)
----------------	--

How to cook

* Fill the water tank with water, and insert it to the main body.

1 Place **A** into a large bowl, and put it in refrigerator.

2 Beat the eggs well, add **1** and mix them well.

3 Strain **2** through a strainer, pour it into the mould, and cover with plastic wrap.

4 Place **3** on a **square tray**, put it on the **lower shelf**, and start heating.

烹調 (Cooking) ▶ **搜尋菜式** (Menu Search) ▶ **菜式編號** (Menu No.) ▶ No.105 ▶ **確定** (Decide) ▶ **開始** (Start)

(The standard heating time is approx. 25 minutes)

During cooking, the water tank may be steamed dry. Add water once [加水] (Water Refill) appears.

5 Prepare the Teriyaki sauce, bring it to a boil in a pot, and leave it cool down.

6 After heating, wait until **4** has cooled down, remove it from the mould, and pour **5** on top.

• The appropriate initial temperature for the beaten egg is around 25°C (20-30°C).
If it is too high or too low, please adjust the heating time.

No.106 Steamed Egg

Steam



Add water
until full



Ingredients/For 2 servings (Ceramic bowl with lid, x2)

Egg	1 (M-sized)	Dried shiitake mushroom (soaked and sliced thinly)	2
A		Japanese-style fish paste (cut into 5 mm-thick slices)	2 slices
Dashi	200 ml	Ginkgo (canned)	4
Salt	1/3 tsp.	Cryptotaenia japonica hassk	A suitable amount
Light soy sauce	1/3 tsp.		
Mirin	1/3 tsp.		
Prawn	2		
Chicken breast	30 g		
Soy sauce	1/2 tsp.		

* For 4 servings, please double the ingredients, and use 4 bowls, and double the Microwave heating time in Step 4.

手動 (Manual) 低溫蒸煮 (Low Temp Steam) 85 °C. Approx. 25 minutes
(On the 烹調 (Cooking) screen, select 低溫蒸煮 (Low Temp Steam) from 蒸氣 (Steam).)

- The appropriate initial temperature for the beaten egg around 25°C (20-30°C). If it is too high or too low, please adjust the heating time.
- Always heat the bowl with a lid on. If the bowl comes without a lid, please seal it with aluminium foil.
- Please leave it steamed for a while with the lid if the egg liquid is not solidified well. It will harden with the residual heat.

CAUTION

When making Steamed Egg with heavy items (like heavy containers or pots), be sure to handle them with commercially available thick oven mittens.

How to cook

* Fill the water tank with water, and insert it to the main body.

- Crack and beat the eggs in a large bowl, stir in the cooled **A** and strain it through a cloth or a strainer.
- Remove the shell and intestines from the prawns. Place the shredded chicken into a container, and add soy sauce for seasoning.
- Place **2** into a heat-resistant container, sprinkle with shiitake mushrooms, and cover the container with plastic wrap.
- Place **3** in the **center of the chamber** and start heating.
微波 600W (Microwave 600W) ▶ 約 1 分鐘 (Around 1 min) 開始 (Start)
- Place equal portions of Japanese-style fish paste and ginkgo in the bowl, steam it by repeating Step 4, and then add **1** and cover it with the lid.
- Place **5** on a **square tray**, put it on the **lower shelf**, and start heating.
烹調 (Cooking) ▶ 搜尋菜式 (Menu Search) ▶ 菜式編號 (Menu No.) ▶ No.106 ▶ 確定 (Decide) ▶ 開始 (Start)
(The standard heating time is approx. 25 minutes)
During cooking, the water tank may be steamed dry. Add water once [加水] (Water Refill) appears.
- After heating, decorate with cryptotaenia japonica hassk.

Steamed

No.107 Quick Steamed Egg

Microwave

No accessories



Ingredients/Heat-resistant container (pottery) with a diameter of approx. 10 cm and a height of approx. 5 cm, x2
(It is recommended that the bottom of the container be as flat as possible)

Egg	1 (M-sized, net 50 g)	A	Consomme (granules)	
Crab stick	2		1/3 tsp.
			Salt	1/4 tsp.
			Mirin	1/4 tsp.
			Water	170 ml

How to cook

1

<Place the ingredients into heat-resistant containers>

1. Tear the crab stick vertically, divide it into equal portions, and put them into the containers.
2. Mix **A** so that it dissolves in water.
3. Crack and beat the eggs in a large bowl, stir **2** in and strain it.
4. Put equal amounts of **3** into **1**, and wrap each of them individually with plastic wrap.

2

<Heat it up>

Place **1** in the **center of the chamber** and start heating.



(The standard heating time is approx. 12 minutes)

- The solidness may vary with ingredients and the material and size of the used container. If it does not solidify, put it in the **center of the chamber** and prolong the heating time, or heat it with microwave 200W in manual mode as you observe the condition.

- It is easier to cook by using commercially available concentrated white dashi. Please use 170 ml of concentrated white dashi diluted as per the instructions on the packaging.
- For 4 servings
The heating time specified herein is for 2 servings. Therefore, for 4 servings, please cook two servings each time.

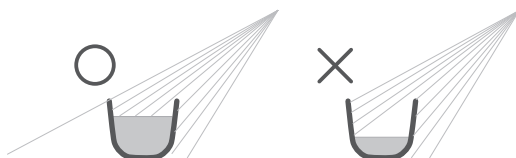
- The solidness is impacted. Therefore, please ensure it is covered with plastic wrap and placed in the center of the chamber.
- Do not use aluminium foil or a container with gold or silver on it for microwave heating.

No.107 - No.109 Key points relating for Fast Low Temp Cooking (Microwave heating using infrared sensors)

For Fast Low Temp Cooking, Microwave heating is faster than steaming, so Steamed Egg will be smoother. To ensure that kimchi and light pickles retain their fresh taste and marinate as soon as possible, heating is done at a temperature below 100°C.

• Please use a shallow heat-resistant container with a wide opening.

In order to allow the infrared sensor to detect the surface temperature of the food, please use a shallow and wide-opening container with the size specified on each recipe. Do not use a container that is too tall for the food.



Schematic diagram of infrared sensor detection

• Please put it in the center of the chamber.

Especially to make No.107 Quick Steamed Egg, put the container in the **center of the chamber**.



• After heating, the container will be hot. Therefore, please remove it using commercially available over mittens.

* The final result may vary with ingredients and the material and size of the used container.

Low-temperature cooking with Microwave heating. Speedy Pickles can be done in 40 minutes from preparation.

No.108 Speedy Pickles

MicrowaveNo accessories



Ingredients/Heat-resistant container with a side length of approx. 16 cm (or a diameter of approx. 18 cm) and a height of approx. 5 cm, for 1 serving				
Carrot	50 g	A	Sugar	1 tbsp.
Celery	30 g		Salt	1/4 tsp.
Sweet pepper	30 g		Coarse black pepper	A suitable amount
Onion	30 g		Vinegar.....	50 ml
			Water	50 ml
			Bay leaf	1

How to cook

- 1<Place the ingredients into heat-resistant containers>
1. Cut the carrots, celery and sweet pepper into vertical sticks (1 cm thick, 5 cm long), and slice the onions thinly.
2. Mix A in a heat-resistant container, and then dissolve sugar and salt in it.
3. Add 1 into 2, and then mix the bay leaf in.
- 2<Heat it up>
Place 1 in the center of the chamber (without covering with plastic wrap), and start heating.

烹調 (Cooking) → 搜尋菜式 (Menu Search) → 菜式編號 (Menu No.) → No.108 → 確定 (Decide) → 開始 (Start)

(The standard heating time is approx. 4 minutes)
- 3<Finish>
After heating, mix the whole thing well, and then leave it refrigerated for about 30 minutes.

Low-temperature cooking with Microwave heating. Speedy Pickles can be done in 40 minutes from preparation.

No.109 Pickled Vegetables with Salted Yogurt

MicrowaveNo accessories



Ingredients/Heat-resistant container with a side length of approx. 16 cm (or a diameter of approx. 18 cm) and a height of approx. 5 cm, for 1 serving				
Cucumber	100 g (M-sized, x1)	A	Carrot	50 g
White radish	50 g		Plain yoghurt	100 g
			Salt	1 tsp. (6 g)

How to cook

- 1<Place the ingredients into heat-resistant containers>
1. Cut the cucumber diagonally into around 1 cm thick slices. Cut the white radish and carrots into bite-sized butterfly pieces or 5 mm-thick half-moon pieces.
2. Mix A in a heat-resistant container.
3. Stir 1 into 2.
- 2<Heat it up>
Place 1 in the center of the chamber (without covering with plastic wrap), and start heating.

烹調 (Cooking) → 搜尋菜式 (Menu Search) → 菜式編號 (Menu No.) → No.109 → 確定 (Decide) → 開始 (Start)

(The standard heating time is approx. 6 minutes)
- 3<Finish>
After heating, mix the whole thing well, and then leave it refrigerated for about 30 minutes.
Please serve after washing off the yogurt.

Portion size of your choice! Tips for Easy Menu

No.110 - No.119 Dishes are for 1-3 servings or 4 servings, and the portion size is adjustable.

* Please refer to each recipe for the range of portions that can be cooked.

* Please adjust the amount of ingredients and seasonings accordingly based on the basic portion size (for 2 servings).

●About the cooking container

• Please use a large heat-resistant glass bowl that matches the amount of ingredients.

• If the food exceeds $\frac{2}{3}$ of the bowl's height, the food may spill over when it boils, or the food may be cooked poorly.

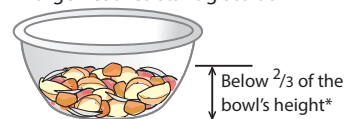
<Standard size of the large heat-resistant glass bowl>

No.110 - No.112		
Outer diameter (height)	21 cm (9 cm)	25 cm (10 cm)
Portion	1 serving	1-3 servings

No.113 - No.119			
Outer diameter (height)	18 cm (8 cm)	21 cm (9 cm)	25 cm (10 cm)
Portion	1 serving	1-2 servings	2-4 servings

*: Since dishes No.110 - No.112 are made of leafy vegetables, they may shrink when heated. Therefore, within the acceptable capacity, even if the container is full, the food will not spill over.

Large heat-resistant glass bowl



●Wrap the ingredients with plastic wrap.

• If the plastic wrap wraps too tightly, it may cause the ingredients to splash or result in burn due to breakage.

• When the food is heated directly without covering with plastic wrap, the food may not be cooked well due to sufficient heating.

●Do not cover with a drop lid.

• Do not make a drop lid with parchment paper or plastic wrap. Otherwise, the infrared sensor detection may not work normally, thus resulting in insufficient or excessive heating.

* Depending on the quality of the ingredients, the heating may not be sufficient. If the heating is insufficient, continue heating while observing in the manual microwave mode. To open the door during heating, press the 取消 (Cancel) button and continue heating while observing in the manual microwave mode.

Adjustable in the range of 1-3 servings.

No.110 Stir-Fried Spinach with Bacon

Microwave

No accessories



Ingredients/For the basic serving size (2 servings)

Spinach	200 g	Butter	10 g
Bacon	50 g	Salt, pepper.....	A little

●Serving size range

Spinach 100-300 g

For other ingredients and seasonings, please adjust the weight based on the basic serving size.

Adjustable in the range of 1-3 servings.

No.111 Stir-fried Cabbage with Ham

Microwave

No accessories



Ingredients/For the basic serving size (2 servings)

Cabbage	$\frac{1}{6}$ (200 g)	Pork tenderloin ham	50 g
Carrot	$\frac{1}{3}$ (50 g)	A [Chicken stock powder ...	1 tsp.
Green pepper	1 (Small, 20 g)	Sesame oil	1 tsp.
Onion	$\frac{1}{4}$ (50 g)	Salt, pepper.....	A little

●Serving size range

Total weight of vegetables: 150-500 g

For other ingredients and seasonings, please adjust the weight based on the basic serving size.

How to cook

Please refer to <Portion size of your choice! Tips> (Page 142)

1

<Place the ingredients into a heat-resistant glass bowl>

1. Cut the spinach into 5 cm chunks. Cut the bacon into 1 cm-wide slices.

2. Place 1 and the butter into a large heat-resistant glass bowl.

2

<Heat it up>

Cover 1 with plastic wrap, place it in the **center of the chamber**, and start heating.



(The standard heating time of the basic serving size is approx. 4 minutes)

3

<Finish>

After heating, season with salt and pepper.

手動
(Manual)

微波 500W (Microwave 500W)
Approx. 3 mins 40 sec (for the basic serving size)

How to cook

Please refer to <Portion size of your choice! Tips> (Page 142)

1

<Place the ingredients into a heat-resistant glass bowl>

1. Cut the ingredients properly, and place them into a large heat-resistant glass bowl.

Cabbage (roughly chopped), carrot (cut into butterflies), green pepper (roughly chopped), onion (cut into wedges), ham (cut into 1 cm-wide pieces)

2. Stir A into 1.

2

<Heat it up>

Cover A with plastic wrap, place it in the **center of the chamber**, and start heating.



(The standard heating time of the basic serving size is approx. 5 minutes)

3

<Finish>

After heating, season with salt and pepper.

手動
(Manual)

微波 500W (Microwave 500W)
Approx. 5 mins (for the basic serving size)

Adjustable in the range of 1-3 servings.

No.112 Stewed Mustard Spinach

Microwave

No accessories



Ingredients/For 2 servings

Mustard spinach	200 g	A	Soy sauce	1 tbsp.
Deep-fried tofu	50 g		Sugar	1 tbsp.
			Dashi	3 tbsp.

•Serving size range

Mustard spinach 100-300 g

For other ingredients and seasonings, please adjust the weight based on the basic serving size.

How to cook

Please refer to <Portion size of your choice! Tips> (Page 142)

1 <Place the ingredients into a heat-resistant glass bowl>

1. Cut the mustard spinach into 5 cm chunks and the deep fried tofu into 1 cm-wide slices.
2. Mix **1** and **A** in a large heat-resistance glass bowl.

2 <Heat it up>

Cover **1** with plastic wrap, place it in the **center of the chamber**, and start heating.



(The standard heating time of the basic serving size is approx. 5 minutes 30 seconds)

- It is easier to cook with seasonings
You can used 100 ml of seasonings diluted as per the instructions on the packaging to substitute **A**.

手動 (Manual) 微波 500W (Microwave 500W)
Approx. 6 mins (for the basic serving size)

Adjustable in the range of 1-4 servings.

No.113 Stewed Eggplant

Microwave

No accessories



Ingredients/For the basic serving size (2 servings)

Eggplant	2 1/2 (200 g)	A	Salad oil	1 tsp.
Soy sauce	1 tbsp.		Ginger (grated)	1 tsp.
Sugar	1 tsp.		Dried bonito flakes	A suitable amount
Mirin	2 tsp.			
Water	5 tbsp.			

•Serving size range

Eggplant 100-400 g

For other ingredients and seasonings, please adjust the weight based on the basic serving size.

How to cook

Please refer to <Portion size of your choice! Tips> (Page 142)

1 <Place the ingredients into a heat-resistant glass bowl>

1. Cut the eggplant into 4-8 equal portions, and mark a lattice pattern on the skin with a knife.
2. Mix **1**, **A**, salad oil and ginger in a large heat-resistance glass bowl.

2 <Heat it up>

Cover **1** with plastic wrap, place it in the **center of the chamber**, and start heating.



(The standard heating time of the basic serving size is approx. 7 minutes)

3 <Finish>

After heating, sprinkle with dried bonito flakes.

- It is easier to cook with seasonings
You can used 100 ml of seasonings diluted as per the instructions on the packaging to substitute **A**.

手動 (Manual) 微波 500W (Microwave 500W)
Approx. 8 mins (for the basic serving size)

Adjustable in the range of 1-4 servings.

No.114 Stewed Pumpkin

Microwave

No accessories



Ingredients/For the basic serving size (2 servings)

Pumpkin	1/6 (200 g)	Soy sauce	1/2 tbsp.
Dashi	2 tbsp.	Mirin	1 tbsp.

•Serving size range

Pumpkin 100-400 g

For other ingredients and seasonings, please adjust the weight based on the basic serving size.

How to cook

Please refer to <Portion size of your choice! Tips> (Page 142)

1 <Place the ingredients into a heat-resistant glass bowl>

1. Remove the pulp, and cut the pumpkin into bite-sized pieces.
2. Mix all the ingredients in a large heat-resistant glass bowl.

2 <Heat it up>

Cover **1** with plastic wrap, place it in the **center of the chamber**, and start heating.



(The standard heating time of the basic serving size is approx. 5 minutes 30 seconds)

手動 (Manual)	微波 500W (Microwave 500W) Approx. 5 mins 40 sec (for the basic serving size)
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Adjustable in the range of 1-4 servings.

No.115 Sauteed Burdock

Microwave

No accessories



Ingredients/For the basic serving size (2 servings)

Burdock	1 (Small, 150 g)	Sugar	1 tbsp.
Carrot	1/3 (50 g)	Soy sauce	1 tbsp.
Wine	1 tbsp.	Dried Sakura shrimp	1 tbsp.
Mirin	1 tbsp.		

•Serving size range

Total weight of vegetables: 100-400 g

For other ingredients and seasonings, please adjust the weight based on the basic serving size.

How to cook

Please refer to <Portion size of your choice! Tips> (Page 142)

1 <Place the ingredients into a heat-resistant glass bowl>

1. Peel the burdock, and shred it into 5 cm slices. Shred the carrot into similar slices. Soak the burdock in lukewarm water for about 5 minutes to remove lye and moisture.

2. Mix all the ingredients in a heat-resistant container.

2 <Heat it up>

Cover **1** with plastic wrap, place it in the **center of the chamber**, and start heating.



(The standard heating time of the basic serving size is approx. 7 minutes)

手動 (Manual)	微波 500W (Microwave 500W) Approx. 8 mins 10 sec (for the basic serving size)
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Adjustable in the range of 1-4 servings.

No.116 Sauteed Potato and Bacon with Butter

Microwave

No accessories



Ingredients/For the basic serving size (2 servings)

Potato	1 1/3 (200 g)	Salt	A little
Bacon	50 g	Dried parsley	
Butter	12 g (1 tbsp.)		A suitable amount
Black pepper ...	A suitable amount		

•Serving size range

Potato 100-400 g

For other ingredients and seasonings, please adjust the weight based on the basic serving size.

Adjustable in the range of 1-4 servings.

How to cook

Please refer to <Portion size of your choice! Tips> (Page 142)

1 <Place the ingredients into a heat-resistant glass bowl>

1. Peel the potatoes and cut them into bite-sized chunks. Cut the bacon into bite-sized chunks.
2. Put the potatoes, bacon and butter in a heat-resistant container, add salt and pepper, and cover it with plastic wrap.

2 <Heat it up>

Cover **1** with plastic wrap, place it in the **center of the chamber**, and start heating.



(The standard heating time of the basic serving size is approx. 6 minutes)

3 <Finish>

After heating, decorate with parsley.

手動 (Manual)	微波 500W (Microwave 500W) Approx. 6 mins 40 sec (for the basic serving size)
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No.117 Stir-Fried Shredded Pork with Green Pepper

Microwave

No accessories



Ingredients/For 2 servings

Shredded pork	140 g	Red pepper	2 (Small, 40 g)
Wine	2 tsp.	A [Soy sauce	1/2 tbsp.
Soy sauce	1 tsp.	[Sugar	1 tbsp.
Ginger	1 slice	B [Starch	2 tsp.
Green pepper	2 (Small, 40 g)	[Water	1 tbsp.

•Serving size range

Ingredients 100-400 g

For other ingredients and seasonings, please adjust the weight based on the basic serving size.

How to cook

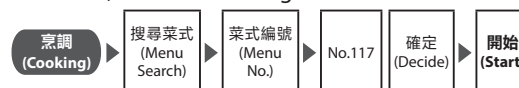
Please refer to <Portion size of your choice! Tips> (Page 142)

1 <Place the ingredients into a heat-resistant glass bowl>

1. Shred the pork, ginger, and red/green pepper.
2. Mix and season the pork, wine and soy sauce in a large heat-resistant glass bowl.
3. Stir the shredded ginger, red/green pepper, and **A** into **2**.

2 <Heat it up>

Cover **1** with plastic wrap, place it in the **center of the chamber**, and start heating.



(The standard heating time of the basic serving size is approx. 6 minutes)

3 <Finish>

After heating, mix it with the dissolved **B** until sticky under the residual heat.

手動 (Manual)	微波 500W (Microwave 500W) Approx. 6 mins (for the basic serving size)
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Adjustable in the range of 1-4 servings.

No.118 Japanese Pork and Potato Stew

Microwave

No accessories



Ingredients/For the basic serving size (2 servings)

Potato (bite-sized)	1 1/3 (200 g)	A	Soy sauce	1 tbsp.
Beef fillet (4 cm-wide)	100 g		Sugar	1 tbsp.
Onion (cut into wedge shapes)	1/4 (50 g)		Wine	1 tbsp.
			Water	2 tbsp.

How to cook

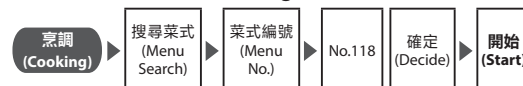
Please refer to <Portion size of your choice! Tips> (Page 142)

1 <Place the ingredients into a heat-resistant glass bowl>

Place the potatoes, beef and onion into a large heat-resistant bowl, add **A** and mix them well.

2 <Heat it up>

Cover **1** with plastic wrap, place it in the **center of the chamber**, and start heating.



(The standard heating time of the basic serving size is approx. 9 minutes)

- It is easier to cook with seasonings
You can use 70 ml of seasonings diluted as per the instructions on the packaging to substitute **A**.

手動 (Manual) 微波 600W (Microwave 600W)
Approx. 8 mins 30 sec (for the basic serving size)

- Serving size range
Ingredients (in total) 200-700 g
For other ingredients and seasonings, please adjust the weight based on the basic serving size.

Adjustable in the range of 1-4 servings.

No.119 Sweet and Sour Pork Tenderloin

Microwave

No accessories



Ingredients/For the basic serving size (2 servings)

Pork tenderloin (for making deep-fried pork chops)	100 g	A	Ketchup	2 tbsp.
Salt, pepper	A little		Sugar	2 tbsp.
Low-gluten flour	1 tsp.		Soy sauce	1 tbsp.
Salad oil	1 tsp.		Wine	1 tbsp.
Onion	1/2 (100 g)	B	Chicken stock powder	1/2 tsp.
Green pepper	2 (Small, 40 g)		Water	2 tbsp.
Boiled bamboo shoot	40 g		Starch	1 tsp.
Carrot	1/4 (40 g)		Vinegar	2 tbsp.

- Serving size range
Ingredients (in total) 150-650 g
For other ingredients and seasonings, please adjust the weight based on the basic serving size.

How to cook

Please refer to <Portion size of your choice! Tips> (Page 142)

1 <Place the ingredients into a heat-resistant glass bowl>

- Cut the onion, green pepper and Shiitake mushroom into bite-sized chunks. Cut the carrot into bite-sized chunks.
- Notch one side of pork surface into lines of grillwork with an interval of 5 mm, and cut it into 2 cm cubes. Put it in a plastic bag, season with salt, pepper and starch thoroughly, and mix it with salad oil.
- Place **1** and **2** into a large heat-resistance glass bowl, and pour in the mixed **A**.

2 <Heat it up>

Cover **1** with plastic wrap, place it in the **center of the chamber**, and start heating.



(The standard heating time of the basic serving size is approx. 9 minutes)

3 <Finish>

After heating, stir in the melted **B** until sticky under the residual heat.

手動 (Manual) 微波 600W (Microwave 600W)
Approx. 8 mins 30 sec (for the basic serving size)

When cooking with microwave heating

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

- Do not use a container with gold, silver or coloured designs.
If there is gold or silver, there may be sparks; the coloured design may fall off.
- If there is a lot of fat or sugar content, the seasonings containing paste, salt or saline matter will become hot. Therefore, even a plastic container which is resistant to 140 °C or above may deform or melt.
- When the heating is insufficient, please either prolong the heating time or use the manual microwave mode to heat whilst observing the situation.
Heating may be insufficient depending on how the ingredients are cut and what container is used.

No.120 Scrambled Eggs No.121 Scrambled Eggs with Ham No.122 Scrambled Eggs with Cheese

Microwave

No accessories



Ingredients/For 2 servings

<Scrambled Eggs (Plain)>	<Scrambled Eggs with Ham>	<Scrambled Eggs with Cheese>
Egg 2 (M-sized)	Ingredients for the plain version ... All	Ingredients for the plain version ... All
Milk 2 tbsp.	Pork tenderloin ham 2 pieces	Processed cheese 30 g
Salt, pepper...A little		

手動
(Manual)

微波 500W (Microwave 500W)
Approx. 2 mins 40 sec
* Stir for three times during the heating.

How to cook

1

<Place the ingredients into a heat-resistant glass bowl>

Mix all the ingredients well in a large heat-resistant glass bowl.

* To make scrambled eggs with ham or with cheese, add the roughly chopped ham or cheese into the well-beaten eggs.

Please heat each type of ingredients separately.

2

<Heat it up>

1. Cover **1** with plastic wrap, place it in the **center of the chamber**, and start heating.



☆ Plain: No.120

Ham: No.121

Cheese: No.122

(The standard heating time is approx. 2 minutes 40 seconds)

2. Once **the buzzer sounds***, mix the ingredients evenly.

* After around 1 minute 10 seconds as of the start of heating (when the remaining time is around 1 minute 30 seconds).

3. Place the container in **the center of the chamber** (without covering with plastic wrap), and start heating.

開始
(Start)

Heating starts

4. Once **the buzzer sounds***, mix the ingredients evenly.

* After around 40 seconds as of the start of **3** (when the remaining time is around 50 seconds).

5. Place the container in **the center of the chamber** (without covering with plastic wrap), and start heating.

開始
(Start)

Heating starts

6. Once **the buzzer sounds***, mix the ingredients evenly.

* After around 25 seconds as of the start of **5** (when the remaining time is around 25 seconds).

7. Place the container in **the center of the chamber** (without covering with plastic wrap), and start heating.

開始
(Start)

Heating starts

3

<Finish>

After heating, mix the whole thing well, and serve it in a bowl.

Notes

Please beat the eggs thoroughly. Please use a deep heat-resistant container and do not cover it with plastic wrap.
(Otherwise, the plastic wrap may break, or the egg may spill out of the container.)

No.123 Baked Okra with Cheese

Microwave

No accessories



Ingredients/For 2 servings

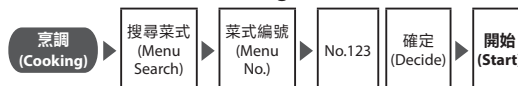
Okra.....	10	A	<Mixed miso>	
Natural cheese (for pizza)	30 g		Miso	1 tsp.
			Mirin	1/2 tsp.
			Wine	1/2 tsp.
			Sugar	1/2 tsp.
			Shredded nori	A suitable amount

手動 (Manual) 微波 500W (Microwave 500W) Approx. 3 mins

How to cook

- <Put the ingredients on a heat-resistant plate>**
1. Scatter salt (not included in the ingredient) on the okra and rub each okra to remove spines on the surface. Wash it clean, remove the moisture, and then cut off the tops.
2. Mix **A** to make the mixed miso. Line the okra up on a **heat-resistant plate**, top it with the mixed miso, and sprinkle with cheese.

- <Heat it up>**
Cover **1** with plastic wrap, place it in the **center of the chamber**, and start heating.



(The standard heating time is approx. 3 minutes)

- <Finish>**
Sprinkle with the shredded nori to your taste.

No.124 Stir-fried Bean Sprouts with Konbu

Microwave

No accessories



Ingredients/For 2 servings

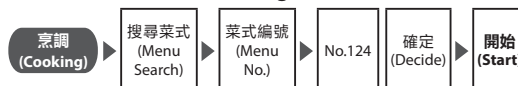
Bean sprout.....	100 g	Coarse black pepper A little
Salted Konbu (thinly sliced) A suitable amount	Chive (chopped) A suitable amount

手動 (Manual) 微波 500W (Microwave 500W) Approx. 3 mins

How to cook

- <Place the ingredients into a heat-resistant container>**
Mix the bean sprouts and salted Konbu in a heat-resistant container.

- <Heat it up>**
Cover **1** with plastic wrap, place it in the **center of the chamber**, and start heating.



(The standard heating time is approx. 3 minutes)

- <Finish>**
After heating, sprinkle with black pepper and chopped chives.

• Please remove the roots of the bean sprouts if you do not like them.

No.125 Tofu with Minced Meat

Microwave

No accessories



Ingredients/For 2 servings

Tofu	Half a block	Sugar	1/2 tbsp.
Minced pork	50 g	Wine	1 tbsp.
Scallion (chopped)	5 cm	Dashi	1/2 tbsp.
Miso.....	1/2 tbsp.		

手動 (Manual) 微波 500W (Microwave 500W) Approx. 3 mins

How to cook

- <Place the ingredients into a heat-resistant container>**
Mix all the ingredients (except Tofu) in a large heat-resistant glass bowl.

- <Heat it up>**
Cover **1** with plastic wrap, place it in the **center of the chamber**, and start heating.



(The standard heating time is approx. 3 minutes)

- <Finish>**
After heating, mix the whole thing well and pour it on the Tofu.

*To heat Tofu as well...

Place just the Tofu into a heat-resistant container, heat it up with <微波 500W 約 3 分鐘> (Microwave 500W Approx. 3 mins), and then top it with the minced pork.

No.126 Baked Avocado with Cheese

Microwave

No accessories



Ingredients/For 2 servings

Avocado (ripe) 1 Salt, pepper..... A little
Natural cheese (for pizza) ... 30 g

手動
(Manual)

微波 500W (Microwave 500W) Approx. 3 mins

How to cook

1

<How to cut an avocado>

Use a knife to cut along the middle of an avocado vertically around the seed, and twist both sides to separate it in halves. Stick the point of the knife into the seed and remove it by twisting the knife. Peel the skin with your fingers and cut it into vertical slices.

2

<Place the ingredients onto the heat-resistant plate>

Place the avocado and cheese in order into a **heat-resistant plate**, and sprinkle with salt and pepper.

3

<Heat it up>

Cover **2** with plastic wrap, place it in the **center of the chamber**, and start heating.



(The standard heating time is approx. 3 minutes)

No.127 Stir-Fried Meat with Curried Potato Sticks

Microwave

No accessories



Ingredients/For 2 servings

Potato 1 (150 g) Salt, pepper..... A little
Mixed minced meat 50 g Parsley (chopped)
Curry powder 1/2 tbsp. A suitable amount

手動
(Manual)

微波 500W (Microwave 500W) Approx. 4 mins

How to cook

1

<Place the ingredients into a heat-resistant container>

1. Cut the potatoes into 5 cm-long rectangles.
2. Put all the ingredients (except parsley) into a heat-resistant glass bowl, mix them until there is no clumps of minced meat, and cover the bowl with plastic wrap.

2

<Heat it up>

Cover **1** with plastic wrap, place it in the **center of the chamber**, and start heating.



(The standard heating time is approx. 4 minutes)

3

<Finish>

After heating, loosen the minced meat, stir well, and sprinkle with parsley.

No.128 Ham and Pea Salad

Microwave

No accessories



Ingredients/For 2 servings

Peas (soaked) 100 g Salt 1/2 tsp.
Ham (cubes) 40 g Pepper..... A suitable amount
Sour-sweet allium chinense Lemon juice 1 tbsp.
G.don 30 g Cheese powder 2 tsp.
Chilli pepper 30 g Parsley (chopped) 2 tsp.
Olive oil 1 tbsp.

手動
(Manual)

微波 500W (Microwave 500W) Approx. 3 mins

How to cook

1

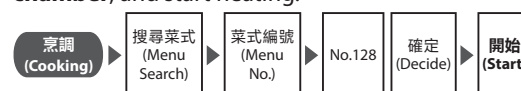
<Place the ingredients into a heat-resistant container>

1. Cut the ham into 1 cm chunks, cut sour-sweet allium chinense G.don roughly, and cut the red pepper into 1 cm chunks.
2. Place the peas and **1** in a large heat-resistance glass bowl. Add olive oil, season with salt and black pepper, and mix them well.

2

<Heat it up>

Cover **1** with plastic wrap, place it in the **center of the chamber**, and start heating.



(The standard heating time is approx. 3 minutes)

3

<Finish>

After heating, stir in the lemon juice, cheese powder and parsley.

No.129 Pickled Shrimp

Microwave

No accessories



Ingredients/For 2 servings

Peeled shrimp (small)	Olive oil	1 tbsp.
..... 50 g (12)	Salt	1/4 tsp.
Onion 50 g (1/4)	Pepper.....	A suitable amount
Mini tomato 60 g	Lemon juice	1 tbsp.
Olive 5	Cheese powder	
Green pea 12 pods (20 g)	A suitable amount

手動 (Manual) 微波 500W (Microwave 500W) Approx. 3 mins

How to cook

1 <Place ingredients into heat-resistant containers>

1. Add two teaspoons of starch (not included in the ingredients) and a little water into the peeled shrimp, gently knead them with your fingers, rinse thoroughly and wipe off the water.
2. Cut the onions into 5 mm-thick slices, cut the mini tomatoes into 2-4 portions, divide the olives into 3 portions, and remove the edges of the green peas and cut them in half diagonally.
3. Place the peeled shrimp, onions, mini tomatoes, olives and green peas into a large heat-resistant glass bowl in order, and then add the olive oil, salt and pepper.

2 <Heat it up>

Cover **1** with plastic wrap, place it in the **center of the chamber**, and start heating.



(The standard heating time is approx. 3 minutes)

- For large peeled shrimp, cut them in half from the back of the shrimp and heat them on "Super-High Heat".

3 <Finish>

After heating, mix the whole thing well and leave them cool down. Add the lemon juice and cheese powder.

No.130 Ratatouille

Microwave

No accessories



Ingredients/For 2 servings

Courgette	60 g	Honey	1 tsp.
Eggplant	50 g	Consomme (granules)	
Chilli pepper	50 g	1 tsp.
Onion	60 g	Salt, pepper... A suitable amount	
Shimeji mushroom	50 g	Cheese powder	1½ tbsp.
Tomato puree	1 tbsp.	Parsley (chopped)	
Olive oil	1 tbsp. A suitable amount	

手動
(Manual)

微波 500W (Microwave 500W) Approx. 5 mins

How to cook

1 <Place ingredients into heat-resistant containers>

1. Cut the courgette and eggplant into 3 mm-thick slices, cut the red pepper into bite-sized pieces, cut the onion into thin slices, and divide the shimeji mushrooms into small pieces.

2. Mix 1, tomato puree, olive oil, honey, consomme, salt and pepper in a large heat-resistant glass bowl.

2 <Heat it up>

Cover 1 with plastic wrap, place it in the **center of the chamber**, and start heating.



(The standard heating time is approx. 5 minutes)

3 <Finish>

After heating, stir in the cheese powder and sprinkle with parsley.

No.131 Roasted Sausage and Vegetables

Microwave

No accessories



Ingredients/For 2 servings

Green asparagus	4 stalks	German sausage	6
Broccoli	100 g	Salt, pepper	A little

手動
(Manual)

微波 500W (Microwave 500W) Approx. 5 mins

How to cook

1 <Place ingredients into heat-resistant containers>

1. Cut the green asparagus and broccoli into bite-sized chunks. Make an incision in the sausage with a knife.

2. Place 1 into a large heat-resistance glass bowl.

2 <Heat it up>

Cover 1 with plastic wrap, place it in the **center of the chamber**, and start heating.



(The standard heating time is approx. 5 minutes)

3 <Finish>

After heating, season with salt and pepper.

No.132 Stewed Hijiki

Microwave

No accessories



Ingredients/For 2 servings

Dried Hijiki	15 g	A	Soy sauce	1 tbsp.
Carrot	30 g		Sugar	2 tsp.
Deep-fried tofu	20 g		Wine	2 tsp.
Salad oil	1 tsp.			

手動 (Manual) 微波 500W (Microwave 500W) Approx. 6 mins

How to cook

* For instructions on making a drop lid, refer to Page 121.

1 <Place ingredients into heat-resistant containers>

1. Soak the Hijiki in water for a while and then drain it through a colander. Shred the carrots and deep fried tofu.
2. Mix **1**, salad oil and **A** in a large heat-resistance glass bowl.
3. Make a drop lid* with parchment paper to cover the ingredients.

2 <Heat it up>

Cover **1** with plastic wrap, place it in the **center of the chamber**, and start heating.



(The standard heating time is approx. 6 minutes)

- It is easier to cook with seasonings
You can use 40 ml of seasonings diluted as per the instructions on the packaging to substitute **A**.

No.133 Taro Stick Salad

Microwave

No accessories



Ingredients/For 2 servings

Taro	200 g	A	Dried parsley	A little
Olive oil	1 tbsp.			
Lemon juice	1 tsp.			
Salt	A little			
Black pepper	A little			

手動 (Manual) 微波 500W (Microwave 500W) Approx. 5 mins

How to cook

1 <Place ingredients into heat-resistant containers>

1. Peel the taro, and cut it into 5 mm-wide strips.
2. Mix the taro and **A** in a large heat-resistance glass bowl.

2 <Heat it up>

Cover **1** with plastic wrap, place it in the **center of the chamber**, and start heating.



(The standard heating time is approx. 5 minutes)

3 <Finish>

After heating, decorate with parsley.

No.134 Chicken Filet

Microwave

No accessories



Ingredients/For 2 servings

Chicken breast (skinless)...	160 g	Tomato puree	1 tbsp.
Burdock	40 g	Chili sauce	1 tbsp.
Honey	1 tsp.	Curry powder	1/4 tsp.
Salt	1/2 tsp.	Mayonnaise	
Pepper.....	A suitable amount	A suitable amount
Garlic (chopped)	1 clove	Bean sprout, etc.	
Olive oil	1/2 tbsp.	A suitable amount

手動
(Manual)

微波 500W (Microwave 500W) Approx. 5 mins

How to cook

1 <Place ingredients into heat-resistant containers>

1. Scrape the skin off the burdock with a scraper, cut it into thin strips (cut vertically into 4-8 equal portions), and soak them in vinegar water (not included in the ingredients).
2. Cut the chicken into 1 cm-thick strips and place them in a large bowl, add the honey, salt, pepper, garlic and olive oil, and stir to mix well.
3. Mix the tomato paste, chilli sauce and curry powder thoroughly.
4. Mix **3** and the drained **1** into **2**, then lay them flat in a heat-resistant container without overlapping one another.

2 <Heat it up>

Cover **1** with plastic wrap, place it in the **center of the chamber**, and start heating.



(The standard heating time is approx. 5 minutes)

3 <Finish>

Once the heating is complete, serve on a plate, pour the mayonnaise and top with the bean sprouts.

- You can add red peppers to make a richly-flavored spicy chicken to your taste!
- Changing the chicken breast to pork fillet gives a special flavor.

No.135 Mushroom Salad

Microwave

No accessories



Ingredients/For 2 servings

Shimeji mushroom	100 g	Vinegar	1 tbsp.
Raw shiitake mushroom	50 g	Lemon juice	1/2 tsp.
Mushroom	50 g	Salt	1/4 tsp.
Salad oil	1 tbsp.	Pepper	A little
		Salad oil	1 1/2 tbsp.
		Onion	1 tbsp.
		Soy sauce	1/2 tsp.
		Parsley	A little

手動
(Manual)

微波 500W (Microwave 500W) Approx. 5 mins

How to cook

1 <Place ingredients into heat-resistant containers>

Cut the shimeji mushrooms, raw shiitake mushrooms and mushrooms into bite sizes, place them in a large heat-resistant glass bowl, and drizzle salad oil.

2 <Heat it up>

Cover **1** with plastic wrap, place it in the **center of the chamber**, and start heating.



(The standard heating time is approx. 5 minutes)

3 <Finish>

Chop the onion and parsley, and stir with **A**. Stir in **2** under the residual heat, and then leave it refrigerated.

- Mushrooms are a low-calorie food and contain a lot of fiber, so they are often used in diet dishes.

No.136 Tri-Color Crunchy Salad

Microwave

No accessories



Ingredients/For 2 servings

Potato	1/2 (75 g)	Salt, pepper.....	A little
Carrot	1/2 (100 g)	Mayonnaise.....	4 tbsp.
Sugar bean	100 g		

手動 (Manual) 微波 500W (Microwave 500W) Approx. 4 mins 40 sec

How to cook

1 <Place ingredients into heat-resistant containers>

Cut the potatoes and carrots into 5 cm-wide thin strips, and divide the sugar beans into 3 equal portions. Place them into a large heat-resistant glass bowl.

2 <Heat it up>

Cover **1** with plastic wrap, place it in the **center of the chamber**, and start heating.



(The standard heating time is approx. 4 minutes 40 seconds)

3 <Finish>

After heating, sprinkle with salt and pepper, and stir the mayonnaise in.

- Potatoes contain vitamin C, carrots contain vitamin A, and sugar beans contain small amounts of vitamins A, B, C, and calcium. The combination of the three vegetables provides a balanced intake of vitamins.

No.137 Sesame and Mustard Spinach

Microwave

No accessories



Ingredients/For 4 servings

Mustard spinach.....	300 g	A	Grated sesame seed	5 tbsp.
			Sugar, soy sauce	1 1/2 tbsp. each
			Dashi	3 tbsp.

手動 (Manual) 微波 500W (Microwave 500W) Approx. 5 mins

How to cook

1 <Place the ingredients onto the heat-resistant plate>

Wash the mustard spinach, cover it with plastic wrap without removing the moisture, and place it on a heat-resistant plate.

2 <Heat it up>

1. Cover **1** with plastic wrap, place it in the **center of the chamber**, and start heating.



(The standard heating time is approx. 5 minutes)

2. After heating, soak it in cold water.

3 <Finish>

1. Wring out of the mustard spinach from **2**, and cut it into 3 cm lengths.
2. Mix **A** well, and toss the mustard spinach in **1**.

No.138 Sake Steamed Clams

Microwave

No accessories



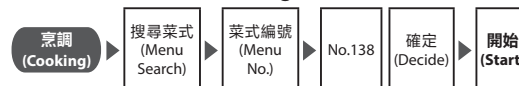
How to cook

1 <Place the ingredients onto the heat-resistant plate>

1. Place the clams in a flat container, add lightly salted water (not included in the ingredients) to the height that the clams are not soaked, and then let them sit for a while. After the clams spit the sands out, drain the water and wash by rubbing shells with each other.
2. Place the clams from **1** into a deep heat-resistant plate, pour the sake on top, and cover it with plastic wrap.

2 <Heat it up>

Cover **1** with plastic wrap, place it in the **center of the chamber**, and start heating.



(The standard heating time is approx. 5 minutes)

* If the shells are not open, please prolong the heating time.

Ingredients/For 4 servings

Clam (with shells) 400 g | Sake..... 3 tbsp.

手動
(Manual)

微波 500W (Microwave 500W) Approx. 5 mins

No.139 Chige with Cod and Kimchi

Microwave

No accessories



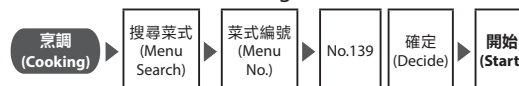
How to cook

1 <Place the ingredients into a heat-resistant container>

1. Roughly cut the cod into 3 portions, pour them into boiling water to remove the odour.
2. Cut the white radish into 5 mm-thick slices, cut the Tofu into bite-sized pieces, and divide the shimeji mushrooms into small pieces.
3. Mix the chicken broth, Gochujant, miso and water thoroughly.
4. Mix **1**, fermented Chinese cabbage, **2** and **3** in a large heat-resistance glass bowl roughly, and pour the sesame oil on top.

2 <Heat it up>

Cover **1** with plastic wrap, place it in the **center of the chamber**, and start heating.



(The standard heating time is 7 to 8 minutes)

3 <Finish>

After heating, stir in the chopped scallions of 5 cm in length, to bake them under the residual heat.

Ingredients/For 2 servings

Sweet salted cod (fillet)	Gochujant1 1/2 tbsp.
..... 2 slices (80 g each)	Miso.....	2 tsp.
White radish 80 g	Water 80 ml	
Tofu 60 g	Fermented Chinese cabbage	
Shimeji mushroom..... 80 g	Sesame oil 1 tbsp.	
Chicken broth (granules)	Scallion 2-3 stalks	
..... 2 tsp.		

手動
(Manual)

微波 600W (Microwave 600W) Approx. 8 mins

No.140 Beef Stew with Onion

Microwave

No accessories



Ingredients/For 2 servings

Beef fillet	160 g	Vegetable juice (without added sugar)	100 ml
Salt, pepper... A suitable amount		Consomme (granules)	1/2 tsp.
Low-gluten flour	2 tsp.	Chocolate (black)	6 g
Onion	100 g	Butter	12 g (1 tbsp.)
Shimeji mushroom, Maitake mushroom	50 g each	Sour cream ... A suitable amount	
Tomato puree	1 tbsp.	Parsley (chopped)	A suitable amount
Chili sauce	2 tbsp.		

手動 (Manual) 微波 600W (Microwave 600W) Approx. 8 mins

How to cook

1 <Place ingredients into heat-resistant containers>

1. Spread the beef, and sprinkle with salt, pepper and low-gluten flour. Cut the onion into thin slices, and divide the Shimeji and Maitake mushrooms into small pieces.
2. Mix the tomato paste, chilli sauce, vegetable juice and consomme well.
3. Lay the onions, mushrooms and beef in a large heat-resistant glass bowl in order.
4. Pour 2 on 3, and sprinkle with chopped chocolate and butter.

2 <Heat it up>

Cover 1 with plastic wrap, place it in the **center of the chamber**, and start heating.



(The standard heating time is 7 to 8 minutes)

3 <Finish>

After heating, mix the whole thing well, add sour cream, and sprinkle with parsley.

No.141 Stewed Taro with Minced Pork

Microwave

No accessories



Ingredients/For 2 servings

Taro	Net 200 g	B [Starch	1 tsp.
Minced pork	50 g	Water	1 tbsp.
A [Soy sauce	2 tsp.		
Sugar	2 tsp.		
Wine	2 tsp.		
Water	3 tbsp.		

手動 (Manual) 微波 600W (Microwave 600W) Approx. 7 mins 30 sec

How to cook

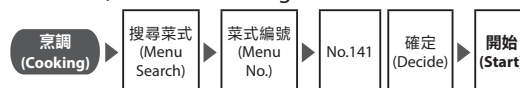
* For instructions on making a drop lid, refer to Page 121.

1 <Place ingredients into heat-resistant containers>

1. Peel the taro, cut it into bite sizes, sprinkle with a little salt (not included in the ingredients), and then rinse thoroughly.
2. Mix the minced pork, starch and A in a heat-resistant container well so that the minced meat is not in clumps. Then, stir in the taro from 1.
3. Make a drop lid* with parchment paper to cover the ingredients.

2 <Heat it up>

Cover 1 with plastic wrap, place it in the **center of the chamber**, and start heating.



(The standard heating time ranges from 6 minutes 40 seconds to 7 minutes 30 seconds.)

3 <Finish>

After heating, stir in the melted B to loosen the pork until sticky under the residual heat.

- It is easier to cook with seasonings
You can use 70 ml of seasonings diluted as per the instructions on the packaging to substitute A.



Easy Chinese style stir-fry with microwave

A healthy stir-fry with less oil.

Make good use of the microwave function for a low-calorie version of Chinese style stir-fry.

No.142 Japanese Style Mapo Eggplant

Microwave

No accessories



Ingredients/For 2 servings

Eggplant	200 g	B	Starch	1 tsp.
Minced pork	100 g		Water	1 tbsp.
A	Ginger (chopped) ...			1 tsp.
	Chilli soybean paste...			1 tsp.
	Salad oil			2 tsp.
	Soy sauce			1 tbsp.
	Sugar			1 tbsp.
	Water			80 ml

手動
(Manual)

微波 600W (Microwave 600W) Approx. 8 mins

How to cook

* For instructions on making a drop lid, refer to Page 121.

1

<Place ingredients into heat-resistant containers>

1. Cut the eggplant into 1 cm-thick circles. Stir **A** into the minced meat.
2. Place the eggplant and minced meat into a large heat-resistant glass bowl in order.
3. Make a drop lid* with parchment paper to cover the ingredients.

2

<Heat it up>

Cover **1** with plastic wrap, place it in the **center of the chamber**, and start heating.



(The standard heating time is 7 to 8 minutes)

3

<Finish>

After heating, stir in the melted **B** until sticky under the residual heat.

No.143 Stir-Fried Chicken and Broccoli

Microwave

No accessories



Ingredients/For 4 servings

Chicken thigh	150 g	A	Szechuan pickles (flavoured)	20 g
A	Salt, pepper			A little
	Starch			1/2 tsp.
Broccoli	100 g	B	<Sauce>	
Onion	1/4		Sesame oil	1 tsp.
			Soy sauce	1 tbsp.

手動
(Manual)

微波 600W (Microwave 600W) Approx. 6 mins 30 sec

How to cook

1

<Place ingredients into heat-resistant containers>

1. Cut the chicken into bite sizes, and sprinkle with **A**.
2. Divide the broccoli into florets, and cut larger ones in half vertically. Cut the onion into wedge shapes and then cut them in half, and shred the mustard.
3. Place **1** and **2** into a deep heat-resistance container, and then pour in the mixed **B**.

2

<Heat it up>

Cover **1** with plastic wrap, place it in the **center of the chamber**, and start heating.



(The standard heating time ranges from 6 minutes to 6 minutes 30 seconds.)

No.144 Sweet and Sour Meatballs

Microwave

No accessories



Ingredients/For 2 servings

<Meatballs>

Minced pork	200 g
Onion (chopped)	100 g
Ginger (chopped)	1 tsp.
Sesame oil	1 tsp.
Starch	1 tbsp.
Soy sauce	1 tsp.
Wine	1 tsp.

<Sour-sweet sauce>

Sugar	2 tbsp.
Ketchup	2 tbsp.
Vinegar	3 tbsp.
Soy sauce	1/2 tbsp.
Water	70 ml
Starch	2 tsp.
Water	1 tbsp.

手動 (Manual) 微波 600W (Microwave 600W) Approx. 7 mins 30 sec

How to cook

1 <Make meatballs>

1. Pour all the ingredients for the meatballs into a container and mix them well.
2. Divide the ingredients into 10 equal portions, form them into balls, and line the balls on a large heat-resistant plate.
3. Cover **2** with plastic wrap, place it in the **center of the chamber**, and start heating.



(The standard heating time ranges from 6 minutes 40 seconds to 7 minutes 30 seconds.)

2 <Prepare the sour-sweet sauce>

1. Mix **A** in a heat-resistant container, place the container in the **center of the chamber** (without covering with plastic wrap), and start heating.



2. After heating, stir in the melted **B** until sticky under the residual heat.

3 <Finish>

- Serve the meatballs on a plate, topped with sour-sweet sauce.

No.145 Prawn and Mushrooms in Chilli Sauce

Microwave

No accessories



Ingredients/For 4 servings

Peeled prawns (large)	250 g
Wine	1 tbsp.
Salt	A little
Starch	1/2 tbsp.
Scallion (chopped)	1/2 stalks
Shimeji mushroom (divided into small pieces)	1 bag (100 g)

Chili sauce	1 1/2 tbsp.
Ketchup	4 tbsp.
Sesame oil	1/2 tbsp.
Boiling water	70 ml
Starch	1/2 tbsp.
Water	1 tbsp.

手動 (Manual) 微波 600W (Microwave 600W) Approx. 8 mins

How to cook

1 <Place ingredients into heat-resistant containers>

1. Remove the intestine, massage the prawns in **A**, and leave them sit for about 10 minutes.
2. Mix **1**, chopped scallions and shimeji mushrooms in a large heat-resistant glass bowl, and then pour in the mixed **B**.

2 <Heat it up>

- Cover **1** with plastic wrap, place it in the **center of the chamber**, and start heating.



(The standard heating time is 7 to 8 minutes)

3 <Finish>

- After heating, stir in the melted **C** until sticky under the residual heat.

No.146 Japanese Style Double-Cooked Pork with Cabbage

Microwave

No accessories



Ingredients/For 4 servings

Pork fillet	100 g	<Sauce>	
Cabbage	150 g	Soybean paste	1 tbsp.
		Sugar	1/2 tbsp.
		Sesame oil	1/2 tbsp.
		A Soy sauce	1 tsp.
		Chilli soybean paste...	1/4 tsp.
		Ginger (chopped) ...	1/2 tsp.
		Starch	1/2 tsp.

手動 (Manual) 微波 600W (Microwave 600W) Approx. 7 mins

How to cook

- <Place ingredients into heat-resistant containers>**
 - Cut the pork into bite sizes. Make the sauce by mixing **A**, and stir it into the pork.
 - Cut the cabbage into 4-5 cm chunks.
 - Spread a layer of cabbage in a large heat-resistant glass bowl, top with the pork from **1**, and then add the remaining cabbage.

- <Heat it up>**
Cover **1** with plastic wrap, place it in the **center of the chamber**, and start heating.



(The standard heating time ranges from 6 minutes 20 seconds to 7 minutes.)

- <Finish>**
After heating, mix the whole thing well under the residual heat.

No.147 Stir-Fried Mustard Spinach with Scallops

Microwave

No accessories



Ingredients/For 4 servings

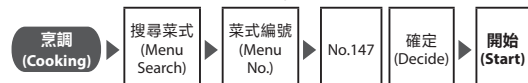
Mustard spinach	300 g	Ginger (shredded) ...	1 slice
Boiled scallop	1 can (Net 70 g)	Wine	1 tbsp.
		Chicken stock powder	1/2 tsp.
		A Oyster sauce	1/2 tbsp.
		Soy sauce	1 tsp.
		Sugar	1 tsp.
		Pepper	A little
		Starch	1 1/2 tsp.
		Water	50 ml

手動 (Manual) 微波 600W (Microwave 600W) Approx. 7 mins

How to cook

- <Place the ingredients into a heat-resistant container>**
 - Mix **A** in a large heat-resistance glass bowl, add separated scallops and juices from the can (70 g), and mix them well.
 - Wash the mustard spinach clean, and cut it into 7-8 cm-long chunks.
 - Mix the mustard spinach into **1**.

- <Heat it up>**
Cover **1** with plastic wrap, place it in the **center of the chamber**, and start heating.



(The standard heating time is approx. 6 minutes 20 seconds)

- <Finish>**
After heating, mix the whole thing well under the residual heat.

No.148 Okra-Stuffed Pork Roll

Microwave

No accessories



Ingredients/For 4 servings

Okra	16 (150 g)	A	<Sauce>	
Salt	A little		Soy sauce	1 tbsp.
Pork fillet	16 slices (200 g)	A	Vinegar	1/2 tbsp.
Shaoxing wine or white wine	1 tbsp.		Sesame oil	1 tsp.
Sesame oil	1 tsp.		Chilli soybean paste	1/4 tsp.
			Scallion (chopped)	1 tbsp.
			Ginger (chopped) ...	1 tsp.

手動 (Manual) 微波 600W (Microwave 600W) Approx. 7 mins

How to cook

- <Put the ingredients on a heat-resistant plate>**
 - Scatter salt on the okra and rub each okra to remove spines on the surface, wash it clean and cut the tops off.
 - Spread and flatten a pork fillet on a chopping block. Put an okra on it and wrap the okra with the pork fillet. Line the wrapped pork roll on a heat-resistant plate.
 - Pour the Shaoxing wine and sesame oil over **2**.
- <Heat it up>**

Cover **1** with plastic wrap, place it in the **center of the chamber**, and start heating.

烹調 (Cooking)

搜尋菜式 (Menu Search)

菜式編號 (Menu No.)

No.148

確定 (Decide)

開始 (Start)

(The standard heating time is approx. 6 minutes 20 seconds)
- <Finish>**
 - After heating, make the sauce by mixing the juices (1 tbsp.) from steaming **A** and **2**.
 - Serve **2** on a plate after slightly drying the juice in the container, and pour **1** over it.

An appetizer or a great addition to your bento box. It's an easy menu for making a one-serving meal with microwave for one minute.

No.149 Scrambled Eggs with Tomatoes

Microwave

No accessories



Ingredients/For 1 servings

Egg	1 (M-sized)	Salt	A little
Mini tomato (cut in quarters)	1	Dried basil (to taste)	A little
Melted cheese slice	1/2 slices (10 g)		

手動 (Manual) 微波 600W (Microwave 600W) Approx. 1 min 10 sec

How to cook

- 1 <Place ingredients into heat-resistant containers>
1. Crack an egg into a heat-resistant container (pottery) and beat it thoroughly.
2. Stir the remaining ingredients into 1.
Please shred the cheese slices before adding them.
- 2 <Heat it up>
Place 1 in the **center of the chamber** (without covering with plastic wrap), and start heating.

烹調 (Cooking) → 搜尋菜式 (Menu Search) → 菜式編號 (Menu No.) → No.149 → 確定 (Decide) → 開始 (Start)

(The standard heating time is approx. 1 minute)
- 3 <Finish>
After heating, beat the whole thing thoroughly.

Notes
Please beat the eggs thoroughly. Please use a deep heat-resistant container without covering with plastic wrap.
(Otherwise, the plastic wrap may break, or the egg may spill out of the container after it has swelled up.)

An appetizer or a great addition to your bento box. It's an easy menu for making a one-serving meal with microwave for one minute.

No.150 Scrambled Eggs with Chinese Chives

Microwave

No accessories



Ingredients/For 1 servings

Egg	1 (M-sized)	Soy sauce	1/2 tsp.
Chinese chive (cut into 3 cm chunks)	3 leaves	Sesame oil	A little
A			
Mirin	1 tsp.		
Mayonnaise	1/2 tsp.		
Chicken broth	A little		

手動 (Manual) 微波 600W (Microwave 600W) Approx. 1 min 10 sec

How to cook

- 1 <Place ingredients into heat-resistant containers>
1. Crack an egg into a heat-resistant container (pottery) and beat it thoroughly.
2. Stir the Chinese chives and A into 1.
- 2 <Heat it up>
Place 1 in the **center of the chamber** (without covering with plastic wrap), and start heating.

烹調 (Cooking) → 搜尋菜式 (Menu Search) → 菜式編號 (Menu No.) → No.150 → 確定 (Decide) → 開始 (Start)

(The standard heating time is approx. 1 minute)
- 3 <Finish>
After heating, pour the soy sauce and sesame oil over it, and beat the whole thing thoroughly.

Notes
Please beat the eggs thoroughly. Please use a deep heat-resistant container without covering with plastic wrap.
(Otherwise, the plastic wrap may break, or the egg may spill out of the container after it has swelled up.)

Easy Menu ~ Portion size of your choice ~

An appetizer or a great addition to your bento box. It's an easy menu for making a one-serving meal with microwave for one minute.

No.151 Curry Flavoured Canned Mackerel and Cabbage

Microwave

No accessories



Ingredients/For 1 servings

Cabbage	50 g	A	Ketchup	1 tsp.
Boiled mackerel (canned)			Ginger (chopped, tube)	
Net 50 g				1/2 tsp.
Curry powder	1/2 tsp.		Garlic (grated, tube)	
Sauce	1 tsp.			A little

手動 (Manual) 微波 600W (Microwave 600W) Approx. 1 min 20 sec

How to cook

- <Place ingredients into heat-resistant containers>**
 - Place **A** into a heat-resistant container (pottery), loosen the mackerel steaks, and mix them well.
 - Cut the cabbage into 4 cm chunks, and stir them into **1**.
 - Wrap **2** with plastic wrap.
- <Heat it up>**
Place **1** in the **center of the chamber** and start heating.

烹調 (Cooking) → 搜尋菜式 (Menu Search) → 菜式編號 (Menu No.) → No.151 → 確定 (Decide) → 開始 (Start)

(The standard heating time is approx. 1 minute 10 seconds)
- <Finish>**
After heating, mix the whole thing roughly.

An appetizer or a great addition to your bento box. It's an easy menu for making a one-serving meal with microwave for one minute.

No.152 Sweet and Spicy Green Pepper and Dried Young Sardines

Microwave

No accessories



Ingredients/For 1 servings

Green pepper	50 g (Approx. 1 1/2 stalks)	Sugar	1/2 tsp.
Dried young sardines	5 g (1 tbsp.)	Soy sauce	1 tsp.
Sesame oil	1/2 tsp.	Spice powder (to taste)	A suitable amount

手動 (Manual) 微波 600W (Microwave 600W) Approx. 1 min 20 sec

How to cook

- <Place the ingredients into a heat-resistant container>**
 - Remove the tops of the green peppers, cut them in half vertically, remove the seeds, place them on their sides, and then cut them into 1 cm-wide slices.
 - Dissolve the sugar in the soy sauce in a heat-resistant container (pottery).
 - Stir **1**, the dried young sardines and sesame oil into **2**.
 - Wrap **3** with plastic wrap.
- <Heat it up>**
Place **1** in the **center of the chamber** and start heating.

烹調 (Cooking) → 搜尋菜式 (Menu Search) → 菜式編號 (Menu No.) → No.152 → 確定 (Decide) → 開始 (Start)

(The standard heating time is approx. 1 minute 10 seconds)
- <Finish>**
After heating, mix the whole thing well and serve with spice powder on the top to your taste.

An appetizer or a great addition to your bento box. It's an easy menu for making a one-serving meal with microwave for one minute.

No.153 Enoki Mushrooms with Butter and Soy Sauce

Microwave

No accessories



Ingredients/For 1 servings			
Enoki mushroom	50 g	Water	1 tsp.
Fish paste	1 strip	Shredded nori	
Butter	1 tsp. (4 g)		A suitable amount
Soy sauce	1/2 tsp.		

手動
(Manual)

微波 600W (Microwave 600W) Approx. 1 min 20 sec

How to cook

- 1 <Place the ingredients into a heat-resistant container>
1. Cut the Enoki mushrooms into halves lengthwise. Cut the fish paste into halves vertically and then diagonally into thin slices.
2. Mix the Enoki mushrooms, butter, soy sauce and water in a heat-resistant container (pottery).
3. Wrap 2 with plastic wrap.
- 2 <Heat it up>
Place 1 in the **center of the chamber** and start heating.

烹調 (Cooking) → 搜尋菜式 (Menu Search) → 菜式編號 (Menu No.) → No.153 → 確定 (Decide) → 開始 (Start)

(The standard heating time is approx. 1 minute 10 seconds)
- 3 <Finish>
After heating, mix the fish paste in and serve with torn nori on the top.

An appetizer or a great addition to your bento box. It's an easy menu for making a one-serving meal with microwave for one minute.

No.154 Deep Fried Tofu

Microwave

No accessories



Ingredients/For 1 servings			
Deep fried Tofu	80 g (Approx. 1/2 bricks)	White sesame seeds	A suitable amount
Sauce (1:3 dilution with water)	1 tsp.	Green shiso (stripped)	A suitable amount
Sesame oil	1/2 tsp.		

手動
(Manual)

微波 600W (Microwave 600W) Approx. 1 min 10 sec

How to cook

- 1 <Place the ingredients into a heat-resistant container>
1. Cut the deep fried Tofu into bite-sized chunks (about 1 cm thick).
2. Mix 1, seasonings and sesame oil in a heat-resistant container (pottery).
3. Wrap 2 with plastic wrap.
- 2 <Heat it up>
Place 1 in the **center of the chamber** and start heating.

烹調 (Cooking) → 搜尋菜式 (Menu Search) → 菜式編號 (Menu No.) → No.154 → 確定 (Decide) → 開始 (Start)

(The standard heating time is approx. 1 minute)
- 3 <Finish>
After heating, mix the whole thing roughly, and serve with torn nori and green shiso on the top.

An appetizer or a great addition to your bento box. It's an easy menu for making a one-serving meal with microwave for one minute.

No.155 Korean Carrot Salad

Microwave

No accessories



Ingredients/For 1 servings

Carrot (stripped) 50 g : White sesame seeds
Soy sauce 1 tsp. : A suitable amount
Sesame oil 1 tsp.

手動 (Manual) 微波 600W (Microwave 600W) Approx. 1 min 20 sec

How to cook

1 <Place the ingredients into a heat-resistant container>
Mix the carrots, soy sauce and sesame oil in a container (pottery) and wrap it with plastic wrap.

2 <Heat it up>
Place **1** in the **center of the chamber** and start heating.



(The standard heating time is approx. 1 minute 10 seconds)

3 <Finish>
After heating, mix the whole thing roughly and sprinkle with ground white sesame seeds.

An appetizer or a great addition to your bento box. It's an easy menu for making a one-serving meal with microwave for one minute.

No.156 Mayonnaise Pumpkin Salad

Microwave

No accessories



Ingredients/For 1 servings

Pumpkin (5 mm pieces) ... 50 g : White sesame seeds
Mayonnaise 1 tsp. : A suitable amount

手動 (Manual) 微波 600W (Microwave 600W) Approx. 1 min 20 sec

How to cook

1 <Place the ingredients into a heat-resistant container>
Place the pumpkin into a heat-resistant container (pottery) and wrap it with plastic wrap.

2 <Heat it up>
Place **1** in the **center of the chamber** and start heating.



(The standard heating time is approx. 1 minute 10 seconds)

3 <Finish>
After heating, mix it with the mayonnaise and white sesame seeds.

An appetizer or a great addition to your bento box. It's an easy menu for making a one-serving meal with microwave for one minute.

No.157 Sesame Seeds and Mizuna Salad

Microwave

No accessories



Ingredients/For 1 servings

Mizuna (cut into 5 cm-long pieces) 50 g : Sesame oil 1/2 tsp.
White dashi (commercially available) 1 tsp. : Crab stick (cut vertically) 2
White sesame seeds A suitable amount

手動 (Manual) 微波 600W (Microwave 600W) Approx. 1 min 10 sec

How to cook

1 <Place the ingredients into a heat-resistant container>
Mix the mizuna, white dashi and sesame oil in a container (pottery).

2 <Heat it up>
Place **1** in the **center of the chamber** (without covering with plastic wrap), and start heating.



(The standard heating time is approx. 1 minute)

3 <Finish>
After heating, mix the crab stick and ground white sesame seeds in.

An appetizer or a great addition to your bento box. It's an easy menu for making a one-serving meal with microwave for one minute.

No.158 Okra Salad

Microwave

No accessories



Ingredients/For 1 servings

Okra..... 30 g Dried bonito flakes
Soy sauce 1/4 tsp. A suitable amount

手動
(Manual)

微波 600W (Microwave 600W) Approx. 1 min 10 sec

How to cook

1

<Place the ingredients into a heat-resistant container>

1. Scatter salt on the okra and rub each okra to remove spines on the surface, wash it clean and cut the tops off. Then, cut it into 3 mm-wide pieces.
2. Place **1** into a heat-resistant container (pottery) and wrap it with plastic wrap.

2

<Heat it up>

Place **1** in the **center of the chamber** and start heating.



(The standard heating time is approx. 1 minute)

3

<Finish>

After heating, mix the soy sauce and dried bonito flakes in.

An appetizer or a great addition to your bento box. It's an easy menu for making a one-serving meal with microwave for one minute.

No.159 Crispy Taro with Bacon

Microwave

No accessories



Ingredients/For 1 servings

Chinese yam (cut into 5 mm sticks) 40 g Salt, black pepper A suitable amount
Bacon (cut into 1 cm-wide slices) 1 slice (15 g)

手動
(Manual)

微波 600W (Microwave 600W) Approx. 1 min 10 sec

How to cook

1

<Place the ingredients into a heat-resistant container>

Mix all the ingredients in a heat-resistant container (pottery) and wrap it with plastic wrap.

2

<Heat it up>

Place **1** in the **center of the chamber** and start heating.



(The standard heating time is approx. 1 minute)

3

<Finish>

After heating, mix the whole thing roughly.

An appetizer or a great addition to your bento box. It's an easy menu for making a one-serving meal with microwave for one minute.

No.160 Stir-fried Oily Tofu with Radish

Microwave

No accessories



Ingredients/For 1 servings

White radish (stripped) ... 30 g Seasonings (1:3 dilution with water) 1/2 tsp.
Oily Tofu (oil removed, stripped) 5 g

手動
(Manual)

微波 600W (Microwave 600W) Approx. 1 min 10 sec

How to cook

1

<Place the ingredients into a heat-resistant container>

Mix the white radish, oily Tofu, and seasonings in a heat-resistant container (pottery) and wrap it with plastic wrap.

2

<Heat it up>

Place **1** in the **center of the chamber** and start heating.



(The standard heating time is approx. 1 minute)

3

<Finish>

After heating, mix the whole thing roughly.

No.161 Homemade Tofu

Microwave

No accessories



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

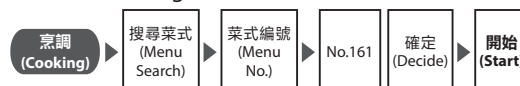
Soy milk (Pure/For making tofu) 250 ml
 ※ Please use soy milk chilled in the fridge (below 10°C).
 Bittern Follow the instructions and use the specified quantities on the package

手動 (Manual)	For 2 servings 微波 500W (Microwave 500W) Approx. 2 mins → Leave it inside the chamber for about 5 minutes.
	For 4 servings • Please double the ingredients, use 4 containers, and heat it in the manual mode. 微波 500W (Microwave 500W) Approx. 4 mins → Leave it inside the chamber for about 5 minutes. • Auto cooking is not applicable.

How to cook

- <Place the ingredients into a heat-resistant container>**
 1. Pour the soy milk and bittern into a bowl. Whisk it with a spoon gently to avoid bubbles. (Soy Milk Mixture)
 2. Divide **1** into equal portions, add one portion into each heat-resistant cup, and cover each cup with plastic wrap gently. (Remove bubbles on the surface with a spoon to get a neat finish.)

- <Heat it up>**
Place the container from **1** in the **center of the chamber** and start heating.



(The standard heating time is approx. 7 minutes)

• After heating, it's delicious either warm or refrigerated.

- For a softer taste → Use pure soy milk containing 10%-12% soybean solids.
For a harder taste → Use pure soy milk containing 12% or more soybean solids.
- Depending on the type of soy milk and bittern, the final result (or the method of agglomeration) may differ.
- When using a different recipe, use soy milk that contains more soy solids.
- Bitterns commercially concentrations depending on the manufacturer and type. Please follow the instructions on the usage quantity (i.e. the ratio of soy milk and bitterns) specified on the package.

Variations of Homemade Tofu

For the basic ingredients and cooking method, please refer to "No.161 Homemade Tofu".

In Step **2** of "How to cook", select the corresponding menu number. The heating time is approx. 7 minutes. (For manual cooking, please refer to "No.161 Homemade Tofu".)

Please try to use your favorite seasonings and sauces



No.162 • Homemade Tofu with Whitebait •

In Step **1**~**2** of "How to cook", add the whitebait (approx. 5 g) to each heat-resistant cup and then stir in the soy milk.



No.163 • Homemade Tofu with Sakura Shrimp •

In Step **1**~**2** of "How to cook", add the dried Sakura shrimp (approx. 3 g) to each heat-resistant cup and then stir in the soy milk.



No.164 • Homemade Tofu with Edamame •

In Step **1**~**2** of "How to cook", add the Edamame (approx. 15 g, defrost frozen ingredients) to each heat-resistant cup and then stir in the soy milk.



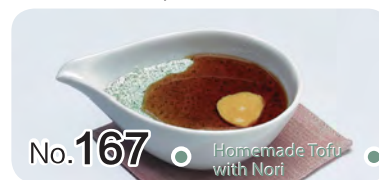
No.165 • Homemade Tofu with Sesame •

In Step **1**~**1** of "How to cook", stir the soy milk into the toasted black sesame (1 tbsp.). After the two are mixed, add the bittern and stir again.



No.166 • Homemade Tofu with Matcha •

In Step **1**~**1** of "How to cook", stir the soy milk gradually into the Matcha (2 tsp.). After the two are mixed, add the bittern and stir again.



No.167 • Homemade Tofu with Nori •

In Step **1**~**1** of "How to cook", stir the soy milk gradually into the nori (1 tbsp.). After the two are mixed, add the bittern and stir again.



No.168 • Bean Curd Jelly •

In Step **1**~**1** of "How to cook", add sugar (30 g) to make soy milk.
 You can pour syrup or honey as you like, or decorate with toppings such as fruit or almonds.

No.169 Hamburger Stew

Microwave

No accessories



Ingredients/For 4 servings

A	Minced pork	400 g	B	Maitake mushroom (divided into small pieces)	100 g
	Salt	1/2 tsp.		Onion (chopped)	60 g
	Pepper, nutmeg	A little		Ketchup	70 g
	Fried onion	15 g		Medium-concentrated sauce	60 g
	Breadcrumbs	2/3 cups		Soy sauce	1 tsp.
	Wine	80 ml		Wine	2 tbsp.
	Egg (beaten)	1 (M-sized)			

手動

(Manual)

微波 600W (Microwave 600W) Approx. 13 mins

How to cook

1 <Put the ingredients on a heat-resistant plate>

1. Mix **B** well.
2. Mix **A** in a large bowl. (Until all the ingredients are mixed together. Please be noted that the ingredients will become hard if you stir too much.)
3. Slap the stuffing from **2** several times in the bowl to remove air.
4. Spread **3** on a deep and large heat-resistant plate to form a hamburger with a diameter of 20 cm and thickness of 1.5 cm, and scatter the separated maitake mushroom.
5. Pour **1** over **4**, and mix them well.

2 <Heat it up>

Cover **1** with plastic wrap, place it in the **center of the chamber**, and start heating.



(The standard heating time is approx. 13 minutes)

3 <Finish>

After heating, serve with the sauce around it.

Heating mechanism of ISHIGAMA DOME

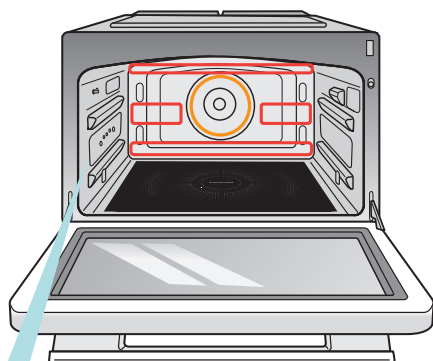


The heating mechanism may differ greatly from oven to oven.
The final result may improve provided that you pay a little more attention to placement!

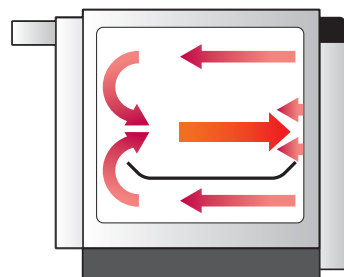
Understand how the convection works to use it intelligently.

- Hot air blows out from inside the chamber

When observing the movement of hot air from a side...

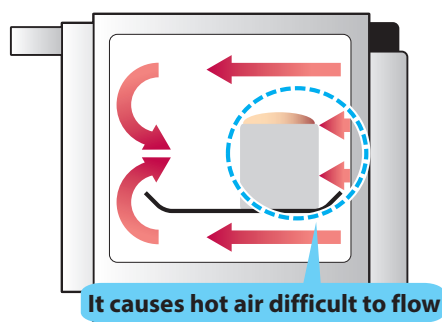
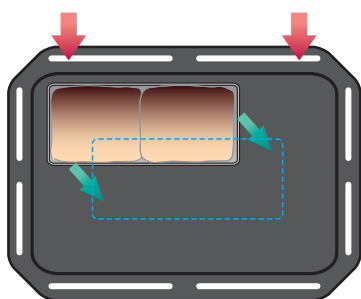


Hot air blows out of the red circle

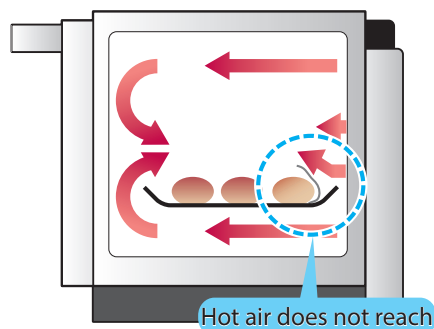
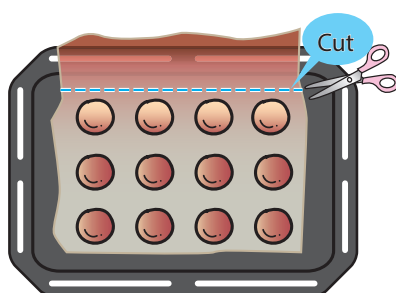


The hot air blowing up and down flows towards the suction inlet in the center (i.e. the yellow circle on the left image).

- If you place food near the hot air outlet...
→ The hot air will hit the food directly and the final result may be darker/charred.
As long as it is placed in the right position (e.g. the bread is placed in the center), it will be baked smoothly.
The key is not to block the hot air outlet with food!



- If the parchment paper covers the food near the air outlet...
→ The hot air may not hit the food directly and the final result may be lighter.
Cut the parchment paper to fit the square tray.



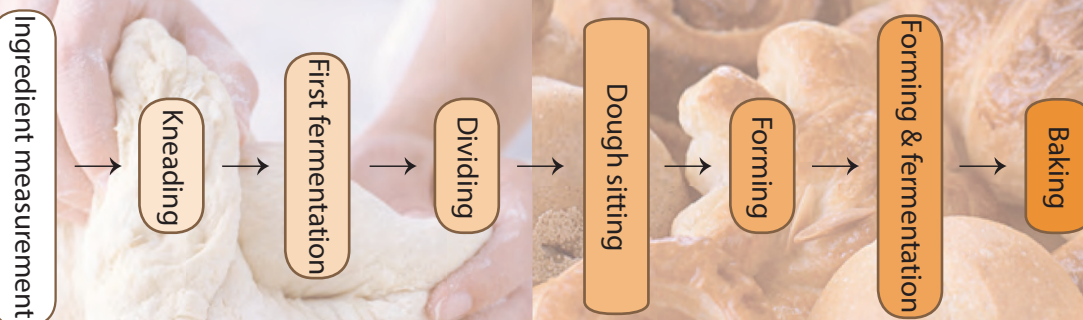
♥ Fall in love
with bread ♥

Enjoy freshly baked handmade bread!



Bread making process

Each and every step is important for bread making



Easy Bread (Difficulty level 1)



This menu is to make bread which does not require fermentation or which can be fermented in a short time.

- ◆ Easy Bread (Since it is an automatic menu, there is no need to set the temperature or time. In addition, since the time-consuming fermentation is done in with microwave, it only takes about 1 hour to make the bread.)

Basic bread/Vegetable bread (Difficulty level 2)



Learn the basics of bread making, such as dough kneading and forming.

Once you've mastered how to make basic bread, try make variations by adding stuffing! This will increase your repertoire of bread.

- ◆ Butter Bread (Basic Bread)
- ◆ Butter Roll (It uses the dough of Butter Roll but differs in shape.)

Hard Bread/Bread with complex processes (Difficulty level 3)



Take on the challenge of making hard bread that is difficult to ferment and requires a high degree of skill, and take it to the next level.

- ◆ Melon Pan
- ◆ Croissant
- ◆ French Bread

No.170 Easy Bread



Microwave

Convection



Ingredients/For 8 (1 shelf)

High-gluten flour (sieved)	160 g
Milk	120 g
Butter (cut into small pieces, at room temperature)	20 g
Sugar	20 g
Salt	2 g
Dry yeast (Granules, not requiring pre-fermentation)	4 g

手動 (Manual)	<Forming & Fermentation>
	發酵 (Fermentation) 40 °C
	1 shelf: Approx. 15 mins;
	2 shelves: Approx. 19 mins
	<Baking>
	熱風對流 (無預熱)
	(Convection) (without preheat) 190 °C
	1 shelf: 15-20 mins;
	2 shelves: 16-21 mins

• You can also bake 16 loaves of bread (on 2 shelves) in the auto mode. Please double the ingredients when making the dough.

How to cook

1

Dough making

1. Place the milk, butter and sugar into a heat-resistant glass bowl, put the bowl in the **center of the chamber** (without covering with plastic wrap) and start heating.

微波 600W (Microwave 600W) 30-50 秒 (30-50 sec) 開始 (Start)

*It is recommended to use a heat-resistant glass bowl when you are baking on 2 shelves. The heating time ranges from 1 minute 10 seconds to 1 minute 30 seconds.

2. Whisk it to melt the butter. (In this step, keep the temperature below 40 °C.)

3. Stir the dry yeast into 2.

4. Add half of the high-gluten flour into 3, and mix it with a whisk.

5. Mix the remaining high-gluten flour with salt, add the mixture into 4, and then mix them well with a rubber spatula until all powder is dissolved.
• If it is hard to mix, please knead by hand.

2

First fermentation

1. Lightly flatten the dough from 1.

2. Cover the bowl from 1 with plastic wrap, place it in the **center of the chamber**, and start fermenting.



烹調 (Cooking) 搜尋菜式 (Menu Search) 菜式編號 (Menu No.) No.170 確定 (Decide) 1 層 (1 shelf) 開始 (Start)

(The total standard heating time is approx. 39 minutes)
• The first fermenting time is approx. 7 minutes

• Do not use a square tray for microwave heating.

*Select [2 層] (2 shelves) for baking on 2 shelves. (The total standard heating time is approx. 46 minutes, and the first fermenting time is approx. 9 minutes.)

3

Once the buzzer sounds*, take out 2.

* Do not press the 取消 (Cancel) button.
• The dough will rise a little after first fermentation. It does not rise much like ordinary bread dough, but this is normal.

4

Forming

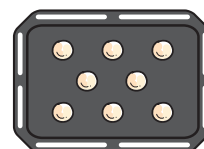
Bring the dough together, cut it into 8 equal portions (around 38 g each) with a spatula or a kitchen knife, and form the shape by pushing the cut ends into the inside.

* Divide the dough into 16 equal portions when baking on 2 shelves.

5

Dough sitting

Line them up on the **square tray** with the joints on the bottom, cover them with a well-wrung damp cloth, and leave them sit for 10 minutes.

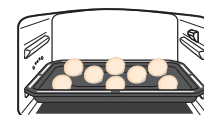


6

Forming & Fermentation ~ Baking

Remove the damp cloth from 5, put it on the **lower shelf**, and start heating.

• Forming & fermentation and baking are completed one after the other, and heating starts.



開始 (Start) Heating starts
• Forming & Fermentation/Baking Approx. 32 mins

* Put the two square trays on the upper and lower shelves separately when baking on 2 shelves. (Approx. 37 mins)

• If the final result looks too light in colour, please leave it **inside the chamber** after the heating time has collapsed, and observe the condition. It will get darker with the residual heat.



Variations of Easy Bread

★★For basic steps, please refer to “No.170 Easy Bread”.

★In Step 2 of “How to cook”, select the corresponding menu number.

- For variations of easy bread, you can only bake 8 loaves on 1 shelf, but you cannot bake 16 loaves on 2 shelves.

Add cocoa powder, coffee powder, matcha powder, etc. into the dough

Stir in the specified ingredients in Step 1~4 of “How to cook”.

No.171 ●Easy Cocoa Bread●



Cocoa powder...5 g

No.172 ●Easy Coffee Bread●



Instant coffee powder...5 g

No.173 ●Easy Matcha bread●



Matcha powder...5 g

Add large-particle ingredients such as raisins, walnuts and blueberries into the dough

Stir in the specified ingredients after Step 1~5 of “How to cook”.

No.174 ●Easy Raisin Bread●



Raisin...40 g

No.175 ●Easy Walnut Bread●



Walnut...40 g

No.176 ●Easy Blueberry Bread●



Blueberry...40 g

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

Add the specified ingredients after Step 5 of “How to cook”, and form the shape as you like.

No.177 ●Easy Sausage Bread●



Sausage...8

- After Step 5 of “How to cook”, roll a sausage in a dough.

No.178 ●Easy Cheese Bread●



Processed cheese...40 g

- After Step 5 of “How to cook”, divide the cheese into 8 equal portions, wrap each portion with a dough, and cut out a cross across the top surface.

No.179 ●Easy Matcha and Red Bean Paste Bread●



Matcha powder...5 g;
Red bean paste...160 g

- Add matcha in Step 1~4.
- After Step 5 of “How to cook”, divide the red bean paste into 8 equal portions, wrap each portion with a dough, and roll into a ball.

* After stuffing a dough with fillings, pinch the seams to seal the dough. Otherwise, the fillings may spill out during baking.

* Divide the dough into 8 equal portions (approx. 38 g each). If it is not divided equally, you may not get desired results.

No.180 Easy French Bread Buns



Microwave

Convection



Ingredients/For 4 (1 shelf)

High-gluten flour (sieved)	160 g
Milk	110 g
Butter (cut into small pieces, at room temperature)	20 g
Sugar	20 g
Salt	2 g
Dry yeast (Granules, not requiring pre-fermentation)	4 g

手動 (Manual)	<Forming & Fermentation>
	發酵 (Fermentation) 40 °C Approx. 15 mins
	發酵 (Fermentation) 40 °C Approx. 15 mins
	熱風對流 (無預熱) (Convection) (without preheat) 190 °C 15-20 minutes

• You can bake 4 loafs of easy spindle bread on 1 shelf. You cannot bake 8 loafs on 2 shelves.

How to cook

1

Dough making

- Place the milk, butter and sugar into a large heat-resistant glass bowl, put the bowl in the **center of the chamber** (without covering with plastic wrap) and start heating.

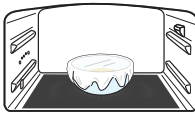
微波 600W
(Microwave 600W)

▶ 30-50 秒
(30-50 sec)

開始
(Start)
- Whisk it to melt the butter.
(In this step, keep the temperature below 40 °C.)
- Stir the dry yeast into **2**.
- Add half of the high-gluten flour into **3**, and mix it with a whisk.
- Mix the remaining high-gluten flour with salt, add the mixture into **4**, and then mix them well with a rubber spatula until all powder is dissolved.
• If it is hard to mix, please knead by hand.

2

First fermentation

- Lightly flatten the dough from **1**.
- Cover the bowl from **1** with plastic wrap, place it in the **center of the chamber**, and start fermenting.


烹調
(Cooking)

▶ 搜尋菜式
(Menu Search)

▶ 菜式編號
(Menu No.)

▶ No.180

▶ 確定
(Decide)

▶ 開始
(Start)

(The total standard heating time is approx. 39 minutes)
• The first fermenting time is approx. 7 minutes

• Do not use a square tray for microwave heating.

3

Once **the buzzer sounds***, take out **2**.
 * Do not press the 取消 (Cancel) button.
 • The dough will rise a little after first fermentation. It does not rise much like ordinary bread dough, but this is normal.



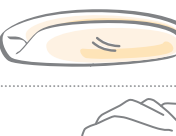

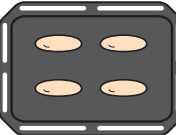
4

Dough sitting

- Bring the dough together, and cut it into 4 equal portions with a spatula or a kitchen knife. (Approx. 76 g each)
- Knead the dough until soft and roll into balls, line them up with the joints on the bottom, cover them with a well-wrung damp cloth, and leave them sit for 10 minutes.

5

Forming

- Unfold the dough from **4** outwards to an oval shape with your hand. 
- Fold the dough at $\frac{1}{3}$ from the tail, and press the joint with the base of your thumb. 
- Fold the dough from the head in the same way, and press the joint with the base of your thumb. 
- Fold it forward, and then seal the joint properly. 
- Roll the dough with your both hands into long strips with a length of about 14 cm.
- Place it on a **square tray** with the joint on the bottom. 

6

Forming & Fermentation ~ Baking

Place **5** on the **lower shelf** and start heating.
 • Forming & fermentation and baking are competed one after the other, and heating starts.

開始
(Start)

Heating starts

• **Forming & Fermentation/Baking Approx. 32 mins**
 • If the final result looks too light in colour, please leave it **inside the chamber** after the heating time has collapsed, and observe the condition. It will get darker with the residual heat.



Spaghetti Napolitan
..... A suitable amount

Red bean paste
..... A suitable amount
Fresh cream... A suitable amount



No.149 Scrambled Eggs with Tomatoes
..... 1 serving
(See "Scrambled Eggs with Tomatoes"
on Page 161 for the cooking method.)

Sausage 1
Baby leaves
..... A suitable amount
Mustard powder
..... A suitable amount

Feel free to add
any ingredients
as you like!

Easy Bun



Microwave

Convection



Ingredients/Approx. 15 cm (W) × 6.5 cm (L) × 4.5 cm (H), Paper pound cake mould ×1	
High-gluten flour (sieved)	160 g
Milk	100 g
Butter (cut into small pieces, at room temperature)	20 g
Sugar	20 g
Salt	2 g
Dry yeast (Granules, not requiring pre-fermentation)	4 g

How to cook

1

Dough making

- Place the milk, butter and sugar into a large heat-resistant glass bowl, put the bowl in the **center of the chamber** (without covering with plastic wrap) and start heating.

微波 600W
(Microwave 600W)

30-50 秒
(30-50 sec)

開始
(Start)
- Whisk it to melt the butter.
(In this step, keep the temperature below 40 °C.)
- Stir the dry yeast into 2.
- Add half of the high-gluten flour into 3, and mix it with a whisk.
- Mix the remaining high-gluten flour with salt, add the mixture into 4, and then mix them well with a rubber spatula until all powder is dissolved.
 - If it is hard to mix, please knead by hand.

2

First fermentation

- Lightly flatten the dough from 1.
- Cover the bowl from 1 with plastic wrap, place it in the **center of the chamber**, and start fermenting.

微波 100W
(Microwave 100W)

約 2 分鐘
(Around 2 mins)

開始
(Start)

 - Do not use a square tray for microwave heating.
- After heating, leave it in the chamber for another 5 minutes or so.
 - The dough will rise a little after first fermentation. It does not rise much like ordinary bread dough, but this is normal.

3

Dough sitting

- Bring the dough together, cut it into halves with a spatula or a kitchen knife, knead the dough until soft and roll into balls, cover them with a well-wrung damp cloth, and leave them sit for 10 minutes.

4

Forming

- Use a rolling pin to stretch each dough into a rectangle at a time, and roll it up. With the joint in the middle, stretch the dough to a width of about 4 cm with a rolling pin and roll it into a spiral shape from the proximal side.
- Roll 1 into a spiral rectangle, place it downwards into the mould.

5

Forming & fermentation

- Place 4 on a **square tray**, put it on the **lower shelf**, and start fermenting.

烹調
(Cooking)

其他
(Others)

發酵
(Fermentation)

40 °C

下一頁
(Next)

約 15 分鐘
(Around 15 mins)

開始
(Start)

6

Baking

- Preheating**
After fermentation, take out 5 together with the **square tray**, and start preheating.

烹調
(Cooking)

熱風對流
(Convection)

有預熱
(With preheat)

190 °C

開始
(Start)

(The standard preheating time is approx. 5 minutes)
- Baking**
After preheating, place 5 on the **lower shelf** and start heating.

開始
(Start)

Heating starts

Baking time Approx. 18-23 mins

Tofu is used in the dough for a soft and fluffy taste. The dough rises less than that of the basic bread.

Low-sugar Easy Bread



Microwave

Convection



*** Use soybean flour or almond flour to substitute some of the bread flour.**

Ingredients/For 8 (1 shelf)

■ Soybean flour

Soybean flour	30 g
High-gluten flour (sieved)	130 g
Tender tofu	100 g
Water	40 g
Sugar	12 g
Salt	2 g
Dry yeast (Granules, not requiring pre-fermentation)	4 g

Ingredients/For 8 (1 shelf)

■ Almond flour

Almond flour	30 g
High-gluten flour (sieved)	130 g
Tender tofu	100 g
Water	30 g
Sugar	12 g
Salt	2 g
Dry yeast (Granules, not requiring pre-fermentation)	4 g

Low-sugar Easy Bread (Soybean flour)

Energy: Approx. 91 calories^{*1}(each) •
Reduced by approx. 15%^{*2}
Sugar: Approx. 13 g^{*1}(each) •
Reduced by approx. 20%^{*2}

Almond flour

Energy: Approx. 96 calories^{*1}(each) •
Reduced by approx. 10%^{*2}
Sugar: Approx. 13 g^{*1}(each) •
Reduced by approx. 20%^{*2}

Easy Butter Bread (Basic Bread)
→ Page 185

How to cook

1 Dough making

- Place the tofu in a large heat-resistant glass bowl, and use a rubber spatula to press the tofu down into a slurry.
- Stir the water, sugar and dry yeast into 1, put it in the **center of the chamber** (without covering with plastic wrap) and start heating.

微波 600W
(Microwave 600W)

▶

30-50 秒
(30-50 sec)

▶

開始
(Start)

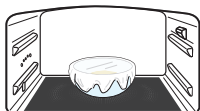
After heating, mix the whole thing well with a rubber spatula.

- Add half of the high-gluten flour into 2, and mix it with a rubber spatula.
- Mix the remaining high-gluten flour, soybean flour (or almond flour) and salt, add the mixture into 3, and then mix them well with a rubber spatula until all powder is dissolved.
• If it is hard to mix, please knead by hand.

2 First fermentation

- Lightly flatten the dough from 1.

- Cover the bowl from 1 with plastic wrap, place it in the **center of the chamber**, and start fermenting.



微波 100W
(Microwave 100W)

▶

約 2 分鐘
(Around 2 mins)

▶

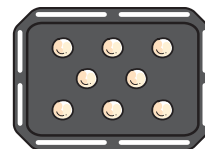
開始
(Start)

• Do not use a square tray for microwave heating.

- After heating, leave it **in the chamber** for another 8 minutes or so.
The dough will rise a little after first fermentation. It does not rise much like ordinary bread dough, but this is normal.

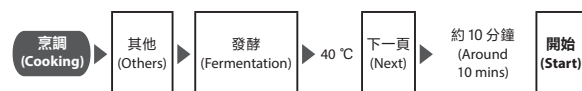
3 Forming

- Bring the dough together, cut it into 8 equal portions (around 38 g each) with a spatula or a kitchen knife, and form the shape by pushing the cut ends into the inside.
*Once the dough is sticky, spread a layer of flour (high-gluten flour, not included in the ingredients). Place the dough on a **square tray** with the joint on the bottom.



4 Forming & fermentation

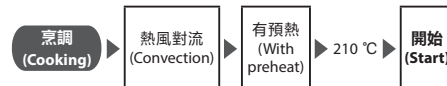
- Place 3 on the **lower shelf** and start fermenting.



5 Baking

1. Preheating

After fermentation, take out 4 together with the **square tray**, and start preheating.



(The standard preheating time is approx. 7 minutes)

2. Baking

After preheating, place 4 on the **lower shelf** and start heating.

開始
(Start)

Heating starts
• Baking time Approx. 7-12 mins

*1: The values are provided according to the "Standard Table of Food Composition in Japan" (7th Edition) by the Ministry of Education, Culture, Sports, Science and Technology of Japan.

(Sugar is the component of carbohydrates that is derived from the removal of dietary fiber.)

*2: Compared with the basic bread "Easy Butter Bread (Basic Bread)" (Page 185) in the Cookbook. This is for your information.

No.181 Easy Melon Bread



Microwave

Convection



Ingredients/For 6

<Dough>

High-gluten flour (sieved)	160 g
Milk	110 g
Butter (cut into small pieces, at room temperature)	20 g
Sugar	20 g
Salt	2 g
Dry yeast (Granules, not requiring pre-fermentation)	4 g

<Cookie Dough>

Butter (cut into small pieces, at room temperature)	35 g
Milk	1 tbsp. (15 g)
Sugar	3 tbsp. (27 g)
Low-gluten flour	7 tbsp. (63 g)
Vanilla essence	A suitable amount
Sugar (for topping)	A suitable amount

手動 (Manual)	<Forming & Fermentation>
	發酵 (Fermentation) 40 °C Approx. 15 mins
	<Baking>
	熱風對流 (無預熱) (Convection)
	(without preheat) 190 °C 15-20 minutes

• You can bake 6 loafs of easy melon pan on 1 shelf, but you cannot bake 12 loafs on 2 shelves.

How to cook

- 1 Making Cookie Dough**
 - Place the butter and milk for making the cookie dough into a heat-resistant container, put it in the **center of the chamber** (without covering with plastic wrap) and start heating.

微波 600W
(Microwave 600W)

20-30 秒
(20-30 sec)

開始
(Start)

After heating, mix the whole thing well to combine the butter and milk.
 - Add the sugar, low-gluten flour and vanilla essence for making the cookie dough into **1**, and mix it with a rubber spatula.
 - Refrigerate it.
- 2 Dough making**
 - Place the milk, butter and sugar for making the dough into a large heat-resistant glass bowl, put the bowl in the **center of the chamber** (without covering with plastic wrap) and start heating.

微波 600W
(Microwave 600W)

30-50 秒
(30-50 sec)

開始
(Start)
 - Whisk it to melt the butter.
(In this step, keep the temperature below 40 °C.)
 - Stir the dry yeast into **2**.
 - Add half of the high-gluten flour into **3**, and mix it with a whisk.
 - Mix the remaining high-gluten flour with salt, add the mixture into **4**, and then mix them well with a rubber spatula until all powder is dissolved.
 - If it is hard to mix, please knead by hand.

- 3 First fermentation**
 - Lightly flatten the dough from **2**.
 - Cover the bowl from **1** with plastic wrap, place it in the **center of the chamber**, and start fermenting.

烹調
(Cooking)

搜尋菜式
(Menu Search)

菜式編號
(Menu No.)

No.181

確定
(Decide)

開始
(Start)

(The total standard heating time is approx. 39 minutes)
• The first fermenting time is approx. 7 minutes

• Do not use a square tray for microwave heating.
- 4**

Once the buzzer sounds*, take out **3**.
* Do not press the 取消 (Cancel) button.
• The dough will rise a little after first fermentation. It does not rise much like ordinary bread dough, but this is normal.
- 5 Dough sitting**
 - Bring the dough together, cut it into 6 equal portions (around 50 g each) with a spatula or a kitchen knife, and form the shape by pushing the cut ends into the inside.
 - Line them up with the joints on the bottom, cover them with a well-wrung damp cloth, and leave them sit for 10 minutes.
- 6 Forming**
 - Press the bread dough from **5** with your hands, make slightly flat shapes and line them up on a **square tray**.
 - Take out the cookie dough from **1**, divide it into 6 equal portions and roll into balls.
Lay your hands flat and cover the dough from **1**, and stick it together.
 - Cut out the tartan pattern on the surface and sprinkle with sugar.
- 7 Forming & Fermentation ~ Baking**

Place **6** on the **lower shelf** and start heating.

 - Forming & fermentation and baking are competed one after the other, and heating starts.

開始
(Start)

Heating starts
• **Forming & Fermentation/Baking Approx. 32 mins**

No.182 Easy Curry Bread



Microwave

Convection



Ingredients/For 4

<Dough>	
High-gluten flour (sieved)	160 g
Milk	110 g
Butter (cut into small pieces, at room temperature)	20 g
Sugar	20 g
Salt	2 g
Dry yeast (Granules, not requiring pre-fermentation)	4 g
<Filling>	
Curry roux	200 g
<Toppings>	
Breadcrumbs	A suitable amount

手動 (Manual)	<Forming & Fermentation>
	發酵 (Fermentation) 40 °C Approx. 15 mins
	<Baking>
	熱風對流 (無預熱) (Convection)
	(without preheat) 190 °C 18-23 minutes

- Bake 4 loafs of easy curry bread on 1 shelf.
You cannot bake 8 loafs on 2 shelves.

How to cook

1 Preparing ingredients

1. To absorb the moisture, stack 2 sheets of parchment paper in a heat-resistant container, then put in the curry rice, wrap the whole container with plastic wrap, place it in the **center of chamber**, and start heating.

微波 600W (Microwave 600W) ▶ 4-5 分鐘 (4-5 mins) **開始 (Start)**

- The way it stews may vary with the specific curry. Please observe the condition during the heating to avoid burning.

2. After heating, transfer the bread together with the parchment paper to a plate, and refrigerate it for 20-30 minutes.
- When cooled, it will be hard and easy to wrap.

2 Dough making

1. Place the milk, butter and sugar into a large heat-resistant glass bowl, put the bowl in the **center of the chamber** (without covering with plastic wrap) and start heating.

微波 600W (Microwave 600W) ▶ 30-50 秒 (30-50 sec) **開始 (Start)**

2. Whisk it to melt the butter.
(In this step, keep the temperature below 40 °C.)
3. Stir the dry yeast into 2.
4. Add half of the high-gluten flour into 3, and mix it with a whisk.
5. Mix the remaining high-gluten flour with salt, add the mixture into 4, and then mix them well with a rubber spatula until all powder is dissolved.
- If it is hard to mix, please knead by hand.

3 First fermentation

1. Lightly flatten the dough from 2.

2. Cover the bowl from 1 with plastic wrap, place it in the **center of the chamber**, and start fermenting.



烹調 (Cooking) ▶ 搜尋菜式 (Menu Search) ▶ 菜式編號 (Menu No.) ▶ No.182 ▶ 確定 (Decide) ▶ **開始 (Start)**

- (The total standard heating time is approx. 42 minutes)
• The first fermenting time is approx. 7 minutes

- Do not use a square tray for microwave heating.

4

- Once the buzzer sounds*, take out 3.

* Do not press the **取消 (Cancel)** button.

- The dough will rise a little after first fermentation. It does not rise much like ordinary bread dough, but this is normal.

5

Dough sitting

1. Bring the dough together, cut it into 6 equal portions (around 50 g each) with a spatula or a kitchen knife, and form the shape by pushing the cut ends into the inside.
2. Line them up with the joints on the bottom, cover them with a well-wrung damp cloth, and leave them sit for 10 minutes.

6

Forming

1. Stretch out the dough from 5 to form a large circle with your hands, divide the cooled curry into 4 equal portions, put one portion in the center of the dough, fold the edges in towards the center and seal the seams together. Then, wrap the joint slightly and seal it properly.
- Make sure that the joint of each dough is free of curry.
You may not be able to seal the joint properly with curry present.
2. Roll each dough to thin the sides, shape it as you like, dip your hands with a small amount of water and cover the entire surface of the dough. Place the doughs on a flour-coated surface and sprinkle them with breadcrumbs.
3. Line them up on a **square tray** with the joint on the bottom.

7

Forming & Fermentation ~ Baking

- Place 6 on the **lower shelf** and start heating.
- Forming & fermentation and baking are competed one after the other, and heating starts.

開始 (Start) **Heating starts**
• **Forming & Fermentation/Baking Approx. 35 mins**

First fermented, heated with superheated steam, and baked in the oven! Done in 60 minutes!

No.183 Easy French Bread



Microwave

Superheated steam



Add water until it exceeds the half water level



Ingredients/For 1 loaf, approx. 35 cm in length	
A [High-gluten flour.....	120 g
Low-gluten flour	50 g
Salt	2 g
Sugar	3 g
Lukewarm water (30-35 °C)	120 g
Dry yeast (Granules, not requiring pre-fermentation)	2 g

手動 (Manual)	<Baking>
	熱風對流 (有預熱) (Convection) (With preheat) 240 °C
	1 loaf: Approx. 10 mins; 2 loafs: Approx. 13 mins
	↓
手動 (Manual)	熱風對流 (無預熱) (Convection) (without preheat) 240 °C
	1 loaf: Approx. 5 mins; 2 loafs: Approx. 6 mins

• You can also bake 2 loafs (with double ingredients) in the auto mode.
Please double the ingredients when making the dough.

How to cook

* Fill the water tank with water, and insert it to the main body.

1

Dough making

1. Sieve **A** into a large heat-resistance glass bowl.
* A large heat-resistance glass bowl is recommended for making 2 loafs of bread.

2. Stir the salt into **1**.

3. Stir the sugar into boiling water. After the sugar is dissolved, stir in the dry yeast.

4. Add **3** into **2**, and then mix them well with a rubber spatula until all powder is dissolved.

2

First fermentation

1. Lightly flatten the dough from **1**.

2. Cover the bowl from **1** with plastic wrap, place it in the **center of the chamber**, and start fermenting.

烹調
(Cooking)

搜尋菜式
(Menu Search)

菜式編號
(Menu No.)

No.183

確定
(Decide)

1條
(1 loaf)

加熱
(Reheat)

(The standard heating time excluding preheating is approx. 34 minutes)
• First fermenting time Approx. 13 mins

• Do not use a square tray for microwave heating.

* For 2 loafs, select [2 條] (2 loafs).
(The total standard heating time excluding preheating is approx. 43 minutes, and the first fermenting time is approx. 16 minutes.)

3

Forming

1. Once the buzzer sounds*, take out **2**.
* Do not press the 取消 (Cancel) button.
* To make 2 loafs of bread, divide the dough into halves.

2. Unfold the dough outwards to an oval shape.
* Since the dough is sticky, please form shapes by using high-gluten flour (not included in the ingredients).

3. Pull up the dough at 1/3 from the tail, and press the joint with the base of your thumb.

4. Fold the dough from the head in the same way, and press the joint with the base of your thumb.

5. Fold it forward, and then seal the joint properly.
• It will be easier to press the joint with your thumb and then seal the joint with the other hand.

6. With the joint on the bottom, roll the dough with your both hands into long strips with a length of about 35 cm. (The length will be about 32 cm when you are making 2 loafs.)

4

Forming & fermentation

1. Cut a sheet of parchment paper into the size of the **square tray**, place **3** diagonally with the joints on the bottom so that the left side of the dough is close to the back of the square tray and the right side close to the front.
* When you are making 2 loafs, line them up sideways.

2. Place the dough on the parchment paper, wrap it with a damp cloth, place it in the **center of the chamber**, and start fermenting.

加熱
(Reheat)

Heating starts
• Forming & Fermentation Approx. 6 mins
(Approx. 8 mins for making 2 loafs)

• Do not use a square tray for microwave heating.

3. Once the buzzer sounds*, take out the bread dough together with parchment paper, and put it on a **square tray**.
* Do not press the 取消 (Cancel) button.

• To heat with heating tubes as the next step, be sure to take out the dough together with parchment paper.

5

Baking

1. **Preheating**
Preheat the empty chamber.

加熱
(Reheat)

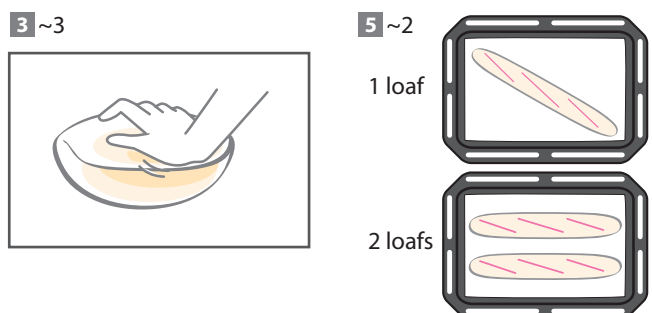
Preheating starts
(The standard preheating time is approx. 10 minutes)

2. Just before preheating is complete, use an oiled kitchen knife to cut out 3 grooves diagonally.
(Fresh fruit ice cream)

3. **Baking**
After preheating, place **2** on the **lower shelf** and start heating.

加熱
(Reheat)

Heating starts
• Baking Approx. 15 mins
(Approx. 19 mins for making 2 loafs)



No.184 Easy Pizza



Microwave

Convection



Ingredients/For 1, with a diameter of 22 cm (1 shelf)

High-gluten flour (sieved)	120 g
Milk	80 g
Sugar	10 g
Salt	2 g
Dry yeast (Granules, not requiring pre-fermentation)	2 g
<Ingredients>	
Green pepper (shredded) ... 1 (M-sized)	
Onion (sliced thinly)	50 g
Bacon (chopped)	25 g
Mushroom (Sliced and soaked in water)	20 g
Commercially available pizza sauce ...	50 g
Cheese (for pizza)	100 g

手動 (Manual)	<Baking>
	熱風對流 (有預熱)
	(Convection) (With preheat) 210 °C
	1 shelf: 8-13 mins;
	2 shelves: 10-15 mins

• You can also bake 2 loaves of bread (on 2 shelves) in the auto mode.
Please double the ingredients when making the dough.

How to cook

1 Dough making

- Place the milk and sugar into a large heat-resistant glass bowl, put the bowl in the **center of the chamber** (without covering with plastic wrap) and start heating.

微波 600W (Microwave 600W) 20-30 秒 (20-30 sec) 開始 (Start)

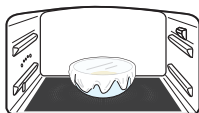
* It is recommended to use a large heat-resistant glass bowl when you are baking on 2 shelves.
The heating time ranges from 40 seconds to 1 minute.

- Whisk it to melt the butter.
(In this step, keep the temperature below 40 °C.)
- Stir the dry yeast into 2.
- Add half of the high-gluten flour into 3, and mix it with a whisk.
- Mix the remaining high-gluten flour with salt, add the mixture into 4, and then mix them well with a rubber spatula.
- Once it starts to come together, roll the dough with your both hands. Fold the dough in the bowl backwards, squash and fold in half from the right edge, squash and fold to the far-end half, and quash and fold in half from the left edge.
Repeat this step until all powder is dissolved.

2 First fermentation

- Lightly flatten the dough from 1.

- Cover the bowl from 1 with plastic wrap, place it in the **center of the chamber**, and start fermenting.



烹調 (Cooking) 搜尋菜式 (Menu Search) 菜式編號 (Menu No.) No.184 確定 (Decide) 1 層 (1 shelf) 開始 (Start)

(The standard heating time excluding preheating is approx. 18 minutes)

• First fermenting time Approx. 7 mins

• Do not use a square tray for microwave heating.

* Select [2 層] (2 shelves) for baking on 2 shelves.
(The total standard heating time excluding preheating is approx. 22 minutes, and the first fermenting time is approx. 9 minutes.)

3 Dough sitting

- Once the buzzer sounds*, take out 2, re-round the dough, wrap it with plastic wrap and let it sit for about 10 minutes.

* Do not press the 取消 (Cancel) button.
• The dough will rise a little after first fermentation. It does not rise much like ordinary bread dough, but this is normal.

* When you are baking on 2 shelves, cut the dough into halves and roll them into balls.

4 Forming

- Stretch the dough out into a circle with a diameter 22 cm using a rolling pin, and place it on a **square tray**. Wrap it with plastic wrap, and leave it sit for about 10 minutes.

5 Baking

1. Preheating

Preheat the empty chamber.

開始 (Start) Preheating starts (The standard preheating time is approx. 7 minutes)

- Remove the plastic wrap from 4, drizzle with the pizza sauce, put the toppings, and sprinkle with cheese.

3. Baking

After preheating, place 2 on the **lower shelf** and start heating.

開始 (Start) Heating starts • Baking Approx. 11 mins

* Put the two square trays on the upper and lower shelves separately when baking on 2 shelves.
(Approx. 13 mins)

No.185 Grissini



Convection



Ingredients/For 10 (1 shelf)

High-gluten flour (sieved)	125 g
Dry yeast (Granules, not requiring pre-fermentation)	1 g
Lukewarm water (30-35 °C)	65-75 g
Olive oil	2 tsp.
Salt	1/2 tsp.
Sugar	1/4 tsp.

手動
(Manual)

熱風對流 (有預熱)
(Convection) (With preheat) 200 °C
1 shelf: 10-15 mins;
2 shelves: 12-19 mins

- When baking on 2 shelves, double the ingredients and use the manual mode. Auto mode is not applicable.

How to cook

1

Dough making

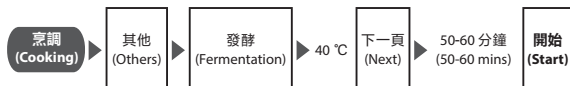
1. Put bread flour in a large bowl and make a dip in the middle. Add the dry yeast, sugar and half of the lukewarm water into the dip, and mix them well with flour whilst dissolving the yeast. Once they are mixed roughly, mix in the salt, remaining lukewarm water and olive oil and mix. Knead the dough properly until soft and smooth.

2. Stretch **1** into a 1 cm-thick and 10 cm-wide strip with a rolling pin. Place it on a **square tray** coated with high-gluten flour (not included in the ingredients), apply a layer of olive oil (not included in the ingredients) on the dough surface, and cover it with plastic wrap.

2

Fermentation

Place **1** on the **lower shelf** and start fermenting until it is doubled in thickness.



3

Forming

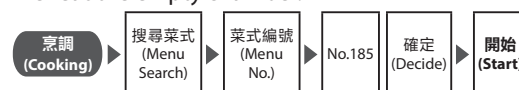
Cut the dough from **2** into 1 cm-wide pieces, stretch each piece to about 30 cm in length to fit the **square tray**, line them up on the **square tray** (with an interval of about 1 cm in between), and top them with high-gluten flour (not included in the ingredients).

4

Baking

1. Preheating

Preheat the empty chamber.



(The standard preheating time is approx. 5 minutes)

2. Baking

After preheating, place **3** on the **lower shelf** and start heating.

開始 (Start) Heating starts
(The standard heating time is approx. 12 minutes)

* Put the two square trays on the upper and lower shelves separately when baking on 2 shelves.

- You can serve with pepper, sesame seeds, fennel seeds, aniseed, caraway seeds, poppy seeds, dried herbs, or any other seasonings to your taste added in Step **1**~1.



No.186 Focaccia



Convection



Ingredients/For 1, with a diameter of approx. 18 cm (1 shelf)

High-gluten flour (sieved) 160 g
 Dry yeast (Granules, not requiring pre-fermentation) 2 g
 Lukewarm water (30-35 °C) 95-105 g
 Olive oil 1 tsp.
 Salt A little
 <Blend oil>
 A [Olive oil 1 tbsp.
 Salt A little
 Water 1 tsp.
 <Toppings (to taste)>
 [Rosemary A suitable amount
 Olive A suitable amount
 Anchovy A suitable amount
 Dried tomato A suitable amount

熱風對流 (有預熱)
 (Convection) (With preheat) 220 °C
 1 shelf: 11-17 mins;
 2 shelves: 13-19 mins

• When baking on 2 shelves
 Please double the ingredients and use the manual mode.
 Auto mode is not applicable.

How to cook

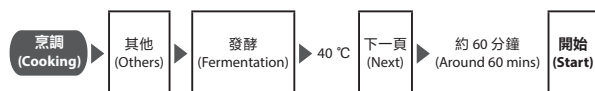
1 Dough making

1. Put bread flour in a bowl and make a dip in the middle. Add the dry yeast and half of the lukewarm water into the dip, and mix them well with flour whilst dissolving the yeast. Once they are mixed roughly, mix in the salt, remaining lukewarm water and olive oil and mix. Knead the dough thoroughly until smooth and elastic.

2. Flatten the dough, place it on a **square tray** coated with high-gluten flour (not included in the ingredients) and spread it out to a circle with a diameter of about 10 cm. To prevent it from becoming dry, coat the surface with olive oil (not included in the ingredients) and cover it with plastic wrap.

2 First fermentation

Place **1** on the **lower shelf** and start fermenting until it is doubled in thickness.

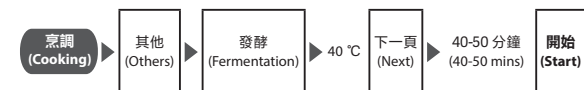


3 Forming

After fermentation, stretch the dough on the **square tray** to about 1-1.5 cm in thickness without squashing the air bubbles.

4 Forming & fermentation

Place **3** on the **lower shelf** and start fermenting.



5 Baking

1. Preheating

Take out **4** together with the **square tray**, and start preheating.



(The standard preheating time is approx. 8 minutes)

2. Make holes in the dough with your fingers and coat it generously with **A** using a brush. Add olives, dried tomatoes, anchovies, etc. in the holes or sprinkle with rosemary to your taste.

3. Baking

After preheating, place **2** on the **lower shelf** and start heating.

開始 (Start) Heating starts
 (The heating time is approx. 13 minutes)

This bread is known as “Pao De Queijo” in Portuguese, which means “Cheese Bread”. It is made of tapioca flour, so it is crispy on the outside and fluffy on the inside.

No.187 Cheese Buns



Convection



Ingredients/For 16

Tapioca flour	200 g
Milk	110 g
Water	110 g
A Salad oil	40 g
Salt	A little
Egg	1 (M-sized)
Cheese powder	100 g

- It can be easily done by kneading the dough with your hands. The dough will be powdery if the dough is not kneaded properly in Step 1~3.

手動 (Manual) 熱風對流 (有預熱) (Convection) (With preheat) 190 °C 18-25 minutes

How to cook

1

Dough making

- Place **A** in a heat-resistant container, place the container in **the center of the chamber** (without covering with plastic wrap), and start heating until it comes to a boil.

微波 600W
(Microwave 600W)

3分鐘-3分30秒
(3 mins-3 mins 30 sec)

開始
(Start)

- Place **1** into a bowl coated with tapioca flour, and then mix them quickly with a rubber spatula. Cover it with a damp cloth and steam it in a warm place for 2-3 minutes.
- Stir the beaten egg into **2** gradually, mix them with a rubber spatula, and then stir in cheese. Once it has cooled slightly, knead the dough with your both hands. Please be careful to avoid burning. (Knead the dough quickly since it will be hard to knead once the dough cools down.)

2

Baking

1. Preheating

Preheat the empty chamber.

烹調
(Cooking)

搜尋菜式
(Menu Search)

菜式編號
(Menu No.)

No.187

確定
(Decide)

開始
(Start)

(The standard preheating time is approx. 5 minutes)

- Divide **1** into 16 equal portions, roll them into balls, and line them up on a **square tray**.

3. Baking

After preheating, place **2** on the **lower shelf** and start heating.

開始
(Start) Heating starts

(The heating time is approx. 21 minutes)



Tips for Bread Making



Environment for bread making

Before bread making



- ◆ Keep the ingredients in a cool place with low humidity.
- ◆ The ideal environment for making bread is with a room temperature of 20 °C-25 °C and a humidity of 50%-70%.
- ◆ Before making bread, get the required items together and measure out the ingredients as you need. (Measure out the ingredients accurately!)
- ◆ "Return to room temperature" in the recipe is based on that "the room temperature is around 25 °C".

Dough making ~ Fermentation

Handling the dough



- ◆ Handle the dough with care.
- ◆ Depending on the room temperature and humidity, adjust the liquids (milk or water) by around 5 g.
- ◆ Use a kitchen knife, spatula or cutter to divide the dough.
If you tear it apart with your hands, the gluten layer may be cut, making it difficult to rise.
- ◆ Make sure that the dough does not dry during fermenting, sitting, forming or preheating.

The dough does not come together and it sticks to my hands no matter how much I knead.



- ◆ It takes a longer time to knead a dough containing too much fat, milk, or other similar ingredients.
- ◆ Do not add flour just because the dough is sticky. Knead the dough well until it comes together.
If you gather the dough together and clean off any paste sticking to your hands or the kneading board, it would be easier to knead.
However if the water temperature is high in the summer, the dough may be too sticky to come together even after kneading.

I do not know when the dough is ready.



- ◆ When you stretch the dough slightly, the dough should be thin enough to see your hand through it.
- ◆ Depending on the specific condition, the dough may not be stretched to be seen through.
Knead the dough thorough until it is smooth and can be stretched well.
- ◆ Knead the dough for the period of time and count of times stated in the recipe, and decide when the dough is ready according to the state of the dough.

I do not know what a well formed and fermented dough looks like



- ◆ As a guide, the dough shall rise to twice the size at the forming stage.
- ◆ Depending on the ingredients and fermenting state, the dough may not rise to twice the size.
It is completed if the dough is so elastic that the finger marks on the dough return to their original state when you gently touch the surface of the dough with your fingers.
- ◆ If the forming and fermenting time is too short (insufficient fermentation), the fermentation force will exceed the stretch of the dough, and the dough may not rise well or the bottom and sides may crack.
In addition, if the forming and fermenting time is too long (over-fermentation), the dough cannot rise further and becomes less fluffy, and the bread will end up with coarse texture with thick skin.

Have a check after baking is completed!

Coarse texture

- ◆ If air bubbles are not removed completely during forming and fermentation, or if the fermenting time is too long, the texture is more likely to be coarse.
- ◆ If the amount of dough is small compared with the size of the mould, the dough may be over-fermented and the texture may become coarse.
On the other hand, if the amount of dough is large compared with the size of the mold, the dough may be under-fermented.



Hard skin

- ◆ If the surface of the dough dries out before baking or if the oven temperature is low during baking, the skin will harden.
Spray water on the dough and preheat the oven properly before baking.
- ◆ The skin is still hard even after the bread cools down.
Once it cools down to the body temperature after baking, please put it into a plastic bag to prevent drying.



Unfluffy bread

- ◆ If the moisture is insufficient, the dough may be hard and unable to stretch, meaning that it does not rise.
 - Is the water mixed with the flour too hot? → The yeast weakens and fermentation is insufficient.
 - Have the ingredients been measured out accurately?
 - Is the dough under-fermented or over-fermented?



Cracked bottom or sides

- ◆ If the forming and fermentation is insufficient or the dough surface is dry, the bottom or sides may crack.
When the bread grows larger in the chamber, if there is not enough fat on the dough surface, the dough cannot rise sufficiently and it may try to rise from the bottom or thinner places. As a result, the bottom or sides may crack.
→ Spray the dough with water before baking to facilitate the rising.



Shape and height differs from bread to bread

- ◆ The shape, color and height of the bread are subject to the room temperature and the temperature, quality and composition of the ingredients (flour, water, etc.), and the size and finish of the bread may differ even if it is made and baked in the same way.
Before you become proficient in bread making, please use the same ingredients to "Make bread" under the same conditions. Once you master the skill, you can make bread to your preference by changing conditions a little at a time.



No.188 Butter Bread



Convection



Ingredients/For 12 (1 shelf)

High-gluten flour (sieved)	250 g
Dry yeast (Granules, not requiring pre-fermentation)	3.5 g
Milk (room temperature)	145 g
Sugar	20 g
Salt	2.5 g
Egg	25 g (1/2, M-sized)
Butter (room temperature)	45 g
<Egg wash>	
Egg yolk	1 (M-sized)
Water	1 tbsp.

Required tools



手動
(Manual)

Preheating:
熱風對流 (Convection) 210 °C
Baking:
熱風對流 (Convection) 200 °C
1 shelf: 7-12 mins;
2 shelves: 9-14 mins

• When baking on 2 shelves, double the ingredients and use the manual mode. Auto mode is not applicable.

How to cook

1 Dough making

1. Sieve the high-gluten flour into a large bowl, and mix in the instant dry yeast.

2. Place the milk (room temperature) and beaten egg into a container, and dissolve the salt and sugar in it.



- If the bread is made with skimmed milk, eggs should be mixed with water instead of milk.
- There is no need to prepare eggs when you are making bread without eggs.

3. Make a dip in the middle of **1**, pour in **2**, then beat the surrounding high-gluten flour a little at a time, gently blend with your fingers, and then mix the high-gluten flour and water well.



4. Stir well until the water is mixed with the flour thoroughly.



5. Mix the melted butter into **4** until you knead the butter into the dough.

* When the dough can be stretched to form a film through which you can see your fingers, the kneading is completed.



6. Take out **5**, knead the dough on a kneading board coated with high-gluten flour (not included in the ingredients) until the dough comes together. After it comes together, continue kneading it well until smooth.



- The dough is sticky at the beginning, but it will become less sticky to the kneading board or your hands as you knead it.

7. When the dough can be stretched to form a film through which you can see your fingers, the kneading is completed.



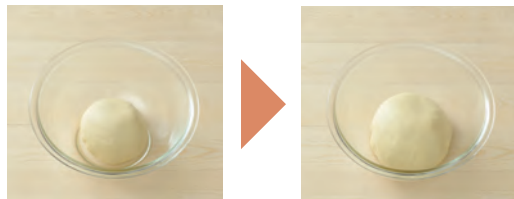
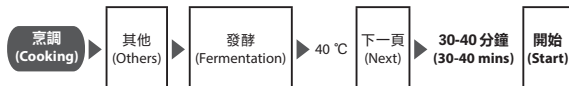
8. Roll the dough into a ball until the surface is smooth, seal the joint properly. Place the ball in a large heat-resistant bowl coated with a little salad oil (not included in the ingredients) with the joint on the bottom, and cover the bowl with plastic wrap.



2

First fermentation

Place **1** on a **square tray**, put it on the **lower shelf**, and ferment it to twice the size.



3

Finger test

Check the state of fermentation. Coat a finger with high-gluten flour (not included in the ingredients), and poke the finger into the dough. If the finger mark remains, the fermentation is completed.



The finger marks disappear

Fermentation is insufficient



The bread will become hard or heavy. Please prolong the first fermentation time. If the dough does not bounce back even after the time is prolonged, the ingredients may have been left alone too long. Now please check the ingredients.



The finger marks remain

Fermentation is excessive



The bread will become dry. The dough may be over-fermented depending on the room temperature, the initial temperature of the dough, etc. Please reduce the fermenting time from next time.



4

Air bubble removal

Squash the dough a little and gather around the edges toward the middle to remove air bubbles. (If you squash it too much, the dough will not be elastic.)



5

Dividing

Cut **4** into 12 equal portions (40 g each) with a kitchen knife or a spatula.



6

Dough sitting

Round the dough until the surface is smooth, cover it with a well-wrung damp cloth, and leave it sit for around 10 minutes.



7

Forming

1. Gently press the dough which has sat, roll it until the surface is smooth and seal the joint properly.



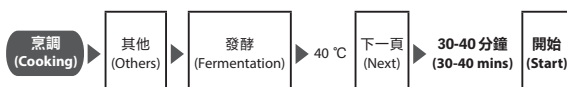
2. Place the dough on a **square tray** with the joint on the bottom.



8

Forming & fermentation

Spray water over the dough from **7** and **inside the chamber**, put the dough on the **lower shelf**, and ferment it to twice the size.



- If its surface gets dry, the dough will not ferment well. If it tends to dry, please spray water more frequently during fermentation.

9

Baking

1. Preheating

Take out **8** together with the **square tray**, and then start preheating.



(The standard preheating time is approx. 7 minutes)

2. Coat the dough with egg wash using a brush.



3. Baking

After preheating, place **2** on the **lower shelf** and start heating.

開始 (Start) **Heating starts**
(The standard heating time is approx. 9 minutes)

4. After heating, leave it cool down on **the shelf**.

If you notice that the finish is uneven, be careful not to burn the dough.

- 1 shelf: Exchange the front and the back of the square tray when the remaining heating time is 3-5 minutes.
- 2 shelves: Exchange the front with the back of the square tray and the upper shelf with the lower shelf when the remaining heating time is 4-6 minutes.

No.189 Butter Roll



Convection



Ingredients/For 12 (1 shelf)

High-gluten flour (sieved)	250 g
Dry yeast (Granules, not requiring pre-fermentation)	3.5 g
Milk (room temperature)	145 g
Sugar	20 g
Salt	2.5 g
Egg	25 g (1/2, M-sized)
Butter (room temperature)	45 g
<Egg wash>	
Egg yolk	1 (M-sized)
Water	1 tbsp.

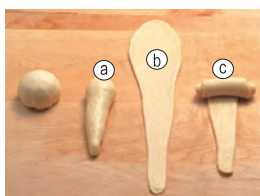
手動 (Manual)	Preheating: 熱風對流 (Convection) 210 °C
	Baking: 熱風對流 (Convection) 200 °C
	1 shelf: 7-12 mins; 2 shelves: 9-14 mins

• You can make 24 loaves (on 2 shelves) in the auto mode.
Please double the ingredients when making the dough.

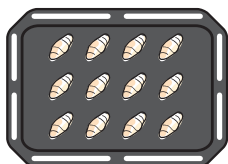
How to cook

- 1 Make a dough, divide it into 12 equal portions (approx. 40 g each), and then leave them sit.
(Please refer to **Steps 1-6 for making butter bread** on Pages 185-186.)

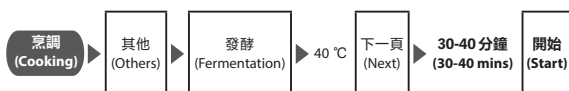
- 2 **Forming**
1. Roll the dough which has sat into the shape of a carrot with a length of about 8 cm (Figure (a)) and press it into a triangle with a length of about 20 cm with a rolling pin. (Figure (b))



- 2 Pull the thinner side of the dough into a triangle and roll the thicker side backwards. (Figure (c))
- 3 Place the dough on a **square tray** with the tail of roll on the bottom.



- 3 **Forming & fermentation**
Spray water over the dough from **2** and **inside the chamber**, put the dough on the **lower shelf**, and ferment it to twice the size.



* Put the two square trays on the upper and lower shelves separately when baking on 2 shelves.

- If its surface gets dry, the dough will not ferment well. If it tends to dry, please spray water more frequently during fermentation.

4 Baking

1. Preheating

Take out **3** together with the **square tray**, and then start preheating.



(The standard preheating time is approx. 7 minutes)

* Select **[2 層]** (2 shelves) for baking on 2 shelves.

2. Baking

Coat the dough with egg wash using a brush, and, after preheating, place it on the **lower shelf**, and start heating.

開始 (Start) **Heating starts**
(The standard heating time is approx. 9 minutes)

* Put the two square trays on the upper and lower shelves separately when baking on 2 shelves.
(The heating time is approx. 12 minutes for baking on 2 shelves.)

3. After heating, leave it cool down on **the shelf**.

If you notice that the finish is uneven, be careful not to burn the dough.

- 1 shelf: Exchange the front and the back of the square tray when the remaining heating time is 3-5 minutes.
- 2 shelves: Exchange the front with the back of the square tray and the upper shelf with the lower shelf when the remaining heating time is 4-6 minutes.

No.190 Raisin Butter Roll

Ingredients/For 12 (1 shelf)

Ingredients for making	
Butter Roll	All Raisin 55 g

How to cook

- 1 Soak the raisins in warm water to soften, and remove the moisture.
- 2 After **Steps 1-7 for making butter bread** (See Page 185), make a dough by adding the raisins from **1** little by little.
- 3 Follow **Steps 2 - 4 for making butter rolls**.

In Step **4** ~1 of "How to cook", select **菜式編號 (Menu No.)** **No.190**

(The standard heating time is approx. 9 minutes)

Variations of Butter Roll

- ★For the basic cooking method, please refer to "Butter Bread" on Pages 185-186 and "Butter Roll" on Page 187.
 ★In **Step 4~1 for making butter rolls**, select the corresponding menu number. (Please refer to "Butter Roll" for the manual mode.)
 • When baking on 2 shelves, double the ingredients and use the manual mode. Auto heating is not applicable.

Difficulty level

No.191


Mayonnaise Bread



Ingredients/For 12 (1 shelf)

Ingredients for making Butter Roll	All
Mayonnaise	125 g
Frozen cut vegetables (defrosted)	125 g

How to cook

- 1 Toss the frozen cut vegetables with the mayonnaise.
- 2 After dough sitting is completed, knead the dough into a lemon shape.
- 3 Ferment the dough in the same way as Step 3 of making butter rolls.
- 4 After fermentation, cut out a cross in the middle, and add equal amounts of 1. 
- 5 Execute Step 4 for making butter rolls. (The standard heating time is approx. 9 minutes)

No.192

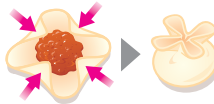
Jam Bread



Ingredients/For 12 (1 shelf)

Ingredients for making Butter Roll	All
Jam	150 g
A Starch	1 tbsp.
Water	1 tbsp.

How to cook

- 1 Place A into a pot, bring it to a boil until sticky, and let it cool down.
- 2 Make a dough, leave it sit and stretch it to a circle, and put the jam from 1 into the middle of the dough. 
- 3 Coat the dough edges with egg wash using a brush, and pinch the 4 parts towards the middle to wrap it tightly.
- 4 Execute Steps 3 - 4 for making butter rolls.

No.193


Ham and Cheese Bread



Ingredients/For 12 (1 shelf)

Ingredients for making Butter Roll	All
Processed cheese (12 sticks)	75 g
Ham (cut in half)	6 slices

How to cook

- 1 Make a dough by following the procedure of making butter rolls, add ham and processed cheese in Step 2, and roll them together. 
- 2 Execute Steps 3 - 4 for making butter rolls. (The standard heating time is approx. 9 minutes)

No.194

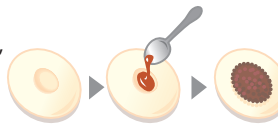
Hamburger Bun



Ingredients/For 12 (1 shelf)

Ingredients for making Butter Roll	All
Hamburg patty	25 g x 12
Ketchup	A suitable amount

How to cook

- 1 Make a dough, leave it sit, and then stretch it to a circle with a diameter of 6 cm.
- 2 Make a dip in the middle, apply ketchup, and put the Hamburg patty on top. 
- 3 Execute Steps 3 - 4 for making butter rolls. (The standard heating time is approx. 9 minutes)

No.195


Chocolate Swirl Bread



Ingredients/For 6 (1 shelf)

Ingredients for making Butter Roll	Half
Chocolate cream (Page 248)	1/4

How to cook

- 1 Refer to the cooking method of chocolate cream (Page 248).
- 2 Make a dough. (Divide it into 6 equal portions)
- 3 Stretch the dough into strips of about 30 cm in length, and roll it into a cone with the head and tail on the bottom. 
- 4 Execute Steps 3 - 4 for making butter rolls.
- 5 Let the bread cool down, and stuff it with chocolate cream. (The standard heating time is approx. 9 minutes)

No.196

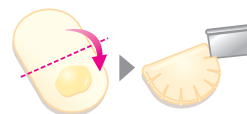
Cream Bread



Ingredients/For 12 (1 shelf)

Ingredients for making Butter Roll	All
Cream (Page 248)	1/2

How to cook

- 1 Refer to the cooking method of cream (Page 248). After it cools down, divide it into 12 equal portions.
- 2 Make a dough, stretch it to a long oval shape, and put the cream from 1 into the middle of the half side of the oval.
- 3 Coat the edges with egg wash, fold it in half, make a small incision in the joint with a kitchen knife. 
- 4 Execute Steps 3 - 4 for making butter rolls. (The standard heating time is approx. 9 minutes)

Curry Bread/Deep Fried Bread



Convection



Ingredients/For 12

<Curry Bread x12>

Dough for making butter rolls	All
A	[Onion (chopped) 140 g
		Carrot 35 g
		Butter 2 tsp.
Minced beef	210 g
B	[Green pepper 1 1/2 stalks
		Curry powder 1-2 tbsp.
		Low-gluten flour 2 tsp.
		Salt 3/4 tsp.

<Egg wash>

Egg yolk	1/2 (M-sized)
Water	1/2 tbsp.

<Deep Fried Bread x12>

Dough for making butter rolls	All
A	[Onion (chopped) 140 g
		Frozen cut vegetables 55 g
		Butter 2 tsp.
Minced beef	210 g
B	[Ketchup 3 tbsp.
		Chilli sauce 1 1/2 tbsp.
		Salt 1 tsp.
		Low-gluten flour 2 tsp.

How to cook

1

Stuffing making

1. Mix **A** in a heat-resistant container, place the container in **the center of the chamber** (without covering with plastic wrap), start heating, and remove the moisture.

微波 600W (Microwave 600W) ▶ 約 3 分鐘 (Around 3 mins) 開始 (Start)

2. Mix the minced meat into **1**, place the container in **the center of the chamber** (without covering with plastic wrap), and start heating.

微波 600W (Microwave 600W) ▶ 約 4 分鐘 (Around 4 mins) 開始 (Start)

3. Mix **B** into **2**, put it in the **center of the chamber** (without covering with plastic wrap), start heating, and let it cool down.

微波 600W (Microwave 600W) ▶ 約 2 分鐘 (Around 2 mins) 開始 (Start)

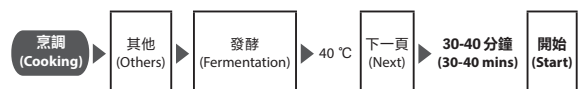
2

Dough making ~ Forming & Fermentation

1. Make a dough, and divide it into 12 equal portions (approx. 40 g each). (Please refer to the cooking method for Butter Bread on Pages 185-186.)
2. After dough sitting, use a rolling pin to press the dough to the oval shape, top it with **1**, coat the edges with egg wash using a brush, and seal the seams well. Place the dough on a **square tray** with the joint on the bottom.

3. Forming & fermentation

Spray water over the dough from **2** and inside the chamber, put the dough on the **lower shelf**, and ferment it to twice the size.



3

After fermentation, deep fry it at 170-180 °C.

Doughnut



Convection



Ingredients

Dough for making butter rolls	All
<Toppings>		
Sugar	A suitable amount
Chocolate	A suitable amount
Your favorite toppings	A suitable amount

How to cook

1

Dough making

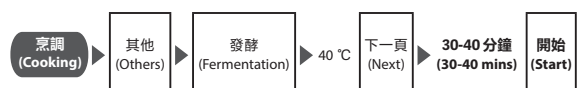
1. Make a dough, and divide it into 12 equal portions (approx. 40 g each). (Please refer to the cooking method for Butter Bread on Pages 185-186.)

2. After dough sitting, knead the dough into your favorite shape, and place it on a **square tray**.

2

Forming & fermentation

2. Spray water over the dough from **1** and inside the chamber, put the dough on the **lower shelf**, and ferment it to twice the size.



3

After fermentation, deep fry it at 180 °C. Decorate with sugar and dissolved chocolate as you like.

No.197 Red Bean Paste Bun



Convection



Ingredients/For 12 (1 shelf)

Dough for making butter rollsAll
Red bean paste 360 g
<Egg wash>
Egg yolk 1 (M-sized)
Water 1 tbsp.
Poppy seed A suitable amount

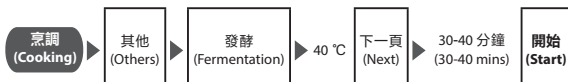
Preheating: 熱風對流 (Convection) 210 °C
Baking: 熱風對流 (Convection) 200 °C
1 shelf: 7-12 mins;
2 shelves: 9-14 mins

• When baking on 2 shelves, double the ingredients and use the manual mode. Auto mode is not applicable.

How to cook

1. Make a dough, and divide it into 12 equal portions (approx. 40 g each). (Please refer to **Steps 1-6 for making butter bread** on Pages 185-186.)
2. Leave the dough sit, stretch it into a circle with a slight bump in the middle and a diameter of about 10 cm. Divide the red bean paste into 12 equal portions, roll them into rolls, wrap each portion in the center of a dough, and seal the joint properly.
3. Place the dough on a **square tray** with the joint on the bottom, and make a dip with the top of dough on the bottom.

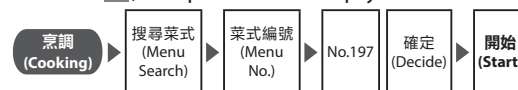
- 2 Spray water over the dough from **1** and inside the chamber, put the dough on the **lower shelf**, and ferment it to twice the size.



- 3 **Baking**

1. Preheating

Take out **2**, and preheat the empty chamber.



(The standard preheating time is approx. 7 minutes)

2. Baking

Coat the dough with egg wash using a brush, sprinkle with poppy seeds, and, after preheating, place it on the **lower shelf**, and start heating. After heating, leave it cool down on **the shelf**.

開始 (Start) **Heating starts**
(The standard heating time is approx. 9 minutes)

Variations of Red Bean Paste Buns

★For the basic ingredients and cooking method, please refer to “No.197 Red Bean Paste Bun”.

★In **Step 3 ~1 of “How to cook”**, select the corresponding menu number. The standard heating time is approx. 9 minutes.
(For manual cooking, please refer to the cooking method of “No.197 Red Bean Paste Bun”)

Add your favorite fillings!

No.198 Red Bean Paste Bread

Coarse red bean paste 360 g

No.199 White Bean Paste Bread

White bean paste 360 g

No.200 Mung Bean Paste Bread

Mung bean paste 360 g

No.201 Pumpkin Bread

Pumpkin (Crushed with a strainer) 180 g
White bean paste 180 g
Salt A little
Pumpkin seed A suitable amount

* You can mix and heat the pumpkin, bean paste and salt to remove the moisture. In **Step 3 ~2 of “How to cook”**, coat it with egg wash, sprinkle with pumpkin seeds, and start baking.

No.202 Sakura Bread

Sakura bean paste 360 g
Salted Sakura (With salt/water removed) 12 blossoms

* In **Step 3 ~2 of “How to cook”**, coat it with egg wash, put the salted sakura into the dip, and start baking. You can wrap chopped salted sakura in white bean paste to substitute the sakura bean paste.

No.203 Chestnut & Red Bean Paste Bread

Coarse red bean paste 360 g
Sweet stewed chestnut 12
Black sesame seed A suitable amount

* Wrap the sweet stewed chestnuts in bean paste. You can add chestnuts in whole or after cutting it into thin pieces and mixing them with red bean paste. In **Step 3 ~2 of “How to cook”**, coat it with egg wash, sprinkle with black sesame seeds, and start baking.

No.204 Black Sesame Seed Bread

Black sesame paste 20 g
White bean paste 360 g
Black sesame seed A suitable amount

* Mix the black sesame paste with the white bean paste well. In **Step 3 ~2 of “How to cook”**, coat it with egg wash, sprinkle with black sesame seeds, and start baking.

No.205 Sweet Potato Bread

Sweet potato (Crushed with a strainer) 180 g
White bean paste 180 g

* You can mix and heat the sweet potato and white bean paste to remove the moisture.

No.206 Walnut Bread

Red bean paste 360 g
Walnut (chiseled after baking) ... 40 g
Walnut (for decoration) A suitable amount

* Mix the walnut with the bean paste well. In **Step 3 ~2 of “How to cook”**, coat it with egg wash, decorate with the walnut, and start baking in the oven.

Sprinkle with high-gluten flour to get a stronger flavor and a darker color.

No.207 Matcha Bread

Matcha powder ... 2.5 g

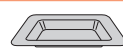
No.208 Mugwort Bread

Dried mugwort ... 2.5 g

No.209 Milk Bread Rolls



Convection



Ingredients/Deep tray × 1
(24: 3 variations × 8)

<Plain dough>

High-gluten flour (sieved) 130 g
Milk (room temperature) 85 g
Sugar 30 g
Salt 1 g
Dry yeast (Granules, not requiring pre-fermentation) 2 g
Butter 15 g

<Pumpkin dough>

High-gluten flour (sieved) 130 g
Milk (room temperature) 50 g
Sugar 30 g
Salt 1 g
Dry yeast (Granules, not requiring pre-fermentation) 2 g
Butter 15 g
Pumpkin (skinless) 50 g

<Cocoa dough>

High-gluten flour (sieved) 130 g
Cocoa powder 7 g
Milk (room temperature) 85 g
Sugar 30 g
Salt 1 g
Dry yeast (Granules, not requiring pre-fermentation) 2 g
Butter 15 g

手動 (Manual) 熱風對流 (有預熱) (Convection) (with preheat) 160 °C 23-28 minutes

How to cook

- 1 Peel the pumpkin and cut it into 3 cm cubes. Place them in a heat-resistant container, put the container in **the center of the chamber** (without covering with plastic wrap), and start heating.

微波 600W (Microwave 600W) ▶ 約 1 分 20 秒 (Approx. 1 min 20 sec) 開始 (Start)

- 2 Make a plain dough. (Please refer to **Step 1 for making butter bread** on Page 185.)
- 2 Make a pumpkin dough. (Please refer to Page 185. However, in **Step 1 ~2 for making butter bread**, add the pumpkin from 1.)
- 3 Make a cocoa dough. (Please refer to Page 185. However, in **Step 1 ~1 for making butter bread**, sprinkle with high-gluten flour and cocoa power.)
- 4 Knead the dough until the surface is smooth, and seal the joint properly.

- 3 First fermentation ~ Dough sitting 1 Place the dough with the joint on the bottom in a large heat-resistant bowl coated with salad oil (not included in the ingredients) with parchment paper, and wrap it in plastic wrap.



- 2 Place **1** on a **square tray**, put it on the **lower shelf**, and ferment it to twice the size.

烹調 (Cooking) ▶ 其他 (Others) ▶ 發酵 (Fermentation) ▶ 40 °C ▶ 下一頁 (Next) ▶ 30-40 分鐘 (30-40 mins) ▶ 開始 (Start)

- 3 Check the state of fermentation. (Please refer to **Step 3 for making butter bread** on Page 186.)
- 4 Remove air bubbles from the dough (refer to **Step 4 for making butter bread** on Page 186), divide the dough into 8 equal portions, roll them into rolls until the surfaces are smooth, and leave them sit for about 10 minutes (covering with plastic wrap).

- 4 Forming Gently press the rested doughs, roll them into balls again until the surfaces are smooth, seal the joints properly, put them on parchment paper, and put them together on a **deep tray**. (6 horizontal × 4 vertical)

- 5 Forming & fermentation Spray water over the dough from **4** and inside the chamber, put the dough on the **upper shelf**, and ferment them.

烹調 (Cooking) ▶ 其他 (Others) ▶ 發酵 (Fermentation) ▶ 40 °C ▶ 下一頁 (Next) ▶ 30-40 分鐘 (30-40 mins) ▶ 開始 (Start)

- If its surface gets dry, the dough will not ferment well. If it tends to dry, please spray water more frequently during forming and fermentation.

- 6 Baking 1. **Preheating** Take out **5**, and preheat the empty chamber.

烹調 (Cooking) ▶ 搜尋菜式 (Menu Search) ▶ 菜式編號 (Menu No.) ▶ No.209 ▶ 確定 (Decide) ▶ 開始 (Start)

(The standard preheating time is approx. 4 minutes)

2. **Baking** After preheating, place it on **the upper shelf** and start heating.

開始 (Start) Heating starts (The standard heating time is approx. 24 minutes)

- 3 After heating, take it out together with the parchment paper, and leave it cool down on **the shelf**.

No.210 Cinnamon Rolls



Convection



Ingredients/For 9 (1 shelf)

High-gluten flour (sieved) 200 g
Milk (room temperature) 115 g
Sugar 15 g
Salt 2 g
Egg 25 g (1/2, M-sized)
Butter 35 g
Instant dry yeast
(Granules, not requiring preheating)... 3 g
Butter (melted) 1/2 tbsp.

Sugar 1 1/2 tbsp.
Raisin (soaked in 1 tbsp. of rum)
..... 35 g
Cinnamon A suitable amount
<Egg wash>
Egg yolk 1/2 (M-sized)
Water 1/2 tbsp.

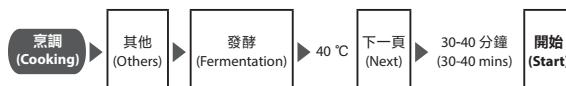
手動 (Manual) 熱風對流 (有預熱) (Convection)
(With preheat) 200 °C
1 shelf: 7-12 mins;
2 shelves: 9-14 mins

• When baking on 2 shelves, double the ingredients and use the manual mode. Auto mode is not applicable.

How to cook

- 1 Dough making**
 1. Make a dough. (Please refer to **Steps 1-4 for making butter bread** on Pages 185-186.)
 2. **Dough sitting**
Round the dough until the surface is smooth, cover it with a well-wrung damp cloth, and leave it sit for around 20 minutes.
- 2 Forming**
 1. Press the rested dough into a rectangle of about 22 cm × 18 cm with a rolling pin, and coat the dough with melted butter with a brush.
 2. Sprinkle the whole surface of **1** with cinnamon, sugar and raisins. Roll one side and gently roll to keep the ingredients evenly coarse and fine, and then cut it into 9 equal circles.
 3. Lay it flat with the incision upwards on a **square tray**, making sure that it is as near the middle of the **square tray** as possible.

- 3 Forming & fermentation**
Spray water over the dough from **2** and inside the chamber, put the dough on the **lower shelf**, and ferment it to twice the size.



- 4 Baking**
 1. **Preheating**
Take out **3**, and preheat the empty chamber.
烹調 (Cooking) -> 搜尋菜式 (Menu Search) -> 菜式編號 (Menu No.) -> No.210 -> 確定 (Decide) -> 開始 (Start)
(The standard preheating time is approx. 5 minutes)
 2. **Baking**
Coat the dough with egg wash using a brush. After preheating, place it on the **lower shelf**, and start heating.
開始 (Start) Heating starts
(The standard heating time is approx. 10 minutes)
 3. After heating, leave it cool down on **the shelf**.

You can coat it with sugar bloom.
Hot and spicy Cinnamon Rolls will be tasty when served with ice cream.



No.211 Fluffy White Bread



Convection



Ingredients/For 5

A	High-gluten flour (sieved)	250 g
	Dry yeast (Granules, not requiring pre-fermentation)	3 g
	Salt	3 g
	Milk	175 g
	Honey	33 g
	Butter (salt free)	10 g

手動 (Manual) 熱風對流 (有預熱) (Convection) (with preheat) 150 °C 9-14 minutes

How to cook

1

Dough making

- Place the milk in a heat-resistant container, put the container in **the center of the chamber** (without covering with plastic wrap), and start heating. (The milk temperature is approx. 24 °C.)

微波 600W (Microwave 600W) ▶ 20-30 秒 (20-30 sec) 開始 (Start)

- After heating, dissolve the honey in it.
- Stir **A** into **2**, making sure that the milk is fully absorbed by the flour. Once the dough has come together, transfer it to a kneading board coated with a little high-gluten flour (not included in the ingredients). Use your body weight to knead the dough with your palms, occasionally slapping the dough from the lower height onto the kneading board.
- After the surface is smooth, knead butter in the dough. When the dough becomes soft after adding butter, stretch the dough. If a thin film is formed, it indicates that kneading is complete. (The kneading temperature is approx. 27 °C. For the status, refer to **Steps 1-7 for making butter bread** on Page 185.)
- Roll **4** into a ball until the surface is smooth, place the ball in a large heat-resistant bowl coated with butter (free of salt, not included in the ingredients) with the joint on the bottom, and cover the bowl with plastic wrap.

2

First fermentation ~ Dough sitting

- Place **1** on a **square tray**, and then put it on the **lower shelf** for fermenting.

烹調 (Cooking) ▶ 其他 (Others) ▶ 發酵 (Fermentation) ▶ 40 °C ▶ 下一頁 (Next) ▶ 30-40 分鐘 (30-40 mins) 開始 (Start)

2. Dough sitting

Wait until fermentation is complete, remove the air bubbles (refer to **Step 4 for making butter bread** on Page 186), divide it into 5 equal portions, and roll them into balls. Cover them with a dry cloth, a damp cloth and plastic wrap in order, and let them sit for about 15 minutes.

3

Forming ~ Forming & fermentation

1. Forming

After dough sitting is complete, round the dough and press the dough with a spatula or rolling pin to form a strip.

2. Forming & fermentation

Line a **square tray** with parchment paper, line **1** up, cover it with a dry cloth and a damp cloth, and place it on **the upper shelf** for fermenting.

烹調 (Cooking) ▶ 其他 (Others) ▶ 發酵 (Fermentation) ▶ 30 °C ▶ 下一頁 (Next) ▶ 30-40 分鐘 (30-40 mins) 開始 (Start)

Notes

Please check the temperature setting before pressing [開始] (Start). If the temperature is set to 100 °C or above by mistake, **the parchment paper** or cloth may catch fire.

- Once fermentation is complete, remove the dough together with parchment paper from the **square tray**, and wrap it in plastic wrap so that the dough does not dry out before baking.

4

Baking

1. Preheating

Preheat an empty **square tray** on the **upper shelf**.

烹調 (Cooking) ▶ 搜尋菜式 (Menu Search) ▶ 菜式編號 (Menu No.) ▶ No.211 ▶ 確定 (Decide) ▶ 開始 (Start)

(The standard preheating time is approx. 4 minutes)

2. Baking

After preheating, take out the square tray using commercially available oven mittens. Move the dough from **3** together with parchment paper*, and sprinkle with high-gluten flour (not included in the ingredients). Put it on the **upper shelf** and start heating.

* It is easier to transfer the dough if it is placed on a board.

開始 (Start) Heating starts (The standard heating time is approx. 11 minutes)

No.212 Rolled Sausage Bread



Convection



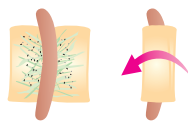
Ingredients/For 6

A	High-gluten flour.....	175 g
	Low-gluten flour	45 g
	Dry yeast (Granules, not requiring pre-fermentation)	3 g
	Sugar, salt	4 g each
	Water	135 g
	Lard	4 g
	Cheese slices (for melting)	6 slices
	Chopped cabbage	36 g
	Long sausage	6
	Salt, coarse black pepper	A little
	Chopped cheese (for melting)	A suitable amount
	Dried parsley	A suitable amount
	<Egg wash>	
	Egg (evenly whisked) ...	A suitable amount

手動 (Manual) 熱風對流 (有預熱) (Convection) (with preheat) 200 °C 17-22 minutes

How to cook

- 1 Dough making**
1. Dissolve the sugar, salt and half of the water in a large bowl. Mix the mixture with the sifted **A** and dry yeast, and stir in the remaining water.
 2. Once the dough has come together, transfer it to a kneading board coated with a little high-gluten flour (not included in the ingredients). Use your body weight to knead the dough with your palms, occasionally slapping the dough from the lower height onto the kneading board.
 3. Once the dough is mixed and the surface is smooth, stretch the dough and coat it with lard in 3-4 places. Knead it as though you are folding it inward and mix plenty of lard into the dough.
 4. Knead the dough thoroughly until you can stretch it to form a thin film.
- 2 First fermentation ~ Dough sitting**
1. Roll the dough neatly, place it in a heat-resistant bowl coated with lard (not included in the ingredients), and then cover it with a dry cloth and a damp cloth in order.
 2. Place **1** on a **square tray**, and then put it on the **lower shelf** for fermenting.
- 烹調 (Cooking)** → **其他 (Others)** → **發酵 (Fermentation)** → 30 °C → **下一頁 (Next)** → 40-50 分鐘 (40-50 mins) → **開始 (Start)**
3. Wait until fermentation is complete, and remove the air bubbles (Please refer to **Step 4 for making butter bread** on Page 186).
 4. **Dough sitting**
Divide **3** into 6 equal portions, roll them to balls, cover them with a dry cloth, a damp cloth and plastic wrap in order, and let them sit for about 15 minutes.
- 3 Forming**
1. Place the cabbage on top of the cheese slices and add salt and pepper, and roll sausages with the dough. Repeat this step to make 6 pieces in total.
 2. Stretch **2** to a thin slice of approx. 40 cm, roll **1** up. Properly secure the start and end of the wrapping position.
- * It is easier to roll the sausage up if you press the dough down over the middle of the sausage.



- 4 Forming & fermentation**
- Line a **square tray** with parchment paper, line **3** up, and cover it with a dry cloth and a damp cloth and plastic wrap in order. Place it on the **lower shelf** and start fermenting.



Notes

Please check the temperature setting before pressing [開始] (Start). If the temperature is set to 100 °C or above by mistake, the parchment paper or cloth may catch fire.

- 5** Once fermentation is complete, remove the dough together with **parchment paper** from the **square tray**, and wrap it in plastic wrap so that the dough does not dry out before baking.

- 6 Baking**
- 1. Preheating**
Preheat an empty **square tray** on the **lower shelf**.
- 烹調 (Cooking)** → **搜尋菜式 (Menu Search)** → **菜式編號 (Menu No.)** → No.212 → **確定 (Decide)** → **開始 (Start)**
- (The standard preheating time is approx. 5 minutes)

2. Before the preheating is complete, coat the dough with egg wash using a brush, and sprinkle with chopped cheese.

3. **Baking**
After preheating, take out the **square tray** using commercially available oven mittens. Transfer the dough from **2** together with parchment paper to a **square tray**.*
* It is easier to transfer the dough if it is placed on a board.

4. Place it on the **lower shelf** and start heating.

開始 (Start) **Heating starts**
(The standard heating time is approx. 19 minutes)

5. After heating, decorate with parsley. Add ketchup if you like.

No.213 Melon Pan



Convection



Ingredients/For 5

<Cookie Dough (Melon crust)>

A	Low-gluten flour	100 g
	Baking powder	1/3 tsp.
	(Sifted together)	
	Butter (salt free)	30 g
	Sugar	30 g
	Egg	14 g
	Melon wine	1 tbsp.
	Sugar (Toppings)	13 g

<Bread dough>

	High-gluten flour (sieved)	125 g
	Sugar	20 g
	Dry yeast (Granules, not requiring pre-fermentation)	3 g
	Salt	2 g
	Butter (salt free)	13 g
	Egg	28 g
	Milk	50 g

手動
(Manual)

熱風對流 (有預熱) (Convection)
(with preheat) 150 °C 11-16 minutes

How to cook

1 Dough making ~ Forming

1. <Cookie Dough Making>

Add sugar and soft butter to the eggs, and then stir in the melon wine. Stir in the sifted **A**. Once the dough comes together, divide it into 5 equal portions and refrigerate them.

2. <Bread Dough Making>

Make a bread dough, and divide it into 5 equal portions. (Please refer to **Steps 1-4 for making butter bread** on Pages 185-186.)

3. Dough sitting

Round the dough from **2** until the surface is smooth, cover it with a damp cloth, and leave it sit for around 15 minutes. During dough sitting, stretch the cookie dough from **1** to a circle with a diameter of 10 cm.

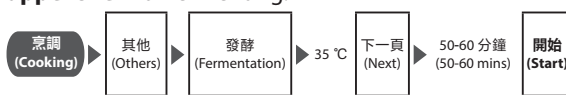
4. Forming

After dough sitting, top the bread dough with the cookie dough.
(Make the back side to a size of about 2.5 cm.)

5. Put the sugar in a container, and put the dough in as though you are flipping it over as much as possible so that the cookie dough is coated with sugar. Cut out a diagonal lattice pattern on the surface of the dough and line it up on a **square tray** paved with parchment paper.

2 Forming & fermentation

1. Place **1** on a **square tray**, and then put it on the **upper shelf** for fermenting.



2. Once fermentation is complete, remove the dough together with parchment paper from the **square tray**.

3 Baking

1. Preheating

Preheat an empty **square tray** on the **upper shelf**.



(The standard preheating time is approx. 4 minutes)

2. Baking

After preheating, take out the **square tray** using commercially available oven mittens. Transfer the dough from **2** together with parchment paper to a **square tray***, put it on the **upper shelf**, and start heating.
* It is easier to transfer the dough if it is placed on a board.

開始 (Start) Heating starts
(The standard heating time is approx. 13 minutes)

Variations of Melon Pan

No. 214 Crispy and Fluffy Melon Pan

Low-gluten flour	30 g	Egg	25 g (1/2, M-sized)
Baking powder	1/4 tsp.	Melon wine	1/2 tbsp.
Butter (salt free)	20 g	Sugar (Toppings)	13 g
Sugar	20 g		

- When you are rounding the dough in **Step 1 ~3 of "How to cook"**, flatten the dough and make a dip in the middle.
- In **Step 1 ~4 of "How to cook"**, knead the bread dough and leave it for forming and fermentation, without topping with the cookie dough.
- After forming & fermentation, flatten the cookie dough, put it on the bread dough, and sprinkle with sugar evenly.

★For the basic cooking method, please refer to "No.213 Melon Pan".
★In **Step 3 ~1 of "How to cook"**, select the corresponding menu number.

The heating time is approx. 13 minutes
(Please refer to "Melon Pan" for the manual mode.)



No.215 Melon Pan (Alcohol Free)

Low-gluten flour	90 g	Egg	25 g (1/2, M-sized)
Baking powder	1/4 tsp.	Melon wine	1/4 tsp.
Butter (salt free)	20 g	Sugar (Toppings)	13 g
Sugar	40 g		

No.216 Toast



Convection

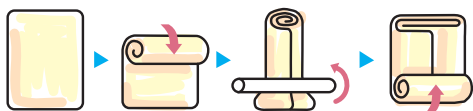


Ingredients/Metal square bread mould (Approx. 11×21×10 cm), ×1	
High-gluten flour (sieved)	400 g
Dry yeast (Granules, not requiring pre-fermentation)	5 g
Water	290 g
Skimmed milk.....	15 g
Sugar	25 g
Salt	6 g
Butter	15 g

手動 (Manual)	Preheating: 熱風對流 (Convection) 210 °C
	Baking: 熱風對流 (Convection) 200 °C
	25-30 minutes

How to cook

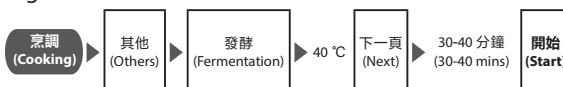
- 1. Make a dough.** (Please refer to **Steps 1-4 for making butter bread** on Pages 185-186.)
- Dough sitting**
Remove air bubbles from the dough, cut it in half, roll it into a ball until the surface is smooth, cover it with a cloth and let it sit for about 30 minutes.
- Forming**
Use a rolling pin to stretch each dough into a rectangle of 10 × 15 cm at a time, and roll it up. With the joint in the middle, stretch the dough to a width of about 10 cm with a rolling pin and roll it into a spiral shape from the proximal side.



- 4. Coat the toast mould with plenty of butter** (not included in the ingredients), and put **3** into the mould with the joint along the long side of the mould and the roll end on the bottom.



- 2** Place **1** on the **square tray**, spray water over the dough and inside the chamber, put the dough on the **lower shelf**, and ferment the dough until it rises to the same height with the mould.

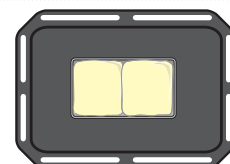


- 3** **Preheating**
After fermentation, take out **2** together with the **square tray**, and start preheating.



(The standard preheating time is approx. 7 minutes)

- Baking**
After preheating, place **2** on a **square tray**, and then put it on the **lower shelf** for heating.



開始 (Start) Heating starts
(The standard heating time is approx. 27 minutes)

- After heating, transfer the mould to a **shelf**, coat it with butter (not included in the ingredients) under the residual heat, and leave it cool down.

Variations of Toast

No.217 Raisin Toast

Ingredients/Metal square bread mould (Approx. 11×21×10 cm), ×1	
High-gluten flour	400 g
Dry yeast (Granules, not requiring pre-fermentation)	5 g
Water	290 g
Skimmed milk.....	8 g
Sugar	48 g
Salt	6 g
Butter	15 g
Raisin	80 g

★For the basic cooking method, please refer to “No.216 Toast”.
(Please refer to “Toast” for the manual mode.)

How to cook

- Soak the raisins in warm water to soften, and remove the moisture.
- Make a dough. (Please refer to **Steps 1-4 for making butter bread** on Pages 185-186.)
* In **Steps 1-7 of “How to cook”**, after it becomes smooth with butter, add raisins from 1.
- Refer to “**Toast**” for the cooking method.

In **Step 3 ~1 of “How to cook”**, select 菜式編號 (Menu No.) ▶ No.217 .
(The standard heating time is approx. 27 minutes)





Variations of Toast

- ★ For the basic cooking method, please refer to “No.216 Toast” on Page 196.
- ★ Metal toast mould (Approx. 11×21×10 cm), ×1
- ★ Please use instant dry yeast granules not requiring pre-fermentation.
- ★ The heating time is approx. 27 minutes (See “No.216 Toast” on Page 196 for the manual mode.)

No.218

Milk Toast

Ingredients

High-gluten flour	•	Sugar	48 g		
.....	400 g	•	Salt	6 g	
Dry yeast	5 g	•	Butter	16 g
Milk	300 g	•			



How to cook

- 1 For the cooking method, please refer to “Toast”.

In Step 3 ~1 of “How to cook”, select



No.219

Egg Toast

Ingredients

High-gluten flour	:	Skimmed milk	...8 g
..... 400 g	:	Sugar 48 g
Dry yeast 5 g	:	Salt 6 g
Water 240 g	:	Butter 16 g



How to cook

- 1 For the cooking method, please refer to “Toast”.

In Step 3 ~1 of “How to cook”, select



No.220

Pumpkin Toast

Ingredients

High-gluten flour	400 g	Pumpkin (Boiled and crushed)	80 g
Dry yeast	5 g	Sugar	48 g
Water	225 g	Salt	6 g
Skimmed milk	8 g	Butter	16 g



How to cook

- 1 Make a dough. (Please refer to **Steps 1-4 for making butter bread** on Pages 185-186.)
* In Step 1~2 of “How to cook”, add the pumpkin.

- 2 Refer to “Toast” for the cooking method.

In Step 3 ~1 of “How to cook”, select



No.221

Spinach Toast

Ingredients

High-gluten flour	• Spinach (Boiled and
..... 400 g	crushed) 80 g
Dry yeast 5 g	Sugar 48 g
Water 225 g	Salt 6 g
Skimmed milk 8 g	Butter 16 g



How to cook

- 1 Make a dough. (Please refer to **Steps 1-4 for making butter bread** on Pages 185-186.)
* In Step 1~2 of “How to cook”, add the spinach.

- 2 Refer to “Toast” for the cooking method.

In Step 3 ~1 of “How to cook”, select



No.222

Oatmeal Toast

Ingredients

High-gluten flour	•	Skimmed milk ...8 g
..... 360 g	•	Sugar 24 g
Oatmeal 40 g	•	Salt 6 g
Dry yeast..... 5 g	•	Butter 16 g
Water 290 g	•	



How to cook

- 1 Make a dough. (Please refer to **Steps 1-4 for making butter bread** on Pages 185-186.)
* In Step 1~1 of “How to cook”, add the oatmeal.

- 2 Refer to “Toast” for the cooking method.

In Step 3 ~1 of “How to cook”, select



No.223

Chocolate Toast

Ingredients

High-gluten flour	•	Water	305 g		
.....	400 g	•	Skimmed milk	...15 g		
Cocoa powder	•	Sugar	24 g		
.....	3 tbsp.	•	Salt	6 g	
Dry yeast	5 g	•	Butter	15 g



How to cook

- 1 Make a dough. (Please refer to **Steps 1-4 for making butter bread** on Pages 185-186.)
* In Step 1~1 of “How to cook”, sieve the high-gluten flour and cocoa powder.

- 2 Refer to “Toast” for the cooking method.

In Step 3 ~1 of “How to cook”, select



No.224

Coffee Toast

Ingredients

High-gluten flour	:	Instant coffee	
..... 400 g	:	powder 3 tbsp.	
Dry yeast 5 g	:	Sugar 24 g	
Water 305 g	:	Salt 6 g	
Skimmed milk ... 15 g	:	Butter 15 g	



How to cook

- 1 Make a dough. (Please refer to **Steps 1-4 for making butter bread** on Pages 185-186.)
* In **Step 1~2 of "How to cook"**, add the instant coffee powder.
- 2 Refer to **"Toast"** for the cooking method.

In **Step 3 ~1 of "How to cook"**, select

菜式編號
(Menu No.)

No.224

No.225

Black Sesame Seeds Toast

Ingredients

High-gluten flour	:	Black sesame paste	
..... 400 g	: 40 g	
Dry yeast 5 g	:	Sugar 48 g	
Water 240 g	:	Salt 6 g	
Skimmed milk... 8 g	:	Butter 16 g	



How to cook

- 1 Make a dough. (Please refer to **Steps 1-4 for making butter bread** on Pages 185-186.)
* In **Step 1~5 of "How to cook"**, add the black sesame paste.
- 2 Refer to **"Toast"** for the cooking method.

In **Step 3 ~1 of "How to cook"**, select

菜式編號
(Menu No.)

No.225

No.226

Walnut Toast

Ingredients

High-gluten flour	:	Sugar 48 g	
..... 400 g	:	Salt 6 g	
Dry yeast 5 g	:	Butter 16 g	
Water 270 g	:	Walnut 80 g	
Skimmed milk... 8 g	:		



How to cook

- 1 Make a dough. (Please refer to **Steps 1-4 for making butter bread** on Pages 185-186.)
- 2 Refer to **"Toast"** for the cooking method.
* In **Step 1 ~3 of "How to cook"**, roll up the walnut into your desired shape.

In **Step 3 ~1 of "How to cook"**, select

菜式編號
(Menu No.)

No.226

No.227

Carrot Toast

Ingredients

High-gluten flour	:	Sugar 48 g	
..... 400 g	:	Salt 6 g	
Dry yeast 5 g	:	Butter 16 g	
Water 240 g	:	Carrot (chopped)	
Skimmed milk... 8 g	: 80 g	



How to cook

- 1 Make a dough. (Please refer to **Steps 1-4 for making butter bread** on Pages 185-186.)
* In **Step 1~5 of "How to cook"**, after it becomes smooth with butter, add the carrot.
- 2 For the cooking method, please refer to **"Toast"**.

In **Step 3 ~1 of "How to cook"**, select

菜式編號
(Menu No.)

No.227

No.228

Sweet Natto Toast

Ingredients

High-gluten flour	:	Sugar 48 g	
..... 400 g	:	Salt 6 g	
Dry yeast 5 g	:	Sweet natto... 80 g	
Water 290 g	:	Butter 16 g	
Skimmed milk... 8 g	:		



How to cook

- 1 Make a dough. (Please refer to **Steps 1-4 for making butter bread** on Pages 185-186.)
- 2 Refer to **"Toast"** for the cooking method.
* In **Step 1 ~3 of "How to cook"**, roll up the sweet natto into your desired shape.

In **Step 3 ~1 of "How to cook"**, select

菜式編號
(Menu No.)

No.228

No.229

Cheese Toast

Ingredients

High-gluten flour	:	Sugar 48 g	
..... 400 g	:	Salt 6 g	
Dry yeast 5 g	:	Processed cheese	
Water 290 g	: 80 g	
Skimmed milk... 8 g	:	Butter 16 g	



How to cook

- 1 Make a dough. (Please refer to **Steps 1-4 for making butter bread** on Pages 185-186.)
- 2 Refer to **"Toast"** for the cooking method.
* In **Step 1 ~3 of "How to cook"**, roll up the chopped processed cheese into your desired shape.

In **Step 3 ~1 of "How to cook"**, select

菜式編號
(Menu No.)

No.229

No.230 Bagel



Convection

Steam



Add water until it exceeds the half water level



Ingredients/For 4

High-gluten flour (sieved)	270 g
Light brown sugar	15 g
A Dry yeast (Granules, not requiring pre-fermentation)	3 g
Salt	3 g
Water	140 g
Honey or caramel syrup	15 g
Lukewarm water	30 g

手動 (Manual)	Steaming: 蒸氣 (Steam) 6-8 minutes (Step 3 ~1)
	Baking: 熱風對流 (無預熱) (Convection) (without preheat) 190 °C 13-20 minutes (Step 3 ~3)

• During steaming, on the **烹調 (Cooking)** screen, select **蒸氣 (STEAM)** from **蒸氣 (Steam)**.

How to cook

* Fill the water tank with water, and insert it to the main body.

1 Dough making ~ Forming

- Place **A** into a large bowl, and stir water in until the water is absorbed by flour. Once the dough has come together, transfer it to a kneading board coated with a little high-gluten flour (not included in the ingredients). Use your body weight to knead the dough with your palms, occasionally slapping the dough from the lower height onto the kneading board. If the dough is hard, add some water while observing the condition. When the dough becomes smooth and can be stretched to form a thin film, it indicates that kneading is complete. (The kneading temperature is approx. 25 °C. For the status, refer to **Steps 1-7 for making butter bread** on Page 185.)

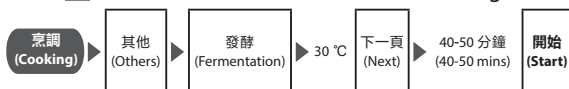
- Divide the dough from **1** into 4 equal portions, cover it with a damp cloth, and let it ferment for about 10 minutes.

3. Forming

After fermentation, stretch the dough into a 25 cm-long roll and twist it once to form a doughnut. Line them up on the parchment paper, put them on a **square tray**, can cover it with a damp cloth.

2 Forming & fermentation

- Place **1** on the **lower shelf** and start fermenting.



Notes

Please check the temperature setting before pressing **[開始] (Start)**. If the temperature is set to 100 °C or above by mistake, the canvas or cloth may catch fire.

- After fermentation, take out the **square tray**, and then remove the damp cloth.

3 Baking

- Place **2** on the **lower shelf** and start heating.



(The standard heating time is approx. 23 minutes 30 seconds)

• Start steaming.

- Once the buzzer sounds*, take out the **square tray**, coat the bread with honey or caramel syrup diluted with lukewarm water.

* After around 7 minutes as of the start of heating (when the remaining time is around 16 minutes 30 seconds).

- Place **2** again on the **lower shelf** and start heating.



No.231

Walnut Bagel



Ingredients/For 4

High-gluten flour... 270 g	Walnut..... 46 g
Light brown sugar	Water 140 g
..... 13 g	Honey or caramel syrup
A Dry yeast 15 g
(Granules, not requiring	Lukewarm water 30 g
pre-fermentation) ... 3 g	
Salt 3 g	

How to cook

- 1 Roast the walnuts with <熱風對流 (無預熱)> · 120 °C · 約 15 分鐘> (Convection (Without preheat) · 120 °C · Approx. 15 mins), break them down into 5-8 mm chunks and let them cool down.
- 2 Proceed by referring to **Steps 1 - 3 for cooking bagels**.
* Add walnuts once the dough comes together.

In **Step 3 ~1 of "How to cook"**, select

菜式編號
(Menu No.)

No.231

No.232

Fig Bagel



Ingredients/For 4

High-gluten flour... 270 g	Dried fig (half dried)
Light brown sugar 53 g
..... 13 g	Water 130 g
A Dry yeast	Honey or caramel syrup
(Granules, not requiring 15 g
pre-fermentation) ... 3 g	Lukewarm water 30 g
Salt 3 g	

How to cook

- 1 Proceed by referring to **Steps 1 - 3 for cooking bagels**.
* Add figs once the dough comes together.

In **Step 3 ~1 of "How to cook"**, select

菜式編號
(Menu No.)

No.232

No.233

Orange Ginger Bagel



Ingredients/For 4

High-gluten flour... 270 g	Water 120 g
Light brown sugar	Honey or caramel syrup
..... 13 g 15 g
A Dry yeast	Lukewarm water 30 g
(Granules, not requiring	
pre-fermentation) ... 3 g	
Salt 3 g	
Orange peel 53 g	
Ginger (grated) ... 8 g	

How to cook

- 1 Cut the orange peel into 5 mm pieces.
- 2 Proceed by referring to **Steps 1 - 3 for cooking bagels**.

In **Step 3 ~1 of "How to cook"**, select

菜式編號
(Menu No.)

No.233

No.234

Apple Ginger Bagel



Ingredients/For 4

High-gluten flour... 270 g	Apple jam 75 g
Light brown sugar	Water 90 g
..... 13 g	Honey or caramel syrup
A Dry yeast 15 g
(Granules, not requiring	Lukewarm water 30 g
pre-fermentation) ... 3 g	
Salt 3 g	
Ginger (grated) ... 4 g	
Cinnamon A little	

How to cook

- 1 Dissolve the apple jam in water.
- 2 Proceed by referring to **Steps 1 - 3 for cooking bagels**.

In **Step 3 ~1 of "How to cook"**, select

菜式編號
(Menu No.)

No.234

No.235

Marmalade Bagel



Ingredients/For 4

High-gluten flour... 270 g	Marmalade 75 g
Light brown sugar	Water 90 g
..... 13 g	Honey or caramel syrup
A Dry yeast 15 g
(Granules, not requiring	Lukewarm water 30 g
pre-fermentation) ... 3 g	
Salt 3 g	

How to cook

- 1 Dissolve the marmalade in water.
- 2 Proceed by referring to **Steps 1 - 3 for cooking bagels**.
* The finish may vary with the type of jam.
If the dough is hard, add some water while observing the condition.

In **Step 3 ~1 of "How to cook"**, select

菜式編號
(Menu No.)

No.235

No.236

Blueberry Bagel



Ingredients/For 4

High-gluten flour... 270 g	Blueberry jam 75 g
Light brown sugar	Water 90 g
..... 13 g	Honey or caramel syrup
A Dry yeast 15 g
(Granules, not requiring	Lukewarm water 30 g
pre-fermentation) ... 3 g	
Salt 3 g	

How to cook

- 1 Dissolve the blueberry jam in water.
- 2 Proceed by referring to **Steps 1 - 3 for cooking bagels**.
* The finish may vary with the type of jam.
If the dough is hard, add some water while observing the condition.

In **Step 3 ~1 of "How to cook"**, select

菜式編號
(Menu No.)

No.236



Variations of Bagel (Continued)

★ For the basic cooking method, please refer to “No.230 Bagel” on Page 199.
The heating time is approx. 23 minutes 30 seconds.
(Please refer to “No.230 Bagel” for the manual mode.)

No.237

Tomato Bagel



Ingredients/For 4

High-gluten flour...270 g	Ketchup (salt free) ... 145 g
Light brown sugar	Honey or caramel syrup
..... 13 g 15 g
A Dry yeast	Lukewarm water 30 g
(Granules, not requiring	
pre-fermentation) ...3 g	
Salt 3 g	

How to cook

- 1 Use ketchup instead of water.
Proceed by referring to **Steps 1 - 3** for cooking bagels.

In **Step 3** ~1 of “How to cook”, select

菜式編號
(Menu No.)

No.237

No.238

Milk and Coffee Bagel



Ingredients/For 4

High-gluten flour...270 g	Coffee (sugar free) ... 105 g
Light brown sugar	Milk 38 g
..... 13 g	Honey or caramel syrup
A Dry yeast 15 g
(Granules, not requiring	Lukewarm water 30 g
pre-fermentation) ...3 g	
Salt 3 g	

How to cook

- 1 Mix the coffee and milk well.
- 2 Use 1 instead of water. Proceed by referring to **Steps 1 - 3** for cooking bagels.

In **Step 3** ~1 of “How to cook”, select

菜式編號
(Menu No.)

No.238

No.239

Black Sesame Seed Bagel



Ingredients/For 4

High-gluten flour...270 g	Black sesame paste..... 30 g
Light brown sugar	Water 125 g
..... 13 g	Honey or caramel syrup
A Dry yeast 15 g
(Granules, not requiring	Lukewarm water 30 g
pre-fermentation) ...3 g	
Salt 3 g	
Ground black sesame	
seed 13 g	

How to cook

- 1 Dissolve the black sesame paste in water.
- 2 Proceed by referring to **Steps 1 - 3** for cooking bagels.

In **Step 3** ~1 of “How to cook”, select

菜式編號
(Menu No.)

No.239

No.240

Italian Bagel



Ingredients/For 4

High-gluten flour...270 g	Anchovy 3 g
Light brown sugar	Dried herbs* 1 tsp.
..... 13 g	* Use your favorite dried
A Dry yeast	herbs such as basil, oregano
(Granules, not requiring	and parsley.
pre-fermentation) ...3 g	Honey or caramel syrup
Salt 3 g 15 g
Water 140 g	Lukewarm water 30 g
Dried tomato 20 g	
Cheese powder 26 g	
Garlic 3 g	

How to cook

- 1 Roughly cut the dried tomatoes into thin slices of about 3-5 mm, then finely chop the anchovies and garlic.
- 2 Proceed by referring to **Steps 1 - 3** for cooking bagels.
* After the dough comes together, add the cheese powder, dried herbs and 1.

In **Step 3** ~1 of “How to cook”, select

菜式編號
(Menu No.)

No.240

No.241

Bacon and Onion Bagel



Ingredients/For 4

High-gluten flour...270 g	Water 115 g
Light brown sugar	Bacon (chopped) 40 g
..... 13 g	Onion (chopped) 53 g
A Dry yeast	Honey or caramel syrup
(Granules, not requiring 15 g
pre-fermentation) ...3 g	Lukewarm water 30 g
Salt 3 g	
Pepper 1/4 tsp.	

How to cook

- 1 Fry the bacon in a frying pan, add the onion and fry them until lightly coloured.
- 2 Proceed by referring to **Steps 1 - 3** for cooking bagels.
* After the dough comes together, add 1.

In **Step 3** ~1 of “How to cook”, select

菜式編號
(Menu No.)

No.241

No.242 English Muffin



Convection



Ingredients/Metal mould (×6) with a diameter of 10 cm and a height of 2.5 cm	
High-gluten flour (sieved)	150 g
Sugar	5 g
Dry yeast (Granules, not requiring pre-fermentation)	3 g
Salt	3 g
Shortening	4 g
Water	100 g
Corn starch	A suitable amount

If there is no round molud

- Wrap a cardboard of 33 cm long (1 cm for tabs) × 2.5 cm wide with tin foil, and cut it into a circle and secure it in place.

手動 (Manual)	熱風對流 (有預熱) (Convection) (with preheat) 200 °C 13-18 minutes
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How to cook

- 1 Dough making**
 - Place **A** into a large bowl, and stir water in until the water is absorbed by flour. Once the dough has come together, transfer it to a kneading board coated with a little high-gluten flour (not included in the ingredients). Use your body weight to knead the dough with your palms, occasionally slapping the dough from the lower height onto the kneading board. When the dough becomes smooth and can be stretched to form a thin film, it indicates that kneading is complete. (The kneading temperature is approx. 25 °C. For the state, please refer to **Steps 1-7 for making butter bread** on Page 185.)
 - Roll **1** into a ball until the surface is smooth, place the ball in a large heat-resistant bowl coated with shortening (not included in the ingredients) with the joint on the bottom, and cover the bowl with plastic wrap.
- 2 First fermentation ~ Dough sitting**
 - 1. First fermentation**
Place **1** on a **square tray**, and then put it on the **lower shelf** for fermenting. Take it out once midway, and press it to remove air bubbles.
 - Remove air bubbles after fermentation. (Please refer to **Step 4 for making butter bread** on Page 186.)
 - 3. Dough sitting**
Divide **2** into 6 equal portions, roll them to balls, cover them with a dry cloth, a damp cloth and plastic wrap in order, and let them sit for about 15 minutes.
- 3 Forming**
Line a **square tray** with **parchment paper**, line up the moulds neatly, and sprinkle corn flour on the bottom of the moulds. Re-gather the dough, flatten it with your hands, place it into a mould with corn starch on top. (There is no need to make the dough exactly the size of the molud. The dough will get bigger in the subsequent processes.)

- 4 Forming & fermentation**
Cover **3** with **parchment paper**, put another **square tray** on top upside down, and then put it on the **lower shelf** for fermenting.
- 5**
Once fermentation is complete, remove the dough together with parchment paper from the **square tray**, and wrap it in plastic wrap so that the dough does not dry out before baking.
- 6 Baking**
 - 1. Preheating**
Preheat an empty **square tray** on the **lower shelf**.
 - 2. Baking**
After preheating, take out the **square tray** using commercially available oven mittens. Transfer the dough from **5** together with **parchment paper** onto a **square tray**.
* It is easier to transfer the dough if it is placed on a board. Cover the dough with **parchment paper**, put another **square tray** on top upside down, and then put it on the **lower shelf** for heating.

- Divide the English muffins into halves and bake them in the oven before serving.

Variations of English Muffin

No.243 Raisin English Muffin

- Soak the raisins (30 g) in lukewarm water to soften, and remove the moisture.
 - After executing **Step 1 ~1 for making English muffins**, stir in a little raisins each time.
- In **Step 6 ~1 of "How to cook"**, select **菜式編號 (Menu No.)** No.243 .
- (The standard heating time is approx. 15 minutes)



★For the basic cooking method, please refer to "No.242 English Muffin". (Please refer to "No.242 English Muffin" for the manual mode.)



Ingredients/For 2 loafs, approx. 30 cm in length

Bread flour (sieved)	300 g
Dry yeast (Granules, not requiring pre-fermentation)	2 g
Powdered malt	2 g
Salt	6 g
Water	190 g

<Required tools>

- Bread thermometer (e.g. bar thermometer)
- Canvas
- Parchment paper
- Coup knife
- Board for transferring the dough



How to cook

* Fill the water tank with water, and insert it to the main body.

1

Dough making

1. Dissolve the salt completely in water.
2. Place the flour, dry yeast and powdered malt in a bowl and stir slightly by hand.
3. Pour the water from **1** into **2**, and stir until water is absorbed by the flour. Once the dough has come together, transfer it to a kneading board coated with a little high-gluten flour (not included in the ingredients).
4. Use your body weight to knead the dough with your palms, occasionally slapping the dough from the lower height onto the kneading board.
5. Complete the kneading (after 10-15 minutes) when the dough can be stretched to form a thin film. The kneading temperature is approx. 24 °C.



2

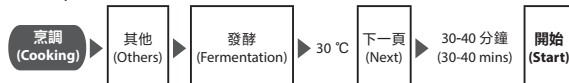
First fermentation

1. For the first time

Place the dough from **1** in a large heat-resistant bowl coated with a little salad oil (not included in the ingredients). Cover it with plastic wrap and let it ferment at a temperature of 25-27 °C for about 120 minutes.

• When fermenting in the oven

Place the dough on a **square tray**, put it on the **lower shelf**, and ferment it to twice the size.



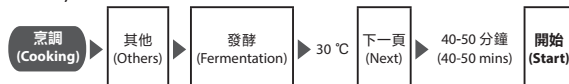
2. After the dough is fully fermented, test it with your finger. (For the state, please refer to **Step 3 for making butter bread** on Page 186.) Gently remove air bubbles when rolling the dough up again, trying not to remove too many air bubbles.

3. For the second time

Place **2** into a large bowl, cover it with plastic wrap again, and ferment it for around 60 minutes under an ambient temperature of 25-27 °C.

• When fermenting in the oven

Place the dough on a **square tray**, put it on the **lower shelf**, and ferment it to twice the size.



3

Dough sitting

1. Transfer the dough from **2** to a kneading board coated with a little high-gluten flour (not included in the ingredients) and divide it into 2 portions, and gently bind them together with the cutting side inward, so that the kneading board is slightly snugly.
2. Place the dough on one half of the canvas, cover the dough with the other half of the canvas, cover it with a damp cloth and let it sit in a warm place for about 30 minutes.

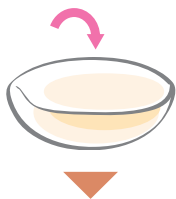
4

Forming

1. Transfer the dough from **3** to a kneading board coated with a little high-gluten flour (not included in the ingredients), and stretch it to an oval.



2. Fold it forwards at $\frac{1}{3}$ from the tail, and press the joint with the base of your thumb.



3. Fold the dough from the front end again, and press the joint with the base of your thumb.



4. Continue to fold the dough from the far end, press the joint with the base of your thumb, and press it firmly together as if you are making a core in the dough.



5. If the dough is soft, repeat Step 4. Roll it into a cigar shape with a length of around 30 cm using your both hands.



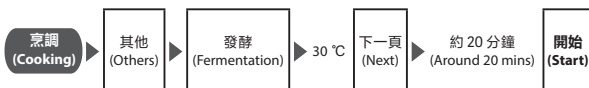
5

Forming & fermentation

1. Line a **square tray** with a canvas, and fold the canvas into a wall. Line the doughs up with the joints on the bottom between walls. Cover them with the remaining canvas.



2. Place **1** on the **upper shelf** and start fermenting.



Notes

Please check the temperature setting before pressing [開始] (Start). If the temperature is set to 100 °C or above by mistake, the canvas or cloth may catch fire.

6

After fermentation, continue to cover it with a canvas so that it does not dry out before baking, and then transfer it to a flat and warm place together with the canvas.

7

Baking

1. Preheating

Preheat an empty **square tray** on the **upper shelf**.



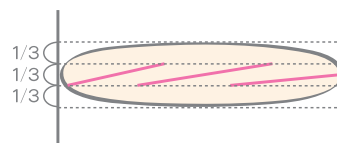
(The standard preheating time is approx. 11 minutes)

2. Transfer the dough onto **parchment paper** cut to fit the **square tray** with the joint on the bottom.

3. Marking with a knife

Immediately before preheating is complete, use a coup knife to mark 3 cuts within $\frac{1}{3}$ of the center of the dough.

Make sure that the cutting in the middle is longer, and the cuttings at both ends are located at the middle of the dough.



Use the center of the coup knife blade to mark as though you are gently pulling apart to a gap with a width of 1-2 mm.



4. Baking

After preheating, take out the **square tray** using commercially available oven mittens. Transfer the dough from **3** together with parchment paper to a **square tray**.*

* It is easier to transfer the dough if it is placed on a board.

Place it on the **upper shelf** and start heating.



• Please refer to Page 207 for tips on making French Bread.

No.245 French Bread Buns

No.246 French Wheat Bread



Convection

Steam



Add water until it exceeds the **half water level**



<French Bread Buns>

Ingredients/For 9, approx. 7 cm, round

Bread flour (sieved)	300 g
Dry yeast (Granules, not requiring pre-fermentation)	
.....	2 g
Powdered malt	2 g
Salt	6 g
Water	190 g

<French Wheat Bread>

Ingredients/For 3, approx. 30 cm

Bread flour (sieved)	300 g
Dry yeast (Granules, not requiring pre-fermentation)	
.....	2 g
Powdered malt	2 g
Salt	6 g
Water	190 g

Bacon A suitable amount

How to cook

* Fill the water tank with water, and insert it to the main body.

1

Dough making

1. Make a dough. Please refer to **Steps 1-3 for making French Bread** on Page 203 for instructions. Then, divide it into 9 equal portions (for French Bread Buns) or 3 equal portions (for French Wheat Bread).

2. With the cutting side of **1** inward, gently bind them together, so that the kneading board is slightly snugly. Place the dough on one half of the canvas, cover the dough with the other half of the canvas, cover it with a damp cloth and let it sit in a warm place for about 30 minutes.

2

Forming

<French Bread Buns>

Transfer the dough from **1** to a kneading board coated with a little high-gluten flour (not included in the ingredients), gently bind them together, and seal the joint properly.

<French Wheat Bread>

Transfer the dough from **1** to a kneading board coated with a little high-gluten flour (not included in the ingredients), and shape it by referring to **Steps 4 for making French Bread** on Page 203. To add bacon, put the bacon in the center in **Step 4~4** of "How to cook", and bond when you are rolling it up vertically.

3

Forming & fermentation

Please refer to **Step 5 for making French Bread** on Page 203 for instructions on forming and fermentation.

Notes

Please check the temperature setting before pressing [開始] (Start). If the temperature is set to 100 °C or above by mistake, the canvas or cloth may catch fire.

4

Once fermentation is complete, cover it with a canvas, and wrap it in plastic wrap so that the dough does not dry out before baking. Then, transfer it to a warm and flat place with the canvas still on it.

5

Baking

1. Preheating

Place an empty **square tray** on the **upper shelf** and start preheating.



☆ French Bread Buns: No.245

French Wheat Bread: No.246

(The standard preheating time is approx. 11 minutes)

2. Transfer the dough with a board with the joint on the parchment paper cut to the size of a **square tray**.

3. Marking with a knife

<French Bread Buns>

Immediately before preheating is complete, use a coup knife to cut out a cross on the surface of the dough.



<French Wheat Bread>

Immediately before preheating is complete, use kitchen scissors to make a deep cut on the side of the dough and separate the left and right sides.



4. Baking

After preheating, take out the **square tray** using commercially available oven mittens, and transfer the dough from **3** together with parchment paper to another **square tray**.*

* It is easier to transfer the dough if it is placed on a board. Place it on the **upper shelf** and start heating.

開始 (Start)

Heating starts

(The standard heating time is approx. 26 minutes)

* Please refer to Page 207 for tips on making French Bread.

No.247 French Bean Paste Bread



Convection

Steam



Add water until it exceeds the **half water level**



Ingredients/For 9

Ingredients for making French Bread All
 Red bean paste filling..... 360 g
 Black sesame seed A suitable amount
<Egg wash>
 Egg yolk 1 (M-sized)
 Water 1 tbsp.

How to cook

* Fill the water tank with water, and insert it to the main body.

1

Pre preparation ~ Dough making

1. If there is too much moisture in the bean paste filling, steam it over an open flame to dry the moisture, leave it cool down, and divide it into 9 equal portions.
2. Make a bread dough by referring to **Step 1 for making French Bread Buns** on Page 205.
3. Lightly sprinkle high-gluten flour (not included in the ingredients) on the kneading board, transfer the ingredients from **2** to the kneading board and pull them apart slowly, wrap in the bean paste filling from **1** and seal the joints properly.

2

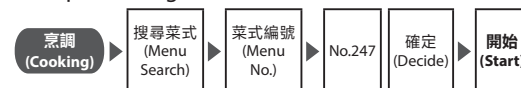
Proceed by referring to **Steps 2-4 for making French Bread Buns** on Page 205.

3

Baking

1. Preheating

Place an empty **square tray** on the **upper shelf** and start preheating.



(The standard preheating time is approx. 11 minutes)

2. Immediately before preheating is complete, coat the surface of ingredients with egg wash using a brush, and decorate with black sesame seeds.
3. After preheating, wrap the ingredients from **2** with parchment paper one by one, and put them on a **square tray**.
 * It is easier to transfer the dough if it is placed on a board.
 Place it on the **upper shelf** and start heating.

開始 (Start)

Heating starts

(The standard heating time is approx. 26 minutes)

• Please refer to Page 207 for tips on making French Bread.

Tips on Baking French Bread

This is one of the difficult bread to bake that the advanced bakers can challenge.

Refer to the following points, and 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.

Tools Required for Baking French Bread
Canvas: Used for dough sitting and fermenting
Bread thermometer: Used to measure the dough temperature
(A bar thermometer is also applicable.)
Coup knife: Used to mark

Fermentation

The fermenting time and condition may vary with the temperature of kneaded dough, container to be used, or ingredient combination.
Monitor the conditions and adjust the fermenting time accordingly so the dough rises to twice the size.

Degassing

Timing
By observing when the dough rises to twice the size, or by a finger test.
Tips
Try cupping your hand around it. Do not remove too many air bubbles or touch the dough too frequently.

Kneading

Unlike a butter roll dough, the surface of a kneaded dough may not be even.
(It can only be stretched lightly or cannot be stretched at all with your fingers.)
Set the kneading temperature to 24 °C. Adjust the ingredient temperature and the room temperature accordingly.

Temperature

Temperature control is essential.
Measure precisely the dough temperature in each process and make adjustments accordingly.
The best room temperature is within the range of 20 °C-25 °C.
In summer, ingredients should be stored in the fridge.
Set the flour temperature to 23 °C and the water temperature to 12 °C, which is the most appropriate temperature for kneading.

Dough sitting/Forming

In winter, pay more attention to the temperature so that the dough does not get cold.
Make sure that the dough does not dry during sitting.
Do not press or stretch the dough too much. Handle the dough gently and do not touch the dough too frequently.

Marking with a knife

Use a coup knife to make slight cuttings in the dough surface.
If the cutting is done vertically to the dough or the cutting is deep, you may not end up with a lemon shape that is characteristic to French bread.



Trivia

Types of French Bread

● Batard ●

40-41 cm long, three cuttings.
280 g after baking.

● Parisienne ●

Originated in Paris.
67-68 cm long, three cuttings.
500 g after baking.

● Baguette ●

Crutch shaped.
67-68 cm long, seven cuttings.
280 g after baking.

● Champignon ●

Mushroom shaped.
A thin circular dough topped on a round dough.

● Coupe ●

Also pronounced as "kup-pe".
Cut longitudinally in the middle.

● Boule ●

Ball shaped.
A round dough with cuttings.
Grids on a big dough or a cross on a small dough.

No.248 French Bran Bread



Convection



Ingredients/For 1

<Bread dough>

Bread flour (sieved)	200 g
Sugar	10 g
A Dry yeast (Granules, not requiring pre-fermentation)	4 g
Salt	4 g
Water	120 g
Shortening	10 g
Stir-fried black sesame seed	14 g

<Filling>

Sweet potato	160 g
Sugar	5 g
Lemon juice	From 1/8 of a lemon
Water	A suitable amount
Salt	A little

手動 (Manual) 熱風對流 (有預熱) (Convection) (with preheat) 180 °C 27-32 minutes

How to cook

- Filling preparation**

Cut the sweet potato with skin into 1 cm cubes. Boil them in a pot and add sugar, lemon juice and water to the level that they are just covered. Add salt once they soften. Boil them in a pot till the water evaporates, and leave them cool down in a colander. (The prepared quantity is approximately 190 g.)
- Dough making**
 - Mix **A** with water in a large bowl until the powder is dissolved. Once the dough has come together, transfer it to a kneading board coated with a little high-gluten flour (not included in the ingredients). Use your body weight to knead the dough with your palms, occasionally slapping the dough from the lower height onto the kneading board.
 - After the dough is smooth, knead shortening and black sesame seeds in the dough. When the dough becomes soft after shortening is added, stretch the dough. If a thin film is formed, it indicates that kneading is complete. (The kneading temperature is approx. 26 °C. For the status, refer to **Steps 1-7 for making butter bread** on Page 185.)
 - Make **2** into a round shape until the surface is smooth, place the ball in a large heat-resistant bowl coated with a layer of shortening (not included in the ingredients) with the joint on the bottom, and cover the bowl with plastic wrap.
- First fermentation ~ Dough sitting**
 - Place **2** on a **square tray**, and then put it on the **lower shelf** for fermenting. Take it out of the chamber once midway, and press it to remove air bubbles.

烹調 (Cooking) → 其他 (Others) → 發酵 (Fermentation) → 35 °C → 下一頁 (Next) → 40-50 分鐘 (40-50 mins) → 開始 (Start)

 - Dough sitting**

Wait until fermentation is complete, remove the air bubbles (refer to **Step 4 for making butter bread** on Page 186), and roll it into a ball. Cover it with a dry cloth, a damp cloth and plastic wrap in order, and let it sit for about 15 minutes.

- Forming**
 - Use a rolling pin to stretch the dough to about 30×26 cm, scatter the filling with space of about 3 cm vertically and 2 cm on the left and right sides, and roll it up from the near side. Close the ends properly by squeezing in the left and the right and tidy the shapes.
 - Line a **square tray** with a canvas, make walls by gathering the canvas, and place the dough from **1** between canvas walls. Cover it with the remaining canvas, and then cover it with a damp cloth.
- Forming & fermentation**

Place **4** on the **lower shelf** and start fermenting.

烹調 (Cooking) → 其他 (Others) → 發酵 (Fermentation) → 35 °C → 下一頁 (Next) → 40-50 分鐘 (40-50 mins) → 開始 (Start)

Notes
Please check the temperature setting before pressing [開始] (Start). If the temperature is set to 100 °C or above by mistake, the canvas or cloth may catch fire.
- Baking**
 - Marking with a knife**

After fermentation, take out the dough together with the canvas from the **square tray**, and use a sharp knife to cut out three diagonal marks. Wrap it in plastic wrap so that the dough does not dry out before baking.
 - Preheating**

Preheat an empty **square tray** on the **lower shelf**.

烹調 (Cooking) → 搜尋菜式 (Menu Search) → 菜式編號 (Menu No.) → No.248 → 確定 (Decide) → 開始 (Start)

(The standard preheating time is approx. 5 minutes)
 - Gently transfer with a board the bread dough from **1** to parchment paper cut to the size of a **square tray**.
 - Baking**

After preheating, take out the **square tray** using commercially available oven mittens, and transfer the dough from **3** together with parchment paper to another **square tray**.
* It is easier to transfer the dough if it is placed on a board. Spray water over the dough, place it on the **lower shelf** and start heating.

開始 (Start) **Heating starts**
(The standard heating time is approx. 29 minutes)

No.249 Fruit Danish Pastry



Convection



Ingredients/For 6

Bread flour (sieved)	140 g
Dry yeast (Granules, not requiring pre-fermentation)	2 g
Sugar	14 g
Salt	2 g
A Egg	20 g
Water	55 g
Butter (salt free)	10 g
Butter for folding (salt free)	65 g
Cream*1	9 tbsp.
Egg wash	Approx. 30-40 g
<Jam (for colouring)>	
B Apricot and peach jam	50 g
Water	15 ml

*1: Proceed by referring to Page 248 and cool it down in advance.

手動 (Manual)	熱風對流 (有預熱) (Convection) (with preheat) 200 °C 12-14 minutes
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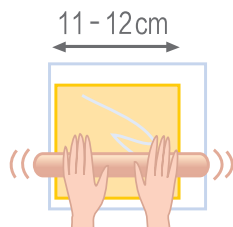
How to cook

1 Dough making

1. Dissolve the sugar, salt and half of **A** in a large bowl. Add the mixture of bread flour and instant dry yeast, and stir in the remaining **A**.
2. Once the dough has come together, transfer it to a kneading board coated with a little high-gluten flour (not included in the ingredients). Use your body weight to knead the dough with your palms, occasionally slapping the dough from the lower height onto the kneading board.
3. After the dough has penetrated well and become smooth, pull the dough apart and place the butter at room temperature at 3 to 4 places. Knead the dough from four edges so that the butter is well mixed with the ingredients.
4. Once the dough becomes smooth, gently pull it apart with your both hands, and knead the dough until you can see your fingers through it.
5. Use a rolling pin to press the dough into a size of 22-23 cm, wrap it in plastic wrap and refrigerate it for about 1 hour.

2

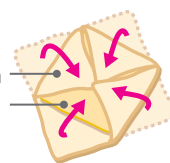
Make butter filling while the dough is cooling down. Leave the butter at room temperature to soften, then pull it through plastic wrap to 11-12 cm, wrap it in plastic wrap, and refrigerate it.



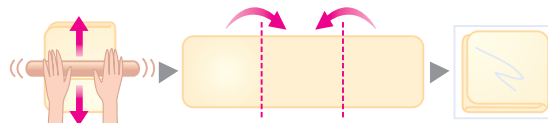
3 Rolling in butter

1. Place **1** on a kneading board coated with high-gluten flour (not included in the ingredients), place **2** in the center after turning it 45 degrees, wrap it tightly, and seal the joint properly.

Dough
Butter



2. With the joint on the bottom, slightly press the dough with a rolling pin to mix in the flour and butter well. Press the dough to a size of 30 × 20 cm. Fold it three times, wrap it with plastic wrap, and leave it refrigerated for about 30 minutes.
3. Place the dough with the folding mark perpendicular and press it lengthwise to a size of 30 × 20 cm. Fold it three times, wrap it with plastic wrap, and leave it refrigerated for about 30 minutes.



4. Repeat Step 3 for three times, fold the ingredients for three times, and wrap them in plastic wrap, and then leave it refrigerated for one hour.
* Whenever the butter melts or the ingredients become soft, put them into a freezer for freezing.

4 Making jelly pectin

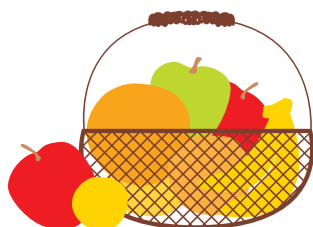
1. Mix **B** in a heat-resistant container, place the container in **the center of the chamber** (without covering with plastic wrap), and start heating.

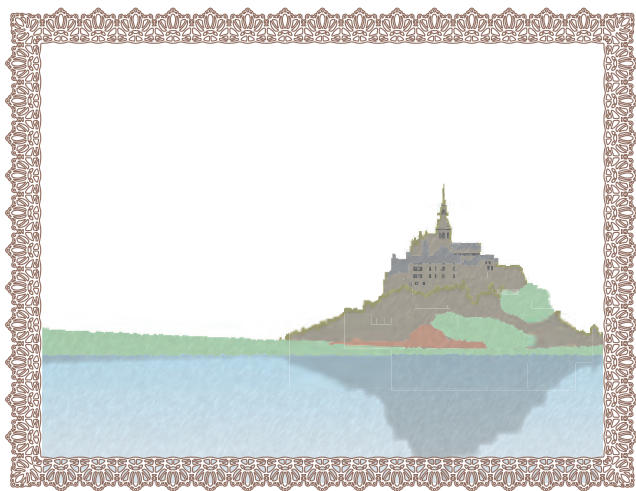
微波 600W
(Microwave 600W)

約 1 分鐘
(Around 1 min)

開始
(Start)

2. Mix them well after heating.

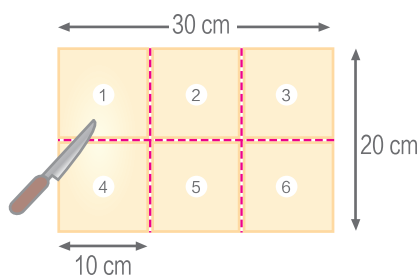




5

Forming

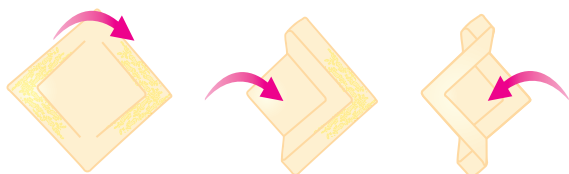
1. Place **3** on a kneading board coated with high-gluten flour (not included in the ingredients), with the joint facing up and the folding marks on the right and left sides. At this time, sprinkle the dough with high-gluten flour (not included in the ingredients), and press it into a size of about 32×22 cm.
2. Measure the size of 30×20 cm with a ruler, cut off the tail of the dough with a kitchen knife, and round the dough up.
3. Cut it into 6 doughs with a size of 10×10 cm.



4. Fold the dough into triangles and cut the edges with a width of about 1 cm at about 7 mm from the top.



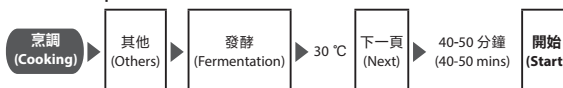
5. Coat the trimmed edge with the egg wash in a staggered manner.



6

Fermentation

Line a **square tray** with parchment paper, line **5** up, then cover it with a dry cloth, a damp cloth and plastic wrap in order, and put it on the **lower shelf** for fermentation.



Notes

Please check the temperature setting before pressing [開始] (Start). If the temperature is set to 100 °C or above by mistake, the canvas or cloth may catch fire.

7

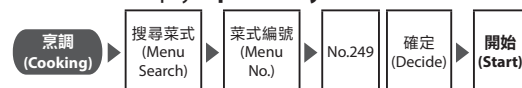
Once fermentation is complete, remove the dough together with parchment paper from the **square tray**.

8

Baking

1. Preheating

Preheat an empty **square tray** on the **lower shelf**.



(The standard preheating time is approx. 5 minutes)

2. Coat the surface of **7** with egg wash, with cream put in the center.

3. Baking

After preheating, take out the **square tray** using commercially available oven mittens, and transfer the dough from **2** together with parchment paper to another **square tray**.*

* It is easier to transfer the dough if it is placed on a board.

Place it on the **lower shelf** and start heating.

開始 (Start) Heating starts
(The standard heating time is approx. 13 minutes)

9

After heating, wait until the bread cools down, then decorate with whipped cream and fresh fruit to your taste, coat the whole bread with jam, sprinkle with icing sugar as you like, and finally decorate with peppermint leaves.

No.250 Croissant



Convection



Ingredients/For 9

Bread flour (sieved)	120 g
Low-gluten flour (sieved)	30 g
Dry yeast (Granules, not requiring pre-fermentation)	3 g
Sugar	8 g
Salt	3 g
Water	90 g
Butter (salt free)	15 g
Butter for folding (salt free)	90 g

手動
(Manual)

Preheating: 熱風對流 (Convection) 210 °C
Baking: 熱風對流 (Convection) 200 °C
10-15 minutes

How to cook

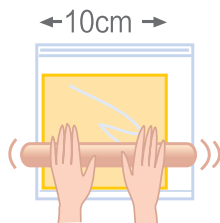
1

Dough making

1. Dissolve the sugar, salt, and $\frac{1}{3}$ of water in a large bowl with a whisk.
2. Mix the high-gluten flour and low-gluten flour in 1 and stir gently to allow the water to be completely absorbed by the flour.
3. While the flour is still powdery, add the instant dry yeast and gently stir 2-3 times, then remove it in a state that is not completely mixed, and place it on a kneading board.
4. Tear the butter little by little, and fold it into the dough as if you were painting it.
5. While folding in the butter, push the dough along the table until the butter is thoroughly absorbed.
6. Once the butter is mixed, gather the dough together, cover it with plastic wrap, and refrigerate it for about 30 minutes.

2

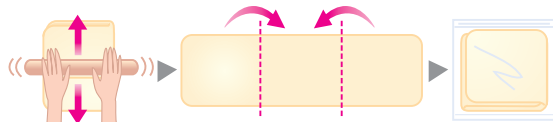
2. Make butter tablets while the dough is cooling down. Soften the butter (90 g) at room temperature, place it in a plastic bag, stretch it into flakes of about 10×10 cm with a rolling pin, and refrigerate it.



3

Rolling in butter

1. Take 1 out of the refrigerator, stretch it to tablets of about 20×20 cm with a rolling pin, put 2 in the center, fold it up without leaving any gaps, and seal the joins properly.
2. Stretch 1 outwards from the center as if you press with a rolling pin to form a rectangle with thickness of about 6 mm, fold the dough into three layers, cover it with plastic wrap and let it rest in the refrigerator for 30 minutes.

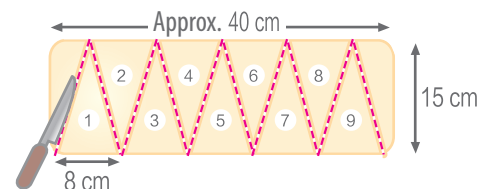


3. Stretch it again into a rectangle, fold it into three layers and let it cool for about 30 minutes.
4. Stretch it again into a rectangle, fold it into three layers and let it cool for about 60 minutes.

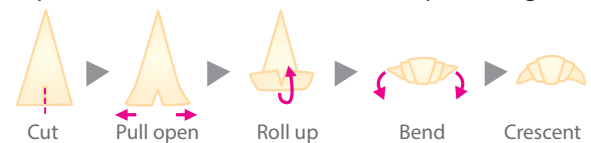
4

Forming

1. Stretch 3 to a rectangle of 15×40 cm, and divide it into 9 isosceles triangles with a base of 8 cm.



2. Cut out 1 cm vertically in the middle of the bottom, pull a little from side to side, and roll up the dough.



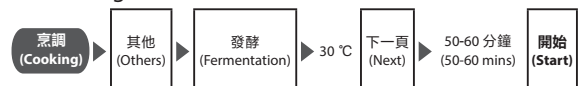
5

- Line a **square tray** with parchment paper, and arrange the 9 dough rolls from 4 neatly with the folded ends on the bottom.

6

Fermentation

1. Spray water over 5, and put it on the **lower shelf** for fermenting.



2. Once fermentation is complete, remove the dough together with parchment paper from the **square tray**.

7

Baking

1. **Preheating**

Preheat an empty **square tray** on the **lower shelf**.



(The standard preheating time is approx. 7 minutes)

2. **Baking**

After preheating, take out the **square tray** using commercially available oven mittens, and transfer the dough from 6 together with parchment paper to another **square tray**.*

* It is easier to transfer the dough if it is placed on a board.

Place it on the **lower shelf** and start heating.

開始 (Start) Heating starts
(The standard heating time is approx. 12 minutes)



Ingredients/For 1, with a diameter of approx. 23 cm

High-gluten flour	375 g
Whole wheat flour (fine)	125 g
Dry yeast (Granules, not requiring pre-fermentation)	6 g
Sugar	2 tsp.
Salt	2 tsp.
Lemon juice	1 tsp.
Lukewarm water (30-35 °C)	290-320 g
Olive oil	2 tbsp.

How to cook

* Fill the water tank with water, and insert it to the main body.

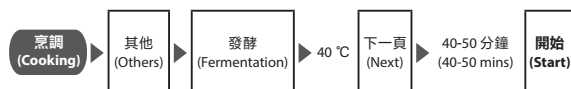
1 Dough making

1. Sift the high-gluten flour and whole wheat flour into a large bowl, pile it into the shape of a mountain, and make a hole in the middle. Pour the dry yeast and sugar into the hole, and stir in $\frac{2}{3}$ of lukewarm water little by little. Once mixed, add lemon juice and salt. Then, pour in the remaining lukewarm water until the mixture is soft like an earlobe.
2. Once the dough is sticky, knead the dough while striking it to the bowl. Once the surface is smooth, knead olive oil completely into the dough. Once the dough becomes smooth, gently pull it apart with your both hands, and knead the dough until you can see your fingers through it. (Please refer to **Steps 1-7 for making butter bread** on Page 185.)
3. Roll **2** into a ball until the surface is smooth, place the ball in a large heat-resistant bowl coated with olive oil (not included in the ingredients) with the joint on the bottom, and cover the bowl with plastic wrap.

2 First fermentation

1. First fermentation

Place **1** on a **square tray**, put it on the **lower shelf**, and ferment it to twice the size.



2. After fermentation, press the dough to remove air bubbles. (Please refer to **Step 4 for making butter bread** on Page 186.)

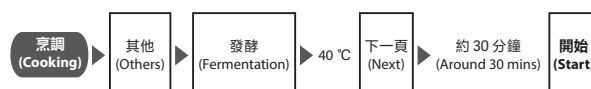
3. Dough sitting

Round the dough until the surface is smooth. Wrap it with plastic and leave it rest for about 15 minutes.

4. Place it on a **square tray** coated with parchment paper, stretch **3** to a circle with a diameter of approx. 20 cm and a height of approx. 5 cm, and spray with a little water.

3 Forming & fermentation

- Place **2** on the **lower shelf** for fermenting.



4

- Once fermentation is complete, remove the dough together with parchment paper from the **square tray**. Coat the surface of the dough with high-gluten flour (not included in the ingredients), and wrap it in plastic wrap so that the dough does not dry out before baking.

5 Baking

1. Preheating

Preheat an empty **square tray** on the **lower shelf**.



(The preheating time is approx. 11 minutes)

2. Marking with a knife

Mark the surface of **4** diagonally using the sharp tip of a knife.

3. Baking

After preheating, take out the **square tray** using commercially available oven mittens, and transfer the dough from **2** together with parchment paper to another **square tray**.*

* It is easier to transfer the dough if it is placed on a board.

Place it on the **lower shelf** and start heating.

開始 (Start) Heating starts
(The standard heating time is approx. 28 minutes)

No.252 Rye Bread with Fig and Walnuts



Convection



Ingredients/For 4

A	High-gluten flour.....	170 g
	Rye flour (medium grains)	80 g
	Dry yeast (Granules, not requiring pre-fermentation)	5 g
	Black icing	12 g
	Salt	60 g
	Olive oil	2 tsp.
	Dried fig (cut into 7 mm pieces)	70 g
	Walnuts (roasted and grated into 7 mm pieces)	35 g
	Cream cheese	80 g
	Rye flour	A suitable amount

手動 (Manual)	熱風對流 (有預熱)
	(Convection) (with preheat)
	220 °C Approx. 5 minutes →
	熱風對流 (無預熱)
	(Convection) (without preheat)
	200 °C 14-19 minutes

How to cook

1 Dough making

1. Dissolve the sugar, salt and half of **A** in a large bowl. Add the mixture of bread flour and instant dry yeast, and stir in the remaining **A**.
2. Once the dough has come together, transfer it to a kneading board coated with a little high-gluten flour (not included in the ingredients). Use your body weight to knead the dough with your palms, occasionally slapping the dough from the lower height onto the kneading board.
3. After the dough has penetrated well and become smooth, pull the dough apart and sprinkle with olive oil. Knead the dough from four edges so that the olive oil is well mixed with the dough. Once the dough becomes smooth, gently pull it apart with your both hands, and knead the dough until you can see your fingers through it.
4. Round the dough and pull it with a rolling pin to a size of about 30×15 cm, and sprinkle with figs and walnuts. Press the dough firmly and fold it three times.
5. Turn the dough at a 90-degree angle, and then press it with a rolling pin. Repeat the above action for four times, and add figs and walnuts into the dough.

2 First fermentation ~ Dough sitting

1. Round the dough neatly, place it in a heat-resistant plate coated with olive oil (not included in the ingredients), and then cover it with a dry cloth and a damp cloth in order.
2. Place **1** on a **square tray**, put it on the **lower shelf**, and start fermenting.



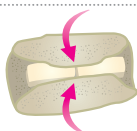
3. Wait until fermentation is complete, and remove the air bubbles (Please refer to **Step 4 for making butter bread** on Page 186).

4. Dough sitting

Divide **3** into 4 equal portions, round them, cover them with a dry cloth, a damp cloth and plastic wrap in order, and let them sit for about 15 minutes.

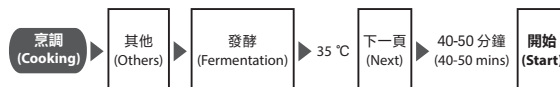
3 Forming

1. Pull the dough to a size of about 10×14 cm, use a rolling pin to thin the center and top with a quarter of the cream cheese.
2. Fold the dough in half and seal the joint to make a spindle shape.



4 Forming & fermentation

- Line a **square tray** with parchment paper, line **3** up with the joint on the bottom, and cover it with a dry cloth, a damp cloth and plastic wrap in order. Place it on the **lower shelf** and start fermenting.



Notes

Please check the temperature setting before pressing [開始] (Start). If the temperature is set to 100 °C or above by mistake, the canvas or cloth may catch fire.

5

- Once fermentation is complete, remove the dough together with parchment paper from the **square tray**, and wrap it in plastic wrap so that the dough does not dry out before baking.

6 Baking

1. Preheating

Preheat an empty **square tray** on the **lower shelf**.



(The standard preheating time is approx. 8 minutes)

2. Marking with a knife

Immediately before preheating is complete, sprinkle with rye flour, cut out the openings, and spray some water over it.

3. Baking

After preheating, take out the **square tray** using commercially available oven mittens, and transfer the dough from **2** together with parchment paper to another **square tray**.*

* It is easier to transfer the dough if it is placed on a board. Place it on the **lower shelf** and start heating.

開始 (Start) Heating starts
(The standard heating time is approx. 21 minutes)

No.253 Rye Bread with Raisin and Walnuts



Convection



Ingredients/For 1

High-gluten flour (sieved)	150 g
Rye flour (sieved)	50 g
A Sugar	8 g
Dry yeast	3.5 g
Salt	4 g
Water	130 g
Walnuts (grated into 7-8 mm pieces) ...	50 g
Raisin	50 g
Shortening	8 g

- You can also use dried figs cut into about 1 cm pieces instead of raisin.

手動 (Manual) 熱風對流 (有預熱) (Convection) (With preheat) 200 °C 20-25 minutes

How to cook

- 1 Dough making**
- Place the walnuts on a **square tray** coated with parchment paper, put it on the **lower shelf**, and start heating.



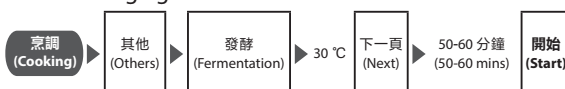
After heating, open the door to leave it cool down.

- Let the water be completely absorbed by the flour. Once the dough has come together, transfer it to a kneading board coated with a little high-gluten flour (not included in the ingredients). Use your body weight to knead the dough with your palms, occasionally slapping the dough from the lower height onto the kneading board.
- After the dough is smooth, add shortening, and knead walnuts and raisin into the dough in two halves. When the dough becomes soft after shortening is added, stretch the dough. If a thin film is formed, it indicates that kneading is complete. (The kneading temperature is approx. 26 °C. For the state, please refer to **Steps 1-7 for making butter bread** on Page 185.)
- Make **3** into a round shape until the surface is smooth, place the ball in a large heat-resistant bowl coated with a layer of shortening (not included in the ingredients) with the joint on the bottom, and cover the bowl with plastic wrap.

- 2 First fermentation ~ Dough sitting**
- First fermentation**

Place **1** on a **square tray**, put it on the **lower shelf**, and start fermenting.

* Leave it inside the chamber to cool down before fermenting again.



Take it out of the chamber once midway, make a hole, and press it to remove air bubbles.

- After fermentation, remove air bubbles. (Please refer to **Step 4 for making butter bread** on Page 186.)
 - Dough sitting**
- Round **2**, cover it with a dry cloth, a damp cloth and plastic wrap in order, and let them sit for about 20 minutes.

- 3 Forming**
- Round the dough from **2** again, place it on a **square tray** coated with parchment paper, and cover it with a dry cloth and a damp cloth in order.

- 4 Forming & fermentation**
- Place **3** together with the **square tray** on the **lower shelf** for fermenting.



Notes

Please check the temperature setting before pressing [開始] (Start). If the temperature is set to 100 °C or above by mistake, the canvas or cloth may catch fire.

- 5**
- Once fermentation is complete, remove the dough together with parchment paper from the **square tray**, and wrap it in plastic wrap so that the dough does not dry out before baking.

- 6 Baking**
- Preheating**

Preheat an empty **square tray** on the **lower shelf**.



(The standard preheating time is approx. 5 minutes)

- Marking with a knife**

Immediately before preheating is complete, sprinkle with rye flour, cut out the openings, and spray some water over it.

- Baking**

After preheating, take out the **square tray** using commercially available oven mittens, and transfer the dough from **2** together with parchment paper to another **square tray**.
* It is easier to transfer the dough if it is placed on a board. Spray water over the dough, place it on the **lower shelf** and start heating.

開始 (Start) Heating starts (The standard heating time is approx. 18 minutes)

No.254 Tomato Bread



Convection



Ingredients/For 1

High-gluten flour (sieved)	100 g
Fine wheat bran flour (sieved)	100 g
Sugar	12 g
Dry yeast (Granules, not requiring pre-fermentation)	4 g
Salt	4 g
Tomato puree	15 g
Dried oregano	1/2 tsp.
Pepper	A little
Water	120 g
Dried tomato	8 g
Olive oil	10 g

手動
(Manual)熱風對流 (有預熱) (Convection)
(with preheat) 180 °C 27-32 minutes

How to cook

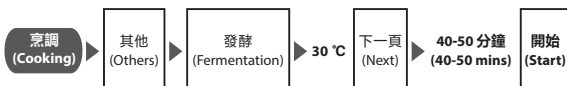
1 Dough making

1. Soak the dried tomatoes in lukewarm water, squeeze the juice thoroughly when they are tender, and chop them finely.
2. Mix **A** with water in a large bowl until the powder is dissolved. Once the dough has come together, transfer it to a kneading board coated with a little high-gluten flour (not included in the ingredients). Use your body weight to knead the dough with your palms, occasionally slapping the dough from the lower height onto the kneading board.
3. After it becomes smooth, knead in the dried tomato and olive oil from **1** well. When the dough becomes soft after olive oil is added, stretch the dough. If a thin film is formed, it indicates that kneading is complete. (The kneading temperature is approx. 26 °C. For the state, refer to **Steps 1-7 for making butter bread** on Page 185.)
4. Make **3** into a round shape until the surface is smooth, place the ball in a large heat-resistant bowl coated with a layer of shortening (not included in the ingredients) with the joint on the bottom, and cover the bowl with plastic wrap.

2 First fermentation ~ Dough sitting

1. First fermentation

Place **1** on a **square tray**, and then put it on the **lower shelf** for fermenting.



Take it out of the chamber once midway, and press it to remove air bubbles.

2. After fermentation, remove air bubbles. (Please refer to **Step 4 for making butter bread** on Page 186.)

3. Dough sitting

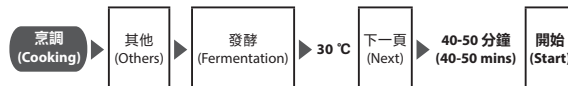
Round **2**, cover it with a dry cloth, a damp cloth and plastic wrap in order, and let them sit for about 20 minutes.

3 Forming

1. Press the dough from **2** to a size of about 28 cm with a rolling pin, roll it firmly from the tail and seal the joint properly. Roll both ends until fine, and press it into a horseshoe shape of 30-35 cm at the same time.
2. With the rolled tail on the bottom, place it on a **square tray** coated with parchment paper, and cover it with a dry cloth and a damp cloth in order.

4 Forming & fermentation

- Place **3** on the **lower shelf** and start fermenting.



Notes

Please check the temperature setting before pressing [開始] (Start). If the temperature is set to 100 °C or above by mistake, the canvas or cloth may catch fire.

5

- Once fermentation is complete, remove the dough together with parchment paper from the **square tray**, and wrap it in plastic wrap so that the dough does not dry out before baking.

6 Baking

1. Preheating

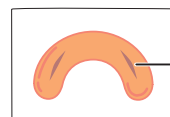
Preheat an empty **square tray** on the **lower shelf**.



(The standard preheating time is approx. 5 minutes)

2. Marking with a knife

Immediately before preheating, cut the surface of the dough with a sharp knife. (2 places)



Cutting out the pattern

3. Baking

After preheating, take out the **square tray** using commercially available oven mittens, and transfer the dough from **2** together with parchment paper to another **square tray**.*

* It is easier to transfer the dough if it is placed on a board.

Spray water over the dough, place it on the **lower shelf** and start heating.

開始 (Start) Heating starts
(The standard heating time is approx. 29 minutes)

No.255 Stollen



Convection



Ingredients/For 2

	French bread flour (sieved)	250 g
	Dry yeast (Granules, not requiring pre-fermentation)	13 g
	Sugar	40 g
A	Salt	3 g
	Egg	1 (M-sized)
	Cinnamon	1/2 tsp.
	Nutmeg, vanilla essence	A little
	Milk	85-90 g
	Butter (salt free)	70 g
	Raisin	100 g
B	Mixed fruits (soaked in western wine)	50 g
	Lemon zest (grated)	From 1/2 of a lemon
	Almond flakes	40 g
<Toppings (x2)>		
	Almond flakes	40 g
	Sugar	40 g
C	Low-gluten flour	3 g
	Egg (beaten)	1/2 (M-sized)
	Egg yolk	1/2 (M-sized)
<For finishing>		
	Melted butter	50 g
	Icing	A suitable amount

手動 (Manual) 熱風對流 (有預熱) (Convection) (with preheat) 180 °C 17-22 minutes

How to cook

1

Dough making

- Line a **square tray** with parchment paper, sprinkle with almond flakes from **B**, place it on the **lower shelf**, and start heating.

烹調 (Cooking)

熱風對流 (Convection)

無預熱 (Without preheat)

150 °C

下一頁 (Next)

約 15 分鐘 (Around 15 mins)

開始 (Start)

After heating, open the door to leave it cool down.
- Pour hot water over the raisins and then remove the water.
- Mix **A** with water in a large bowl until the powder is dissolved. Once the dough has come together, transfer it to a kneading board coated with a little high-gluten flour (not included in the ingredients). Use your body weight to knead the dough with your palms, occasionally slapping the dough from the lower height onto the kneading board.
- After the dough is smooth, knead the butter into the dough in two halves. Once the butter is mixed in, add **B** and knead the dough well. Stretch the dough. If a thin film is formed, it indicates that kneading is complete. (The kneading temperature is approx. 23 °C. For the state, refer to **Steps 1-7 for making butter bread** on Page 185.)
- Make **4** into a round shape until the surface Butter, place the ball in a large heat-resistant bowl coated with a layer of butter (not included in the ingredients) with the joint on the bottom, and cover the bowl with plastic wrap.

2

First fermentation

- First fermentation**

Place **1** on a **square tray**, put it on the **lower shelf**, and start fermenting.
* Leave it inside the chamber to cool down before fermenting again.

烹調 (Cooking)

其他 (Others)

發酵 (Fermentation)

30 °C

下一頁 (Next)

40-50 分鐘 (40-50 mins)

開始 (Start)
- After fermentation, remove air bubbles. (Please refer to **Step 4 for making butter bread** on Page 186.)

3

Forming

- Dough sitting**

Divide **2** into halves, round them, cover them with a dry cloth, a damp cloth and plastic wrap in order, and let them sit for about 20 minutes.
- Fold it in half after pressing both sides of **1** into a sideways oval shape with a rolling pin, put it on a **square tray**, and cover it with a dry cloth and a damp cloth in order.

4

Forming & fermentation

Place **3** on the **lower shelf** and start fermenting.

烹調 (Cooking)

其他 (Others)

發酵 (Fermentation)

30 °C

下一頁 (Next)

30-40 分鐘 (30-40 mins)

開始 (Start)

Notes

Please check the temperature setting before pressing [開始] (Start). If the temperature is set to 100 °C or above by mistake, the canvas or cloth may catch fire.

5

After fermentation, wrap it in plastic wrap so that the dough does not dry out before baking.

6

Baking ~ Finish

- Preheating**

Preheat the empty chamber.

烹調 (Cooking)

搜尋菜式 (Menu Search)

菜式編號 (Menu No.)

No.255

確定 (Decide)

開始 (Start)

(The standard preheating time is approx. 5 minutes)
- Stir **C** well to make toppings, coat the surface of the dough with egg wash, and sprinkle with toppings.
- Baking**

After preheating, place **2** on the **lower shelf** and start heating.

開始 (Start)

Heating starts

(The standard heating time is approx. 20 minutes)
- After heating, drizzle with melted butter and sprinkle sugar on the top once it has cooled down.

No.256 Panettoni



Convection

Ingredients/For 4, heat-resistant paper
Panettoni mould

High-gluten flour (sieved)	300 g
French bread flour (sieved)	200 g
Dry yeast (Granules, not requiring pre-fermentation)	12 g
Sugar	90 g
A Salt	7 g
Egg wash	110 g
Whipped cream	40 g
Yogurt	50 g
Milk	40 g
Water	90 g
Vanilla essence	A little
Butter (salt free)	75 g
Raisin	50 g
Orange peel	30 g
B Lemon zest	From one lemon
Mixed fruits (soaked in western wine)	120 g
Egg wash	1/2 (M-sized)
Butter (salt free)	10 g
<For finishing>	
Icing	A suitable amount

手動
(Manual)熱風對流 (有預熱)
(Convection) (with preheat)
180 °C 19-26 minutes

How to cook

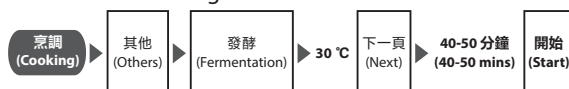
1 Dough making

1. Chop the orange peel, pour hot water over the raisins and then remove the water, and chop the lemon zest.
2. Mix **A** with water in a large bowl powder. Once the dough has come together, transfer it to a kneading board coated with a little high-gluten flour (not included in the ingredients). Use your body weight to knead the dough with your palms, occasionally slapping the dough from the lower height onto the kneading board.
3. After the dough is smooth, knead the butter into the dough in two halves. Once the butter is mixed in, add **B** and knead the dough well. Stretch the dough. If a thin film is formed, it indicates that kneading is complete. (The kneading temperature is approx. 26 °C. For the state, please refer to **Steps 1-7 for making butter bread** on Page 185.)
4. Make **3** into a round shape until the surface Butter, place the ball in a large heat-resistant bowl coated with a layer of butter (not included in the ingredients) with the joint on the bottom, and cover the bowl with plastic wrap.

2 First fermentation ~ Dough sitting

1. First fermentation

Place **1** on a **square tray**, put it on the **lower shelf**, and start fermenting.



2. After fermentation, remove air bubbles. (Please refer to **Step 4 for making butter bread** on Page 186.)

3. Dough sitting

Divide **2** into 4 equal portions, round them, cover them with a dry cloth, a damp cloth and plastic wrap in order, and let them sit for about 20 minutes.

3 Forming

Round the doughs from **2**, and line them up on a **square tray**, and cover it with a dry cloth and a damp cloth in order.

4 Forming & fermentation

- Place **3** on the **lower shelf**, and ferment the dough until its surface is 1 cm lower than the mould.



Notes

Please check the temperature setting before pressing [開始] (Start). If the temperature is set to 100 °C or above by mistake, the canvas or cloth may catch fire.

5

- After fermentation, wrap it in plastic wrap so that the dough does not dry out before baking.

6 Baking ~ Finish

1. Preheating

Preheat the empty chamber.



(The standard preheating time is approx. 5 minutes)

2. During preheating, coat the bread with egg wash with a brush, cut out a cross with a sharp knife. Then, divide the butter (10 g) into 4 equal portions, and place them in the center.

3. Baking

After preheating, place **2** on the **lower shelf** and start heating.

開始 (Start) Heating starts
(The standard heating time is approx. 23 minutes)

4. After heating, sprinkle icing on top once it has cooled down.

- If you mind the uneven color of the finished product, take out the square tray midway, exchange the front and rear side, and then put it in again for heating. (Please be careful to avoid burning)

No.257 Tomato Mozzarella Pizza



Convection



Ingredients/For 1, with a diameter of 23 cm (1 shelf)

<Pizza dough>

High-gluten flour (sieved) 25 g
Low-gluten flour (sieved) 25 g
Dry yeast (Granules, not requiring pre-fermentation) 1/2 tsp. (1.5 g)
A Sugar A little
Salt 1/4 tsp. (1.5 g)
Olive oil 1/2 tbs. (6 g)

Milk (room temperature) 25 g

<Filling>

Basil 5 leaves
Mozzarella cheese (cut into 1 cm pieces) 70 g

<Tomato sauce>

B Tomato puree 30 g
Oregano, salt, garlic (grated) A little each

熱風對流 (有預熱)
(Convection) (With preheat) 350 °C
手動 (Manual) 1 shelf: 3-6 mins;
2 shelves: 4-7 mins

· When baking on 2 shelves, double the ingredients and use the manual mode. Auto mode is not applicable.

How to cook

1

Dough making

1. Place **A** in a large bowl, add the milk while observing the situation so that the dough comes together without being sticky. Once it's been mixed well until the dough has come together, knead it well on a kneading board until it's all even.

2. Round the dough neatly, place it in a heat-resistant bowl coated with olive oil (not included in the ingredients), and then cover it with plastic wrap.

2

Fermentation

Place **1** on a **square tray**, put it on the **lower shelf**, and start fermenting.

3

After fermentation, roll the dough into a ball, wrap it with plastic wrap, and let it sit for about 10 minutes.

4

Preheating

Preheat an empty **square tray** on the **lower shelf**.

(The standard preheating time is approx. 20 minutes)

5

Apply olive oil (not included in the ingredients) onto tin foil with the same size as a **square tray**. Stretch **3** to a circle with a diameter of 23 cm with a rolling pin, and transfer it to the tin foil. Apply the tomato sauce made by mixing **B** and sprinkle with cheese.

6

After preheating, take out the **square tray** using commercially available oven mittens, and transfer **5** together with tin foil to another **square tray**.*

* It is easier to transfer the dough if it is placed on a board.

Notes

Please be careful as the square tray will be hot.

7

Baking

Place **6** on the **lower shelf**, and start heating.

開始 (Start)

Heating starts

(The standard heating time is approx. 4 minutes 30 seconds)

· Please note that the settings will be canceled after 10 minutes since the buzzer sounds indicating that preheating is completed.

8

After heating, add basil. If you want to bake thoroughly, please prolong the heating time, or use the manual convection (without preheating) 250 °C while observing the state.

No.258 Ham and Cheese Pizza



★For the basic cooking method, please refer to “No.257 Tomato Mozzarella Pizza”.

★If you want to make a pizza dough and tomato sauce, please refer to and use all the ingredients for the Tomato Mozzarella Pizza. (For the manual cooking, please refer to “How to cook” of Tomato Mozzarella Pizza.)

Ingredients/For 1, with a diameter of 23 cm (1 shelf)

<Filling>

Raw ham (slices) 40 g
Arugula 3-4 slices
Olive oil A suitable amount
Pepper A suitable amount
Natural cheese (Parmesan cheese)... 15 g

· It is also possible to replace arugula with cress or spinach.

How to cook

- Make a dough by following **Steps 1 - 3** for baking the Tomato Mozzarella Pizza.
In **Step 4** of “How to cook”, select **菜式編號 (Menu No.)** No.258 .
By following **Step 5** of “How to cook”, stretch the dough, and coat it with tomato sauce. Heat it up by following **Steps 6 - 7** of “How to cook”.
(The standard heating time is approx. 4 minutes 20 seconds)
- Pour the olive oil over the arugula, and sprinkle with a little pepper.
- After heating, place the raw ham, 2 slices of arugula, and sprinkle with shredded cheese.

No.259 Crispy Pizza



Convection



Ingredients/For 1, with a diameter of 23 cm (1 shelf)

<Pizza dough>

High-gluten flour, low-gluten flour (sieved) 20 g each
A Dry yeast (Granules, not requiring pre-fermentation) 1/3 tsp. (1 g)
Sugar, salt A little each
Olive oil Less than 1/2 tbsp. (5 g)
Milk (room temperature) 20 g

<Filling>

Basil 5 leaves
Natural cheese (for pizza) 35 g

<Tomato sauce>

B Tomato puree 25 g
Oregano, salt, garlic (grated) A little each

熱風對流 (有預熱)
(Convection) (With preheat) 300 °C
1 shelf: 3-5 mins;
2 shelves: 3-5 mins

· You can also bake 2 pizzas (on 2 shelves) in the auto mode.
Please double the ingredients when making the dough.

How to cook

1

Dough making

1. Place **A** in a large bowl, add the milk while observing the situation so that the dough comes together without being sticky. Once it's been mixed well until the dough has come together, knead it well on a kneading board until it's all even.

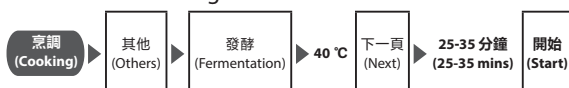
2. Round the dough neatly, place it in a heat-resistant plate coated with olive oil (not included in the ingredients), and then cover it with plastic wrap.

2

First fermentation

1. First fermentation

Place **1** on a **square tray**, put it on the **lower shelf**, and start fermenting.



2. After fermentation, roll the dough into a ball, wrap it with plastic wrap, and let it sit for about 10 minutes.
* When you are baking on 2 shelves, cut the dough into halves and roll them into balls.

3

Baking

1. Preheating

Preheat an empty **square tray** on the **lower shelf**.



(The standard preheating time is approx. 20 minutes)

* When baking on 2 shelves, put the two square trays on the **upper and lower shelves** separately, and select [2 層] (2 shelves).

2. Apply olive oil (not included in the ingredients) onto tin foil with the same size as a **square tray**. Stretch **2** to a circle with a diameter of 23 cm with a rolling pin, and transfer it to the tin foil. Apply the tomato sauce made by mixing B and sprinkle with cheese.

3. Baking

After heating, take out the **square tray** using commercially available oven mittens, and transfer **2** together with parchment paper to another **square tray**.*

* It is easier to transfer the dough if it is placed on a board.



Notes

Please be careful as the square tray will be hot.

4. Place **3** on the **lower shelf** and start heating.

開始 (Start)

Heating starts

(The standard heating time is approx. 4 minutes)

When baking on two shelves, put the two square trays on the **upper and lower shelves** separately.
(The heating time for baking on 2 shelves is approx. 4 minutes 30 seconds)

Please note that the settings will be canceled after 10 minutes since the buzzer sounds indicating that preheating is completed.

4

After heating, add basil.

If you want to bake thoroughly, please prolong the heating time, or use the manual convection (without preheating) 250 °C while observing the state.

No.260 Sweetcorn and Bacon Pizza



Convection



Ingredients/For 1, with a diameter of 23 cm

<Pizza dough>

High-gluten flour (sieved)	120 g
Milk (room temperature)	55 g
Sugar	10 g
Salt	1/2 tsp.
Egg	25 g (1/2, M-sized)
Dry yeast (Granules, not requiring pre-fermentation)	2 g

<Filling>

Green pepper (shredded)	1 (M-sized)
Onion (sliced thinly)	60 g
Bacon (chopped)	30 g
Mushroom (sliced thinly)	25 g
Natural cheese (for pizza)	100 g
Olive	A suitable amount

<Tomato sauce>

Tomato puree	60 g
Oregano, chilli pepper	A suitable amount

手動 (Manual) 熱風對流 (有預熱) (Convection) (with preheat) 210 °C 7-12 minutes

How to cook

1 Dough making

1. Follow the steps for making a bread dough until removing air bubbles.
(Please refer to **Steps 1-4 for making butter bread** on Pages **185-186**.)

2. Roll the dough into a ball until the surface is smooth, cover it with a damp cloth, and let it sit for about 10 minutes.

2

Stretch the dough into a circle of around 23 cm in diameter with a rolling pin, cover it with a well-wrung damp cloth or plastic wrap and leave it sit for around 20 minutes.

3 Preheating

Preheat the empty chamber.

烹調 (Cooking)

搜尋菜式 (Menu Search)

菜式編號 (Menu No.)

No.260

確定 (Decide)

開始 (Start)

(The standard preheating time is approx. 7 minutes)

4

Place the dough onto a **square tray**, coat it with tomato sauce made by mixing **A**, and sprinkle with toppings and cheese.

5 Baking

After preheating, place **4** on the **lower shelf** and start heating.

開始 (Start)

Heating starts
(The standard heating time is approx. 10 minutes)

• It can be done more easily if you use commercially available pizza sauce instead of potato sauce.

Variations of Pizza

★For the basic cooking method, please refer to "No.260 Sweetcorn and Bacon Pizza".

★If you want to make a pizza dough and tomato sauce, please refer to and use all the ingredients for the Sweetcorn and Bacon Pizza.

No.261 Tuna and Sweetcorn Pizza

Ingredients/For 1, with a diameter of 23 cm

<Filling>

Canned tuna	40 g
Canned sweetcorn	40 g
Tomato	60 g
Onion	60 g
Natural cheese (for pizza)	100 g

How to cook

- Make a pizza dough. Please refer to Steps **1 - 2** for making the Sweetcorn and Bacon Pizza.
 - Take out the seeds out of the tomatoes, cut them thinly and properly remove the moisture. Remove the moisture from the tuna and sweetcorn. Cut the onions into thin slices.
 - Execute Steps **3 - 5** for making the Sweetcorn and Bacon Pizza.
- In Step **3** of "How to cook", select 菜式編號 (Menu No.) No.261.
- (The standard heating time is approx. 10 minutes.)**
(For manual cooking, please refer to "Sweetcorn and Bacon Pizza".)

No.262 Seafood Pizza

Ingredients/For 1, with a diameter of 23 cm

<Filling>

Squid	100 g
Prawn	30 g
White wine	1/4 tbsp.
Salt, pepper	A little
Onion	60 g
Green pepper	1 (M-sized)
Natural cheese (for pizza)	75 g

How to cook

- Make a pizza dough. Please refer to Steps **1 - 2** for making the Sweetcorn and Bacon Pizza.
 - Cut the body of the squid into 7 mm-sized rings, cut away the legs one at a time and cut into 2-3 cm chunks. Take the shells and veins off the prawns. Cut the onions into thin slices and green peppers into rings.
 - Place **2** in a heat-resistant container, sprinkle with salt and pepper, drizzle with white wine, and wrap the container with plastic wrap.
 - Put **3** in the **center of the chamber** and start heating.
- 微波 600W (Microwave 600W)

約 3 分鐘 (Around 3 mins)

開始 (Start)
- After heating, volatilizes the residual heat and remove the moisture.
- Execute Steps **3 - 5** for making the Sweetcorn and Bacon Pizza.
- In Step **3** of "How to cook", select 菜式編號 (Menu No.) No.262.
- (The standard heating time is approx. 10 minutes.)**
(For manual cooking, please refer to "Sweetcorn and Bacon Pizza".)

No.263 Nan



Convection



Ingredients/For 2

High-gluten flour (sieved)	150 g
Dry yeast (Granules, not requiring pre-fermentation)	2 g
Sugar	12 g
Salt	2 g
Milk	80 g
Water	50 g
Butter (melted)	A suitable amount

Knead the dough until it is softer and stickier than a bread dough (e.g. a butter roll dough).

手動 (Manual) 熱風對流 (有預熱) (Convection) (with preheat)
300 °C 3-8 minutes

How to cook

1 Dough making

1. Mix the high-gluten flour, instant dry yeast, sugar, salt, milk and water in a large bowl, and knead the dough well for 5-10 minutes.
2. Roll **1** into a ball with smooth surface, place the ball in a large heat-resistant bowl coated with salad oil (not included in the ingredients), cover the bowl with plastic wrap, and leave it ferment at room temperature for about 30 minutes.
3. After fermentation, divide it into halves, roll them into balls, place them on a kneading board coated with high-gluten flour (not included in the ingredients), cover them with plastic wrap, and let them sit for about 15 minutes.

2 Preheating

Preheat the empty chamber.



(The standard preheating time is approx. 20 minutes)

3 Forming

Using the weight of the dough, stretch **1** into a triangular.

4 Baking

1. Place **3** on a **square tray**.

2. Once preheating is complete, put **1** on the **lower shelf** and start heating.

開始 (Start)

Heating starts

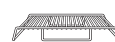
(The standard heating time is approx. 6 minutes)

• Please note that the settings will be canceled after 10 minutes since the buzzer sounds indicating that preheating is completed.

3. After heating, coat it with melted butter if you like.

Toast/Frozen Toast

Grill



Steamed Toast

Grill

Steam



Add water until it exceeds the half water level



Ingredients

Square bread 1-2 slices

* You can also bake 1-2 slices in the auto mode.

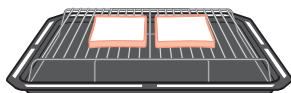
手動 (Manual)	燒烤 (Grill) (1-2 slices) Place a gridiron on a square tray and place two slices of square bread in the center. Bake the bread on the upper shelf for 3 minutes 30 seconds to 4 minutes 30 seconds. Once the buzzer sounds, flip the bread over and bake it for another 1 minute to 2 minutes 30 seconds.
	熱風對流 (有預熱) (Convection) (with preheat) 250 °C 2-7 minutes (1-4 slices) Preheat an empty square tray on the lower shelf. (The preheating time is approx. 11 minutes) After preheating, take out the square tray using commercially available oven mittens. Place the square bread on the square tray, and put the square tray on the lower shelf for heating.

- Steamed toast cannot be baked in the manual mode.
- If you bake frozen square bread in the same way, the inside of the bread may only be lukewarm, or the finished product may be unevenly colored.

How to bake

Once the buzzer sounds during heating, flip the square bread over.

- <Example: Toast x 2 slices (Square bread thickness: Can be cut into 6 slices)>**
Put a **gridiron** on a **square tray**, and place two slices of square bread in **the center**.
· For steamed toast, fill the water tank with water, and insert it to the main body.



- Place **1** on **the upper shelf**, and start baking according to the **corresponding course and the set number of bread slices**.



(The total heating time for baking on 2 shelves is approx. 5 minutes 30 seconds)

- * Make selections from 〈 吐司 〉 (Toast) and 〈 蒸氣吐司 〉 (Steamed Toast).
For frozen square bread, please set it to Toast (Frozen).
- After Step **3** starts, the remaining time is displayed.
- You can select the finishing degree as you wish.
On each menu screen, adjust the finishing degree to WARM and HOT.
· There are 2 settings available for either WARM or HOT.

Recommended thicknesses for various finishing degrees

- There is a heater in the ceiling inside the chamber, so if you bake bread with standard settings, the thicker bread will be darker and the thinner bread will be lighter.



3. 1. Flipping

Once the buzzer sounds, flip the square bread over. (Place the square bread in **the center**.)

! Notes

Be sure to take out the square tray and gridiron with commercially available oven mittens since they may be very hot.

- Place **1** on **the upper shelf**, and press **開始 (Start)** to bake.



Heating starts
(Approx. 1 min 30 sec right before baking is complete)

- Finish the baking once the buzzer sounds. Take the bread out right away.

* If you feel that the color is insufficient, please bake the bread with the side you wish to bake further facing up for an extended period of time, or bake the bread in the manual "燒烤" (Grill) mode while observing the state. (The heating time cannot be prolonged during baking.)

- Thick bread and bread with lots of sugar or fat can be baked darker.
- The finished colour may vary with the type, size and water content of the square bread, the inner temperature of the oven and the timing of flipping it over.
- The finished colour of the frozen bread may vary with the type, size, thickness and freezing degree. In addition, the center may not be heated thoroughly.

Standard heating time

Mode	Toast	Frozen Toast	Steamed Toast
Heating time	Approx. 5 minutes 30 seconds	Approx. 7 minutes 40 seconds	Approx. 6 minutes 30 seconds
Before flipping	Approx. 4 minutes	Approx. 5 minutes 20 seconds	Approx. 4 minutes 30 seconds

No.264 Sponge Cake

Convection

Steam



Add water until it exceeds the half water level



Ingredients/For 1, metal cake mould with a diameter of 18 cm

Low-gluten flour (sieved)	90 g	<Whipped cream>	
Egg white	3 (M-sized)	Double cream	300 ml
Egg yolk	3 (M-sized)	Sugar	55 g
Sugar (sifted)	90 g	Brandy	1 tbsp.
Milk	1 tbsp.	Strawberry	A suitable amount
Butter	15 g		
Vanilla essence	A little		

Pre-preparation

· Cover the base and the sides of the mould with a little butter (not included in the ingredients) and line the mould with parchment paper.

手動 (Manual) 熱風對流 (有預熱) (Convection) (with preheat) 180 °C 27-32 minutes

· Moulds with a diameter of 12 cm, 15 cm and 21 cm are applicable to the auto mode.

For reduced-sugar recipes, see Page 225.

How to cook

* Fill the water tank with water, and insert it to the main body.

- 1** Put the egg whites in a large bowl and gently beat them with a whisk. Divide half of the sugar into 2-3 equal portions and stir them in gradually. Keep stirring until a sharp cone is formed.

Form a sharp cone



- 2** Mix the egg yolks, the remaining sugar, butter and vanilla essence in another bowl. Beat the egg yolks until they become white and sticky.

Beat the egg yolks



- 3** Add **2** into **1**. Stir the mixture with a whisk until letters can be written on it.



- 4** Place the butter and milk into a heat-resistant container, put the container in **the center of the chamber** (without covering with plastic wrap), and heat to melt the butter.

微波 600W (Microwave 600W) ▶ 20-30 秒 (20-30 sec) 開始 (Start)

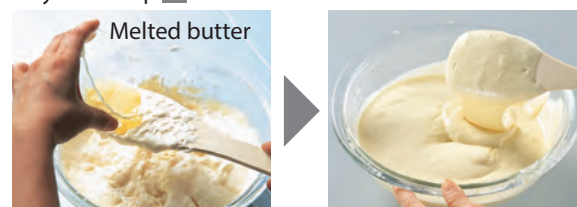
- 5** Sieve the low-gluten flour into **3** at once.



- 6** Quickly mix the ingredients with a spatula without squashing air bubbles.



- 7** When there is a small amount of flour, pour melted butter along the spatula and stir quickly in the same way as in Step **6** until no flour and butter are visible.



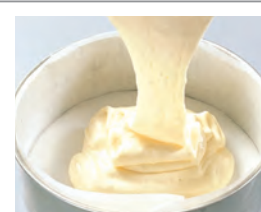
- 8** Preheat the empty chamber.



(The standard preheating time is approx. 5 minutes)

* Select the mould size.

- 9** Pour the dough into the mould and drop from a height of about 5-10 cm two or three times to remove large air bubbles.



- 10** After preheating, place **9** on a **square tray**, put it on the **lower shelf**, and start heating.

開始 (Start) **Heating starts** (The standard heating time is approx. 30 minutes)

· It's ready if you put in a bamboo skewer and it comes out dry.

- 11** After heating, drop the mould down straight from a height of 20-30 cm to release the air. Turn it upside down, and put it on the gridiron. Softly remove the parchment paper, and leave it cool down.

- 12** Decorate **11** with whipped cream and strawberries.

- If there is moisture, oil or dirt on such tools as the bowl and whisk, it is more likely that the meringue is too stiff or hard to beat, or air bubbles get squashed. Be sure to keep the tools always clean and dry.
- Since the meringue does not peak well, do not use it if even a little egg yolk gets mixed with the egg white.

Checking the finish

A well-baked finish should be:





Fine and even.

Elastic and well-shaped.

- If the finish is not good, please read the table below and the cooking method to find out how to bake.

<Cross section>



State of the finish <Cross section>	Cause
It does not rise well. The mixture is too thick. 	<ul style="list-style-type: none"> • The eggs are not beaten well. • The ingredients are over mixed after flour is added. • It was not baked right after the dough was ready.
The texture is too coarse, and the flour is still powdery. 	<ul style="list-style-type: none"> • The flour was not sifted. • The flour was not mixed thoroughly.
Dull and dry. Collapsed in the center. 	<ul style="list-style-type: none"> • The eggs were beaten too much. • Air bubbles were not removed when the dough was put into the mould. • Air bubbles were not removed after baking.
Creases are noticeable on the surface. 	

* The state of rising or the finish may vary with the method of beating or dough mixing.

If it doesn't work even when you follow the method properly, please try increasing or decreasing it by 10-20 °C.

Whipped cream

Pour the double cream, sugar and brandy into a bowl. Put icy water on the bottom layer of the bowl and stir the mixture until it turns creamy.

When it is over beaten or when the temperature is too high, the mixture is separated and the form may collapse soon. Keep the temperature below 10°C with icy water, and beat the ingredients quickly. It is easier to beat by using a metal bowl that is easy to cool down.



Guide to amounts and heating time for various cake mould sizes

Size Ingredients	12 cm diameter	15 cm diameter	18 cm diameter	21 cm diameter
Egg white	1 (M-sized)	2 (M-sized)	3 (M-sized)	4 (M-sized)
Egg yolk	1 (M-sized)	2 (M-sized)	3 (M-sized)	4 (M-sized)
Sugar	30 g	60 g	90 g	120 g
Low-gluten flour	30 g	60 g	90 g	120 g
Milk	1 tsp.	2 tsp.	1 tbsp.	1 1/3 tbsp.
Butter	5 g	10 g	15 g	20 g
Vanilla essence	A little			
Manual	熱風對流 (有預熱) Convection (With preheat) 100 °C			
	21-26 minutes	22-30 minutes	27-32 minutes	27-32 minutes

No.265 Chocolate Sponge Cake

Convection

Steam



Add water until it exceeds the half water level



Ingredients/For 1, metal mould with a diameter of 18 cm
 Low-gluten flour..... 80 g Sugar (sifted) 90 g
 Cocoa powder 10 g Milk 1 tbsp.
 Egg white 3 (M-sized) Butter (chopped) 15 g
 Egg yolk 3 (M-sized)

手動 (Manual) 熱風對流 (有預熱) (Convection) (with preheat)
 180 °C 27-32 minutes

• Moulds with a diameter of 12 cm, 15 cm and 21 cm are applicable to the auto mode.

Guide to amounts and heating time for various cake mould sizes

Size	12 cm diameter	15 cm diameter	18 cm diameter	21 cm diameter
Ingredients				
Egg white	1 (M-sized)	2 (M-sized)	3 (M-sized)	4 (M-sized)
Egg yolk	1 (M-sized)	2 (M-sized)	3 (M-sized)	4 (M-sized)
Sugar	30 g	60 g	90 g	120 g
Low-gluten flour	27 g	53 g	80 g	107 g
Cocoa powder	3 g	7 g	10 g	13 g
Milk	1 tsp.	2 tsp.	1 tbsp.	1 1/3 tbsp.
Butter	5 g	10 g	15 g	20 g
Standard heating time	熱風對流 (有預熱) Convection (With preheat) 180 °C			
	21-26 minutes	22-30 minutes	27-32 minutes	27-32 minutes

How to cook

* Fill the water tank with water, and insert it to the main body.

1 Cover the base and the sides of the mould with a little butter (not included in the ingredients) and line the mould with parchment paper. Sieve the low-gluten flour and cocoa powder together.

2 Proceed by following **Steps 1 - 12** for cooking **Sponge Cake**.

• Since air bubbles can easily break due to the oil content of the cocoa powder, try to mix the dough as few times as possible.

In **Step 8** of "How to cook", select

菜式編號
(Menu No.)

No.265

It is less sweet than the basic recipe with a different texture and flavour. It rises less since some of the low-gluten flour is replaced with almond flour.

No.266 Reduced-sugar Sponge Cake

Calorie: Approx. 96 kcal*¹ (1/8 slices) Reduced by approx. 25%*²

Sugar: Approx. 10 g*¹ (1/8 slices) Reduced by approx. 50%*²



Ingredients/For 1, metal cake mould with a diameter of 18 cm
 Low-gluten flour..... 60 g
 Almond flour 30 g
 Egg white 3 (M-sized)
 Egg yolk 3 (M-sized)
 Sugar (sifted) 30 g
 Silken tofu 30 g
 Milk 10 g (2 tsp.)
 Vanilla essence A little

Basic Sponge Cake → Page 223

How to cook ★For details on how to cook, please refer to "No.264 Sponge Cake".

- Sieve the low-gluten flour and almond flour together.
- Use a rubber spatula to press the tofu down into a slurry.
- Make meringue by following **Step 1** for baking the Sponge Cake. Add the sugar into the meringue in 2-3 times.
- Beat the egg yolks by following **Step 2** for baking the Sponge Cake, and stir in ②.
- Add ④ into ③, and beat the ingredients properly by following **Step 3** for baking the Sponge Cake.
- Sieve the mixture ① again, add it into ⑤, stir quickly by following **Step 6** for baking the Sponge Cake, and stir in the milk.
- In **Step 8** for baking the Sponge Cake, select the menu number → No.266 and start preheating.
- Heat it up by following **Steps 9 - 12** for baking the Sponge Cake.
(The heating time is approx. 31 minutes)

手動 (Manual) 熱風對流 (有預熱) (Convection) (with preheat) 180 °C 28-33 minutes

Whipped cream-Sugar free

Ingredients/For 1, cake mould with a diameter of 18 cm
 Plant-based double cream 200 ml
 Plain yoghurt 100 g
 Sugar 24 g

Basic whipped cream → Page 224

Calorie: Approx. 117 kcal*¹ (1/8 servings) Reduced by approx. 35%*²

Sugar: Approx. 4 g*¹ (1/8 servings) Reduced by approx. 45%*²

How to cook

- Put a colander in a bowl, line it with parchment paper, place the yoghurt in it and keep it in the fridge for about 3 hours to remove water.
- Beat the sugar into the double cream.
 (Beat it until it can be used for decoration.)
- Mix the soft and smooth ① into ② well in two halves.

Freeze the sugar-reduced cream to make a "Healthy ice cream"!

*1: The values are provided according to the "Standard Table of Food Composition in Japan" (7th Edition) by the Ministry of Education, Culture, Sports, Science and Technology of Japan.

(Sugar is the component of carbohydrates that is derived from the removal of dietary fiber.)

*2: Compared with the basic recipe in the Cookbook. This is for your information.

No.267 Chiffon Cake

Convection



Ingredients/For 1, aluminium Chiffon cake mould with a diameter of 20 cm

Low-gluten flour (sieved)	150 g
Egg yolk	5 (M-sized)
Egg white	7 (M-sized)
Sugar (sifted)	130 g
Water	100 ml
Salad oil	80 ml
Vanilla essence	A little

手動 (Manual) 熱風對流 (有預熱) (Convection) (with preheat) 170 °C 47-57 minutes

· The mould with a diameter of 17 cm is also applicable to the auto mode.
For the amount of ingredients, refer to "■ Guide to amounts and heating time for various cake mould sizes".

How to cook

- 1 Pour the egg yolks and $\frac{1}{3}$ of the sugar into a large bowl, and stir it with a whisk until the mixture becomes pale.

Beat the egg yolks



- 2 Stir the salad oil into 1 gradually. Keep stirring until the mixture cannot be separated, and stir in the water and vanilla essence gradually.

- 3 Mix the low-gluten flour into 2 well with a whisk.

- 4 Put the egg whites in another large bowl and gently beat them with a whisk. Add the remaining sugar into the meringue in 2-3 times. Beat the meringue until a sharp cone is formed when the meringue doesn't fall out when you turn the bowl upside down.

Form a sharp cone



- 5 Stir $\frac{1}{3}$ of the meringue from 4 into 3 well with a whisk, and then stir in $\frac{1}{2}$ of the remaining meringue. Then stir in the other half of the remaining meringue with a spatula until air bubbles are not squashed as though you are scooping the mixture up from the bottom. At the same time, make sure that there is no lumps of meringue.

· Once the meringue becomes dry, beat it again and add it.



- 6 Put the dough from 5 into a clean chiffon mould from a certain height, and gently drop the mould 2-3 times to remove air bubbles from the dough.



- 7 Preheat the empty chamber.

Preheating



(The standard preheating time is approx. 4 minutes)

* Select the mould size.

- 8 After preheating, place 6 on a **square tray**, put it on the **lower shelf**, and start heating.

Baking Complete

開始 (Start) Heating starts (The standard heating time is approx. 52 minutes)

- 9 After heating, turn the mould upside down immediately so that the cake does not sink. Place the mould on the tube at a proper height, and leave it to cool down.



- 10 Once it cools down (after at least 4 hours or even overnight), insert a spatula between the mould and the cake, rotate the spatula to scrape the inner side of the mould and remove the dough from the mould. Use a knife to remove the dough from the bottom of the mould.







- If there is moisture, oil or dirt on the bowl, whisk or mould, it is more likely that the meringue or egg yolk is hard to beat evenly, or air bubbles get squashed. Be sure to keep the tools always clean and dry before using.
- Since the meringue does not peak well, do not use it if even a little egg yolk gets mixed with the egg white.
- Fluorine-treated moulds or silicone moulds may cause the dough to slip and bake poorly. Therefore, please use aluminium moulds.
- When fluorine, paper, silicone or other non-aluminum moulds, please manually set the heating process after placing it on a square tray and observe the heating situation.

Checking the finish

No additives (e.g. baking powder) are used in this Cookbook, and the meringue made by beating egg whites is used to make the dough rise.

- If the result is not satisfactory, please beat the egg whites properly and refer to the table below or cooking method.

State of the finish	Cause/Solution
It does not rise well. 	<ul style="list-style-type: none"> • The egg whites are not beaten well. → Use eggs after they cool down in advance, and beat the meringue thoroughly until it does not fall out when you turn the large bowl upside down.
There are large holes in the cake. 	<ul style="list-style-type: none"> • Air bubbles appear in the ingredients when they are poured into the mould. → Pour the ingredients all at once from a certain height.
There are large holes at the base of the cake. 	<ul style="list-style-type: none"> • After putting the ingredients into the mould, air bubbles were removed by strong smashing of the base. → Tap the mould gently to remove air bubbles. • Air bubbles appear when egg whites and egg yolks are mixed.
The top of the cake (when in the mould) is dense. 	<ul style="list-style-type: none"> • Clogging occurred. This is a natural phenomenon caused by the fact that expanded air bubbles get smaller as the temperature drops.
The cake has shrunk.	<ul style="list-style-type: none"> • After baking, do not take the cake out of the mould until it has cooled down completely.

* The state of rising or the finish may vary with the method of beating or mixing the ingredients. If it doesn't work even when you follow the method properly, please try increasing or decreasing it by 10-20 °C.

Guide to amounts and heating time for various cake mould sizes

Ingredients	Size	17 cm diameter	20 cm diameter
Low-gluten flour		80 g	150 g
Egg yolk (M-sized)		3	5
Egg white (M-sized)		4	7
Sugar		80 g	130 g
Water		50 ml	100 ml
Salad oil		40 ml	80 ml
Vanilla essence		A little	
Heating method		熱風對流 (有預熱) Convection (With preheat) 170 °C	
Standard heating time		40-50 minutes	47-57 minutes

Variations of Chiffon Cake

- ★ For the basic ingredients and cooking method, please refer to "No.267 Chiffon Cake".
The mould with a diameter of 17 cm is also applicable to the auto mode.
- ★ In Step 7 of "How to cook", select the corresponding menu number.
The standard heating time is approx. 52 minutes.
(For manual cooking, please refer to "No.267 Chiffon Cake".)

No.268

Black Tea Chiffon Cake



Ingredients/For 1, aluminium Chiffon cake mould with a diameter of 20 cm

Ingredients for Chiffon Cake (except vanilla essence) 1 serving
Black tea leaf 10 g

Halve the ingredients to make a cake with a diameter of 17 cm.

- Mix the black tea leaves with the low-gluten flour (sieved).

No.269

Chocolate Chiffon Cake



Ingredients/For 1, aluminium Chiffon cake mould with a diameter of 20 cm

Ingredients for Chiffon Cake (except vanilla essence) 1 serving
Cocoa powder 15 g

Halve the ingredients to make a cake with a diameter of 17 cm.

- Sieve the low-gluten flour and cocoa powder together. Since air bubbles can easily break, try to mix the dough as few times as possible.

No.270

Matcha Chiffon Cake



Ingredients/For 1, aluminium Chiffon cake mould with a diameter of 20 cm

Ingredients for Chiffon Cake (except vanilla essence) 1 serving
Matcha power..... 1 tsp.

Halve the ingredients to make a cake with a diameter of 17 cm.

- Sieve the low-gluten flour and Matcha powder together.

No.271

Cinnamon Chiffon Cake



Ingredients/For 1, aluminium Chiffon cake mould with a diameter of 20 cm

Low-gluten flour..... 150 g
Egg yolk 5 (M-sized)
Egg white 7 (M-sized)
Sugar (sifted) 120 g
Water 100 ml
Salad oil 80 ml
Ginger power 1 tsp.
Cinnamon 1 tbsp.
Nutmeg, clove 1/2 tsp. each

Halve the ingredients to make a cake with a diameter of 17 cm.

- Sieve the low-gluten flour and seasonings together.



No.272

Coffee Chiffon Cake



Ingredients/For 1, aluminium Chiffon cake mould with a diameter of 20 cm

Low-gluten flour..... 150 g
Egg yolk 5 (M-sized)
Egg white 7 (M-sized)
Sugar (sifted) 130 g
Instant coffee powder 10 g
Boiling water 30 ml
Water 70 ml
Salad oil 80 ml

Halve the ingredients to make a cake with a diameter of 17 cm.

- Dissolve the instant coffee powder in hot water and add 70 ml of water. In Step 2 of "How to cook", please use coffee instead of water.

No.273 Swiss Roll Cake

Convection



Ingredients/For 1	
Low-gluten flour (sieved)	75 g
Egg (room temperature)	4 (M-sized)
Sugar (sifted)	75 g
Milk	1 tbsp.
Butter (chopped)	12 g
<Whipped cream>	
Double cream	100 ml
A Sugar	10 g
Vanilla essence	A little
Yellow peach (Canned) (Cut vertically into 7 slices)	3 slices
Kiwi fruit (Cut vertically into 8 slices)	2 slices

手動 (Manual)	熱風對流 (有預熱) (Convection) (with preheat) 170 °C 12-17 minutes
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How to cook

- Lay parchment paper that matches the bottom and sides of the **square tray**. (As the mixture rises up, spread out approximately 1 cm outside the square tray.)
- Break the eggs into a bowl, and stir the sugar in with a whisk. Put the bowl in hot water to warm the egg wash. When the temperature reaches that of human skin (35-40 °C), take out the mixture and stir it until it becomes creamy and stiff enough to write letters on it.
- Place the butter and milk into a heat-resistant container, put the container in **the center of the chamber** (without covering with plastic wrap), and heat it up to melt the butter.

微波 600W
(Microwave 600W)

▶

20-30 秒
(20-30 sec)

開始
(Start)
- Preheat the empty chamber.

烹調
(Cooking)

▶

搜尋菜式
(Menu Search)

▶

菜式編號
(Menu No.)

▶

No.273

▶

確定
(Decide)

▶

開始
(Start)

(The standard preheating time is approx. 4 minutes)

- Sieve the low-gluten flour into **2**, and mix it well as though you are scooping it from the bottom with a spatula until no flour is visible. Add melted butter by running it down a spatula and quickly mix it well without squashing air bubbles.
- Pour the dough into **1**, flatten the surface, slap the base of the square tray to remove air bubbles. After preheating, place it on **the lower shelf** and start heating.

開始
(Start)

Heating starts
(The standard heating time is approx. 14 minutes)
- After heating, remove the parchment paper, cover the cake with a well-wrung damp cloth, and let it cool down completely.
- Make whipped cream with **A**. (Please refer to **Whipped cream** on Page 224.)
- To make the dough from **7** easy to roll, make the near side of the dough with three knife marks. Coat the whole dough with whipped cream, place fresh fruits on the near side, cover the dough with plastic wrap with the end of roll at the bottom, and let it sit in a refrigerator for a while.

Variations of Swiss Roll Cake

No.274 Black Tea Swiss Roll Cake

- After adding low-gluten flour in Step **5** of "How to cook", spread black tea leaves (5 g).



No.275 Chocolate Swiss Roll Cake

- Sieve the cocoa powder (10 g) together with the low-gluten flour. Since air bubbles can easily break, try to mix the dough as few times as possible.



No.276 Matcha Swiss Roll Cake

- Sieve the low-gluten flour and Matcha powder (1 tsp.) together.



★ For the basic ingredients and cooking method, please refer to "No.273 Swiss Roll Cake".

★ In Step **4** of "How to cook", select the corresponding menu number.

The standard heating time is approx. 14 minutes.

(For manual cooking, please refer to "No.273 Swiss Roll Cake".)

Made with ingredients for
Chocolate Swiss Roll Cake

bûche de Noël Bush De Noel

Ingredients/For 1

Ingredients for Chocolate Swiss Roll
Cake 1 serving
<Chocolate cream>
Whipped cream 300 ml
Chocolate (chopped) 150 g
Rum 1 tbsp.



How to cook

- 1 Make the chocolate mixture.
- 2 Make the chocolate cream.
Beat the whipped cream in a bowl for 7 minutes.
- 3 Melt the chocolate with hot water in another bowl.
Mix the melted chocolate into $\frac{1}{3}$ of **2** evenly. Then, add the remaining whipped cream and rum.
- 4 Prepare the Swiss Roll Cake by using $\frac{1}{3}$ of the cream from Step 3, and leave it cool down in the refrigerator for about 30 minutes.
- 5 Cut the end of **4** diagonally and make a stump.
Spread a thin layer of cream on the diagonally cut stump, and place it on the Swiss Roll Cake.
- 6 Spread cream on the entire Swiss Roll Cake and make stripes with a fork.
- 7 Decorate the cake with your preferred decorations available in the market.



No.277 Square Cake

Convection



Ingredients/For 1, deep tray

Low-gluten flour 75 g
Egg (room temperature) 4 (M-sized)
Sugar 75 g
Milk 1 tbsp.
Butter 12 g

· You can decorate with whipped cream and fresh fruits as you like.

Pre-preparation

· Line the bottom of the square tray with parchment paper with a suitable size.

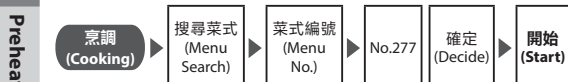
手動
(Manual)

熱風對流 (有預熱) (Convection)
(with preheat) 170 °C 12-17 minutes

How to cook

- 1 Make a dough by following **Steps 2-3 for baking the Swiss Roll Cake**.

- 2 Preheat the empty chamber.



(The standard preheating time is approx. 4 minutes)

- 3 Make a dough by following **Step 5 for baking the Swiss Roll Cake**, pour it into a **deep tray** lined with parchment paper, flatten the surface, slap the base of the **deep tray** with your palm to remove large air bubbles.

- 4 After preheating, place **3** on the **upper shelf** and start heating.

開始
(Start)

Heating starts

(The standard heating time is approx. 14 minutes)

- 5 Let the Sponge Cake cool down by following **Step 7 for baking the Swiss Roll Cake**. Cut the cake to any sizes of your preference and decorate with whipped cream and fresh fruits.

No.278 Pound Cake

Convection



Ingredients/For 1, metal pound cake mould of 8 × 17 × 6 cm		
Low-gluten flour (sieved)	100 g	
Baking powder	1 tsp.	
Butter (room temperature)	90 g	
Sugar	70 g	
Egg	2 (M-sized)	
A	Raisin	50 g
	Dried cherry	20 g
	Orange peel	15 g
Brandy	2 tbsp.	

手動 (Manual)	熱風對流 (有預熱) (Convection) (with preheat) 180 °C 35-45 minutes
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How to cook

Preheating	1	Line the mould with parchment paper. Sieve the low-gluten flour and baking powder together.
	2	Chop A , and marinate them in brandy.
	3	Stir the melted butter and sugar in a large bowl with a whisk until the mixture becomes whitish. Stir the beaten egg in gradually.
	4	Add 2 (the pre-prepared A) into 3 , and mix them gently with a wooden spatula.
	5	Add the low-gluten flour and baking powder from 1 into 4 , and mix them in a cutting motion.
Baking Complete	6	Preheat the empty chamber. <div> <div>烹調 (Cooking)</div> <div>搜尋菜式 (Menu Search)</div> <div>菜式編號 (Menu No.)</div> <div>No.278</div> <div>確定 (Decide)</div> <div>開始 (Start)</div> </div> <p>(The standard preheating time is approx. 5 minutes)</p>
	7	Put the dough from 5 into a cake mould, with a vertical line in the center.
	8	After preheating, place 7 on a square tray , and then put it on the lower shelf for heating. <div> <div>開始 (Start)</div> <div>Heating starts</div> </div> <p>(The standard heating time is approx. 39 minutes)</p>
	9	After heating, transfer it to a shelf, remove the parchment paper and let it cool down completely.

Variations of Pound Cake

- ★ For the basic ingredients and cooking method, please refer to “No.278 Pound Cake”.
- ★ In Step **6** of “How to cook”, select the corresponding menu number.
(Skip Step **2** of “How to cook”.)
The standard heating time is approx. 39 minutes.
(For manual cooking, please refer to “No.278 Pound Cake”.)

No.279

Black Tea Walnut Pound Cake

- In **Step 4** of “How to cook”, add the black tea leaves (5 g) and chopped walnuts (50 g) instead of **A**.



No.280

Carrot Pound Cake

- In **Step 4** of “How to cook”, add the carrot (70 g) instead of **A**.



No.281

Lotus Root Pound Cake

- In **Step 4** of “How to cook”, add the coarsely chopped lotus root (100 g) instead of **A**.



No.282 Muffin

Convection



Ingredients/For 8, muffin mould with a diameter of 6 cm

A	Low-gluten flour	180 g
	Baking powder	1 tsp.
	Butter (room temperature)	100 g
	Sugar	80 g
	Egg	2 (M-sized)
	Milk	50 g

手動 (Manual)	熱風對流 (有預熱) (Convection) (with preheat) 180 °C 17-24 minutes
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For reduced-sugar recipes
→ See Page 232.

How to cook

1 Stir the butter and sugar in a large bowl with a whisk until the mixture becomes whitish. Stir the beaten egg and milk in gradually.

2 Mix the low-gluten flour and baking powder into **1**. Divide it into 8 equal portions, put one portion into a mould, and put them on a **square tray**.

3 Preheat the empty chamber.



(The standard preheating time is approx. 5 minutes)

4 After preheating, place **2** on the **lower shelf** and start heating.

Baking
Complete

開始
(Start)

Heating starts
(The standard heating time is approx. 12 minutes)

Variations of Muffin

★ For the basic ingredients and cooking method, please refer to "No.282 Muffin".

★ In Step **3** of "How to cook", select the corresponding menu number.

The standard heating time is approx. 21 minutes.

(For manual cooking, please refer to "No.282 Muffin".)

No.283

Chocolate Muffin

- In Step **2** of "How to cook", add the chocolate chip (30 g).



No.284

Cheese Muffin

- In Step **2** of "How to cook", add the processed cheese (80 g) cut into 7-8 mm pieces.



No.285

Nut Muffin

- In Step **2** of "How to cook", add the nut (50 g) cut into 7-8 mm pieces.



It is less sweet than the basic recipe with a different texture and flavour. Using yoghurt instead of butter makes a fresher taste.

No.286 Reduced-sugar Muffin

Calorie: Approx. 223 kcal^{*1} (1 piece) · Reduced by approx. 30%^{*2}

Sugar: Approx. 19 g^{*1} (1 piece) · Reduced by approx. 45%^{*2}

Ingredients/For 6, muffin mould with a diameter of 6 cm

Low-gluten flour.....	70 g
Almond flour	110 g
Baking powder	1 tsp.
Plain yoghurt	100 g
Sugar	45 g
Egg	2 (M-sized)
Milk	30 g

How to cook ★ For details, please refer to “No.282 Muffin”.

- ① Place the yoghurt and sugar in a large bowl. Stir them well with a whisk, and mix them in batches evenly into the mixed egg and milk.
- ② Mix the sifted low-gluten flour, almond flour and baking powder into ①. Divide it into equal portions, put one portion into a mould, and put them on a square tray.
- ③ In Step 3 for baking the Muffin, select the menu number → No.286 and start preheating.
- ④ Preheat by following Step 4 for baking the Muffin.
(The heating time is approx. 22 minutes)

Basic Muffin → Page 231

手動 (Manual)	熱風對流 (有預熱) (Convection) (with preheat) 180 °C 18-24 minutes
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*1: The values are provided according to the “Standard Table of Food Composition in Japan” (7th Edition) by the Ministry of Education, Culture, Sports, Science and Technology of Japan. (Sugar is the component of carbohydrates that is derived from the removal of dietary fiber.)

*2: Compared with the basic recipe in the Cookbook. This is for your information.



No.287 Cheesecake

Convection



Ingredients/For 1, metal cake mould
with a diameter of 18 cm

Cream cheese (room temperature)..... 200 g
Egg 2 (M-sized)
Sugar 80 g
Low-gluten flour..... 3 tbsp.
Lemon juice 2 tsp.
Whipped cream 150 g

<Filling>
A [Apricot and peach jam 1 tbsp.
[Water 1/2 tbsp.

手動 (Manual) 熱風對流 (有預熱) (Convection)
(with preheat) 170 °C 47-62 minutes

How to cook

1 Place **A** into a heat-resistant container and wrap it with plastic wrap. Place the container in **the center of the chamber** and start heating.

微波 600W (Microwave 600W) ▶ 約 30 秒 (Approx. 30 sec) 開始 (Start)

2 Cover the base and the sides of the mould with a little butter (not included in the ingredients) and line the mould with parchment paper.

3 Stir the melted cream cheese in a bowl until smooth.

4 Add the sugar, eggs, low-gluten flour, whipped cream and lemon juice into **3** in order, stirring once for each ingredient.

5 Preheat the empty chamber.

烹調 (Cooking) ▶ 搜尋菜式 (Menu Search) ▶ 菜式編號 (Menu No.) ▶ No.287 ▶ 確定 (Decide) ▶ 開始 (Start)
(The standard preheating time is approx. 4 minutes)

6 Pour **2** into **4**, and flatten the surface.

7 After preheating, place **6** on a square tray, put it on the **lower shelf** and start heating.

開始 (Start) Heating starts
(The standard heating time is approx. 52 minutes)

8 After heating, leave the cake in the mould to cool down.

9 Coat the cheesecake with **1**.

- Please use a mold with a detachable base. If the base is not detachable, it is hard to take the cake out of the mould.
- After baking, leave the cake cool down before taking it out of the mould. The cake will be deformed if it is removed from the mould before it has cooled down.

No.288 Frozen Cheesecake

Microwave

No accessories



Ingredients/For 1, metal cake mould
with a diameter of 18 cm

Cream cheese (room temperature) ...	200 g
Sugar	50 g
Whipped cream (beaten for 7 minutes) ...	150 g
Plain yoghurt	50 g
Lemon juice	2 tsp.
A [Biscuit	100 g
Melted butter	70 g
B [Isinglass	5 g
Water	2 tbsp.

手動
(Manual)

微波 600W (Microwave 600W)
15-20 seconds

How to cook

- Cover the base and the sides of the mould with a little butter (not included in the ingredients) and line the mould with parchment paper.
- Make a base with **A**. Put biscuits in a plastic bag and smash them into small crumbs. Mix butter into them, and pack them tightly into the base of the mould from **1**. (Press down firmly from the top.)
- Place **B** into a heat-resistant container, making sure that the isinglass is soaked.
- Stir the melted cream cheese in a bowl until smooth.
- Cover **3** with plastic wrap, place it in the **center of the chamber**, and start heating.
- Mix the sugar, yoghurt, lemon juice, **5** and whipped cream into **4** in order.
- Pour **6** into **2**, flatten the surface, and leave it in the refrigerator to cool down and stiffen.

• Please use a mold with a detachable base. If the base is not detachable, it is hard to take the cake out of the mould.



(The standard heating time is approx. 18 seconds)

No.289 Brownie

Convection



Ingredients/For 1, square mould with a length of 18 cm (without base)

A	Sweet chocolate	80 g
	Milk	2 tbsp.
B	Sugar	60 g
	Butter (unsalted, at room temperature)	100 g
C	Egg	2 (M-sized)
	Low-gluten flour	80 g
D	Almond flour	20 g
	Sweet chocolate	40 g
E	Walnut	40 g
	Almond	40 g

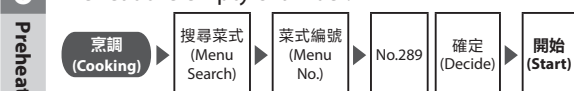
手動 (Manual) 熱風對流 (有預熱) (Convection) (with preheat) 170 °C 22-29 minutes

For reduced-sugar recipes
→ See Page 236.

How to cook

- 1 Cut **C** into 7-8 mm chunks.
- 2 Place the crumbed chocolate and milk from **A** in a heat-resistant container, put the container in **the center of the chamber** (without covering with plastic wrap), heat it up, and stir to dissolve them.
微波 600W (Microwave 600W) ▶ 約 40 秒 (Approx. 40 sec) 開始 (Start)
- 3 Stir the melted butter and sugar in a large bowl with a whisk until the mixture becomes whitish.
- 4 Stir the beaten eggs into **3** gradually, and then stir in **2**.
- 5 Sieve **B** into **4**, mix them well with a rubber spatula, and then gently stir in **1**.

- 6 Preheat the empty chamber.



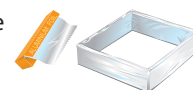
(The standard preheating time is approx. 4 minutes)

- 7 Line a **square tray** with parchment paper, and put the mould on it. Pour **5** in and flatten the surface.

- 8 After preheating, place **7** on the **lower shelf** and start heating.

開始 (Start) Heating starts
(The standard heating time is approx. 25 minutes)

- You can also use tin foil to make a frame of about 4 cm in height to serve as a mould.



No.290 Brownie (Deep Tray)

Convection



Ingredients/For 1, deep tray

A	Sweet chocolate	160 g	B	Low-gluten flour	160 g
	Milk	4 tbsp.		Almond flour	40 g
C	Sugar	120 g		Sweet chocolate	80 g
	Butter (unsalted, at room temperature)	200 g		Walnut	80 g
D	Egg	4 (M-sized)		Almond	80 g

手動 (Manual) 熱風對流 (有預熱) (Convection) (with preheat) 170 °C 30-37 minutes

How to cook

- 1 Heat the chocolate and milk by following **Steps 1-2 for baking the Brownie**.

微波 600W (Microwave 600W) ▶ 約 1 分 20 秒 (Approx. 1 min 20 sec) 開始 (Start)

- 2 Make a dough by following **Steps 3-5 for baking the Brownie**, pour it into a **deep tray** line with parchment paper, and flatten the surface.

- 3 Preheat the empty chamber.



(The standard preheating time is approx. 4 minutes)

- 4 After preheating, place **2** on the **upper shelf** and start heating.

開始 (Start) Heating starts
(The standard heating time is approx. 31 minutes)

It is less sweet than the basic recipe with a different texture and flavour. A fluffy brownie cake made with tofu.

No.291 Reduced-sugar Brownie

Calorie: Approx. 99 kcal^{*1} (1/16 slices) · Reduced by approx. 40%^{*2}

Sugar: Approx. 6 g^{*1} (1/16 servings) · Reduced by approx. 55%^{*2}



Ingredients/For 1, square mould with a length of 18 cm (without base)

Sugar	55 g	
Silken tofu	200 g	
Egg	2 (M-sized)	
A	Low-gluten flour	20 g
	Almond flour	80 g
	Cocoa powder (sugar free)	15 g
	Baking powder	2 g (1/2 tsp.)
B	Walnut	40 g
	Almond	40 g

Basic Brownie → Page 235

手動 (Manual)	熱風對流 (有預熱) (Convection) (with preheat) 170 °C 23-30 minutes
----------------	--

How to cook ★ For details, please refer to “No.289 Brownie”.

- ① Cut **B** into 7-8 mm chunks.
- ② Stir the tofu in a large bowl with a whisk into smaller chunks. Stir the sugar in.
- ③ Stir the beaten eggs gradually into ②.
- ④ Sieve the mixed **A** into ③, mix them with a rubber spatula, and then stir in ① thoroughly.
- ⑤ In Step **6** for baking the Brownie, select the menu number → **No.291**, and start preheating.
- ⑥ Heat it up by following Steps **7** - **8** for baking the Brownie. **(The heating time is approx. 26 minutes)**

*1: The values are provided according to the “Standard Table of Food Composition in Japan” (7th Edition) by the Ministry of Education, Culture, Sports, Science and Technology of Japan.

(Sugar is the component of carbohydrates that is derived from the removal of dietary fiber.)

*2: Compared with the basic recipe in the Cookbook. This is for your information.

No.292 Chocolate Cake

Convection



Ingredients/For 1, metal cake mould
with a diameter of 18 cm

A [Sweet chocolate (chopped) 100 g
Whipped cream 50 g
Butter (salt free) 60 g
Egg yolk 3 (M-sized)
Sugar 50 g
Low-gluten flour..... 20 g
Cocoa powder 30 g
<Meringue>
[Egg white 3 (M-sized)
Sugar 60 g
Icing A little
Whipped cream (foamed)
..... A suitable amount

手動 (Manual) 熱風對流 (有預熱) (Convection)
(with preheat) 170 °C 46-52 minutes

How to cook

- 1 Cover the base and the sides of the mould with a little butter (not included in the ingredients) and line the mould with parchment paper.
- 2 Place **A** into a heat-resistant container, place the container in **the center of the chamber** (without covering with plastic wrap), and start heating. Stir for 2-3 times midway.
微波 600W (Microwave 600W) ▶ 約 1 分 30 秒 (Approx. 1 min 30 sec) 開始 (Start)
- 3 After heating, stir the butter into **2**.
- 4 Stir the egg yolks and sugar in another large bowl with a whisk until the mixture becomes whitish.
- 5 Mix **3** into **4**, sieve the low-gluten flour and cocoa powder in, and mix them gently with a wooden spatula.
- 6 Beat the egg whites and $\frac{1}{3}$ of the sugar in another large bowl with a whisk, and then add the remaining sugar in halves. Beat the meringue until a sharp cone is formed when the meringue doesn't fall out when you turn the bowl upside down.

- Be sure to add the sugar in 3 batches! Once the mixture is beaten to be solidified and look shiny, you can proceed by adding the next batch of sugar.

- 7 Stir **6** into **5** in halves without squashing air bubbles.

- 8 Preheat the empty chamber.



(The standard preheating time is approx. 4 minutes)

- 9 Pour the dough from **7** into a cake mould.

- 10 After preheating, place **9** on a **square tray**, and then put it on the **lower shelf** for heating.

Baking Complete
開始 (Start) Heating starts
(The standard heating time is approx. 48 minutes)

- 11 After heating, take it out of the mould, remove the parchment paper and let it cool down completely. After that, decorate with icing. You can add whipped cream if you like.

No.293 Lava Cake

Convection



Ingredients/For 8, metal pudding mould with a diameter of 6.5 cm
 Milk chocolate 90 g : Egg 2 (M-sized)
 Black chocolate 20 g : Low-gluten flour 25 g
 Butter (salt free) 80 g
 (chopped, at room temperature)

Pre-preparation

- Lightly apply a layer of butter (not included in the ingredients) into the pudding mold, sprinkle with low-gluten flour (not included in the ingredients), and remove excess flour.

- Please serve it as soon as possible after it is ready. The inner chocolate hardens over time. If it has cooled down, you can heat it up with (微波 600W · 10-20 秒) (Microwave 600W 10-20 sec) to soften the inner chocolate.

手動 (Manual) 熱風對流 (有預熱) (Convection) (with preheat)
 220 °C 7-12 minutes

How to cook

- Place the crumbed chocolate and butter in a heat-resistant container, put the container in **the center of the chamber** (without covering with plastic wrap), and start heating. Stir for 2-3 times midway.

微波 600W (Microwave 600W) ▶ 1-2 分鐘 (1-2 mins) 開始 (Start)

- After heating **1**, stir it until the chocolate and butter are melted and mixed completely.

- Preheat the empty chamber.

Preheating
 烹調 (Cooking) ▶ 搜尋菜式 (Menu Search) ▶ 菜式編號 (Menu No.) ▶ No.293 ▶ 確定 (Decide) ▶ 開始 (Start)

(The standard preheating time is approx. 8 minutes)

- Pour **2** in the mould to $\frac{8}{10}$, and then gently lower it to remove air bubbles.

- After preheating, place **4** on a **square tray**, and then put it on the **lower shelf** for heating.

Baking Complete
 開始 (Start) Heating starts
 (The standard heating time is approx. 9 minutes)

- After heating, take it out of the mould and serve it on a plate.

No.294 Lemon Cake

Convection



Ingredients/For 9, madeleine mould with a diameter of 9 cm
 Egg 3 (M-sized) : Salad oil 80 g
 Sugar 150 g : Sour plum 9
 A [Lemon zest (grated) From one lemon
 [Apricot and peach jam ... 1 tbsp.
 [Rum 1/2 tbsp.
 [Lemon juice 4 tbsp.
 B [Rice flour 100 g
 [Almond flour 45 g
 [Icing 30 g
 [Baking powder ... 1 1/2 tsp.
 [Lemon juice 1 1/2 tsp.

手動 (Manual) 熱風對流 (有預熱) (Convection) (with preheat)
 180 °C 14-19 minutes

How to cook

- Line the madeleine mould with dedicated baking paper.

- Break the eggs into a large bowl, and stir the sugar in completely with a whisk.

- Mix **A** into **2**, and then stir **B** in completely. Then, mix the salad oil in.

- Preheat the empty chamber.

Preheating
 烹調 (Cooking) ▶ 搜尋菜式 (Menu Search) ▶ 菜式編號 (Menu No.) ▶ No.294 ▶ 確定 (Decide) ▶ 開始 (Start)

(The standard preheating time is approx. 5 minutes)

- Pour the ingredients of **3** in the madeleine mould to $\frac{2}{3}$, and put sour plums on top.

- After preheating, place **5** on a **square tray**, and then put it on the **lower shelf** for heating.

Baking Complete
 開始 (Start) Heating starts
 (The standard heating time is approx. 17 minutes)

- After heating, remove the mould, coat the cake with the apricot and peach jam mixed with rum under the residue heat, and let it cool down.

- Mix the ingredients of sugar coating evenly, and pour the mixture over **7**.

No.295 Chestnut and Raisin Butter Cake

Convection



Ingredients/For 1, metal pound cake mould of 8 × 17 × 6 cm

Raisin	50 g
Rum	2 tbsp.
Sweet stewed chestnut	6
Rice flour	80 g
Almond flour	25 g
Baking powder	1 tsp.
Butter (room temperature)	100 g
Sugar	80 g
Egg	2 (M-sized)
Sweet stewed chestnut pulp	1 tbsp.
Rum	1 tbsp.

Pre-preparation

- Marinate the raisins with the rum for more than 3 hours, and separate the raisins from the rum with a colander.

手動 (Manual)	7 ~1 熱風對流 (有預熱) (Convection) (with preheat) 200 °C Approx. 19 minutes
	↓ 7 ~3 熱風對流 (無預熱) (Convection) (without preheat) 170 °C 20-25 minutes

How to cook

- 1 Line the cake mould with parchment paper in advance.
- 2 Chop 3 chestnuts and divide the other 3 chestnuts into halves and arrange them as toppings. Mix the rice flour, almond flour and baking powder thoroughly.
- 3 Stir the melted butter and sugar in a large bowl with a whisk until the mixture becomes whitish. Stir the beaten egg in gradually.
- 4 Mix the mixed flour into 3 evenly. Mix the raisins and the chopped chestnuts from 2 in.
- 5 Preheat the empty chamber.

烹調
(Cooking)

搜尋菜式
(Menu Search)

菜式編號
(Menu No.)

No.295

確定
(Decide)

開始
(Start)

(The standard preheating time is approx. 5 minutes)
- 6 Pour 4 into a cake mould, and flatten the surface.

- 7 Baking Complete
 1. After preheating, place 6 on a **square tray**, and then put it on the **lower shelf** for heating.

開始
(Start)

Heating starts
(The standard heating time is approx. 42 minutes)
2. Once **the buzzer sounds midway***, press the chestnuts as toppings into the cake.
 * After around 19 minutes as of the start of heating (when the remaining time is around 23 minutes).
3. Place 2 on the **lower shelf** again for heating.

開始
(Start)

Heating starts
- 8 After heating, put it on **the gridiron**, and remove the parchment paper. Coat the cake with the mixture of sweet stewed chestnut pulp and rum under the residue heat, and let it cool down.

No.296 Pineapple Coconut Cake

Convection



Ingredients/For 1, metal cake mould with a diameter of 18 cm

Pineapple (Canned, sliced) 5 slices

Low-gluten flour 180 g

Coconut flour 2 tbsp.

A Baking powder 1½ tsp.

Sugar 80 g

Salt A little

Milk 50 g

Egg 100 g (2, M-sized)

Salad oil 2 tbsp.

Vanilla essence A little

Coconut (chopped) 15 g

<Toppings>

Apricot and peach jam 1 tbsp.

Rum 2 tsp.

Coconut (chopped) 5 g

熱風對流 (有預熱)
(Convection) (with preheat)
180 °C 32-37 minutes
手動 (Manual) • Top with the pineapple when the remaining time is about 20 minutes.
(5 ~2)

How to cook

- Cover the base and the sides of the cake mould with a little butter (not included in the ingredients) and line the mould with parchment paper. Wipe off the juice from the surface of the pineapple and chop 3 slices into 5 mm squares and divide the other 2 slices into 8 equal portions.
- Sieve **A** into a large bowl and mix it well. Add the milk, eggs and salad oil in order, stir them with a whisk, and then mix the vanilla essence, 5 mm pineapple squares and coconut in thoroughly.
- Preheat the empty chamber.

Preheating

烹調 (Cooking)

搜尋菜式 (Menu Search)

菜式編號 (Menu No.)

No.296

確定 (Decide)

開始 (Start)

(The standard preheating time is approx. 5 minutes)
- Pour the dough from **2** into a cake mould.

- After preheating, place **4** on a **square tray**, and then put it on the **lower shelf** for heating.

開始 (Start)

Heating starts

(The standard heating time is approx. 34 minutes)
- Once **the buzzer sounds midway***, press the pineapple into the cake in 8 batches.

* After around 14 minutes as of the start of heating (when the remaining time is around 20 minutes).
- Place **2** on the **lower shelf** again for heating.

開始 (Start)

Heating starts
- After heating, take the cake out of the mould, remove the parchment paper, coat the cake with the mixture of the apricot and peach jam and the rum under the residual heat, and sprinkle with the coconut as toppings.

No.297 Cupcake

Convection



Ingredients/For 9, metal pudding mould with a diameter of 5.5 cm

Butter (room temperature) 100 g
Sugar 100 g
Egg 2 (M-sized)
Milk 40 ml
A [Rice flour 150 g
Baking powder 1 1/2 tsp.

<Toppings>

[Raisin, currant A suitable amount
Dried mixed fruits ... A suitable amount
Blueberry jam A suitable amount
Chocolate flakes A suitable amount

手動
(Manual)

熱風對流 (有預熱)
(Convection) (with preheat)
180 °C 12-17 minutes
• Add the toppings when the remaining time is about 5 minutes.
(7~2)

How to cook

- 1 Cover the mould with butter (not included in the ingredients), and mix **A** in advance.
- 2 Stir the melted butter and sugar in a large bowl with a whisk until the mixture becomes whitish.
- 3 Stir the beaten eggs into **2** gradually, and then stir in the milk.
- 4 Add the mixed **A** into **3**, and mix them thoroughly.
- 5 Preheat the empty chamber.

烹調
(Cooking)

搜尋菜式
(Menu Search)

菜式編號
(Menu No.)

No.297

確定
(Decide)

開始
(Start)

(The standard preheating time is approx. 5 minutes)
- 6 Pour the dough from **4** in the mould to ⁸/₁₀. (If you are using fruit jam, add it at this time and mix it gently to make marbles.)

- 7 1. After preheating, place **6** on a **square tray**, and then put it on the **lower shelf** for heating.

開始
(Start)

Heating starts
(The standard heating time is approx. 14 minutes)
2. Once **the buzzer sounds midway***, you can add toppings as you like.

* After around 9 minutes as of the start of heating (when the remaining time is around 5 minutes).
3. Place **2** on the **lower shelf** again for heating.

開始
(Start) Heating starts

No.298 Steamed Cake

Steam



Add water until full



Ingredients/For 8, aluminum cup with a diameter of approx. 5 cm

Egg	1 (M-sized)
Sugar	20 g
Pancake powder	150 g
Milk	100 g
Vanilla essence	A little

手動 (Manual)	蒸氣 (Steam) 18-23 minutes	
	(On the 烹調 (Cooking) screen, select	
	蒸氣 (STEAM)	from 蒸氣 (Steam) .)

How to cook

* Fill the water tank with water, and insert it to the main body.

- 1 Break the eggs into a large bowl, and stir the sugar in completely with a whisk.
- 2 Stir the pancake powder, milk and vanilla essence into 1 until they are mixed thoroughly and the mixture becomes creamy.
- 3 Pour the dough from 2 in the aluminum cup to $\frac{8}{10}$.

- 4 Put a **gridiron** on a **square tray**, lay parchment paper on the **gridiron**, and line up 3 on it.

- 5 Place 4 on the **lower shelf** and start heating.



(The standard heating time is approx. 20 minutes)

Variations of Steamed Cake

★ For the basic ingredients and cooking method, please refer to “No.298 Steamed Cake”.

★ In Step 5 of “How to cook”, select the corresponding menu number.

The heating time is approx. 20 minutes.

(For manual cooking, please refer to “No.298 Steamed Cake”.)

No.299

Steamed Coffee Cake

- Dissolve the instant coffee (10 g) in boiling water (2 tbsp.) and mix it with milk into a mixture of 100 g in total.



No.300

Steamed Cocoa Cake

- Mix the chocolate (10 g) and the pancake powder together.



No.301

Steamed Sweet Potato Cake

- Cut the sweet potato (70 g) into 1 cm chunks. Place them into a heat-resistant container (covering with plastic wrap), and heat it up with 〈微波 600W 約 1-2 分鐘〉 (Microwave 600W Approx. 1-2 mins).
- Make a dough by following **Step 2** of “How to cook”, and add the sweet potato. (Set some aside for decoration.) In **Step 3** of “How to cook”, put the sweet potato on the dough.



No.302

Steamed Pumpkin Cake

- Cut the pumpkin (70 g) into 1 cm chunks. Place them into a heat-resistant container (covering with plastic wrap), and heat it up with 〈微波 600W 約 1-2 分鐘〉 (Microwave 600W Approx. 1-2 mins).
- Make a dough by following **Step 2** of “How to cook”, and add the pumpkin. (Set some aside for decoration.) In **Step 3** of “How to cook”, put the pumpkin on the dough.



No.303 Cookies

Convection



Ingredients/For 48 (1 shelf)

Low-gluten flour.....	230 g
Butter (room temperature)	100 g
Sugar	80 g
Egg	1 (M-sized)
Vanilla essence	A little

手動 (Manual)	熱風對流 (有預熱) (Convection) (With preheat) 170 °C 1 shelf: 10-15 mins; 2 shelves: 13-18 mins
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- When baking on 2 shelves
Please double the ingredients and use the manual mode.
Auto mode is not applicable.

How to cook

- 1** Stir the melted butter and sugar in a large bowl with a whisk until the mixture becomes whitish.



- 2** Stir the beaten eggs into **1** gradually, and then stir in the vanilla essence.



- 3** Sieve the low-gluten flour into **2**, stir it with a wooden spatula until it is not powdery, and gather the flour into a ball.



- 4** Divide the dough into suitable amounts, place them in plastic bags, stretch each of them into approx. 5 mm thick slices, and leave them sit in a refrigerator for about 30 minutes.



- 5** Put the doughs from **4** onto a kneading board coated with flour (not included in the ingredients), cut them with a cookie cutter into cookies (with a diameter of approx. 3 cm), and line up the 48 cookies in total on a **square tray**.

- 6** Place **5** on the **lower shelf** and start heating.



(The standard heating time is approx. 23 minutes)

- 7** After heating, leave it cool down on the **shelf**.

- The finish may vary with the thickness, shape and size of the dough. If you decrease the temperature and prolong the heating time, the entire effect of the finish will be improved.

Variations of Cookies

★ For the basic ingredients and cooking method, please refer to "No.303 Cookies".

★ In Step **6** of "How to cook", select the corresponding menu number.

The heating time is approx. 23 minutes. (For manual cooking, please refer to "No.303 Cookies".)

No.304

Cocoa Cookies

- Mix the cocoa powder (10 g) and the low-gluten flour together.



No.305

Black Tea Cookies

- In Step **3** of "How to cook", add the black tea leaves (10 g) at the same time.



No.306 Rock Cookies

Convection



Ingredients/For 48 (1 shelf)

A	Low-gluten flour	150 g
	Baking powder	1 tsp.
	Butter (room temperature)	70 g
	Egg	25 g (1/2, M-sized)
	Sugar	70 g
	Coconut	20 g
	Vanilla essence	A little

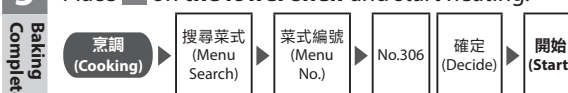
手動 (Manual)	熱風對流 (有預熱) (Convection) (With preheat) 170 °C 1 shelf: 7-12 mins; 2 shelves: 11-17 mins
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- When baking on 2 shelves
Please double the ingredients and use the manual mode.
Auto mode is not applicable.

How to cook

- 1 Stir the melted butter and sugar in a large bowl with a whisk until the mixture becomes whitish.
- 2 Stir the beaten eggs into **1** gradually, and then stir in the vanilla essence.
- 3 Sieve **A** into **2**, stir it briefly with a wooden spatula, and then stir the coconut in.
- 4 Scoop 48 spoonfuls of **3** onto a **square tray** by adding little at a time to adjust the size.

- 5 Place **4** on **the lower shelf** and start heating.



(The standard heating time is approx. 21 minutes)

- 6 After heating, leave it cool down on a **gridiron**.

Variations of Rock Cookies

- ★ For the basic ingredients and cooking method, please refer to "No.306 Rock Cookies".
(Please refer to "No.306 Rock Cookies" for the manual mode.)

No.307 Chocolate Rock Cookies

- In **Step 3** of "How to cook", stir in the chocolate chips (35 g) instead of coconut.

- In **Step 5** of "How to cook", select

菜式編號 (Menu No.)

No.307

.

(The standard heating time is approx. 21 minutes)



No.308 Cream Puff

Convection



Ingredients/For 12 (1 shelf)

Low-gluten flour (sieved) 60 g
 Butter (cut into 1 cm pieces, at room temperature) 60 g
 Water 95 ml
 Egg (beaten, at room temperature) 2-3 (M-sized)
 <Whipped cream>
 A Double cream 1 cup (200 ml)
 Sugar 20 g
 Vanilla essence A little
 Strawberry, kiwi fruit ... A suitable amount

手動 (Manual)	Preheating: 熱風對流 (有預熱) (Convection) (with preheat) 220 °C
	Baking on 1 shelf: 熱風對流 (Convection) 200 °C 14-19 minutes
	↓ 熱風對流 (Convection) 160 °C 8-13 minutes
	Baking on 2 shelves: 熱風對流 (Convection) 200 °C 19-24 minutes ↓ 熱風對流 (Convection) 160 °C 12-17 minutes

• When baking on 2 shelves
 Please double the ingredients and use the manual mode.
 Auto mode is not applicable.

How to cook

- Place the water, butter and low-gluten flour (1 tsp.) in a heat-resistant container, and put the container in **the center of the chamber** (without covering with plastic wrap) until it comes to a boil.

微波 600W (Microwave 600W) ▶ 2分30秒 - 3分30秒 (2 mins 30 sec to 3 mins 30 sec) 開始 (Start)

• When baking on 2 shelves, heat them up with
 〈微波 600W 4分30秒 - 5分30秒〉
 (Microwave 600W 4 mins 30 sec to 5 mins 30 sec).

- Sieve the remaining low-gluten flour into **1** quickly at once.

- Mix **2**, place it in **the center of the chamber** (without covering with plastic wrap) and start heating. To evenly heat the ingredients, take them out and stir 2-3 times during the heating process, and stir quickly after heating.

微波 600W (Microwave 600W) ▶ 50秒 - 1分10秒 (50 sec to 1 min 10 sec) 開始 (Start)

• When baking on 2 shelves, heat them up with
 〈微波 600W 1分20秒 - 1分40秒〉
 (Microwave 600W 1 min 20 sec to 1 min 40 sec).

- Add half of the eggs into **3**, and mix them quickly with a wooden spatula. Add the eggs a little at a time and mix them well while observing the situation until you can scoop it up with a wooden spatula and the dough falls gently like a belt off it. (There may be eggs left.)



- Preheat the empty chamber.

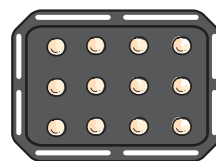


(The standard preheating time is approx. 8 minutes)

- Put **4** into a piping bag with a nozzle (round, with an opening of 10-12 mm).



- Squeeze 12 balls with a similar size on a **square tray**. While holding the nozzle with your left hand, squeeze balls with a diameter of about 5 cm from the piping bag with your left hand.



* If there is dough left after you have squeezed 12 balls, attach the nozzle onto a smaller piping bag for more balls.

- Press the top of the dough down with a damp fork.

- After preheating, spray water over **8**, put it on the **lower shelf**, and start heating.

開始 (Start) Heating starts
 (The standard heating time is approx. 26 minutes)

- Cut the baked puff with a knife. Prepare the whipped cream with **A** (See Page 224), stuff the puff with the whipped cream, and decorate with strawberries and kiwi fruits.

Checking the finish of puffs

Good finish



It is well shaped with a hollow space inside.



<Cross section>



- If you don't have a piping bag, please line them up by scooping them up with a spoon.
- Bring the butter into a boil until bubbling. **(Step 1 of "How to cook")**
- When mixing the low-gluten flour and the eggs, stir them quickly.

State of the finish	Cause
<p>The puff spreads sideways and does not rise well.</p> 	<ul style="list-style-type: none"> • Ingredients were not measured out correctly. • Too many eggs were added. • The microwave heating time was incorrect. • Butter was not heated until bubbling.
<p>The puff is small and does not rise well.</p> 	<ul style="list-style-type: none"> • Flour was not added whilst the butter was boiling. • Flour was not mixed insufficiently. • The ingredients mixed with flour were cold. • The eggs were cold.

No.309 Chocolate Cream Puff

Convection



Ingredients/For 12 (1 shelf)

Low-gluten flour	60 g	Butter	60 g
Cocoa powder	3 g	Water	95 ml
(Sifted together)		Egg	2-3 (M-sized)

How to cook

1 Cut the butter into 1 cm pieces and bring it to the room temperature. Beat the eggs and bring them to the room temperature. Make a dough by following **Steps 1-4 for baking the Cream Puff**.

2 Preheat the empty chamber.



(The standard preheating time is approx. 8 minutes)

3 Heat them up by following **Steps 6-9 for baking the Cream Puff**.

(The standard heating time is approx. 26 minutes)

• When baking on 2 shelves
Please double the ingredients and use the manual mode. Auto mode is not applicable.
(Please refer to "Cream Puff" for the manual mode.)

Variations of Cream Puffs

★ Please bake manually while observing the state.



Squeeze the choux pastry small to make bite-sized baby puffs.
It will be more fun with tree-like decorations.

Make the choux pastry long to make children's favourite food — eclares.
Add a coating of your preference, like white chocolate.



No.310 ISHIGAMA Baked Cream Puff

Convection

Steam



Add water until it exceeds the half water level

What is **ISHIGAMA**... Compared with puffs without using steam, ISHIGAMA baked puffs have a beautiful golden colour.



Ingredients/For 12

Low-gluten flour (sieved) 80 g
Butter (cut into 1 cm pieces, at room temperature) 60 g
Water 50 ml
Milk 50 ml
Egg (room temperature) 125 g (2½, M-sized)

手動 (Manual) 熱風對流 (有預熱) (Convection) (with preheat) 180 °C 25-35 minutes

* In the manual mode...

After preheating, spray water over the choux pastry before baking. (No need to prepare the water tank.)

How to cook

* Fill the water tank with water, and insert it to the main body.

- Place the water, milk and butter in a heat-resistant container, add the low-gluten flour (1 tsp.), and put the container in **the center of the chamber** (without covering with plastic wrap) until it comes to a boil.



微波 600W (Microwave 600W) ▶ 4分30秒 - 5分30秒 (4 mins 30 sec to 5 mins 30 sec) 開始 (Start)

- Sieve the remaining low-gluten flour into **1** quickly at once.



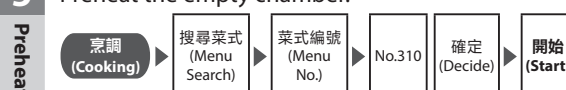
- Stir **2**, place it in the **center of the chamber** (without covering with plastic wrapper) and start heating. To evenly heat the ingredients, take them out and stir 2-3 times during the heating process, and stir quickly after heating.



微波 600W (Microwave 600W) ▶ 1分20秒 - 1分40秒 (1 min 20 sec to 1 min 40 sec) 開始 (Start)

- Put half of the eggs into **3**, and then stir the remaining eggs in 2-3 batches. Each time you add eggs, stir quickly until the mixture becomes smooth.

- Preheat the empty chamber.

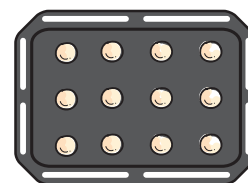


(The standard preheating time is approx. 11 minutes)

- Put **4** into a piping bag with a nozzle (round, with an opening of 10-12 mm).



- Squeeze 12 balls with a similar size on **a square tray**. While holding the nozzle with your left hand, squeeze balls with a diameter of about 5 cm from the piping bag with your left hand.



* If there is dough left after you have squeezed 12 balls, attach the nozzle onto a smaller piping bag for more balls.

- Press the top of the dough down with a damp fork.

- After preheating, put **8** on the **lower shelf**, and start heating.

開始 (Start) Heating starts (The standard heating time is approx. 24 minutes)

- Stuff the baked puff with custard cream (See Page 248) or whipped cream (See Page 224).

No.311 Custard Cream

Microwave

No accessories



Ingredients

Low-gluten flour.....	2 tbsp.
Starch	2 tbsp.
Sugar	100 g
Milk	400 ml
Egg yolk	2 (M-sized)
Vanilla essence	A little

手動 (Manual)	微波 600W (Microwave 600W) Approx. 7 minutes 30 seconds • Stir twice during the heating.
	For 1/2 servings: 微波 600W (Microwave 600W) Approx. 4 minutes
	For 1/4 servings: 微波 600W (Microwave 600W) Approx. 2 minutes
	• For 1/2 and 1/4 servings, manual heating is needed. Auto heating is not applicable. Please use 1/2 and 1/4 of the ingredients.

How to cook

- 1 Stir the low-gluten flour, starch and sugar in a deep heat-resistant container with a whisk, stir the milk in, and then stir the egg yolks in.



- 2 1. Place **1** in the **center of the chamber** (without covering with plastic wrap), and start heating.



(The standard heating time is approx.
7 minutes 30 seconds)

- 2 2. Once **the buzzer sounds midway***, mix the ingredients.
* After around 2 minutes as of the start of heating (when the remaining time is around 4 minutes 30 seconds).

3. Place it again in the **center of the chamber** (without covering with plastic wrapper) and start heating.

開始
(Start) Heating starts

4. Once **the buzzer sounds again***, mix the ingredients.
* After around 2 minutes 30 seconds as of the start of **3** (when the remaining time is around 2 minutes).

5. Place it again in the **center of the chamber** (without covering with plastic wrapper) and start heating.

開始
(Start) Heating starts

6. After heating, stir the vanilla essence in.

- 3 Once the excess heat has dissipated, wrap the custard cream with plastic wrap and refrigerate it.

- If the heating is insufficient, heat it with Microwave 600W while observing the state.

Variations of Custard Cream

★For the basic cooking method, please refer to "No.311 Custard Cream".

No.312 Chocolate Cream

Ingredients

Low-gluten flour.....	1 1/2 tbsp.
Starch	1 1/2 tbsp.
Sugar	80 g
Milk	350 ml
Egg yolk	1 1/2 (M-sized)
Vanilla essence	A little
Chocolate bar	80 g

How to cook

- 1 Break the chocolate bar into small pieces, and add them in **Step 1** of "How to cook".

- 2 In **Step 2** ~1 of "How to cook", select

菜式編號
(Menu No.) No.312

(The standard heating time is approx. 7 minutes 30 seconds)
(Please refer to "No.311 Custard Cream" for the manual mode.)



No.313 Apple Pie

Convection



Ingredients/For 1, metal pie mould with a diameter of 21 cm

<Pie pastry>

A [Low-gluten flour 145 g
[High-gluten flour..... 35 g
Butter 145 g
Cold water 75 ml

<Filling>

[Red apple 4 (800 g)
[Sugar 100-120 g
[Lemon juice From 1/2 of a lemon
[Rum 1 tbsp.
[Cinnamon A suitable amount

<Egg wash>

[Egg yolk 1 (M-sized)
[Water 1 tbsp.

手動
(Manual)

熱風對流 (有預熱)
(Convection) (With preheat)
200 °C 29-34 minutes

How to cook

1 Filling preparation

1. Peel the apples, cut them into 5 mm thick butterfly shapes, put them into a heat-resistant container, drizzle with lemon juice, sprinkle with sugar, and put a lid on.
2. Put **1** in the **center of the chamber** and start heating. Stir 2-3 times during the heating to get an even finish.

微波 600W (Microwave 600W) ▶ 約 12 分鐘 (Around 12 mins) 開始 (Start)

3. After heating, let it sit for 1-2 hours. Drain out the cooking liquid, pour the rum in and add cinnamon to your taste.

2 Pastry preparation

1. Sieve **A** into a large bowl, add the butter cut into 1 cm chunks and mix them with a knife or a pie blender until they are in red bean sized lumps.

2. Divide the cold water into 3-4 portions, and stir them into **1** in batches until the mixture is not sticky. Stir until the mixture is slightly damp and clumps together, then cover it with plastic wrap, and let it sit in the refrigerator for about 30 minutes.

3. Stretch **2** to a rectangular, fold it for 3 times, cover it with plastic wrap, and let it sit in the refrigerator for about 20 minutes. Repeat this process for 5 times.



- As such a dough contains plenty of butter, it is sensitive to temperature. Please prepare the ingredients in a cool room, keep the tools and ingredients cool in a refrigerator, and make a dough quickly.
- Be sure to wrap the dough with plastic wrap while letting it sit. Place it on a flat plate and then in the refrigerator. It is easier to handle a dough after it has rested.
- If the dough is not rolled out to even thickness, it will rise unevenly during baking. Therefore, when folding the dough for 3 times and rolling it out, be sure to keep the rolling pin level and pressed evenly against the dough so that the thickness is uniform.
- You can use commercially available frozen pie pastries (PIE SHEET 400 g).

3 Forming

1. Divide the dough in half. Stretch one half of the dough to a 3 mm thick circle, and put it on a pie plate. cut off any excess dough, leaving a 5 mm margin on the edge of the plate. Prick the base with a fork, and place apples from **1** on top.



2. Stretch the other half of the dough to a rectangular of 25 cm x 21 cm, and cut it into 10 strips with a width of 1.5 cm and 3 strips with a width of 2 cm.



3. On top of **1**, put the 1.5 cm wide strips from **2** in a woven form. Then, put the 2 cm wide strips along the edges, and cut off the excess dough. Coat the intersections with egg yolk, and refrigerate it for about 30 minutes.



4 Preheating

- Preheat the empty chamber.



(The standard preheating time is approx. 5 minutes)

5 Baking Complete

- After preheating, coat the surface of **3** with egg wash, place it on a **square tray**, and then put it on the **lower shelf** for heating.

開始 (Start) Heating starts
(The standard heating time is approx. 31 minutes)

No.314 Egg Pudding

Steam



Add water until **full**



Ingredients/For 8, metal pudding mould with a diameter of 7.5 cm

Egg 3 (M-sized)
Sugar 80 g
Milk 400 ml
Vanilla essence A little

<Caramel sauce>

Sugar 40 g
Water 1 tbsp.
Lukewarm water 1 tbsp.

Pre-preparation

- Coat the pudding mold with butter (not included in ingredients) thinly in advance.

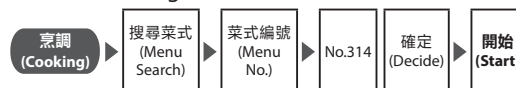
手動 (Manual)	低溫蒸煮 (Low Temp Steam)	
	80 °C 21-25 minutes	
	(On the 烹調 screen, select	
	低溫蒸煮 (Low Temp Steam)	from 蒸氣 (Steam)

How to cook

* Fill the water tank with water, and insert it to the main body.

- 1 Make the caramel sauce. Heat the sugar and water in a small pan. Pour it out once you the desired caramel colour is reached. Add hot water, mix them well, and pour equal portions into the pudding moulds. (Please wear oven mittens as hot water may splatter when it is added.)
- 2 Break the eggs into a large bowl, and stir the sugar in completely. Do not beat them into a froth.
- 3 Put the milk in a heat-resistant container and place the container in **the center of the chamber** (without covering with plastic wrap), and start heating.
微波 600W (Microwave 600W) ▶ 3-4 分鐘 (3-4 mins) 開始 (Start)
- 4 Add **3** into **2** a little at a time, and then strain the mixture. Scoop up any large bubbles, add the vanilla essence, pour equal portions into the containers from **1**, and cover each container with tin foil.

- 5 Place **4** on a **square tray**, and then put it on the **lower shelf** for heating.



(The standard heating time is approx. 23 minutes)

Depending on your preferred pudding hardness, please set the finishing to [熱] (HOT) or [溫熱] (WARM).

Finishing



The water tank may be steamed dry. Add water once [加水] (Water Refill) appears.

- 6 After heating, once the excess heat has dissipated, refrigerate it.

- The standard initial temperature for the egg sauce ranges from 30 °C to 40 °C. The hardness of the final product may vary with the initial temperature.
- If it is still soft after being refrigerated, it may be deformed once removed from the mould.

Variations of Egg Pudding

- ★ For the basic ingredients and cooking method, please refer to "No.314 Egg Pudding".
- ★ Do not add any vanilla essence in the black tea, matcha, cocoa or coffee pudding.
- ★ Add the caramel sauce to your preference.
- ★ In **Step 5** of "How to cook", select the corresponding menu number.
The standard heating time is approx. 23 minutes.
(For manual cooking, please refer to "No.314 Egg Pudding".)

No.315 Black Tea Pudding



- After heating in **Step 3** of "How to cook", add 4 black tea bags.



No.316 Matcha Pudding



- Dissolve the matcha (2 tsp.) in the milk heated in **Step 3** of "How to cook".



No.317 Cocoa Pudding



- Dissolve the sugar-free cocoa powder (10 g) in the milk heated in **Step 3** of "How to cook".



No.318 Coffee Pudding



- After heating in **Step 3** of "How to cook", add the instant coffee (10 g) to dissolve.



No.319 Egg Pudding (Deep Tray)

Steam



Add water until **full**



Ingredients/For 1, deep tray

Egg 6 (M-sized)
Sugar 160 g
Milk 800 ml
Vanilla essence A little

<Caramel sauce>

Sugar 40 g
Water 1 tbsp.
Lukewarm water 1 tbsp.

Pre-preparation

• Coat a **deep tray** with butter (not included in ingredients) thinly in advance.

手動 (Manual)	低溫蒸煮 (Low Temp Steam)	
	85 °C 21-25 minutes	
	(On the 烹調 (Cooking) screen, select	
	低溫蒸煮 (Low Temp Steam)	from 蒸氣 (Steam) .)

How to cook

* Fill the water tank with water, and insert it to the main body.

1 Make the caramel sauce by following **Step 1 of making the Egg Pudding** on Page 250, and place it in the **deep tray**.
(Even if it is not even at this point, it can be flattened after heating.)

2 Make the pudding sauce by following **Steps 2-4 of making the Egg Pudding** on Page 250, and place it in the **deep tray** from **1**. (Do not cover it with tin foil.)
Microwave heating in **Step 3 of making the Egg Pudding**: 微波 600W (Microwave 600W) 7-8 minutes

3 Place **2** on the **upper shelf** and start heating.



(The standard heating time is approx. 23 minutes)

The water tank may be steamed dry. Add water once [加水] (Water Refill) appears.

4 After heating, once the excess heat has dissipated, refrigerate it.

No.320 Cream Pudding

Steam



Add water until **full**



Ingredients/For 8, glass pudding mould with a diameter of 7.5 cm

Egg yolk 4 (M-sized)
Sugar 60 g
Milk 300 ml
Double cream 200 ml
Vanilla essence A little

Pre-preparation

• Coat the pudding mold with butter (not included in ingredients) thinly in advance.

手動 (Manual)	低溫蒸煮 (Low Temp Steam)	
	90 °C Approx. 25 minutes	
	(On the 烹調 (Cooking) screen, select	
	低溫蒸煮 (Low Temp Steam)	from 蒸氣 (Steam) .)

How to cook

* Fill the water tank with water, and insert it to the main body.

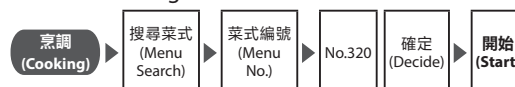
1 Break the eggs into a large bowl, and stir the sugar in completely. Do not beat them into a froth.

2 Put the milk and double cream in a heat-resistant container and place the container in the **center of the chamber** (without covering with plastic wrap), and start heating. (The milk temperature is 50-60 °C.)

微波 600W (Microwave 600W) 3-4 分鐘 (3-4 mins) 開始 (Start)

3 Make the pudding sauce by following **Step 4 of making the Egg Pudding** on Page 250, pour equal portions into the containers, and cover each container with tin foil.

4 Place **3** on a **square tray**, and then put it on the **lower shelf** for heating.



(The standard heating time is approx. 25 minutes)

The water tank may be steamed dry. Add water once [加水] (Water Refill) appears.

5 After heating, once the excess heat has dissipated, refrigerate it.

No.321 Mango Pudding

Microwave

No accessories



Ingredients/For 8, glass tumbler

Mango (canned)	230 g
Lemon juice	2 tsp.
Isinglass	7 g
Water	35 g
Milk	250 g
Double cream	80 g
Sugar	40 g

手動 (Manual) 微波 600W (Microwave 600W)
2-3 minutes

How to cook

- Mix the isinglass and water in a heat-resistant container in advance.
- Grind the mango into puree and add lemon juice.
- Place **1** on the **center of the chamber** (without covering with plastic wrap), and start heating.

微波 600W (Microwave 600W) ▶ 10-40 秒 (10-40 sec) 開始 (Start)

- Put **A** into a heat-resistant container, place the container in **the center of the chamber** (without covering with plastic wrap), and start heating.



(The standard heating time is approx. 2 minutes 30 seconds)

- Mix **3** into **4** well, and put the container in ice water to cool it down.
- Mix the mango from **2** into **5** well, and pour equal portions into the containers. Refrigerate them until they have cooled down and stiffened.

No.322 Tomato Jello

Microwave

No accessories



Ingredients/For 8, glass tumbler

Mini tomato (with the top removed)	400 g
Water	120 g
Isinglass	10 g
Water	50 g
Honey	70 g
Lemon juice	2 tbsp.

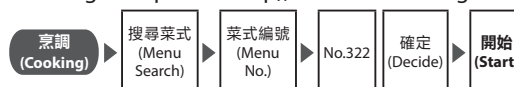
手動 (Manual) 微波 600W (Microwave 600W)
2-3 minutes

How to cook

- Mix the isinglass and water in a heat-resistant container in advance.
- Blend the mini tomatoes and water in a blender, and pour the mixture into a large heat-resistant bowl.
- Place **1** on the **center of the chamber** (without covering with plastic wrap), and start heating.

微波 600W (Microwave 600W) ▶ 30-35 秒 (30-35 sec) 開始 (Start)

- Place **2** in **the center of the chamber** (without covering with plastic wrap), and start heating.



(The standard heating time is approx. 6 minutes)

- Mix **A** into **4**. Mix **3** in completely. Remove bubbles on the surface, and pour equal portions into the containers.
- Once the excess heat has dissipated, refrigerate them until they have cooled down and stiffened.

No.323 Deep Fried Doughnut

Convection



Ingredients/For 6, silicone moulds

* Please use moulds that can withstand a temperature of 200 °C or above.

Low-gluten flour (sieved)	80 g
Baking powder	1/2 tsp.
Butter (room temperature)	80 g
Sugar	50 g
Egg yolk	1 (M-sized)
Milk	50 g
Egg white	1 (M-sized)
Vanilla essence	A little

手動
(Manual)

熱風對流 (有預熱) (Convection)
(With preheat) 170 °C 17-24 minutes

How to cook

- 1 Stir the melted butter and sugar in a large bowl until the mixture becomes creamy. Stir the egg yolks in.
- 2 Mix the milk gradually into **1**, and then add the vanilla essence.
- 3 Mix the low-gluten flour and baking powder into **2**.
- 4 Stir the properly beaten egg white into **3**.

- 5 Divide **4** into 6 equal portions, put one portion into a mould, and put them on a **square tray**.

- 6 Preheat the empty chamber.

Preheating



(The standard preheating time is approx. 4 minutes)

- 7 After preheating, put **5** on the **lower shelf**, and start heating.

Baking
Complete

開始 (Start) Heating starts
(The standard heating time is approx. 21 minutes)

Variations of Deep Fried Doughnut

No.324

Sesame Seeds Doughnut

- Use 70 g of low-gluten flour.
- In **Step 4** of "How to cook", add the roasted black sesame seeds (1 tbsp.).



No.325

Cocoa Doughnut

- Sieve the low-gluten flour (70 g) and cocoa powder (10 g) together.
- In **Step 4** of "How to cook", add the chocolate grains (20 g).



No.326 Scone

Convection



Ingredients/For 9

A	Low-gluten flour	200 g
	Baking powder	1 tbsp.
	Sugar	1/2 tbsp.
	Salt	A little
	Butter	100 g
	Milk	More than 1/2 cups (more than 100 ml)

Pre-preparation

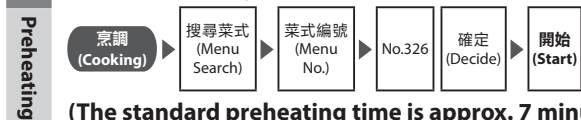
- Cut the butter into 1 cm cubes, and refrigerate it.

手動 (Manual)	熱風對流 (有預熱) (Convection) (With preheat) 210 °C 9-15 minutes
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How to cook

- 1 Sieve **A** into a large bowl and mix it well. Cut the butter into small pieces with a knife and mix them well. Then, put it in a fridge for about 30 minutes, add the milk gradually, and rub it with your hand.
- 2 Gather the dough from **1** together, and knead the dough for 4-5 times on a kneading board coated with low-gluten flour (not included in the ingredients). Press the dough into a rectangle and fold it three times. Wrap it with plastic wrap and store it in a fridge for about 20 minutes.
- 3 Roll the dough from **2** with a rolling pin to a uniform thickness (of 2-2.5 cm).

- 4 Preheat the empty chamber.



(The standard preheating time is approx. 7 minutes)

- 5 Press **3** and gently turn a mould with a diameter of 5-6 cm (or a cup instead) to cut out 6 doughs. Gather the remaining ingredients together, fold them three times and spread them out, cut out another 3 doughs in the same way, and then line them up on a **square tray**, and apply a small amount of milk (not included in the ingredients) with a brush.

- 6 After preheating, put **5** on the **lower shelf**, and start heating.

開始
(Start) **Heating starts**
(The standard heating time is approx. 11 minutes)

Variations of Scone

- ★ For the basic ingredients and cooking method, please refer to "No.326 Scone".
- ★ In **Step 4** of "How to cook", select the corresponding menu number.
The heating time is approx. 11 minutes.
(For manual cooking, please refer to "No.326 Scone".)

No.327 Sesame Seeds Scone

- In **Step 1** of "How to cook", add the roasted black sesame seeds (1 tbsp.) and then the milk.



No.328 Nut Scone

- In **Step 1** of "How to cook", add your favorite nuts (50 g) and then the milk.



No.329 Tomato Scone

Ingredients/For 9

Low-gluten flour	200 g	Tomato stewed in water (whole)	
Baking powder	1 tbsp.		70 g (excluding the juice)
Sugar	1 tbsp.	Egg	25 g (1/2, M-sized)
Salt	A little	Dried parsley	2 g
Butter	60 g	Cheese (for pizza)	50 g



- Cut the butter into 1 cm cubes, and refrigerate it.
- Beat the eggs, and mix them with the chopped tomato.
→ Used to substitute for the milk. (Egg wash)
- In **Step 1** of "How to cook", add the parsley and cheese, and then add the pre-prepared egg wash.



No.330 Sweet Potato

Convection



Ingredients/For 8

Sweet potato	230 g (Net)
Butter	15 g
Sugar	25 g
Egg yolk	1 (M-sized)
Double cream (or milk)	A suitable amount (0-40 g)
Vanilla essence	A little
A Egg yolk	1 (M-sized)
Water	1 tsp.

手動 (Manual)	熱風對流 (有預熱) (Convection) (With preheat) 200 °C 8-13 minutes
----------------	--

How to cook

- 1 Peel the sweet potatoes, cut them into 1 cm circles and arrange them on a heat-resistant container so that they don't overlap. Place the container in **the center of the chamber** (covering with plastic wrap), start heating, and observe the situation.

微波 600W
(Microwave 600W) ▶ 4-5 分鐘
(4-5 mins) 開始
(Start)

After heating, mash the sweat potatoes under the residual heat.

- 2 Add the butter, sugar, egg yolk and vanilla essence in order into **1**, mixing once every time you add an ingredient.

- 3 Add the double cream gradually into **2** until it becomes hard enough to shape and rub them together until smooth.

- 4 Divide **3** into 8 equal portions, form them into oval shapes, line them up on **a square tray**, and coat them with **A**.

- 5 Preheat the empty chamber.



(The standard preheating time is approx. 5 minutes)

- 6 After preheating, put **4** on the **upper shelf**, and start heating.

開始
(Start) Heating starts
(The standard heating time is approx. 11 minutes)

No.331 French Toast

Convection



Ingredients/For 2 servings

Bread (cut into 4 slices)	2 slices
<Egg wash>	
Egg	3 (M-sized)
Milk	250 g
Sugar	3 tbsp.
Vanilla essence	A little
Butter	15 g

手動 (Manual)	熱風對流 (有預熱) (Convection) (With preheat) 230 °C 15-21 minutes
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How to cook

- 1 Line the **deep tray** with parchment paper.

- 2 Place the butter into a heat-resistant container, put the container in **the center of the chamber** (without covering with plastic wrap), and heat to melt the butter.

微波 600W
(Microwave 600W) ▶ 20-30 秒
(20-30 sec) 開始
(Start)

- 3 Break the eggs into a large bowl, and stir the sugar and milk in completely with a whisk.

- 4 Stir the melted butter and vanilla essence into **3** completely.

- 5 Place **4** into the deep tray, and soak the bread in it. Flip it over after about 1 minute and leave it soaked for about 10 minutes.

- 6 Place **5** on the **upper shelf**, and start heating.



(The standard heating time is approx. 17 minutes)

No.332 Ganache

Microwave

No accessories



Ingredients

Chocolate (sweet or black)..... 170 g
Double cream 100 g
Cocoa powder (sugar free)
..... A suitable amount

手動 (Manual)	定溫加熱 (Desired Temp) 50 °C	
	(On the 加熱 (Reheat) screen, select	
	定溫加熱 (Desired Temp)	from 微波 600W ▼ (Microwave 600W)

* For milk chocolate, please use 250 g.
After heating, leave it refrigerated for over 4 hours. This will make it smoother than sweet (dark) chocolate.

How to cook

1 Break the chocolate down into small pieces, put them into a shallow heat-resistant container, add double cream, and mix them well.

2 Place **1** in **the center of the chamber** (without covering with plastic wrap), and start heating.



(The standard heating time is approx. 1 minute 30 seconds)

3 After heating, dissolve the whole thing in a blender.

4 Pour **3** into a flat container coated with parchment paper, and then refrigerate it. Once hardened, cut it into bite-sized pieces and sprinkle with cocoa powder.

• Even if there were lumps in Step **3** of “How to cook”, they would dissolve as you mix them. If the chocolate has not fully melted, please heat it at Microwave 600W whilst observing the situation.

No.333 Baked Apples with Wine

Convection



Ingredients/For 4 servings

Red apple	4 (800 g)
A	Butter 60 g
	Sugar 60 g
	Cinnamon 1 tbsp.
B	Sugar 2 tbsp.
	Water 2 tbsp.
	Brandy 50 ml

手動 (Manual)	熱風對流 (無預熱)
	(Convection) (Without preheat)
	180 °C 47-52 minutes
	· Add the Teriyaki sauce twice into the container midway.

How to cook

1 Wash the apples and remove the cores, but there is no need to make holes at the bottom. Instead, open holes in the skin with bamboo skewers.

2 Line **1** up on a shallow heat-resistant container, stuff the apples with **A**, and then pour **B** over them.

3 1. Place **2** on a **square tray**, and then put it on the **lower shelf** for heating.



(The standard heating time is approx. 50 minutes)

2. Once **the buzzer sounds midway***, add the Teriyaki sauce into the container.

* After around 30 minutes as of the start of heating (when the remaining time is around 20 minutes).

3. Place **2** on the **lower shelf** again, and start heating.

開始 (Start) Heating starts

4. Once **the buzzer sounds again***, add the Teriyaki sauce into the container.

* After around 10 minutes as of the start of **3** (when the remaining time is around 10 minutes).

5. Place **4** on the **lower shelf** again, and start heating.

開始 (Start) Heating starts

4 After heating, add the Teriyaki sauce.

• Whipped cream would make it more delicious.



Sweets

No.334 Macaron (Dry)

Convection



Ingredients/For 12

<Chocolate>

Egg white (frozen)*1	30 g
Sugar	15 g
Icing	50 g
Almond flour*2	
A mixed with cocoa powder, 40 g in total
Cocoa powder	1 tsp.

Pre-preparation

*1: Froze the egg whites, and then allow them to thaw naturally. Please weigh them after thawing.

*2: Put it in a bag and then in a refrigerator.

How to cook

1

Making Dough

1. Mix **A** and sieve it for 2-3 times, wrap it with plastic wrap, and refrigerate it for future use.
2. Make the meringue.
Beat the egg whites with a whisk until there are beaten white whites sticking to the whisk, and add a half of the sugar. Add the remaining egg whites when a soft and fluffy peak is formed, and then beat them until they are hard and do not fall out even if the bowl is turned upside down.

* Take the meringue off the whisk in a clean way. Make sure that the whisk is free of any leftover ingredients.
3. Sieve **1** again into **2**. At the same time, mix all the ingredients with a rubber spatula until they are no longer sticky.
4. Remove air bubbles.
In order to make the ingredients moderately soft, press the ingredients towards the edge of the bowl by using apply the flat side of the rubber spatula.
Completion standard: The ingredients are glossy, and when you scoop them up and pour them down, they will fall down slowly and continuously.



2

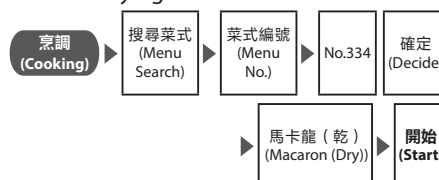
Forming

1. Put **1** into a piping bag with a nozzle (round, with an opening of 8-10 mm).
* Transfer all the ingredients from the bowl and the rubber spatula into the piping bag.
2. Line a **square tray** with parchment paper, and dispense the ingredients into 24 equal portions. (Standard size: with a diameter of 2-2.5 cm)
* Do not leave leftover ingredients in the piping bag. Flatten the piping bag to dispense all the ingredients.
3. Tap the bottom of the **square tray** with your palm to smooth out the sharp peaks formed when the egg whites are dispensed.
* There may be large sharp peaks.

3

Drying the ingredient surface

1. Place **2** on a **square tray**, and then put it on the **lower shelf** for drying.



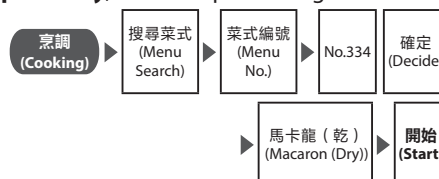
(The standard drying time is approx. 20 minutes)

2. Once the buzzer sounds, touch the surface with your finger to confirm that the ingredients are dry. The ingredients are dry when they do not stick to your finger. (**Square tray WARM**)
3. If the degree of drying is insufficient, please press the **延長 (Prolong)** button to prolong the drying time.
* Repeat Step **3** until the ingredients do not stick to your finger.

4

Preheating

4. After the surface is dry, take it out together with the **square tray**, and start preheating.



(The standard preheating time is approx. 5 minutes)

5

Baking Complete

5. After preheating, place the **square tray** on the **lower shelf**, and start heating.

開始 (Start) Heating starts
(Baking Complete Approx. 13 minutes)

6

6. After heating, transfer it together with the parchment paper onto a **gridiron** for cooling down. After cooling down, remove the parchment paper.

7

7. Make sandwich cream* to your preference. To avoid drying, refrigerate it for about overnight. After being taken out of the refrigerator and returned to the room temperature, it will taste even better when served with cream.
If cream is added, please enjoy it within the day.
* Depending on your preference, you can also substitute chocolate sauce, butter cream (Page 260) or jam for cream.


Before making macarons, read the following:



- It is comparatively difficult to make macarons. The appearance, baking color and taste may be affected by such factors as ingredients, humidity, condition of ingredients (cooking method), and dryness of ingredients. Master the tricks after many challenges, and enjoy your beloved macarons!
 - * Please note that macarons may be charred or unevenly colored.
- Try not to make macarons on rainy days or days with high humidity. When the humidity is too high, it will be difficult to make high-quality macarons.
In addition, if it is difficult to dry the ingredients due to high humidity, please prolong the drying time.
- If the inner temperature is too high after the heating process, wait until the temperature drops back to the room temperature before making [No.334 Macaron (Dry)].
- If there is water or moisture inside the oven, wipe it clean with a dry cloth.
- In order to avoid cracks on the surface of the macarons during baking, please allow the surface of the ingredients to dry before baking.
- Almond flour contains a lot of fat, so the surface may be oily.



Tricks of making macarons

- Measure out the ingredients accurately!**
 - Make sure that there is no residue of ingredients on the utensils during baking.**
 - Due to the small size, the finished product may vary with the specific amount.
-  It would be easier to pour the ingredients into the piping bag if a cup is encased in the piping bag. Fold the top of the piping bag over the rim of the cup.
- Whisk the egg whites properly until stiff.**
 - Make sure there is no oil or moisture in the bowl or on the whisk.
 - Do not use egg whites containing even a small amount of egg yolks as they will not be whisked until stiff.
 - Please follow **Step 1 of "How to cook"** to whisk the egg whites.
 - * It has also been suggested that proteins with reduced viscosity will be easier to be whisked than those that are pre-frozen and then thawed.
 - Try to make the ingredients moderately soft (and remove air bubbles).**
 - Please refer to **Step 1 ~4 of "How to cook"** for the cooking method and finishing standard.
 - As long as a small peak is formed when you dispense and the peak disappears when you tap the bottom of the square tray with your palm, it means that the ingredients are moderately soft.
 - If the peak does not disappear after you tap the square tray, it means that not all the bubbles are removed. Next time please try to make the ingredients softer.
 - If the ingredients are too soft, they will flow in the bag when you are trying to dispense, making it difficult to dispense. In addition, the ingredients should not swell.
 - Dispense evenly**
 - Mark creases on the parchment paper in advance as references for the dispensing position. (But do not let the parchment paper drift up from the square tray.)
 - Drying standard**
 - Please refer to **Step 3 ~2 of "How to cook"** to check if the drying is completed.
 - If the ingredients do not stick to your finger and you feel soft when you touch them, it means that the ingredients have been in good condition.

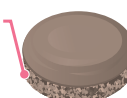
Now



- Cracks appear on the surface, without edging or swelling**

...The surface of ingredients is not dried sufficiently.
Is it made in rainy days with high humidity?
Are there any water on the utensils or ingredients?
Please try again by referring to the cooking tricks.

Edging



Variations of Macaron

- Try to substitute the following ingredients for the cocoa powder listed in the ingredients table A.
- Prepare the ingredients and almond flour (40 g in total).

Add to the almond flour

- Matcha: Add the matcha power (1 tsp.)
- Soybean flour: Add the soybean flour (3 tsp.)
- Sesame seeds: Add sesame seeds (2 tsp.), dispense the ingredients, and scatter several black sesame seeds over them.
- Strawberry: Add edible red pigments (a suitable amount), and then add strawberry jam.
- Cinnamon: Add cinnamon powder (4 pieces)



Grind it into powder with a grinding bowl or other tools and add it to the almond flour

- Black tea: Add black tea leaves (1 tsp.)
- Coffee: Add instant coffee powder (2 tsp.)
- Walnut: Add walnuts (2 tsp.), dispense the ingredients, and scatter chiseled walnuts (not included in the ingredients) over them.
- Coconut: Add coconut (3 tsp.), dispense the ingredients, and scatter grated coconut (not included in the ingredients) over them.



Others

- Vanilla essence: In **Step 1~3 of making macarons** on Page 258, add the vanilla essence (a little).
- Salt, black pepper: Sprinkle the dispensed ingredients with salt and black pepper (a little).



Macaron cream

Chocolate sauce

Ingredients/For approx. 12	
Milk chocolate	20 g
Double cream	15 g
Rum	1/2 tsp.
<To taste>	
Instant coffee powder	1/2 tsp.
Nut (chiseled after baking)	Approx. 5 g

How to cook

- 1 Put the chocolate grains into a heat-resistant container, and then add the double cream.
 - 2 Put **1** into the chamber, press (微波 200W · 40 秒 - 1 分 10 秒) (Microwave 200W 40 sec to 1 min 10 sec), and heat it up while observing the situation, making sure that it does not come to a boil. Mix to dissolve them completely after heating.
 - 3 Mix the rum in, and leave it cool down to an easy-to-apply firmness while observing the situation.
- * Instant coffee powder or nuts can be added to your taste. Instant coffee powder shall be added in Step 1 while nuts in Step 3.

Butter cream

Ingredients/For approx. 48 (easy to make)	
Butter	80 g
Egg white	20 g
Sugar	20 g
Vanilla essence	A little
Your favorite jam	40 g

* You can substitute unsalted butter for the butter as you like.

How to cook

- 1 Return the butter back to the room temperature until it is creamy.
 - 2 Whisk the egg white until foamed, and add the sugar a little at a time. Repeat this step several times until the egg white becomes stiff.
 - 3 Add **2** a little at a time into **1**, stirring well with a whisk each time you add it.
 - 4 Add the vanilla essence into **3**. Add the jam a little at a time, stirring well with a whisk each time you add it.
- * As the egg white is not heated up, enjoy it as soon as possible.

No.335 Thin Pancake

Convection



Ingredients/For 12 (1 shelf)

Egg white	1 (M-sized)
Sugar	40 g
Rice flour	20 g
Almond flakes	30 g
Vanilla essence	A little
Melted butter	25 g

手動 (Manual)	熱風對流 (有預熱)
	(Convection) (With preheat) 180 °C
	1 shelf: Approx. 9 minutes;
	2 shelves: Approx. 11 minutes
↓	熱風對流 (有預熱)
	(Convection) (With preheat) 150 °C
	1 shelf: 3-8 minutes;
	2 shelves: 5-10 minutes

- When baking on 2 shelves
Please double the ingredients and use the manual mode.
Auto mode is not applicable.

How to cook

1 Stir the egg whites and sugar in another large bowl with a whisk until the mixture becomes whitish without becoming frothy.

2 Mix the rice flour into **1**. Mix in **A**, and refrigerate it for 1 hour.

3 Preheat the empty chamber.



(The standard preheating time is approx. 5 minutes)

4 Line a **square tray** with parchment paper, push **2** into thin slices with a diameter of about 5 cm (12 slices in total). (As they will swell after baking, leave some space between any two of them.)

5 After preheating, put **4** on the **lower shelf**, and start heating.

Baking Complete
開始 (Start) Heating starts
(The standard heating time is approx. 15 minutes)

- To make the arc edge after baking, roll the parchment paper around a rolling pin so that the ingredients will not stick easily. It will harden after cooling down, so make it quickly.



Ingredients/For approx. 30

Egg	1 (M-sized)
Sugar	80 g
A	Rice flour 30 g
	Baking powder 1/2 tsp.
	Cocoa powder 1 tsp.
Tofu dregs	170 g
B	Nut* (chiseled) 30 g
	Dried fruit* (chiseled) 60 g

* Please use soft nuts such as walnuts or almond slices and dried fruits like raisins and orange peel.

• If there is a lot of water in the tofu dregs, heat them up with microwave to drain water.

手動 (Manual)	5 ~1 熱風對流 (有預熱) (Convection) (With preheat) 160 °C Approx. 15 minutes
	↓
	5 ~4 熱風對流 (無預熱) (Convection) (Without preheat) 150 °C Approx. 20 minutes
	↓
	5 ~6 熱風對流 (無預熱) (Convection) (Without preheat) 150 °C 18-23 minutes

How to cook

- Beat the eggs into a large bowl, add sugar, stir them with a whisk until sticky, and mix **B** in.
- Mix **A** into **1**. Mix the tofu dregs in evenly until there are no white bits. (It is easier to mix them well with your hands.)
- Preheat the empty chamber.

烹調
(Cooking)

搜尋菜式
(Menu Search)

菜式編號
(Menu No.)

No.336

確定
(Decide)

開始
(Start)

(The standard preheating time is approx. 4 minutes)
- Line a **square tray** with parchment paper, and make **2** into rectangles with a thickness of approx. 1.5 cm and a size of 15x6 cm.

5 Baking Complete

- After preheating, put **4** on the **lower shelf**, and start heating.

開始 (Start) Heating starts
(The standard heating time is approx. 55 minutes)

- Once **the buzzer sounds midway***, take it out.
* After around 15 minutes as of the start of heating (when the remaining time is around 40 minutes).
- Once the remaining heat has gone, cut it into 1 cm slices with a sharp knife and line them up with the incision upwards on a square tray. (If it crumbles, if you press it down to a shape, it will stick back on whilst baking.)

- Place **3** on the **lower shelf** again, and start heating.

開始 (Start) Heating starts

- Once **the buzzer sounds again***, flip them over.
* After around 20 minutes as of the start of **4** (when the remaining time is around 20 minutes).

- Place it on **the lower shelf** again, and start heating.

開始 (Start) Heating starts

No.337 Potato Grissini
No.338 Carrot Grissini
No.339 Burdock Grissini

Convection



Ingredients/For approx. 20 pieces of Potato Grissini

Potato 150 g (Net)
Starch 1½ tbsp.
A Salt ⅓ tsp.
Black pepper A little
Melted butter 15 g

Ingredients/For approx. 20 pieces of Carrot Grissini

Carrot 50 g (Net)
Low-gluten flour 80 g
Cheese powder 1 tbsp.
Salad oil 1 tbsp.
Salt, black pepper A little

Ingredients/For approx. 20 pieces of Burdock Grissini

Burdock Approx. 75 g
Low-gluten flour 80 g
Cheese powder 1 tbsp.
Salad oil 1 tbsp.
Salt, black pepper A little

熱風對流 (無預熱) (Convection)
(Without preheat) 150 °C
26-36 minutes (For Potato Grissini)
24-34 minutes (For Carrot/Burdock Grissini)
手動 (Manual)

How to cook <Potato Grissini: Left>

- 1 Peel the potato, cut it into 4 pieces, and put them into a heat-resistant container and cover it with plastic wrap. Place the container in **the center of the chamber** and start heating.

微波 600W (Microwave 600W) ▶ 4-5 分鐘 (4-5 mins) 開始 (Start)

- 2 Grate **1** under the residual heat, and mix them into **A**. Then, mix the melted butter in.
- 3 Put **2** into a piping bag, and dispense the ingredients into about 10 thin strips with a length of 10 cm on a **square tray**.

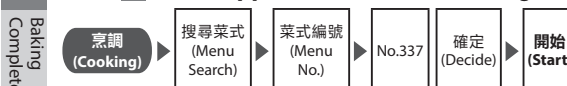
How to cook <Carrot Grissini: Right>

- 1 Peel the carrot and chop it.
- 2 Mix all the ingredients except the low-gluten flour well in a plastic bag, and then mix in the low-gluten flour.
- 3 Put **2** into a bag, push it open together with the bag to a thickness of 2-3 mm, and refrigerate it for more than 30 minutes until it becomes stiff enough to be easily cut.

How to cook <Burdock Grissini: Inner>

- 1 Wash and peel the burdock, add water and mix them in a blender. After that, place a colander and gently remove the moisture with kitchen paper. Prepare 75 grams of them.
- 2 Mix all the ingredients except the low-gluten flour well in a plastic bag, and then mix in the low-gluten flour.
- 3 Put **2** into a bag, push it open together with the bag to a thickness of 2-3 mm, and refrigerate it for more than 30 minutes until it becomes stiff enough to be easily cut.

- 4 Place **3** on the **upper shelf**, and start heating.



(The standard preheating time is approx. 31 minutes)

- Please dispense the potato ingredients when they are warm since they will be too hard to dispense after they cool down.
- The state of baking may vary with such factors as the shape, size and thickness of the dispensed potato strips. Place the food upside down during the heating process and heat it up while observing the situation.

- 4 Open the bag from **3**, cut the ingredients to sticks with a width of 5 mm, and place them on a **square tray**.

- 5 Place **4** on the **upper shelf**, and start heating.



(The standard preheating time is approx. 29 minutes)

- 4 Open the bag from **3**, cut the ingredients to sticks with a width of 5 mm, and place them on a **square tray**.

- 5 Place **4** on the **upper shelf**, and start heating.



(The standard preheating time is approx. 29 minutes)

No.340 Strawberry Jam
 No.341 Apple Jam
 No.342 Blueberry Jam
 No.343 Kiwi Jam

Microwave

No accessories



Ingredients

Sugar 150 g
 A Lemon juice 2 tsp.
 Salad oil 2 drops
 Fruit 300 g each (Net)
 Strawberry
 Red apple
 Blueberry
 Kiwi fruit

微波 600W (Microwave 600W)
 17-19 minutes
 手動 (Manual) • Take it out twice midway and add A to remove astringency.

How to cook

- 1 Wash the fruit clean, and remove the moisture.
 Strawberries: Remove the tops.
 Apples: Peel and then chop them.
 Kiwi fruit: Peel them, and cut them into 5 mm thick butterfly shapes.
- 2 Mix one type of the fruits from 1 and A gently in a deep heat-resistant glass bowl.

- 3 1. Place 2 in the center of the chamber (without covering with plastic wrap), and start heating.



☆ Strawberry: No.340

Apple: No.341

Blueberry: No.342

Kiwi fruit: No.343

(The standard preheating time is approx. 18 minutes)

2. Once the buzzer sounds midway*, remove the lye and mix the ingredients.

* After around 6 minutes as of the start of heating (when the remaining time is around 12 minutes).

3. Place it in the center of the chamber (without covering with plastic wrapper) again, and start heating.

開始 (Start) Heating starts

4. Once the buzzer sounds midway*, remove the lye and mix the ingredients.

* After around 6 minutes as of the start of 3 (when the remaining time is around 6 minutes).

5. Place it in the center of the chamber (without covering with plastic wrapper) again, and start heating.

開始 (Start) Heating starts

6. After heating, remove the lye and mix the ingredients.

• Strawberries may get watery if they are washed with tops removed.

No.344 Cottage Cheese

Microwave

No accessories



Ingredients

Milk 300 ml | Lemon juice 30 ml

定溫加熱 (Desired Temp) 40-45 °C
(On the **加熱 (Reheat)** screen, select **定溫加熱 (Desired Temp)** from
手動 (Manual) **微波 600W ▼ (Microwave 600W)** .)

How to cook

- 1 Place the milk into a heat-resistant container, put the container in **the center of the chamber** (without covering with plastic wrap), and start heating.

烹調 (Cooking) → 搜尋菜式 (Menu Search) → 菜式編號 (Menu No.) → No.344 → 確定 (Decide) → 開始 (Start)

(The standard heating time is approx. 2 minutes)

- 2 Mix the lemon juice in completely after heating. Leave it along for a moment, and strain it with a cloth.

- Coat it with honey or maple syrup, and add it to the salad for a trial.

No.345 Baked Sweet Potato

Convection



Ingredients/For 4 servings

Sweet potato (3-5 cm in circumference) 4 (250 g each)

手動 (Manual) 熱風對流 (無預熱) (Convection) (Without preheat)
350 °C 43-48 minutes

How to cook

- 1 Wash the sweet potatoes clean, wipe off the water, prick several holes with a fork, and place them on a **square tray**.

- 2 Place **1** on the **lower shelf**, and start heating.

烹調 (Cooking) → 搜尋菜式 (Menu Search) → 菜式編號 (Menu No.) → No.345 → 確定 (Decide) → 開始 (Start)

(The standard heating time is approx. 45 minutes)

No.346 Steamed Sweet Potato

Microwave

Steam

No accessories

Add water until it exceeds the **half water level**



Ingredients/For 2 servings

Sweet potato (3-5 cm in circumference) 2 (250 g each)

手動 (Manual) **蒸氣微波 (Steam Microwave) Approx. 17 minutes**
For 4 servings
蒸氣微波 (Steam Microwave) Approx. 19 minutes
• Auto mode is not applicable. Manual heating is required.
Please double the ingredients.

How to cook

* Fill the water tank with water, and insert it to the main body.

- 1 Wash the sweet potatoes clean, wipe off the water, prick several holes with a fork, and place them on a heat-resistant plate.

- 2 Place **1** in **the center of the chamber** (without covering with plastic wrap), and start heating.

烹調 (Cooking) → 搜尋菜式 (Menu Search) → 菜式編號 (Menu No.) → No.346 → 確定 (Decide) → 開始 (Start)

(The standard heating time is approx. 17 minutes)

- The finish may vary with the circumference of the sweet potato.

• On the **加熱 (Reheat)** screen, select **蒸氣微波 (Steam Microwave)** from **微波 600W ▼ (Microwave 600W)** .

No.347 Kusa Mochi

Microwave

Steam

No accessories

Add water until it exceeds the half water level



Ingredients

Yuanxiao flour.....	150 g
Sticky rice flour	50 g
Sugar	40 g
Water	170 ml
Mugwort powder	5 g
Coarse red bean paste	250-300 g
Soybean flour	A suitable amount

手動 (Manual)	4 蒸氣微波 (Steam Microwave)
	Approx. 3 minutes →
手動 (Manual)	7 蒸氣微波 (Steam Microwave)
	Approx. 3 minutes

• On the **加熱 (Reheat)** screen, select **蒸氣微波 (Steam Microwave)** from **微波 600W ▼ (Microwave 600W)**.

How to cook

* Fill the water tank with water, and insert it to the main body.

- Soak the mugwort flour as per the instructions on the packaging, and then remove the moisture.
- Divide the coarse red bean paste into 10 equal portions, and make them into balls.
- Mix the Yuanxiao flour, sticky rice flour and water in a heat-resistant glass bowl, and then mix the sugar in well.
- Place **3** in **the center of the chamber** (without covering with plastic wrap), and start heating.

烹調
(Cooking)

搜尋菜式
(Menu Search)

菜式編號
(Menu No.)

No.347

確定
(Decide)

開始
(Start)

(The standard heating time is approx. 6 minutes)
- Once **the buzzer sounds midway***, stir thoroughly with a damp wooden spoon.
 * After around 3 minutes as of the start of heating (when the remaining time is around 3 minutes).

- Add **1** into **5**, stir with wet hands, being careful not to get your hands scalded by hot water.
- Place **6** in **the center of the chamber** (without covering with plastic wrap), and start heating.

開始
(Start)

Heating starts
- After heating, mix the whole thing well with a damp wooden spoon. Then stir with wet hands. Be careful not to get your hands scalded by hot water.
- Divide **8** into 10 equal portions, spread them out to oval shapes, add the coarse red bean paste from **2**, and then fold each of them in half. Scatter the soybean flour over the finish.

No.348 Black Sesame Seeds and Chestnut Dumpling

Microwave

Steam

No accessories

Add water until it exceeds the half water level



Ingredients/For 8

Sweet stewed chestnut	4
White bean paste	160 g
Sticky rice flour	70 g
Water	110 ml
Grated black sesame seed	1 tbsp.
Sugar	50 g
Ground black sesame seed (for coating)	25 g

手動 (Manual)	3 微波 600W (Microwave 600W)
	Approx. 3 minutes →
手動 (Manual)	5 蒸氣微波 (Steam Microwave)
	Approx. 2 minutes 30 seconds

• On the **加熱 (Reheat)** screen, select **蒸氣微波 (Steam Microwave)** from **微波 600W ▼ (Microwave 600W)**.

How to cook

* Fill the water tank with water, and insert it to the main body.

- Remove the moisture of sweet stewed chestnuts, divide 4 chestnuts into halves, and wrap them with 8 equal portions of white bean paste.
- Mix the sticky rice flour and water in a heat-resistant glass bowl, and then mix the sugar and grated black sesame seeds in well.
- Place **2** in **the center of the chamber** (without covering with plastic wrap), and start heating.

烹調
(Cooking)

搜尋菜式
(Menu Search)

菜式編號
(Menu No.)

No.348

確定
(Decide)

開始
(Start)

(The standard heating time is approx. 5 minutes 30 seconds)

- Once **the buzzer sounds midway***, stir thoroughly.
 * After around 3 minutes as of the start of heating (when the remaining time is around 2 minutes 30 seconds).
- Place **4** in **the center of the chamber** (without covering with plastic wrap), and start heating.

開始
(Start)

Heating starts
- After heating, stir thoroughly, take them out, place them on a flat plate (coated with grated black sesame seeds), fold each of them in half, and leave them to cool down.
- Once the excess heat has dissipated, divide it into 8 equal portions, stuff them with fillings from **1**, sprinkle with the remaining sesame seeds on the flat plate.

No.349 Japanese Mochi

Microwave

Steam

No accessories

Add water until it exceeds the half water level



Ingredients/For 8

<Peanut filling>

White bean paste 120 g

Peanut jam 25 g

<Dough>

Sticky rice flour 70 g

Water 100 ml

Sugar 40 g

Maple syrup 1 tbsp.

<Toppings>

Grated peanut 1 tbsp.

Honey 1/2 tbsp.

手動 (Manual) **3** 微波 (Microwave) Approx. 3 minutes → **5** 蒸氣微波 (Steam Microwave) Approx. 2 minutes 30 seconds

• On the **加熱 (Reheat)** screen, select **蒸氣微波 (Steam Microwave)** from **微波 600W ▼ (Microwave 600W)**.

How to cook

* Fill the water tank with water, and insert it to the main body.

1 Mix the white bean paste and peanut jam, and divide the mixture into 8 equal portions.
(If the white bean paste is too soft, remove the moisture with <微波 600 W • 1-2 分鐘> (Microwave 600 W 1-2 minutes) while observing the situation.)

2 Put the sticky rice flour into a large heat-resistant glass bowl, mix it well with water a little at a time, and then mix the sugar and maple syrup in until the ingredients are pureed.

3 Place **2** in **the center of the chamber** (without covering with plastic wrap), and start heating.



(The standard heating time is approx. 5 minutes 30 seconds)

4 Once **the buzzer sounds midway***, stir thoroughly.
* After around 3 minutes as of the start of heating (when the remaining time is around 2 minutes 30 seconds).

5 Place the container in **the center of the chamber** (without covering with plastic wrap) and start heating.

開始 (Start) Heating starts

6 After heating, stir thoroughly, take them out, and fold each of them in half on a flat plate coated with a thin layer of starch (not included in the ingredients) to prevent the starch from mixing.

7 Once they have cooled down, wrap the 8 equal portions of **1** properly, and brush off any remaining starch with a brush or other tools.

8 Coat the top of **7** with honey, and decorate with grated peanuts.



Ingredients/For 8

<Pumpkin filling>

Pumpkin (with skin and seeds removed)	100 g
Rice flour	20 g
Coconut milk	100 g
Sugar	30 g
Fruit (Pineapple, kiwi fruit, mango, etc.)	35 g

<Ingredients of the Rice Pancake>

Rice flour	50 g
Sticky rice flour	60 g
Water	85 ml
Sugar	30 g
Coconut flour	10 g

<Decoration>

Medlar	8
Coconut flour	10 g

蒸氣微波 (Steam Microwave)

手動 (Manual)	1 min 30 sec (2 ~2) →
	1 min 30 sec (2 ~4) →
	1 min 30 sec (4)

• On the **加熱 (Reheat)** screen, select **蒸氣微波 (Steam Microwave)** from **微波 600W (Microwave 600W)**.

How to cook

* Fill the water tank with water, and insert it to the main body.

1

Making pumpkin filling

- Place the pumpkin in a heat-resistant container, put the container in **the center of the chamber** (without covering with plastic wrap), and start heating.

微波 600W (Microwave 600W) ▶ 約 2 分 30 秒 (Approx. 2 mins 30 sec) 開始 (Start)

- Sieve the ingredients after heating.

- Mix the rice flour, coconut milk and sugar in a heat-resistant container. Place the container in **the center of the chamber** (without covering with plastic wrap), heat it up, and stir evenly.

微波 600W (Microwave 600W) ▶ 約 1 分鐘 (Around 1 min) 開始 (Start)

- Mix the pumpkin into **3**, place the container in **the center of the chamber** (without covering with plastic wrap), and start heating.

蒸氣微波 (Steam Microwave) ▶ 約 2 分鐘 (Around 2 mins) 開始 (Start)

- After heating, mix the whole thing well, add the chopped fruit pieces with a size of 1 cm, and mix them again.

2

Making dumpling ingredients

- Mix the rice flour, sticky rice flour and water in a heat-resistant container, and then mix the sugar and coconut flour in well.

- Place the container in **the center of the chamber** (without covering with plastic wrap) and start heating.

烹調 (Cooking) ▶ 搜尋菜式 (Menu Search) ▶ 菜式編號 (Menu No.) ▶ No.350 確定 (Decide) ▶ 開始 (Start)

(The standard heating time is approx. 4 minutes 30 seconds)

- Once **the buzzer sounds midway***, stir thoroughly with a damp wooden spoon.

* After around 1 minute 30 seconds as of the start of heating (when the remaining time is around 3 minutes).

- Place the container in **the center of the chamber** (without covering with plastic wrap) again, and start heating.

開始 (Start) Heating starts

- Once **the buzzer sounds again***, stir thoroughly with a damp wooden spoon. Then stir with wet hands. Be careful not to get your hands scalded by hot water.

*After around 1 minute 30 seconds as of the start of **4** (when the remaining time is 1 minute 30 seconds).

3

- Divide **2** into 8 equal portions, push each portion to a wrapper, scoop up some pumpkin fillings from **1**, and wrap the pumpkin fillings with wrappers properly.

4

- Line a heat-resistant plate with plastic wrap, put **3** on it, place the plate in **the center of the chamber** (without covering with plastic wrapper) and start heating.

開始 (Start) Heating starts

5

- After heating, coat each dumpling with coconut flour and decorate with medlar.

No.351 Suama

Microwave

Steam

No accessories

Add water until it exceeds the **half water level**



Ingredients

Rice flour	100 g
Sugar	100 g
Water	155 ml

- 1** ~1
微波 600W (Microwave 600W)
Approx. 3 minutes
- ↓
- 2**
蒸氣微波 (Steam Microwave)
Approx. 2 minutes 30 seconds

On the **加熱 (Reheat)** screen, select **蒸氣微波 (Steam Microwave)** from **微波 600W ▼ (Microwave 600W)**.

How to cook

* Fill the water tank with water, and insert it to the main body.

- 1** 1. Mix all the ingredients in a heat-resistant container, put the container in **the center of the chamber** (without covering with plastic wrap), and start heating.



(The standard heating time is approx. 5 minutes 30 seconds)

2. Once **the buzzer sounds midway***, stir thoroughly with a wooden spoon.
* After around 3 minutes as of the start of heating (when the remaining time is around 2 minutes 30 seconds).

- 2** Place **1** in **the center of the chamber** (without covering with plastic wrap) again, and start heating.

開始 (Start) Heating starts

- 3** After heating, stir again, transfer them to a flat plate coated with a thin layer of starch (not included in the ingredients), and make them into sticks.

- 4** Put **3** on a MAKISU lined with plastic wrap and coated with a thin layer of starch (not included in the ingredients), and make them into sticks with a diameter of 3-4 cm.

Variations of Suama

Matcha: Substitute a mixture of hot water (1 tbsp.) and matcha powder (1/2 tsp.) and 140 ml of water for the water in **1**.

Sakura: Dissolve edible red pigments (by dipping a little with the tip of a toothpick) in hot water (1 tbsp.), remove the salt of Sakura pickles (15 g) and crush them, and then add them into **1**.

No.352 Roasted Steamed Bun with Chestnuts

Convection



Ingredients/For 8

Coarse bean paste	150 g
Egg yolk	1 (M-sized)
Rice flour	40 g
Butter	12 g (1 tbsp.)
Sweet stewed chestnut (cut into 8 mm pieces)	4
<Colouring/Decoration>	
Egg yolk	1 (M-sized)
Poppy seed	5 g

手動 (Manual) 熱風對流 (有預熱) (Convection) (With preheat) 200 °C 12-18 minutes

How to cook

- 1** Put the butter in a heat-resistant container and place the container in **the center of the chamber** (without covering with plastic wrap), and start heating.

微波 600W (Microwave 600W) 約 30 秒 (Approx. 30 sec) 開始 (Start)

- 2** Mix one egg yolk into the coarse bean paste, and then mix the butter from **1** in completely.

- 3** Mix the rice flour into **2**, and mix in the sweet stewed chestnuts.

- 4** Preheat the empty chamber.



(The standard preheating time is approx. 5 minutes.)

- 5** Divide **3** into 8 equal portions, form them into oval shapes, line them up on **a square tray**. Coat the upper surface with egg wash, and sprinkle with poppy seeds.

- 6** After preheating, put **5** on the **lower shelf**, and start heating.

開始 (Start) Heating starts (The standard heating time is approx. 15 minutes)

No.353 Japanese Red Bean Paste Cake with Light Brown Sugar

Convection



Ingredients/For 9, metal pudding mould with a diameter of 5.5 cm

Egg yolk	2 (M-sized)
Brown sugar	60 g
Salad oil	45 g
Coarse red bean paste	100 g
Rice flour	60 g
Baking powder	1 tsp.
Egg white	2 (M-sized)
Sugar	25 g
Walnut	A suitable amount

手動 (Manual)	熱風對流 (有預熱) (Convection) (With preheat) 180 °C 18-20 minutes
	熱風對流 (無預熱) (Convection) (Without preheat) 160 °C 9-11 minutes

How to cook

- 1 Coat the mould with butter (not included in the ingredients) in advance.
- 2 Mix the egg yolk and brown sugar in a large bowl, and then stir in the salad oil evenly.
- 3 Mix the coarse red bean paste into **2**, and then stir in the mixture of rice flour and baking powder.
- 4 Preheat the empty chamber.



(The standard preheating time is approx. 5 minutes.)

- 5 Stir the egg white and sugar in another large bowl with a whisk until a sharp cone is formed.
- 6 Mix **3** into **5** (without removing any air bubbles), pour them in the mould to $\frac{8}{10}$, and put walnuts on top.
- 7 After preheating, place **6** on a **square tray**, and then put it on the **lower shelf** for heating.

開始
(Start) Heating starts
(The standard heating time is approx. 29 minutes)

No.354 Floating Island Cake

Microwave

Steam

No accessories

Add water until it exceeds the **half water level**



Ingredients/For 2, heat-resistant plastic containers of 15 x 16 x 7 cm

Coarse bean paste	200 g
Egg	2 (M-sized)
Sugar	60 g
Low-gluten flour	20 g
Rice flour	20 g
Baking powder	$\frac{1}{2}$ tsp.
Sweet stewed chestnut	3-4

手動 (Manual)	蒸氣微波 (Steam Microwave) Approx. 10 minutes (On the 加熱 (Reheat) screen, select
	蒸氣微波 (Steam Microwave) from 微波 600W (Microwave 600W)

How to cook

* Fill the water tank with water, and insert it to the main body.

- 1 Line the bottom and sides of a heat-resistant container with parchment paper. Sieve the low-gluten flour, rice flour and baking powder together.
- 2 Mix the coarse bean paste and egg yolks in a large bowl.
- 3 Whisk the egg white properly in another large bowl. Add the sugar in two halves, and whisk the mixture until a sharp cone is formed.
- 4 Mix **2** into **3**, and then mix in the flour sifted in **1** roughly.

- 5 In the heat-resistant container from **1**, scatter $\frac{1}{4}$ of the chopped chestnuts, pour in a half of **4**, and then scatter another $\frac{1}{4}$ of the chopped chestnuts. Flatten the surface, and pour the ingredients down for 2-3 times to remove the air. Follow the same cooking procedure for the remaining ingredients.

- 6 Place **5** in the **center of the chamber** (without covering with plastic wrap), and start heating.



(The standard heating time is approx. 10 minutes)

- The flavor is also good if you substitute the white bean paste for the filling and sweet nattoes for sweet stewed chestnuts.
- When you are using white bean paste as the filling, if you add a teaspoon of matcha powder in Step **4** of "How to cook", you will get the colour of matcha.

No.355 Orange + Matcha Daifuku

Microwave

Steam

No accessories

Add water until it exceeds the **half water level**



Ingredients/For 10

White bean paste	150 g
Egg yolk	1 (M-sized)
Rice flour	5 g
Baking powder	1/4 tsp.
Orange peel	8 g
Matcha powder	1/4 tsp.
Lukewarm water	1/2 tsp.
Sweet natto	5

蒸氣微波 (Steam Microwave) 2-4 minutes

(On the **加熱 (Reheat)** screen, select **蒸氣微波 (Steam Microwave)** from **微波 600W (Microwave 600W)**.)

How to cook

* Fill the water tank with water, and insert it to the main body.

- Cut the orange peel into 5 mm pieces. Dissolve the matcha powder in hot water.
1. Mix the white bean paste and egg yolk in a heat-resistant container, put the container in **the center of the chamber** (without covering with plastic wrap), and start heating.

微波 600W
(Microwave 600W)

▶

1-2 分鐘
(1-2 mins)

▶

開始
(Start)
2. After heating, stir thoroughly, and wait until the excess heat has dissipated.
- 3 Stir the mixture of rice flour and baking powder into **2**.

- Divide **3** into halves, add the orange peel into one portion and matcha powder into the other portion, and stir thoroughly. Divide either portion into 5 equal portions, make the portions with orange peels to balls, stuff portions with matcha powder with sweet natto and then roll them to balls.
- Put **4** in the center of a heat-resistant plate (without gap), place the plate in **the center of the chamber** (without covering with plastic wrap), and start heating.



(The standard heating time is approx. 3 minutes)

- If the white bean paste is too soft, remove the moisture with Microwave 600 W while observing the situation. Heat it up until it is stiff enough to make balls. After heating, leave it cool down.

No.356 Steamed Chestnut and Red Bean Paste Jelly

Microwave

Steam

No accessories

Add water until it exceeds the **half water level**



Ingredients/For 1

Coarse bean paste	250 g
Low-gluten flour (sieved)	20 g
Starch	5 g
Sugar	20 g
Water	3 tbsp.
Salt	A little
Sweet stewed chestnut	120-130 g
Sweet stewed chestnut pulp	2 tbsp.

4 微波 600W (Microwave 600W)
Approx. 3 minutes 30 seconds →
6 蒸氣微波 (Steam Microwave)
Approx. 5 minutes

On the **加熱 (Reheat)** screen, select **蒸氣微波 (Steam Microwave)** from **微波 600W (Microwave 600W)**.

How to cook

* Fill the water tank with water, and insert it to the main body.

- Cut the sweet stewed chestnuts into your favorite sizes.
- Put the red bean paste, low-gluten flour, starch, sugar and salt into a heat-resistant glass bowl, and mix them well until smooth with a wooden spoon.
- Stir the sweet stewed chestnut pulp and water into **2** a little at a time, and then mix in the chestnuts from **1**.
- Place **3** in **the center of the chamber** (without covering with plastic wrap), and start heating.



(The standard heating time is approx. 8 minutes 30 seconds)

- Once **the buzzer sounds midway***, stir thoroughly with a wooden spoon.
* After around 3 minutes 30 seconds as of the start of heating (when the remaining time is around 5 minutes).
- Place **5** in **the center of the chamber** (without covering with plastic wrap) again, and start heating.

開始
(Start)

Heating starts
- After heating, stir with a wooden spoon, place it on a bamboo mat covered with plastic wrap, roll it up, and tidy the shape.

No.357 Strawberry Stuffed Daifuku

Microwave

Steam

No accessories

Add water until it exceeds the half water level



Ingredients/For 8

Sticky rice flour	70 g
Water	140 ml
Sugar	40 g
Strawberry	8 (small)
Coarse bean paste	120 g
Starch	A suitable amount

手動 (Manual)	3 微波 600W (Microwave 600W) Approx. 3 minutes →
	5 蒸氣微波 (Steam Microwave) Approx. 2 minutes 50 seconds

• On the **加熱 (Reheat)** screen, select **蒸氣微波 (Steam Microwave)** from **微波 600W ▼ (Microwave 600W)**.

How to cook

* Fill the water tank with water, and insert it to the main body.

- 1 Wash the strawberries clean, remove the tops, and wipe off the moisture. Divide the coarse bean paste into 8 equal portions (of around 15 g each), and wrap a strawberry with one portion of red bean paste so that the pointy part of the strawberry sticks out a little.
- 2 Put the sticky rice flour in a heat-resistant glass bowl, add water a little at a time while stirring with a wooden spoon. Then, stir the sugar in until there is no lumps.
- 3 Place **2** in **the center of the chamber** (without covering with plastic wrap), and start heating.



(The standard heating time is approx. 5 minutes 50 seconds)

- 4 Once **the buzzer sounds midway***, stir thoroughly with a wooden spoon.
* After around 3 minutes as of the start of heating (when the remaining time is around 2 minutes 50 seconds).
- 5 Place **4** in **the center of the chamber** (without covering with plastic wrap) again, and start heating.
開始 (Start) Heating starts
- 6 After heating, mix the ingredients again until they become elastic. Transfer them lightly onto a flat plate coated with starch, and divide them into 8 equal portions.
- 7 Wrap **1** with the dough from **6**. With the joint on the bottom, knead it into a neat ball.

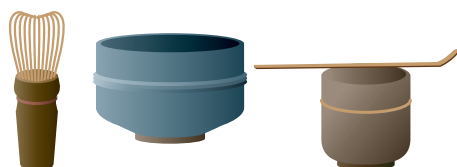


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