



精緻美食

PC-48DRSHK(K)
電壓力鍋
食譜

TOSHIBA



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本手冊中所列時間僅作為參考。
實際烹飪時間將根據食材體積和溫度而變化。
對於在烹飪過程中需要增加壓力的烹飪功能，設定的時間不包括加壓和排壓的時間。

延時長短取決於所選擇的“口感 (TEXTURE)”的烹飪時間，這也將影響到食物的口味。

“快蒸 (QUICK STEAM)”功能，建議使用陶瓷、搪瓷、食品級不銹鋼等耐高溫、無毒的餐具等食品容器。蒸架一般採用不銹鋼材質。請勿使用帶尖頭的蒸架或容器。



嬰幼兒輔食







蘋果蓉

烹飪時間：25分鐘

操作難易： 

食材 (4人份)

蘋果 _____ 1000g

水 _____ 50ml

做法

1. 將蘋果去皮並切成小塊。
2. 將蘋果和水放入鍋中。
3. 合上鍋蓋，選擇“**自訂烹調 (BRAISED)**”功能，設定烹飪時長25分鐘，開始烹飪。
4. 烹飪結束後，將蘋果從鍋中取出。再將它們壓碎，立即食用。

主菜







蜜汁叉燒

烹飪時間：50分鐘

操作難易： 

食材 (4人份)

五花肉 _____ 450g
鹽 _____ 1 茶匙
老抽 _____ 1 茶匙

叉燒醬 _____ 1湯匙
蜂蜜 _____ 1湯匙

做法

1. 將五花肉洗淨，放入叉燒醬、老抽、鹽、蜂蜜，揉勻，然後醃製10小時左右。
2. 在電壓力鍋內放入錫紙，再放入醃製的五花肉。
3. 合上鍋蓋，選擇“豬/雞 (MEAT/ CHICKEN)”功能，設定烹飪時長50分鐘，開始烹飪。
4. 烹飪結束後，將食物從鍋內盛出，冷卻後即可享用。



蒜仔紅燒肉

烹飪時間：32分鐘

操作難易：

食材 (3人份)

五花肉	600g	冰糖	10g
啤酒	100g	鹽	1茶匙
花雕酒	1湯匙	八角	2g
蔥	20g	月桂葉	0.2g
生薑	10g	水	50ml
白糖	1湯匙		

做法

1. 將五花肉切成塊，在水中加薑、蔥和花雕酒焯一下。
2. 將五花肉、鹽、白糖、冰糖、八角、月桂葉、啤酒和水一同放入電壓力鍋中。
3. 合上鍋蓋，選擇“豬/雞 (MEAT/ CHICKEN)”功能，設定烹飪時長32分鐘，開始烹飪。
4. 烹飪結束後，將鍋裡的食物攪拌均勻，從鍋內盛出享用。



紅酒燉牛肉

烹飪時間：40分鐘

操作難易：

食材 (3人份)

牛肉	500g	水	150ml
胡蘿蔔	150g	牛油	15g
洋蔥	50g	黑胡椒碎	半茶匙
蔥	20g	番茄醬	2湯匙
紅酒	150ml	迷迭香	2g
鹽	1茶匙		

做法

1. 將牛肉、胡蘿蔔、洋蔥切塊。將蔥切成小段。用牛油煎牛肉，然後與胡蘿蔔、洋蔥、蔥、鹽、紅酒、黑胡椒、番茄醬、迷迭香一起放入電壓力鍋。加水至覆蓋三分之二的食材。
2. 合上鍋蓋，選擇“牛/羊 (BEEF/ MUTTON)”功能，設定烹飪時長40分鐘，開始烹飪。
3. 烹飪結束後，將鍋內的食物均勻地攪拌。然後再從鍋裡盛出享用。

咖喱牛肉

烹飪時間：30分鐘

操作難易：

食材 (3人份)

牛腩 _____ 600g

洋蔥 _____ 100g

馬鈴薯 _____ 200g

胡蘿蔔 _____ 200g

番茄 _____ 450g

白蘿蔔 _____ 150g

咖喱 _____ 140g

水 _____ 50ml



做法

1. 將牛腩切成塊，用滾水氽燙後洗淨備用。再將洋蔥、馬鈴薯、胡蘿蔔、白蘿蔔和番茄切成小塊。
2. 將牛腩、洋蔥、馬鈴薯、胡蘿蔔、白蘿蔔、番茄、咖喱和水一起放入鍋中。
3. 合上鍋蓋，選擇“**牛/羊 (BEEF/ MUTTON)**”功能，設定烹飪時長30分鐘，開始烹飪。
4. 烹飪結束後，將鍋內的食物均勻地攪拌。然後再從鍋裡盛出享用。



啤酒燉馬鈴薯牛肉

烹飪時間：30分鐘

操作難易： ■ ■ ■ ■ ■ ■

食材 (3人份)

牛肉 _____ 700g
馬鈴薯 _____ 600g
胡蘿蔔 _____ 200g
啤酒 _____ 600ml
薑 _____ 5g
胡椒粉 _____ 1茶匙

白糖 _____ 1茶匙
乾羅勒葉 _____ 3g
乾迷迭香 _____ 3g
乾百里香 _____ 3g
鹽 _____ 1茶匙
水 _____ 50ml



做法

1. 將牛肉、馬鈴薯和胡蘿蔔切塊。
薑切片，與其他配料和水一起放入鍋內。
2. 合上鍋蓋，選擇“**牛/羊 (BEEF/ MUTTON)**”功能，設定烹飪時長30分鐘，開始烹飪。
3. 烹飪結束後，將鍋內的食物均勻地攪拌。然後再從鍋裡盛出享用。



紅燒牛小排

烹飪時間：35分鐘

操作難易： ■ ■ ■ ■ ■

食材 (3人份)

牛小排	500g	紅燒醬油	2 湯匙
番茄	450g	海鮮醬油	1 湯匙
洋蔥	100g	豉汁醬	3 湯匙
馬鈴薯	400g	料酒	1 茶匙
韭菜	20g	紅酒	1 湯匙
生薑	10g	白糖	半茶匙
八角	2g	鹽	半茶匙
乾辣椒	3g	食用油	1 湯匙
白芝麻	1 湯匙		

做法

1. 將牛小排洗淨並切開。將番茄和馬鈴薯切成小塊，洋蔥切成絲。將韭菜切成小段，薑切片。
2. 用兩種醬油、料酒、鹽、白糖醃製排骨至少20分鐘。
3. 將排骨放入鍋中。然後放入薑片、韭菜、八角、乾辣椒、豉汁醬、紅酒和白芝麻，拌勻。





4. 合上鍋蓋，選擇“**牛/羊 (BEEF/ MUTTON)**”功能，設定烹飪時長**35**分鐘，開始烹飪。
5. 烹飪結束後，將鍋內的食物均勻地攪拌混合。再從鍋中盛出享用。

香菇銀耳蒸雞

烹飪時間：25分鐘

操作難易： 

食材（3人份）

雞腿	360g	生抽	2茶匙
香菇	20g	生薑	10g
乾銀耳	10g	蔥	10g
生粉	15g	白糖	1茶匙
花雕酒	2茶匙		

做法

1. 在內鍋中加水至“Steam”功能對應水位，然後將蒸架放入鍋中。
2. 將香菇和乾銀耳在溫水中浸泡2小時至變軟，切除梗，撕成小塊。
3. 將蔥切段，薑切片。
4. 將雞腿洗淨，切成塊，放入生粉、花雕酒、生抽、白糖和薑片。醃製15分鐘。





5. 將雞腿、蘑菇、銀耳、薑片和蔥段放入托盤，再將托盤放入萬用鍋內，並在電壓力鍋底部倒入一些水。
6. 合上鍋蓋，選擇“**快蒸 (QUICK STEAM)**”功能，設定烹飪時長25分鐘，開始烹飪。
7. 烹飪結束後，將鍋內的食物均勻地攪拌。然後再從鍋裡盛出享用。

香蔥豉油蒸雞

烹飪時間：25分鐘

操作難易： 

食材 (3人份)

雞肉	1000g
蔥	30g
豉油	1湯匙
鹽	1茶匙
食用油	1湯匙
水	50ml

做法

1. 將雞洗淨並瀝乾，在雞內外側均勻抹上鹽和豉油。將蔥切成大段。在雞腹中塞入蔥頭，蔥葉放一邊備用。
2. 將蔥葉均勻鋪在電壓力鍋內，放入食用油、雞和水。





3. 合上鍋蓋，選擇“**豬/雞 (MEAT/ CHICKEN)**”功能，設定烹飪時長25分鐘，開始烹飪。
4. 烹飪結束後，將其從鍋內取出並享用。

燒汁焗小雞腿

烹飪時間：15分鐘

操作難易： 

食材 (3人份)

小雞腿	500g	老抽	1茶匙
蔥	10g	蜂蜜	1湯匙
生薑	4g	胡椒粉	2g
大蒜	10g	鹽	1茶匙
料酒	1茶匙	水	50ml

做法

1. 將大蒜切成片，薑切成絲，蔥切成塊。
2. 將小雞腿洗淨，放入碗中。放入大蒜、蔥和薑絲。然後倒入料酒、老抽、胡椒粉、蜂蜜、鹽和水，攪拌均勻。醃製2小時。





3. 用錫紙包住小雞腿。
4. 將小雞腿放入鍋中。
5. 合上鍋蓋，選擇“**豬/雞 (MEAT/ CHICKEN)**”功能，設定烹飪時長15分鐘，開始烹飪。
6. 烹飪結束後取出食物。再拿掉錫紙，然後享用。

香烤馬鈴薯雞翼

烹飪時間：15分鐘

操作難易： ■ ■ ■ ■

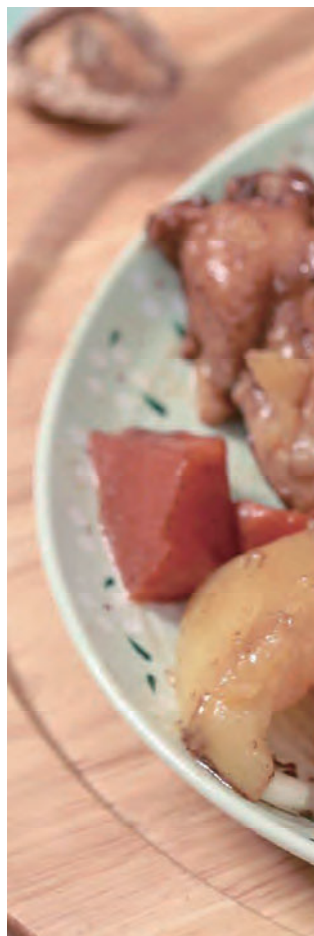
食材（3人份）

雞翅	500g
馬鈴薯	400g
蘑菇	15g
胡蘿蔔	200g
蔥	10g
生薑	10g
料酒	2茶匙

蜂蜜	50g
鹽	1茶匙
川椒粉	2g
老抽	1茶匙
生抽	1茶匙
生粉	5g
水	50ml

做法

1. 將馬鈴薯和胡蘿蔔洗淨，去皮並切成塊。用刀將蘑菇切成十字形。將蔥切斷，薑切片。
2. 將雞翅、蘑菇、馬鈴薯、胡蘿蔔、鹽、川椒粉、料酒、蜂蜜、生抽、老抽、生粉、薑片、蔥段和水放入鍋中，攪拌均勻，醃製15-20分鐘。





3. 合上鍋蓋，選擇“**豬/雞 (MEAT/ CHICKEN)**”功能，設定烹飪時長15分鐘，開始烹飪。
4. 烹飪結束後，將鍋內的食物均勻地攪拌。然後再從鍋裡盛出享用。

桂花鴨

烹飪時間：25分鐘

操作難易： 

食材（3人份）

鴨子 _____ 500g
桂花 _____ 50g
白醋 _____ 1湯匙
大蒜 _____ 10g

陳皮 _____ 10g
料酒 _____ 1茶匙
鹽 _____ 1茶匙
水 _____ 50ml



做法

1. 將鴨子洗淨，敲碎大蒜。用白醋和蒜粒將鴨子焯水。
2. 將鴨子、桂花、乾桔子皮、鹽、料酒和水一同放入電壓力鍋內。
3. 合上鍋蓋，選擇“**自訂烹調 (BRAISED)**”功能，設定烹飪時長25分鐘，開始烹飪。
4. 烹飪結束後，將鍋內的食物均勻地攪拌。然後再從鍋裡盛出。冷卻後將食物切塊享用。





紅燒鴨

烹飪時間：25分鐘

操作難易： 

食材（3人份）

鴨肉	100g	八角	2g
紅辣椒	15g	肉桂皮	2g
鹽	2茶匙	水	50ml
月桂葉	0.4g	生薑	10g

做法

1. 將鴨肉切成小塊，生薑切片。
2. 將鴨肉、薑片、鹽、桂皮、月桂葉、八角、辣椒和水放入電壓力鍋。
3. 合上鍋蓋，選擇“**自訂烹調 (BRAISED)**”功能，設定烹飪時長25分鐘，開始烹飪。
4. 烹飪結束後，將鍋中的食物攪拌均勻裝盤。放入些許鹽並攪拌均勻，然後享用。



醬油鴨

烹飪時間：25分鐘

操作難易：

食材（3人份）

鴨肉	250g	食用油	1茶匙
醬油	1湯匙	大蒜	10g
八角	3g	白糖	1茶匙
生薑	6g	水	50ml
料酒	2茶匙		

做法

1. 將鴨肉洗淨並切成塊，然後用醬油和料酒醃製30-60分鐘。
薑切片。
2. 選擇“**開蓋煮 (OPEN COOKING)**”，設定烹飪時長10分鐘。
將大蒜、薑片和八角放入鍋中。倒油，略微加熱，然後放入鴨肉和白糖，翻炒均勻。
再加入適量的水，攪拌均勻。
3. 合上鍋蓋，選擇“**自訂烹調 (BRAISED)**”功能，設定烹飪時長25分鐘，開始烹飪。
4. 烹飪結束後，將鍋裡的食物均勻地攪拌混合。將食物從鍋裡盛出享用。



胡蘿蔔燉羊排

烹飪時間：40分鐘

操作難易：

食材（3人份）

羊排	1000g	八角	2g
胡蘿蔔	100g	料酒	1茶匙
鹽	1茶匙	水	50ml

做法

1. 將胡蘿蔔切塊。羊排洗淨，在沸水中焯一下，然後取出備用。
2. 將羊排、胡蘿蔔、鹽、八角、料酒和水放入電壓力鍋內。
3. 合上鍋蓋，選擇“**豆類/肋骨 (BEANS/ RIBS)**”功能，設定烹飪時長40分鐘，開始烹飪。
4. 烹飪結束後，將鍋內的食物均勻地攪拌。然後再從鍋裡盛出享用。





紅燴牛肉

烹飪時間：35分鐘

操作難易： 

食材（3人份）

牛肉	500g	老抽	1茶匙
洋蔥	100g	鹽	10g
番茄	150g	豆瓣醬	1湯匙
杏鮑菇	100g	米酒	2湯匙
生薑	5g	胡椒粉	3g
白糖	5g	食用油	1湯匙
生抽	2湯匙	水	50ml

做法

1. 將番茄、杏鮑菇和洋蔥洗淨，切成塊。將牛肉洗淨並焯水，取出後瀝乾水分。
2. 將牛肉、番茄、洋蔥、杏鮑菇、薑、鹽、豆瓣醬、白糖、生抽、老抽、米酒、胡椒粉、水和食用油放入鍋中，攪拌均勻。
3. 合上鍋蓋，選擇“**牛/羊 (BEEF/MUTTON)**”功能，設定烹飪時長35分鐘，開始烹飪。
4. 烹飪結束後，將鍋內的食物均勻地攪拌。然後再從鍋裡盛出享用。



臘味燴飯

烹飪時間：20分鐘

操作難易： 

食材（3人份）

米	300g
臘肉	100g
臘腸	100g
食用油	1湯匙
鹽	半茶匙
香菇	20g
香蔥	10g
生抽	1茶匙
水	490ml

做法

1. 提前將香菇洗淨並浸泡。將臘肉、臘腸洗淨並浸泡。香蔥、香菇、臘肉和臘腸切丁。
2. 選擇“**開蓋煮 (OPEN COOKING)**”功能。
鍋裡放油炒香蔥，放入臘腸和臘肉炒至出油。再倒入生抽和鹽炒一分鐘，盛出作為調味配料。
3. 將米洗淨後放入鍋中，加入適量水。將調好的配料放入鍋中，並將它們均勻攤開。
4. 合上鍋蓋，選擇“**快煮飯 (QUICK RICE)**”功能，設定烹飪時長20分鐘，開始烹飪。
5. 烹飪結束後，將鍋內的食物均勻地攪拌。然後再從鍋裡盛出享用。

馬鈴薯排骨燴飯

烹飪時間：25分鐘

操作難易： 

食材 (3人份)

排骨	250g	薑	5g
米	300g	鹽	10g
馬鈴薯	200g	生抽	2湯匙
胡蘿蔔	100g	白糖	2茶匙
老抽	1茶匙	料酒	1茶匙
蔥	30g	水	500ml

做法

1. 將馬鈴薯和胡蘿蔔洗淨並切成丁。姜切絲，蔥切成小塊。
將排骨焯水，加入鹽、白糖、生抽、老抽、料酒和薑絲。醃製30分鐘。
2. 將米洗淨後放入鍋中，加入適量的水。將排骨、馬鈴薯和胡蘿蔔放入鍋中，均勻攤開。
3. 合上鍋蓋，選擇“**快煮飯(QUICK RICE)**”功能，設定烹飪時長25分鐘，開始烹飪。
4. 烹飪完成後，將鍋中的食物均勻地攪拌混合。撒上一些蔥花，然後再從鍋裡取出享用。





豆豉醬牛肉麵

烹飪時間：25分鐘

操作難易： ■ ■ ■ ■

食材（3人份）

牛肉	80g	料酒	1茶匙
麵條	2湯匙	鹽	2茶匙
香菜	50g	蔥	20g
胡椒粒	10g	水	1200ml
八角	10g	麻辣豉油	50g
生薑	2tsp		

做法

1. 牛肉提前在清水裡浸泡，將牛肉焯水並洗淨。將蔥和香菜切碎。
將牛肉放入鍋中，將胡椒粒、八角、薑、鹽、料酒和水混合一起。
2. 合上鍋蓋，選擇“牛/羊 (BEEF/ MUTTON)”功能，設定烹飪時長25分鐘，開始烹飪。
3. 烹飪結束後，取出牛肉，冷卻並切片。準備好麻辣豉油備用。
4. 牛肉湯煮沸，再煮麵條，在碗裡放些蔥和香菜，再倒入煮好的牛肉湯，將麵條盛出放進碗裡。
5. 放入牛肉片和豆豉醬，拌勻，即可上桌食用。





雜糧蒸螃蟹

烹飪時間：60分鐘

操作難易： ■ ■ ■ ■ ■

食材（3人份）

海蟹	400g	生抽	3茶匙
紫米	30g	生薑	16g
薏仁	30g	米醋	2茶匙
小米	30g	白糖	1茶匙
高粱米	30g	水	300ml
大麥	30g		

做法

1. 在內鍋中加水至“蒸”功能對應水位，然後將蒸架放入鍋中。
2. 將紫米、薏仁、小米、高粱米和大麥洗淨，放入電壓力鍋中。
選擇“**快煮飯(QUICK RICE)**”功能，設定烹飪時長45分鐘，蒸至熟透，並切成小塊，放在一邊備用。將生薑切成絲。將海蟹洗淨，放在一邊備用。
3. 在盤子裡鋪上米飯，放上海蟹。然後把盤子放進鍋內。用生抽、米醋、糖和薑絲調好醬汁。
4. 合上鍋蓋，選擇“**快蒸(QUICK STEAM)**”功能，設定烹飪時長15分鐘，開始烹飪。
5. 烹飪結束後，將食物從鍋中取出。給螃蟹澆上醬汁，即可享用。





番茄燉牛腩

烹飪時間：40分鐘

操作難易： 

做法

1. 牛腩浸泡1小時，然後切成塊。焯水後瀝乾水分，放入鍋中。
2. 將番茄和洋蔥切塊。
將洋蔥切段，生薑切片。將切好後的番茄和洋蔥放入鍋中，再放入蔥、薑、乾辣椒、八角、生抽、老抽、糖、鹽、料酒和水，攪拌均勻。
3. 合上鍋蓋，選擇“**牛/羊 (BEEF/ MUTTON)**”功能，設定烹飪時長40分鐘，開始烹飪。
4. 烹飪結束後，將鍋內的食物均勻地攪拌。然後再從鍋裡盛出享用。



食材 (3人份)

牛腩	300g	白糖	1茶匙
番茄	300g	鹽	1茶匙
洋蔥	100g	八角	1g
乾辣椒	2g	水	200ml
生薑	8g	料酒	2茶匙
蔥	20g	生抽	1湯匙
老抽	1茶匙		







椰子玉竹燉雞

烹飪時間：30分鐘

操作難易： 

食材（2人份）

椰子	1000g	蓮子	30g
雞肉	500g	鹽	2茶匙
玉竹	10g	水	1200ml
百合	15g		

做法

1. 將椰子頂部芽眼處洗淨，用筷子插入，倒出椰汁。
2. 將椰子切成兩半，取出椰肉，去皮後切成小塊，放入鍋中。
3. 將雞肉洗淨並切塊，焯水後放入鍋中。
4. 將玉竹、蓮子、百合洗淨，放入鍋中，加水和適量的鹽。
5. 合上鍋蓋，選擇“豬/雞 (MEAT/ CHICKEN)”功能，設定烹飪時長30分鐘，開始烹飪。
6. 烹飪結束後，將鍋內的食物均勻地攪拌。然後再從鍋裡盛出享用。



咖喱牛腩

烹飪時間：30分鐘

操作難易： 

食材（3人份）

牛腩	500g	椰奶	3茶匙
胡蘿蔔	100g	料酒	2茶匙
馬鈴薯	200g	白糖	1茶匙
生薑	6g	水	50ml
蔥	10g	食用油	2茶匙
咖哩粉	12g		

做法

1. 將胡蘿蔔和馬鈴薯洗淨並去皮。
將它們切塊，並放入鍋中。將姜切片，蔥切段。
2. 牛腩洗淨切塊，焯水後去掉血水。然後洗淨，瀝乾水分。在另一個鍋中加入油。將牛肉與蔥薑一起翻炒5分鐘，然後放入電壓力鍋中。
3. 向鍋中倒入料酒、咖哩粉、椰奶、糖和水。
4. 合上鍋蓋，選擇“**牛/羊 (BEEF/ MUTTON)**”功能，設定烹飪時長30分鐘，開始烹飪。
5. 烹飪結束後，將鍋內的食物均勻地攪拌。然後再從鍋裡盛出享用。





椰菜 粉絲蒸蝦

烹飪時間：20分鐘

操作難易： 

食材 (3人份)

鮮蝦	100g	料酒	1茶匙
粉絲	100g	蠔油	1茶匙
椰菜	100g	橄欖油	1湯匙
生薑	6g	黑胡椒	3g
大蒜	10g	鹽	1茶匙
紅辣椒	15g	水	200ml

做法

1. 蝦洗淨，去掉蝦線。
薑切片，辣椒切塊，大蒜敲碎。
將椰菜洗淨，瀝乾水分，然後切成兩半。
2. 在另一個炒鍋中倒入橄欖油，將生薑、大蒜和辣椒放入炒鍋中翻炒至出香味。
再放入蝦，炒至中熟，倒入電壓力鍋內。最後再將椰菜放入鍋中。
3. 將粉絲在沸水中浸泡5分鐘後放入鍋中。用水、鹽、料酒、蠔油和黑胡椒粉調味，攪拌均勻。
4. 合上鍋蓋，選擇“**自訂烹調 (BRAISED)**”功能，設定烹飪時長20分鐘，開始烹飪。
5. 烹飪結束後，將鍋內的食物均勻地攪拌。然後再從鍋裡盛出享用。





日式燉牛肉

烹飪時間：35分鐘

操作難易： 

食材（3人份）

牛肉	400g
胡蘿蔔	200g
蘿蔔	300g
洋葱	200g
味噌醬	1湯匙
白糖	1茶匙
水	500ml

做法

1. 將牛肉洗淨，切成塊。將蘿蔔和胡蘿蔔洗淨並去皮，切成小塊。洋葱洗淨並切成絲，放在一邊備用。
2. 將蘿蔔、胡蘿蔔、洋葱、牛肉、味噌醬、白糖和水放入鍋中。
3. 合上鍋蓋，選擇“**牛/羊 (BEEF/ MUTTON)**”功能，設定烹飪時長35分鐘，開始烹飪。
4. 烹飪結束後，將鍋內的食物均勻地攪拌。然後再從鍋裡盛出享用。



南瓜燉排骨

烹飪時間：40分鐘

操作難易：■■■■■

食材（3人份）

南瓜	500g
豬肋排	250g
豆豉	1湯匙
鹽	1茶匙
白糖	1茶匙
醬油	1茶匙
蔥	10g
生薑	10g
生粉	30g
水	100ml

做法

1. 南瓜洗淨去皮，切成4cm*5cm大小的小塊。豬肋排洗淨，切成3釐米大小的小塊。
豆豉洗淨並壓碎。將蔥切碎，生薑切絲。
2. 將南瓜、豬肋排和生薑放入鍋中。將鹽、醬油、白糖、生粉、豆豉和水混合為醬汁。然後再將醬汁均勻地灑在豬肋排上。
3. 合上鍋蓋，選擇“**豆類/肋骨 (BEANS/ RIBS)**”功能，設定烹飪時長40分鐘，開始烹飪。
4. 烹飪結束後，加入切碎的蔥，將鍋中的食物拌勻。
從鍋裡盛出享用。





梭子蟹蒸蛋清

烹飪時間：20分鐘

操作難易：■■■■■

食材（3人份）

梭子蟹	800g
雞蛋	100g
蔥	10g
生薑	10g
鹽	1茶匙
水	100ml

做法

1. 在內鍋中加水至“STEAM”功能對應水位，然後將蒸架放入鍋中。
2. 剝開梭子蟹殼，去除鰓和一些雜物。洗淨後切成兩半，劃上兩刀，放入淺底盤中。將生薑切片，將蔥根切碎，並將蔥葉剝碎。
3. 敲碎雞蛋，取出蛋白。
放入適量的水和鹽，攪拌均勻。然後把它們澆在梭子蟹上。
4. 在盤中放入薑片和蔥根，再一同放入蒸架上。
5. 合上鍋蓋，選擇“快蒸 (QUICK STEAM)”功能，設定烹飪時長20分鐘，開始烹飪。烹飪結束後，撒上蔥末，即可享用。



蒜蓉粉絲 蒸扇貝

烹飪時間：8分鐘

操作難易： 

食材（2人份）

鮮扇貝 _____ 100g

粉絲 _____ 100g

紅辣椒 _____ 25g

做法

1. 在內鍋中加水至“STEAM”功能對應水位，然後將蒸架放入鍋中。
2. 將扇貝肉從殼中分離出來並清洗乾淨，仔細擦洗去除雜質。
將辣椒、蔥和大蒜切碎。
3. 將扇貝肉放回殼中，放在一個食盤中備用。
將粉絲浸泡在水中，與蒜蓉一起撒在扇貝肉上。
4. 將醬油、鹽和油調和成醬汁。將醬汁倒入盤中，再將盤子放入電壓力鍋中。
5. 合上鍋蓋，選擇“**快蒸 (QUICK STEAM)**”功能，設定烹飪時長8分鐘，開始烹飪。
6. 烹飪結束後，撒上辣椒末和蔥花，即可享用。

蛤蜊蒸蛋

烹飪時間：12分鐘

操作難易： ■ ■ ■ ■ ■

食材 (3人份)

蛤蜊 _____ 500g
雞蛋 _____ 100g
料酒 _____ 2茶匙
生薑 _____ 6g

蔥 _____ 10g
鹽 _____ 半茶匙
水 _____ 50ml



做法

1. 在內鍋中加水至“STEAM”功能對應水位，然後將蒸架放入鍋中。
2. 薑切片，蔥切碎。將蛤蜊在鹽水中浸泡2小時，再將其清洗乾淨。在鍋中放入薑片和料酒，煮至蛤蜊殼打開即可。
3. 將雞蛋打入碗中。放入鹽、蛤蜊和水，攪拌均勻。
4. 將碗放入蒸架上，然後放入電壓力鍋中。
5. 合上鍋蓋，選擇“**快蒸 (QUICK STEAM)**”功能，設定烹飪時長12分鐘，開始烹飪。
6. 烹飪結束後，撒上蔥花即可享用。



紅棗木耳蒸雞

烹飪時間：15分鐘

操作難易： 

食材 (3人份)

雞肉 _____ 500g
紅棗 _____ 6g
黑木耳 _____ 10g
生薑 _____ 10g

白糖 _____ 1茶匙
生抽 _____ 2茶匙
芝麻油 _____ 半茶匙
鹽 _____ 1茶匙



做法

1. 在內鍋中加水至“STEAM”功能水位，然後將蒸架放入鍋中。
2. 將黑木耳浸泡在溫水中，洗淨並切成片。
紅棗洗淨，去核後切絲。薑切絲。
3. 將雞肉洗淨並切成塊。加入鹽、糖、生抽和香油醃製2小時。
4. 將黑木耳、紅棗、生薑和雞肉在盤子裡拌勻，再放在蒸架上。
5. 合上鍋蓋，選擇“快蒸 (QUICK STEAM)”功能，設定烹飪時長15分鐘，開始烹飪。
6. 烹飪結束後，將鍋內的食物均勻地攪拌。然後再從鍋裡盛出享用。



荷葉蒸雞

烹飪時間：30分鐘

操作難易： 

食材 (3人份)

雞肉	1000g	豆豉	1湯匙
荷葉	90g	白糖	1茶匙
辣椒	10g	中國白酒	1湯匙
青椒	30g	胡椒粉	1g
醬油	1茶匙	鹽	3/2茶匙
耗油	1茶匙		
生粉	5g		

做法

1. 將辣椒和青椒切塊。雞肉洗淨切塊，放入深盤中。用鹽、胡椒粉、白糖、生粉、白酒、蠔油、醬油和豆豉拌勻。再放入辣椒和青椒，醃製20分鐘。
2. 用荷葉包住雞肉，放入深盤中。
3. 在內鍋中加水至“STEAM ”功能水位，將荷葉雞連同蒸架一起放入鍋中。
4. 合上鍋蓋，選擇“**快蒸 (QUICK STEAM)**”功能，設定烹飪時長30分鐘，開始烹飪。
5. 烹飪結束後，取出即可享用。



煲湯







栗子燉雞湯

烹飪時間：30分鐘 操作難

易：

食材 (3人份)

全雞 _____ 1000g
栗子 _____ 500g
生薑 _____ 20g
花雕酒 _____ 50ml
紅棗 _____ 50g

枸杞 _____ 20g
紅糖 _____ 2茶匙
水 _____ 1200ml
鹽 _____ 2茶匙



做法

1. 薑切片，雞肉切成大塊。栗子去皮，放在一邊備用。
將紅棗和枸杞洗淨，放在一邊備用。
將雞肉在水中加花雕酒、薑片焯水。
2. 在鍋中加入雞肉、栗子、紅棗、枸杞、紅糖和水。
3. 合上鍋蓋，選擇“**湯 (SOUP)**”功能，設定烹飪時長30分鐘，開始烹飪。
4. 烹飪結束後，放入些許鹽，均勻地攪拌混合。將食物從鍋中盛出享用。



海帶黃豆 排骨湯

烹飪時間：36分鐘

操作難易： 

食材（3人份）

豬肋排 _____ 200g

海帶 _____ 25g

黃豆 _____ 35g

生薑 _____ 10g

鹽 _____ 2茶匙

水 _____ 1200ml



做法

1. 將生薑切片。黃豆和海帶洗淨，並提前浸泡2小時。
之後再將海帶切成條狀，與黃豆一起放入鍋中。
2. 將排骨切成塊，焯水，洗淨，瀝乾。再將排骨、薑片和水一同放入鍋中。
3. 合上鍋蓋，選擇“**湯 (SOUP)**”功能，設定烹飪時長36分鐘，開始烹飪。
4. 烹飪結束後，放入些許鹽，均勻地攪拌混合。再將食物從鍋裡盛出享用。



紅棗百合 銀耳湯

烹飪時間：30分鐘

操作難易： 

食材（3人份）

銀耳	_____	10g
紅棗	_____	10g
百合	_____	10g
冰糖	_____	5g
水	_____	1200ml



做法

1. 將百合和銀耳分別在清水中浸泡2小時，使其軟化。去掉銀耳根部，切碎。將紅棗洗淨，放在一邊備用。
2. 將銀耳、百合、紅棗、冰糖放入鍋中，加水。
3. 合上鍋蓋，選擇“**湯 (SOUP)**”功能，設定烹飪時長30分鐘，開始烹飪。
4. 烹飪結束後，將鍋內的食物均勻攪拌，再從鍋裡盛出享用。



做法

1. 準備好鯽魚，洗淨，在兩面各切2刀。
把薑切成絲，韭菜切段，大蒜敲碎。將豆腐切塊。
2. 將魚放在平底鍋中煎至兩面金黃色。再將其放入電壓力鍋中。
3. 將豆腐、薑片、韭菜段、大蒜、乾辣椒、料酒、白醋和水放入鍋中。



鯽魚豆腐湯

烹飪時間：10分鐘

操作難易： 

食材 (3人份)

鯽魚	800g
老豆腐	400g
韭菜	10g
生薑	12g
大蒜	5g
乾辣椒	5g
料酒	1湯匙
白醋	1茶匙
鹽	2茶匙
雞精	2g
水	1200ml

4. 合上鍋蓋，選擇“**湯 (SOUP)**”功能，設定烹飪時間10分鐘，開始烹飪。
5. 烹飪結束後，加入些許的鹽和雞精，攪拌均勻。從鍋裡盛出享用。



做法

1. 蓮子和蟲草花洗淨，生薑搗碎。
豬骨洗淨，切成小塊。將豬骨與薑片一起焯水，瀝乾。
2. 將豬骨、蓮子、蟲草花和水倒入電壓力鍋。
3. 合上鍋蓋，選擇“**湯 (SOUP)**”功能，設定烹飪時長25分鐘，開始烹飪。
4. 烹飪結束後，放入些許的鹽，攪拌均勻。從鍋裡盛出享用。



蟲草花蓮子 豬骨湯

烹飪時間：25分鐘

操作難易： 

食材（3人份）

豬骨	500g
蟲草花	10g
蓮子	30g
生薑	10g
鹽	2茶匙
水	1200ml

茶樹菇燉雞湯

烹飪時間：30分鐘

操作難易： 

食材（4人份）

雞肉	1000g
茶樹菇	50g
生薑	10g
蔥	10g
料酒	2茶匙
鹽	2茶匙
水	1200ml

做法

1. 將茶樹菇浸泡並洗淨，切去根部。將蔥切段，薑切片。
雞肉清洗乾淨，切成大塊。將雞肉焯水，洗淨後瀝乾，放入鍋中。
2. 將茶樹菇、薑、蔥、料酒和水放入鍋中。
3. 合上鍋蓋，選擇“**湯 (SOUP)**”功能，設定烹飪時長30分鐘，開始烹飪。
4. 烹飪結束後，放入些許的鹽，攪拌均勻。從鍋裡盛出享用。



陳皮蜜棗 西洋菜湯

烹飪時間：30分鐘

操作難易：

食材（3人份）

西洋菜	400g	生薑	6g
豬肋排	800g	胡椒粉	1茶匙
陳皮	1g	鹽	2茶匙
蜜棗	5g	水	1200ml
胡蘿蔔	100g		

做法

1. 洗淨並將排骨切成大塊。焯水後瀝乾，放入鍋中。
2. 將胡蘿蔔切塊，生薑切片。
將陳皮在水中浸泡至軟，刮去內膜。將西洋菜洗淨，切成小塊。將蜜棗洗淨，放在一邊備用。
3. 將胡蘿蔔、西洋菜、陳皮、薑片、蜜棗、胡椒粉和水倒入鍋中。
4. 合上鍋蓋，選擇“**湯 (SOUP)**”功能，設定烹飪時長30分鐘，開始烹飪。
5. 烹飪結束後，放入些許的鹽，攪拌均勻。從鍋裡盛出享用。



茶樹菇 排骨湯

烹飪時間：25分鐘

操作難易：

食材 (3人份)

排骨	300g
乾茶樹菇	50g
薑片	2g
鹽	2茶匙
水	1200ml

做法

1. 將排骨洗淨，在沸水中焯一下，然後瀝乾。
將茶樹菇放入溫水中浸泡至軟化，並切掉根部。然後將生薑切片。
2. 將排骨、茶樹菇、生薑和水放入鍋中。
3. 合上鍋蓋，選擇“**湯 (SOUP)**”功能，設定烹飪時長25分鐘，開始烹飪。
4. 烹飪結束後，鍋內放些許鹽，攪拌均勻。將烹飪後的食物從鍋裡盛出享用。



#DetailsMatter



**DELICACY
MATTERS.**

Electric Pressure Cooker
PC-48DRSHK(K)



TOSHIBA

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Please take the time as reference only.

The actual cooking time will varies based on ingredient volume & temperature.

For those function adding pressure during cooking, the timing range does not include the time of adding pressure and releasing pressure.

Compensation time is extended depending the cooking time on the selected "Taste" and it will affects the taste of the food.

For "Quick Steam" function, it is recommended that food containers such as ceramic, enamel, food grade stainless steel and other high temperature resistant and non-toxic materials such as dishes and dishes should be used.

The Steam rack is generally made of stainless steel. Please don't use steam rack or containers with sharp end..



BABY FOOD







APPLE PUREE

Cooking time: 25 minutes

Difficulty level: 

INGREDIENTS (4 Persons)

Apple _____ 1000g

Water _____ 50ml

METHOD

1. Peel the apples and cut them into small pieces.
2. Put apples and water into a pot.
3. Close the lid, select "**BRAISED**"/25min, start cooking.
4. When cooking is complete, take the apples out of the pot.
Crush them, serve immediately and enjoy.

MAIN DISH







BARBECUED PORK WITH HONEY SAUCE

Cooking time: 50 minutes

Difficulty level: 

INGREDIENTS (4 Persons)

Pork Belly _____ 450g

Salt _____ 1 tsp

Dark Soy Sauce _____ 1 tsp

Char Siu Sauce _____ 1tbsp

Honey _____ 1tbsp

METHOD

1. Wash the pork belly, add char siu sauce, dark soy sauce, salt, honey, knead them well, then marinate for about 10 hours.
2. Put the tin foil into the intelligent multicooker and add the marinated pork belly.
3. Close the lid, select "**MEAT/CHICKEN**"/50min, start cooking.
4. When cooking is complete, take the food out of the pot.
Cool it and enjoy.



BRAISED PORK WITH GOLDEN GARLIC

Cooking time: 32 minutes

Difficulty level: 

INGREDIENTS (3 Persons)

Pork Belly	600g	Rock Sugar	10g
Beer	100g	Salt	1tsp
Yellow Rice Wine	1tbsp	Star Anise	2g
Spring Onion	20g	Bay Leaf	0.2g
Ginger	10g	Cinnamon	2g
White Sugar	1tbsp	Water	50ml

METHOD

1. Cut the pork belly into cubes, blanch them in water with ginger, spring onions and yellow rice wine.
2. Mix together the pork belly, salt, white sugar, rock sugar, star anise, bay leaves, cinnamon, beer and water in the pot.
3. Close the lid, select "**MEAT/CHICKEN**"/32min, start cooking.
4. When cooking is complete, stir the food in the pot evenly.
Take it out of the pot and enjoy.



STEWED BEEF WITH RED WINE

Cooking time: 40 minutes

Difficulty level: 

INGREDIENTS (3 Persons)

Beef	500g	Water	150ml
Carrot	150g	Butter	15g
Onion	50g	Cracked Black Pepper	1/2tsp
Spring Onion	20g	Ketchup	2tbsp
Red Wine	150ml	Rosemary	2g
Salt	1tsp		

METHOD

1. Cut the beef, carrots, onions into cubes. Cut the spring onions into small pieces. Fry the beef with butter, then put into the electric pressure cooker with carrots, onions, spring onions, salt, red wine, craked black pepper, ketchup, and rosemary. Add water to cover two-thirds of the food ingredients.
2. Close the lid, select "**BEEF/MUTTON**"/40min, start cooking.
3. When the cooking is complete, mix the food in the pot evenly.
Take it out of the pot and enjoy.

BEEF CURRY

Cooking time: 30 minutes

Difficulty level: 

INGREDIENTS (3 Persons)

Beef Brisket _____ 600g

Onion _____ 100g

Potato _____ 200g

Carrot _____ 200g

Tomato _____ 450g

Chinese Radish _____ 150g

Curry _____ 140g

Water _____ 50ml



METHOD

1. Cut the beef brisket into pieces, and blanch them. Dice the onions, potatoes, carrots, chinese radishes and tomatoes into small cubes.
2. Mix together the the beef brisket, onions, potatoes, carrots, chinese radishes, tomatoes, curry and water, then put into the pot.
3. Close the lid, select "**BEEF/MUTTON**"/30min, start cooking.
4. When the cooking is complete, mix the food in the pot evenly.
Take it out of the pot and enjoy.



STEWED BEEF WITH BEER AND POTATO

Cooking time: 30 minutes

Difficulty level:

INGREDIENTS (3 Persons)

Beef _____ 700g
Potato _____ 600g
Carrot _____ 200g
Beer _____ 600ml
Ginger _____ 5g
Pepper Powder _____ 1 tsp

White Sugar _____ 1 tsp
Dried Basil _____ 3g
Dried Rosemary _____ 3g
Dried Thyme _____ 3g
Salt _____ 1tsp
Water _____ 50ml



METHOD

1. Cut the beef, potatoes and carrots into pieces.
Slice the ginger, Mix together in a pot with other minor ingredients and water.
2. Close the lid, select "**BEEF/MUTTON**"/30min, start cooking.
3. When the cooking is complete, mix the food in the pot evenly.
Take it out of the pot and enjoy.



BRAISED BEEF SHORT RIB

Cooking time: 35 minutes

Difficulty level:

INGREDIENTS (3 Persons)

Beef Short Rib	500g	Soy Sauce For Stewing	2 tbsp
Tomato	450g	Soy Sauce For Seafood	1 tbsp
Onion	100g	Soybean Sauce	3 tbsp
Red Potato	400g	Cooking Wine	1 tsp
Leek	20g	Red Wine	1 tbsp
Ginger	10g	White Sugar	1/2 tsp
Star Anise	2g	Salt	1/2 tsp
Dried Chili	3g	Cooking Oil	1 tbsp
White Sesame Seed	1 tbsp		

METHOD

1. Wash and cut the beef short ribs. Cut the tomatoes and red potatoes into small pieces. Cut the onions into shreds. Cut the leek into small pieces, and slice the ginger,
2. Marinate the ribs with 2 kinds of soy sauce, cooking wine, salt, white sugar for at least 20 minutes.
3. Put the ribs into the pot. Add ginger, leek, star anise, dried chili, soybean sauce, red wine, and white sesame seed, mix well.





4. Close the lid, select "**BEEF/MUTTON**"/35min, start cooking.
5. When the cooking is complete, mix the food in the pot evenly.
Take it out of the pot and enjoy.

STEAMED CHICKEN WITH DRIED MUSHROOM AND SNOW FUNGUS

Cooking time: 25 minutes

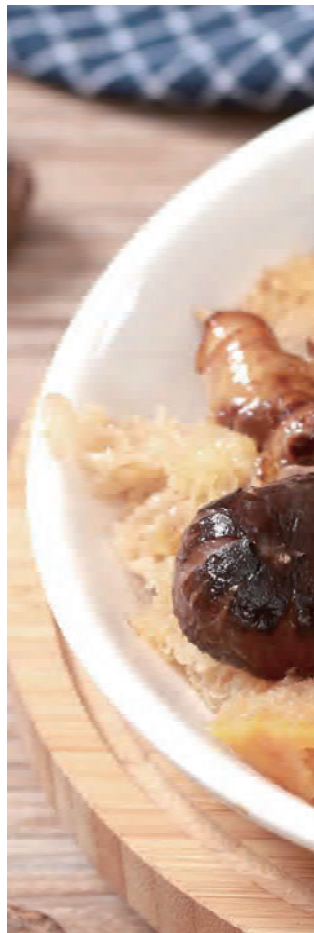
Difficulty level: ■ ■ ■ ■ ■

INGREDIENTS (3 Persons)

Chicken Leg	360g	Light Soy Sauce	2tbsp
Dried Mushroom	20g	Ginger	10g
Dried Snow Fungus	10g	Spring Onion	10g
Starch	15g	White Sugar	1tbsp
Yellow Rice Wine	2tsp		

METHOD

1. Fill the inner pot with water to the "Steam" water scale, and then put the steam rack into the pot.
2. Soak the dried mushrooms and dried snow fungus in warm water for 2 hours until soft, cut off the roots, and tear them into bite-sized pieces.
3. Cut the spring onions into pieces and slice the ginger.
4. Wash the chicken legs, cut them into pieces, and add starch, yellow rice wine, light soy sauce, white sugar and ginger. Marinate them for 15 minutes.





5. Put the chicken legs, mushroom, snow fungus, ginger and spring onions in the tray. Put the tray into the electric pressure cooker , and add some water to the bottom of the electric pressure cooker.
6. Close the lid, select "**QUICK STEAM**"/25min, start cooking.
7. When the cooking is complete, mix the food in the pot evenly.
Take it out of the pot and enjoy.

STEAMED CHICKEN WITH SOY SAUCE AND CHIVES

Cooking time: 25 minutes

Difficulty level:

INGREDIENTS (3 Persons)

Chicken	1000g
Spring Onion	30g
Soy Sauce	1tbsp
Salt	1tsp
Cooking Oil	1tbsp
Water	50ml

METHOD

1. Wash and drain the chicken, spread salt and soy sauce inside and outside. Cut the spring onions into large pieces. Stuff the chicken belly with spring onions' bulb, and leave the green spring onion for preparation.
2. Spread out the green spring onion on the electric pressure cooker, add cooking oil, chicken and water.





3. Close the lid, select "**MEAT/CHICKEN**"/25min, start cooking.
4. When the cooking is complete, take it out of the pot and enjoy.

BAKED CHICKEN DRUMETTE WITH HONEY

Cooking time: 15 minutes

Difficulty level: ■ ■ ■ ■

INGREDIENTS (3 Persons)

Chicken Drumette	500g	Dark Soy Sauce	1tsp
Spring Onion	10g	Honey	1tbsp
Ginger	4g	Pepper Powder	2g
Garlic Bulb	10g	Salt	1tsp
Cooking Wine	1tsp	Water	50ml

METHOD

1. Slice the garlic bulb, shred the ginger and cut the spring onion into pieces.
2. Wash the chicken drumettes and put them in a bowl. Add the garlic bulb, spring onions, and ginger. Then add the cooking wine, dark soy sauce, pepper powder, honey, salt and water, mix well. Marinate them for 2 hours.





3. Wrap the chicken drumettes with foil.
4. Put the chicken drumettes into the pot.
5. Close the lid, select "**MEAT/CHICKEN**"/15min, start cooking.
6. When cooking is complete, take the food.
Remove the foil and enjoy.

ROASTED CHICKEN WINGS WITH POTATOES

Cooking time: 15 minutes

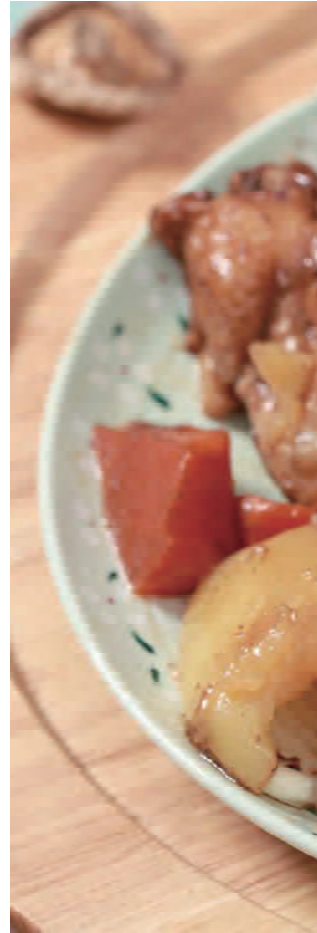
Difficulty level: ■ ■ ■ ■ ■

INGREDIENTS (3 Persons)

Chicken Wing	500g	Honey	50g
Potato	400g	Salt	1tsp
Mushroom	15g	Sichuan Pepper Powder	2g
Carrot	200g	Dark Soy Sauce	1tsp
Spring Onion	10g	Light Soy Sauce	1tsp
Ginger	10g	Starch	5g
Cooking Wine	2tsp	Water	50ml

METHOD

1. Wash the potatoes and carrots, peel and cut into pieces. Cut the mushrooms in a cross with a knife. Cut the spring onions into pieces and slice the ginger.
2. Put the chicken wings, mushroom, potatoes, carrots, salt, sichuan pepper powder, cooking wine, honey, light soy sauce, dark soy sauce, starch, ginger, spring onions and water in the pot. Mix well and marinate them for 15-20 minutes.





3. Close the lid, select "**MEAT/CHICKEN**"/15min, start cooking.
4. When the cooking is complete, mix the food in the pot evenly.
Take it out of the pot and enjoy.

OSMANTHUS DUCK

Cooking time: 25 minutes

Difficulty level:

INGREDIENTS (3 Persons)

Duck _____ 500g
Sweet Osmanthus Flower _____ 50g
White Vinegar _____ 1tbsp
Garlic Bulb _____ 10g

Dried Tangerine Peel _____ 10g
Cooking Wine _____ 2tsp
Salt _____ 1tsp
Water _____ 50ml



METHOD

1. Wash the duck and crack the garlic bulb. Blanch the duck with white vinegar and cracked garlic bulb.
2. Put the duck, sweet osmanthus flowers, dried tangerine peel, salt, cooking wine and water together into the electric pressure cooker.
3. Close the lid, select "**BRAISED**"/25min, start cooking.
4. When the cooking is complete, mix the food in the pot evenly.
Take it out of the pot.
Cut the food into pieces after it cools down and enjoy.







BRAISED DUCK

Cooking time: 25 minutes

Difficulty level: 

INGREDIENTS (3 Persons)

Duck _____ 100g

Chili Pepper _____ 15g

Salt _____ 2tsp

Bay Leaf _____ 0.4g

Star Anise _____ 2g

Cinnamon _____ 2g

Water _____ 50ml

Ginger _____ 10g

METHOD

1. Cut the duck into small pieces and slice the ginger.
2. Put duck, ginger, salt, cinnamon, bay leaves, star anise, chili pepper and water into the electric pressure cooker.
3. Close the lid, select "**BRAISED**"/25min, start cooking.
4. When cooking is complete, stir the food in the pot evenly, dish up. Add salt and mix well, and enjoy."





BRAISED DUCK WITH SOY SAUCE

Cooking time: 25 minutes

Difficulty level: 

INGREDIENTS (3 Person)

Duck	250g	Cooking Oil	1tsp
Soy Sauce	1tbsp	Garlic Bulb	10g
Star Anise	3g	White Sugar	1tsp
Ginger	6g	Water	50ml
Cooking Wine	2tsp		

METHOD

1. Wash the duck and cut it into pieces. Marinate it with soy sauce and cooking wine for 30-60 minutes.
Slice the ginger.
2. Select "**OPEN COOKING**"/10min.
Put garlic bulbs, ginger and star anise into the pot. Add oil and heat slightly, then add the duck and white sugar and stir-fry well.
Add water and mix well!"
3. Close the lid, select "**BRAISED**"/25min, start cooking.
4. When the cooking is complete, mix the food in the pot evenly.
Take it out of the pot and enjoy.





STEWED LAMB CHOPS WITH CARROT

Cooking time: 40 minutes

Difficulty level: 

INGREDIENTS (3 Persons)

Lamb Chops	1000g	Star Anise	2g
Carrot	100g	Cooking Wine	1tsp
Salt	1tsp	Water	50ml

METHOD

1. Cut the carrots into pieces. Wash the lamb chops, blanch them in boiling water and then take them out.
2. Put the lamb chops, carrots, salt, star anise, cooking wine and water in the electric pressure cooker.
3. Close the lid, select "**BEANS/RIBS**"/40min, start cooking.
4. When the cooking is complete, mix the food in the pot evenly. Take it out of the pot and enjoy.



STEWED BEEF

Cooking time: 35 minutes

Difficulty level:

INGREDIENTS (3 Person)

Beef	500g	Dark Soy Sauce	1tsp
Onion	100g	Salt	10g
Tomato	150g	Broad Bean Paste	1tbsp
Apricot Mushroom	100g	Rice Wine	2tbsp
Ginger	5g	Pepper Powder	3g
White Sugar	5g	Cooking Oil	1tbsp
Light Soy Sauce	2tbsp	Water	50ml

METHOD

1. Wash the tomatoes, apricot mushroom and onions and cut them into pieces. Wash and blanch the beef, and take them out and drain the water.
2. Mix together the beef, tomatoes, onions, apricot mushroom, ginger, salt, broad bean paste, white sugar, light soy sauce, dark soy sauce, rice wine, pepper powder, water and cooking oil in the pot.
3. Close the lid, select "**BEEF/MUTTON**"/35min, start cooking.
4. When the cooking is complete, mix the food in the pot evenly. Take it out of the pot and enjoy.







BRAISED RICE WITH PRESERVED MEAT

Cooking time: 20 minutes

Difficulty level: 

INGREDIENTS (3 Persons)

Rice	_____	300g
Preserved Pork	_____	100g
Chinese Sausage	_____	100g
Cooking Oil	_____	1tbsp
Salt	_____	1/2tsp
Dried Mushroom	_____	20g
Shallot	_____	10g
Light Soy Sauce	_____	1tsp
Water	_____	490ml

METHOD

1. Wash and soak the dried mushrooms in advance. Wash and soak the preserved pork, chinese sausage. Dice the shallot, mushroom, preserved pork and chinese sausage.
2. Select "**OPEN COOKING**".
Stir-fry the shallots in the pot with oil, fry the Chinese sausages and preserved pork until the oil is released. Stir-fry the mushrooms with light soy sauce and salt for one minute, and take it out as the seasoned food."
3. Wash the rice and put it into the pot, add some water. Add the seasoned food into the pot and spread them.
4. Close the lid, select "**QUICK RICE**"/20min, start cooking.
5. When the cooking is complete, mix the food in the pot evenly.
Take it out of the pot and enjoy.

BRAISED RICE WITH POTATO AND PORK RIB

Cooking time: 25 minutes

Difficulty level:

INGREDIENTS (3 Persons)

Pork Rib	250g	Ginger	5g
Rice	300g	Salt	10g
Potato	200g	Light Soy Sauce	2tbsp
Carrot	100g	White Sugar	2tsp
Dark Soy Sauce	1tsp	Cooking Wine	1tsp
Spring Onion	30g	Water	500ml

METHOD

1. Wash and dice potatoes and carrots. Shred the ginger and chop the spring onions into small pieces.
Blanch the pork ribs, add salt, white sugar, light soy sauce, dark soy sauce, cooking wine and shredded ginger. Marinate for 30min.
2. Wash the rice and put it into the pot, add some water. Add the ribs, potatoes and carrots into the pot, and spread them.
3. Close the lid, select "**QUICK RICE**"/25min, start cooking.
4. When the cooking is complete, mix the food in the pot evenly.
Add some chopped spring onions, take it out of the pot and enjoy.





BEEF NOODLE WITH BLACK BEAN SAUCE

Cooking time: 25 minutes

Difficulty level:

INGREDIENTS (3 Person)

Beef	80g	Cooking Wine	1tsp
Noodles	2tbsp	Salt	2tsp
Coriander	50g	Spring Onion	20g
Pepper Corn	10g	Water	1200ml
Star Anise	10g	Spicy Black Bean Sauce	50g
Ginger	2tsp		

METHOD

1. Soak the beef in advance, blanch and wash the beef.
Chop the spring onions and corianders.
Put the beef into the pot, mix together the pepper corn, star anise, ginger, salt, cooking wine and water.
2. Close the lid, select "**BEEF/MUTTON**"/25min, start cooking.
3. When cooking is complete, take out the beef, cool and slice it.
Prepare spicy black bean sauce.
4. Boil the beef soup, cook the noodles, put some spring onions and coriander in the bowl, add the boiling beef soup, and take out the noodles and put into the bowl.
5. Add beef slices and black bean sauce, mix well.
Serve immediately and enjoy.





STEAMED CRAB WITH FIVE CEREALS

Cooking time: 60 minutes

Difficulty level: ■ ■ ■ ■ ■

INGREDIENTS (3 Persons)

Sea Crab	400g	Light Soy Sauce	3tsp
Purple Rice	30g	Ginger	16g
Coix Seed	30g	Rice Vinegar	2tsp
Millet	30g	White Sugar	1tsp
Sorghum Rice	30g	Water	300ml
Barley	30g		

METHOD

1. Fill the inner pot with water to the "Steam" water scale, and then put the steam rack into the pot.
2. Wash the purple rice, coix seed, millet, sorghum rice and barley, put them in a electric pressure cooker.
Select "**QUICK RICE**" /45min, steam them until cooked, and cut into small pieces and set aside. Shred the ginger. Wash the sea crab and set aside."
3. Spread the rice pieces on the plate and put the sea crab. Then put the plate in the pot. Prepare the sauce with light soy sauce, rice vinegar, sugar and shredded ginger.
4. Close the lid, select "**QUICK STEAM**" /15min, start cooking.
5. When cooking is complete, take the food out of the pot.
Dress the crab with sauce and enjoy.





STEWED BEEF BRISKET WITH TOMATO

Cooking time: 40 minutes

Difficulty level: 

METHOD

1. Soak the beef brisket for 1h, then cut into pieces.
Blanch and drain the water, and put into the pot.
2. Cut tomatoes and onions into pieces.
Cut spring onions into sections and slice the ginger. Put the tomatoes and onions into a pot with spring onions, ginger, dried chili, star anise, light soy sauce, dark soy sauce, sugar, salt, cooking wine and water, and stir well."
3. Close the lid, select "**BEEF/MUTTON**"/40min, start cooking.
4. When the cooking is complete, mix the food in the pot evenly.
Take it out of the pot and enjoy.



INGREDIENTS (3 Persons)

Beef Brisket _____ 300g
Tomato _____ 300g
Onion _____ 100g
Dried Chili _____ 2g
Ginger _____ 8g
Spring Onion _____ 20g
Dark Soy Sauce _____ 1tsp

White Sugar _____ 1tsp
Salt _____ 1tsp
Star Anise _____ 1g
Water _____ 200ml
Cooking Wine _____ 2tsp
Light Soy Sauce _____ 1tbsp







BRAISED CHICKEN WITH COCONUT AND RADIX POLYGONATI OFFICINALIS

Cooking time: 30 minutes

Difficulty level: ■ ■ ■ ■

INGREDIENTS (2 Persons)

Coconut	_____	1000g	Lotus Seed	_____	30g
Chicken	_____	500g	Salt	_____	2tsp
Radix Polygonati Officinalis	_____	10g	Water	_____	1200ml
Lily Bulb	_____	15g			

METHOD

1. Clean the bud eye at the top of the coconut, insert it through with chopsticks, and pour out the coconut juice.
2. Cut the coconut into two halves, take out the coconut meat, peel and cut it into small pieces, and put them into the pot.
3. Wash and cut the chicken into pieces, blanch them and put them into the pot.
4. Wash radix polygonati officinalis, lotus seeds, and lily bulbs, put them into the pot, and add water and salt.
5. Close the lid, select "**MEAT/CHICKEN**"/30min, start cooking.
6. When the cooking is complete, mix the food in the pot evenly. Take it out of the pot and enjoy.





CURRY BEEF BRISKET

Cooking time: 30 minutes

Difficulty level: 

INGREDIENTS (3 Persons)

Beef Brisket	500g	Coconut Milk	3tsp
Carrot	100g	Cooking Wine	2tsp
Potato	200g	White Sugar	1tsp
Ginger	6g	Water	50ml
Spring Onion	10g	Cooking Oil	2tsp
Curry Powder	12g		

METHOD

1. Wash and peel carrots and potatoes. Cut them into pieces, and put them into the pot. Slice the ginger and cut the spring onions into pieces.
2. Wash and cut the beef brisket into pieces, blanch for a while to remove the blood. Then wash and drain the water. Add oil into another pot. Stir-fry the beef with ginger and spring onions for 5min, and put them into a electric pressure cooker.
3. Add cooking wine, curry powder, coconut milk, sugar and water into the pot.
4. Close the lid, select "**BEEF/MUTTON**"/30min, start cooking.
5. When the cooking is complete, mix the food in the pot evenly. Take it out of the pot and enjoy.





BRAISED CABBAGE, VERMICELLI AND FRESH SHRIMP

Cooking time: 20 minutes

Difficulty level: 

INGREDIENTS (3 Persons)

Shrimp	100g	Cooking Wine	1 tsp
Vermicelli	100g	Oyster Sauce	1 tsp
Cabbage	100g	Olive Oil	1 tbsps
Ginger	6g	Black Pepper	3g
Garlic Bulb	10g	Salt	1 tsp
Chili Pepper	15g	Water	200ml

METHOD

1. Wash the shrimps, and remove the shrimp line.
Slice the ginger, cut the chili pepper into pieces, and crack the garlic bulb
Wash and drain the cabbage, then cut it in half.
2. Add olive oil in another wok, stir-fry ginger, garlic bulb and chili pepper in the wok until fragrant.
Add shrimps and stir-fry until medium well, pour into the electric pressure cooker. Put the cabbage into the pot.
3. Soak the vermicelli in boiling water for 5min and put into the pot. Season with water, salt, cooking wine, oyster sauce and black pepper. Mix well.
4. Close the lid, select "**BRAISED**"/20min, start cooking.
5. When the cooking is complete, mix the food in the pot evenly.
Take it out of the pot and enjoy.





JAPANESE STYLE STEWED BEEF

Cooking time: 35 minutes

Difficulty level: 

INGREDIENTS (3 Persons)

Beef	_____	400g
Carrot	_____	200g
Turnip	_____	300g
Onion	_____	200g
Miso Sauce	_____	1tbsp
White Sugar	_____	1tsp
Water	_____	500ml

METHOD

1. Wash the beef and cut it into pieces. Wash and peel turnips and carrots, cut them into small pieces.
Wash and shred onions, set aside.
2. Add turnips, carrots, onions, beef, miso sauce, white sugar and water into the pot.
3. Close the lid, select "**BEEF/MUTTON**"/35min, start cooking.
4. When the cooking is complete, mix the food in the pot evenly.
Take it out of the pot and enjoy.





BRAISED PORK RIB WITH PUMPKIN

Cooking time: 40 minutes

Difficulty level:

INGREDIENTS (3 Persons)

Pumpkin	500g
Pork Rib	250g
Fermented Blank Bean	1tbsp
Salt	1tsp
White Sugar	1tsp
Soy Sauce	1tsp
Spring Onion	10g
Ginger	10g
Starch	30g
Water	100ml

METHOD

1. Wash and peel the pumpkin, cut it into 4cm*5cm cubes.
Wash and cut the pork ribs into 3cm pieces.
Wash and crush the fermented blank beans.
Chop the spring onions and slice the ginger.
2. Put pumpkin, pork ribs, and ginger into the pot. Mix salt, soy sauce, white sugar, starch, fermented blank beans, and water as the sauce.
Pour the sauce down from the pork ribs.
3. Close the lid, select "**BEANS/RIBS**"/40min, start cooking.
4. When the cooking is complete, add the chopped spring onions and mix the food in the pot evenly.
Take it out of the pot and enjoy.





STEAMED EGG WHITE WITH SWIMMING CRAB

Cooking time: 20 minutes

Difficulty level: 

INGREDIENTS (3 Persons)

Swimmer Crab	800g
Egg	100g
Spring Onion	10g
Ginger	10g
Salt	1tsp
Water	100ml

METHOD

1. Fill the inner pot with water to the "Steam" water scale, and then put the steam rack into the pot.
2. Open the shell of the swimmer crab, remove the gills and some debris. Wash and cut it in half, make two cuts and put it into a shallow dish.
Slice the ginger, cut the spring onions' bulb into pieces, and chop the green spring onions.
3. Open the egg and take the egg white.
Add water and salt and whisk it. Then pour it on the swimmer crab.
4. Add ginger and spring onions' bulb in the crab dish, and put it in the steam rack.
5. Close the lid, select "**QUICK STEAM**"/20min, start cooking.
When the cooking is complete, add the chopped green spring onions and enjoy.





STEAMED SCALLOP WITH MINCED GARLIC AND VERMICELLI

Cooking time: 8 minutes

Difficulty level: 

INGREDIENTS (2 Persons)

Fresh Scallop _____ 100g

Vermicelli _____ 100g

Chili Pepper _____ 25g

METHOD

1. Fill the inner pot with water to the "Steam" water scale, and then put the steam rack into the pot.
2. Separate the scallop meat from the shell and wash, carefully scrub it to remove impurities.
Cut the chili pepper into pieces, chop the spring onions and garlic bulb.
3. Put the scallop meat back in its shell and set aside in a food dish.
Soak the vermicelli in water and put it with garlic on the scallop meat.
4. Mix the soy sauce, salt and oil as the sauce. Pour the sauce in the dish and put the dish into the pot.
5. Close the lid, select "**QUICK STEAM**"/8min, start cooking.
6. When the cooking is complete, add the chili pepper and chopped spring onions and enjoy.

STEAMED EGG WITH CLAM

Cooking time: 12 minutes

Difficulty level: ■ ■ ■ ■ ■

INGREDIENTS (3 Persons)

Clam _____ 500g

Egg _____ 100g

Cooking Wine _____ 2tsp

Ginger _____ 6g

Spring Onion _____ 10g

Salt _____ 1/2tsp

Water _____ 50ml



METHOD

1. Fill the inner pot with water to the "Steam" water scale, and then put the steam rack into the pot.
2. Slice the ginger and chop the spring onions. Soak the clams in salt water for 2h, and clean them. Add ginger and cooking wine to a pot, cook them until the shell open."
3. Whisk the eggs into a bowl. Add salt, clams and water, mix well.
4. Put the bowl into the steam rack and put into the pot.
5. Close the lid, select "**QUICK STEAM**"/12min, start cooking.
6. When the cooking is complete, add the chopped spring onions and enjoy.



STEAMED CHICKEN WITH RED DATE AND FUNGUS

Cooking time: 15 minutes

Difficulty level: 

INGREDIENTS (3 Persons)

Chicken _____ 500g
Red Date _____ 6g
Black Fungus _____ 10g
Ginger _____ 10g

White Sugar _____ 1tsp
Light Soy Sauce _____ 2tsp
Sesame Oil _____ 1/2tsp
Salt _____ 1tsp



METHOD

1. Fill the inner pot with water to the "Steam" water scale, and then put the steam rack into the pot.
2. Soak the black fungus in warm water, wash and cut into pieces.
Wash and shred the red dates with their cores removed. Shred the ginger.
3. Wash and cut the chicken into pieces. Add salt, sugar, light soy sauce and sesame oil to marinate for 2h.
4. Mix the black fungus, red dates, ginger and chicken on a dish and put it in the steam rack.
5. Close the lid, select **"QUICK STEAM"**/15min, start cooking.
6. When the cooking is complete, mix the food in the pot evenly.
Take it out of the pot and enjoy.



STEAMED CHICKEN WRAPPED IN LOTUS LEAVES

Cooking time: 30 minutes

Difficulty level: 

INGREDIENTS (3 Persons)

Chicken	1000g	Fermented Blank Bean	1tbsp
Lotus Leaf	90g	White Sugar	1tsp
Chili Pepper	10g	Chinese White Spirit	1tbsp
Green Pepper	30g	Pepper Powder	1g
Soy Sauce	1tsp	Salt	3/2tsp
Oyster Sauce	1tsp		
Starch	5g		

METHOD

1. Cut the chili pepper and green pepper into pieces. Wash the chicken and cut into pieces, put into a deep dish. Mix well with salt, pepper powder, white sugar, starch, chinese white spirit, oyster sauce, soy sauce and fermented blank bean. Add the chili pepper and green pepper, marinate for 20min.
2. Wrap the chicken with lotus leaves and put in a deep dish.
3. Fill the inner pot with water to the "Steam" water scale, put the lotus leaf chicken into the pot together with the steam rack.
4. Close the lid, select "**QUICK STEAM**"/30min, start cooking.
5. When cooking is complete, serve immediately and enjoy.



SOUP







STEWED CHICKEN SOUP WITH CHESTNUT

Cooking time: 30 minutes

Difficulty level: ■ ■ ■ ■ ■

INGREDIENTS (3 Persons)

Chicken _____ 1000g
Chestnut _____ 500g
Ginger _____ 20g
Yellow Rice Wine _____ 50ml
Donkey-Hide Gelatin Date _____ 50g

Goji Berry _____ 20g
Brown Sugar _____ 2tsp
Water _____ 1200ml
Salt _____ 2tsp



METHOD

1. Slice the ginger and cut the chicken into large pieces.
Peel the chestnuts, and set aside.
Wash the dates and goji berries, and set aside.
Blanch the chicken in water with yellow rice wine, ginger.
2. Add the chicken, chestnuts, dates, goji berries, brown sugar and water in the pot.
3. Close the lid, select "**SOUP**"/30min, start cooking.
4. When the cooking is complete, add some salt and mix evenly.
Take it out of the pot and enjoy.



PORK CHOP SOUP WITH KELP AND SOYA BEAN

Cooking time: 36 minutes

Difficulty level: 

INGREDIENTS (3 PERSONS)

Pork Rib _____ 200g

Kelp _____ 25g

Soya Bean _____ 35g

Ginger _____ 10g

Salt _____ 2tsp

Water _____ 1200ml



METHOD

1. Slice the ginger.
Wash soya beans and kelp, and soak them for 2h in advance.
After that, cut the kelp into strips and put them into a pot with soya beans.
2. Cut the pork ribs into pieces, blanch them, wash and drain them.
Put them into the pot with ginger and water.
3. Close the lid, select "**SOUP**"/36min, start cooking.
4. When the cooking is complete, add some salt and mix evenly.
Take it out of the pot and enjoy.



RED DATE, LILY BULB AND WHITE FUNGUS SOUP

Cooking time: 30 minutes

Difficulty level: 

INGREDIENTS (3 Persons)

Snow Fungus	_____	10g
Red Date	_____	10g
Lily Bulb	_____	10g
Rock Sugar	_____	5g
Water	_____	1200ml



METHOD

1. Soak lily bulbs and snow fungus separately in clean water for 2h to soften them.
Remove the roots of the snow fungus and chop them.
Wash the red dates, set aside.
2. Put snow fungus, lily bulbs, red dates and rock sugar into the pot and add water.
3. Close the lid, select "**SOUP**"/30min, start cooking.
4. When the cooking is complete, mix the food in the pot evenly.
Take it out of the pot and enjoy.



METHOD

1. Get ready the fish, wash it, and make 2 cuts on both sides.
Shred the ginger, cut the leek into pieces, and crack the garlic bulb.
Cut the tofu into cubes.
2. Fry the fish in a pan until golden brown on both sides.
Place it in the electric pressure cooker.
3. Put the tofu, ginger, leek, garlic bulb, dried chili, cooking wine, white vinegar and water into the pot.



CARP AND TOFU SOUP

Cooking time: 10 minutes

Difficulty level: 

INGREDIENTS (3 Persons)

Carp	_____	800g
Firm Tofu	_____	400g
Leek	_____	10g
Ginger	_____	12g
Garlic Bulb	_____	5g
Dried Chili	_____	5g
Cooking Wine	_____	1tbsp
White Vinegar	_____	1tsp
Salt	_____	2tsp
Chicken Extract	_____	2g
Water	_____	1200ml

4. Close the lid, select "**SOUP**"/10min, start cooking.
5. When the cooking is complete, add some salt and chicken extract, and mix evenly.
Take it out of the pot and enjoy.



METHOD

1. Wash lotus seeds and cordyceps flowers, and smash ginger.
Wash pork back bones, cut them into small pieces. Blanch the pork bones with ginger, and drain.
2. Put the pork bones, lotus seeds, cordyceps flowers and water into the electric pressure cooker.
3. Close the lid, select "**SOUP**"/25min, start cooking;
4. When the cooking is complete, add some salt and mix evenly.
Take it out of the pot and enjoy.



Pork Back Bone Soup With Cordyceps Flower And Lotus Seed

Cooking time: 25 minutes

Difficulty level: 

INGREDIENTS (3 Persons)

Pork Back Bone	500g
Cordyceps Flower	10g
Lotus Seed	30g
Ginger	10g
Salt	2tsp
Water	1200ml

STEWED CHICKEN SOUP WITH TEA TREE MUSHROOM

Cooking time: 30 minutes

Difficulty level: 

INGREDIENTS (4 Persons)

Chicken	1000g
Dried Tea Tree Mushroom	50g
Ginger	10g
Spring Onion	10g
Cooking Wine	2tsp
Salt	2tsp
Water	1200ml

METHOD

1. Soak and wash the dried tea tree mushrooms, cut off the roots.
Cut the spring onions into pieces and slice the ginger.
Clean the chicken, and cut into big pieces. Blanch the chicken, wash and drain them, and put into the pot.
2. Add the tea tree mushroom, ginger, spring onions, cooking wine, and water into the pot.
3. Close the lid, select "**SOUP**"/30min, start cooking.
4. When the cooking is complete, add some salt and mix evenly.
Take it out of the pot and enjoy.



DRIED TANGERINE PEEL, CANDIED DATE AND WATERCRESS SOUP

Cooking time: 30 minutes

Difficulty level: 

INGREDIENTS (3 Persons)

Watercress _____	400g	Ginger _____	6g
Pork Rib _____	800g	Pepper Powder _____	1tsp
Dried Tangerine Peel _____	1g	Salt _____	2tsp
Candied Date _____	5g	Water _____	1200ml
Carrot _____	100g		

METHOD

1. Wash and cut the pork ribs into big pieces. Blanch and drain them, and put them into the pot.
2. Cut the carrots into pieces and slice the ginger.
Soak the dried tangerine peel in water until soft, scrape off the inner membrane.
Wash the watercress, cut it into small pieces.
Wash the candied dates, set aside.
3. Add the carrots, watercress, dried tangerine peel, ginger, candied rates, pepper powder, and water to the pot.
4. Close the lid, select "**SOUP**"/30min, start cooking.
5. When the cooking is complete, add some salt and mix evenly.
Take it out of the pot and enjoy.



PORK CHOP SOUP WITH TEA TREE MUSHROOM

Cooking time: 25 minutes

Difficulty level: 

INGREDIENTS (3 Persons)

Pork Rib	_____	300g
Dried Tea Tree Mushroom	_____	50g
Ginger	_____	2g
Salt	_____	2tsp
Water	_____	1200ml

METHOD

1. Wash the pork ribs, blanch them in boiling water, and then drain.
Soak tea tree mushrooms in warm water until softened, and cut off the roots.
Slice the ginger.
2. Put the pork ribs, tea tree mushrooms, ginger and water into the pot.
3. Close the lid, select "**SOUP**"/25min, start cooking;
4. When the cooking is complete, add some salt and mix evenly.
Take it out of the pot and enjoy.



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